

# Yoga for Westerners

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“Yoga for Westerners,” as if we were different from anybody else. We are not. We’re all the children of God.

So, let us just ask first, what is yoga? What is yoga? Yoga comes from the Sanskrit root which means “to unite.” In English we have “to yoke.” You all know a yoke of oxen. That which binds the Soul to Spirit is the right definition for yoga; that which binds the Presence of God within us, to the One Eternal Spirit, from which we have come.

Now, we were one with God; we were one with Spirit, until something happened. We had the Consciousness of the Presence of God within us. We had a Consciousness of the Holy Mountain, spoken of in Psalms, and other places in the scriptures; which means the Spiritual Consciousness in the cranium, in the brain. Just behind this physical brain is the Spiritual part of us. We had that Consciousness. We had the Consciousness of the Holy Mountains, and we walked up and down in the midst of the “stones of fire<sup>1</sup>,” which means we had also the Consciousness of the Chakras of the spine, the Centers of the spine. We had that. We were perfect in our ways, until, as it says in Ezekiel, “...iniquity came upon thee.”

Now what is iniquity? Sin; Yes! What is sin? Sin can be described as separation from God, that’s all. We feel apart from Him. That’s the worst sin; that’s the original sin that we forgot that which we had – the Consciousness, Perfect Consciousness of our oneness with Him. “Thou wast perfect” when thou was first created until delusion came in upon thee, and because we allowed that separation to come in upon us – the separation from God – we have been cast out, so to speak, from Spiritual Consciousness of the Holy Mountain and the stones of fire.

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<sup>1</sup> Ezekiel 28:14-16 “Thou art the anointed cherub that covereth; and I have set thee so; thou was upon the holy mountain of God; thou has walked up and down in the midst of the stones of fire. Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee. By the multitude of thy merchandise they have filled the midst of thee with violence, and thou has sinned: therefore I will cast thee as profane out of the mountain of God: and I will destroy thee, O covering cherub, from the midst of the stones of fire.”

So remember, yoga simply is that science which helps us to once more reunite our consciousness with the Presence of God within. It is as simple as that. There's nothing mysterious about it. It is the most scientific science, because it is the science of all sciences to know God. Understand that. Reunite ourselves with what we really are, the Presence of God within us. And so, yoga is that science of taking away – realize this one thing, if you forget all the rest of it - it is the science, which takes away the idea that you are separated from God, because you are not. You are one with Him – in Reality, I must add.

Now, the world's outward forms of religion are based on the ideas, or the notions, of men. That is, we make God, and other things, according to our conception. And that's why we have this outward form of religion; this outward form of religion is an *idea*. It is not a real, the Real Presence of God, which it should be. But by yoga, by yoga, we can see beyond this outward form of religion, which is good, of course. It's better than not attending church. But, by the practice of yoga, we can realize that underneath the outward form of religion, no matter what creed it is, we find the Universality of Religion, which is not an idea, but which is something tangible, something real, something attainable. The Presence of God can be attained. Realize that. It is not something far off; not something unattainable.

That's what yoga will do for you, and that's what we all must realize. That when a saint comes, as our Master, Paramhansa Yogananda, he gave the ways and the means of yoga, which would reunite, if practiced, our Soul with the One Eternal Spirit – understand that. And so, this yoga is useable by anyone, irrespective of color, class, or creed, Easterner or Westerner. Yoga is Universal, and can be applied by everyone.

Master's reference at this time; I like to use them, because he says it in such a wonderful way. You can read it in his Autobiography [of a Yogi], from which I am reading. "Outward ritual cannot destroy ignorance<sup>2</sup>." You can go to church from now till doomsday. But unless you go beyond the outward form into the Universality of Religion of that church – every church, all creeds – the true religions have the same basic truth underlying it.

Gandhi said: "There is no question of a doubt, behind Christianity, behind Hinduism, behind Zoroastrianism, behind Mohammedanism, is the same eternal truth." Realize that. Master says it this way: "Outward ritual cannot destroy

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<sup>2</sup> Chapter 26, Page 251, Revision 1951

ignorance, because they are not mutually contradictory,' wrote Shankara in his famous *Century of Verses*. 'Realized knowledge alone destroys ignorance.'"

Your mind is running hither and yon, you're restless, and you cannot seem to get hold of it. It's running you instead of you running it. You sit down, and by the practice of yoga, you rise above the duality of a restless mind into the Peace of God, and therefore, by realized knowledge, you have destroyed the ignorance that makes you feel unable to control yourself – your thoughts, and your motives. That's yoga. That's why yoga is so important.

And then he goes on to say: "The yogic science is based on an empirical consideration<sup>3</sup>..." not on hearsay. The saints tried it for a long, long time, and they found it useable; they found it true. They didn't just take a theory and let it go at that. So: "...yogic science...based on...empirical consideration of all forms of concentration and meditation exercises. Yoga enables the devotee to switch off or on, at will," the "life current from the five senses, telephones of sight, [sound], ~~touch~~ smell, taste, and touch. Attaining this power..." attaining the ability to rise above the duality of consciousness, to rise above these senses which cause us so much trouble, attaining this, "...the yogi finds it simple to unite his mind at will with the inner divine realms or with the world of matter." as he sees fit.

Isn't that becoming us as children of God, rather than to be herded this way and that way by restlessness and such things? Surely the Master's words are most wonderful.

Now, comes the question: is yoga for Westerners? Is yoga for Westerners? Many think it's only for Hindus. But that's not true. They think they're better adapted to the practice of yoga. Well, I haven't found it so at all. Course, I haven't met everybody in this country. But I've met a few of them, since 1920, when the Master initiated me into yoga, so to speak. And I have found that the Westerners are very well-adapted for the practice of yoga. For one thing, we have something that those of the warmer climates do not have. We have that push you know, so to speak. Now, when that push is directed toward God, surely we can practice yoga; and we can practice with results. I have found that so, irrespective of color, race, or creed. I have found this to be true.

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<sup>3</sup> Chapter 26, Page 250, Revision 1951

And so, meeting the Master the first time, in 1920, he said to me then. Before he, I finished with him, he said, "You think America needs this?" I said, "They surely do." "You think America needs yoga, or Self-Realization," as he called it. I said, "Yes, I do." Then when I finished, when I found to my thorough satisfaction that yoga was real, and the results were there, and that he was real, and that he had something to give to America, I said, "Yes, I surely do." He said, "All right. If you practice the techniques of Self-Realization Fellowship, and if they help you, will you help others to attain them?" I said, "Certainly." And I've been doing it ever since. Why? Because it helped me, and because I felt it could help others – Westerners, don't forget. And so, that was the Master's, the only thing he asked me to do. He didn't say "do it." He said, "If, after you practice the techniques of Self-Realization, or yoga, and it helps you, will you help others?" I said, "Sure, I'll help others!" And I've been doing it ever since, to the best of my ability.

And so, the practice with, the practice of yoga is Universally applicable to everybody – irrespective of color, race, or creed. Everybody can be a yogi, if he wants to. And everybody can be a yogi, right now! Not when you get another year older, or anything like that. Right now, you can do it. And right now, you should. Easterner or Westerner, everybody can be a yogi.

What is a yogi? Simple way: a yogi is one who practices yoga, who is trying to practice yoga. Trying – that's all. You don't have to be accomplished, but you do have to try. A yogi is one who is trying, through the system of yoga, to reunite his Soul with Spirit. So, everybody can be a yogi, no matter what your position in life is. No matter whether you're a housewife, husband, or single; it makes no difference. A yogi is one who is *trying* to know God. We can put it in simple language. So everybody, right now, not putting it off, right now, can be a yogi. And remember that yoga makes the Presence of God demonstrable. Realize that.

By yoga you can know the Presence of God – not in imagination, not in an idea. God is wonderful; He gives us all things. What's that mean? Nothing, but when you sit and meditate you feel the Bliss of God's Presence within you. You feel, see His Light at this point [Doctor points to the Spiritual Eye, between the eyebrows], pouring through you; and you feel His Love, lifting you up and sustaining you. That's something tangible. That's something real. Yoga will give you that Real thing; that Real Presence of God within you. And yoga is surely for all – all of God's children.

And so, the practice, to practice Raja Yoga, or the Yoga of Salvation – that’s what I like to call Self-Realization Fellowship Yoga, it’s the Yoga of Salvation, understand that – Raja Yoga. You can practice the different postures and so forth. Those are good. But why stop there? Why stop with just a good strong body? Why not attain Salvation? Self-Realization Fellowship Yoga will give you Salvation, without question of a doubt.

There are many in this room, I know, who have practiced yoga. And, I know, that they feel at times, if not always, oneness with God. That’s your savior, that’s your Salvation. Whatever lifts you up from this duality of consciousness is your savior. If you can feel the Presence of God within you as the Great Cosmic Sound of Om, which is God Himself, and in that you will feel His Love, isn’t that your savior? Won’t that give you Salvation? Won’t that take you above this duality of consciousness, where there is no freedom, into the Presence of God, where there is Whole-freedom, freedom fully, unending? That’s what yoga will do for you. It will do for every one of God’s children.

Is not Salvation for the Westerner? Is God so partial that He says “Only the Easterners can have it?” No! It’s for everybody, for God is like that. “...his mercy endureth forever<sup>4</sup>.” Just like the law of mathematics endureth forever, so does yoga. And, if you do it, the results will be there. If you *don’t* do it, there’ll be no results. So, yoga will always be there. It is Spiritually Ordained as the path back home to God. Yoga means “union;” Soul with Spirit. It’ll always be there. That’s what it means in the Bible, “...his mercy endureth forever.” But we have to do our part, because God gave us free will. As Master used to often say, “I can show you and tell you what to do, but you have to do it.” You have to perform the yoga. And, I think, that’s the way it should be. Those who do, receive. Those who do *not* do do not receive.

And so, those have been my observations: that God is not partial, but He is just as much available to the devoted Westerners as He is to the devoted Easterners. That I know. And I know all of you who practice know that, too. Some lands may be so constituted that they give more time to devotional and aesthetic things. We understand that. In America we’re a little more practical. But, I think, God likes us just as much as He does anybody. In fact I know it, and you know it, who practice yoga.

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<sup>4</sup> Psalm 136:1, and many other references

Now, we have a reference from Master's book which will fit in and illustrate this point, of which I have spoken, where he says: "Like any other science, yoga is applicable to people of every clime and time. The theory advanced by certain ignorant writers that yoga is ["dangerous" or] "unsuitable" for Westerners is wholly false, and has lamentably ~~prevented~~ [deterred] many sincere students from seeking its manifold blessings..." Blessings of yoga – nothing else but the blessings of God can be attained through yoga. "Yoga is a method for restraining the natural turbulence of the thoughts which otherwise impartially prevents all men, of all lands, from glimpsing their true nature of Spirit<sup>5</sup>."

And the Great Father of Yoga, Patanjali, he describes yoga "as the control of the fluctuation of mind stuff." I think we'll all agree with Patanjali that there is a fluctuation in our mind stuff. Yoga will help us control that. That's why, if we practice yoga, we will not be bound by a restless mind, but we will control the mind and be bound by only one thing – that's the Presence of God within us.

And so, Kriya Yoga is the great thing. Kriya Yoga is the fastest accelerator, Spiritual accelerator, known to man. We do not give Kriya Yoga in Self-Realization until you have prepared your body to receive it. If you will follow the lessons, of which Mr. Rosser spoke, regularly, for a certain length of time, about a year, I believe; then you're eligible to the highest form of Salvation Yoga, Kriya Yoga, because I will try to point out why it is so.

It takes a million years, just think of it, a million years, to get rid of this thing called the ego within us. This thing that pops up, you know, and knows nothing; when you, when you meditate, it isn't there; takes a million years, to eradicate that – of normal evolution. Think of it. What is "normal" evolution? Well it's our, our earth flying around the sun. That gives you one year of evolution.

Now, Kriya Yoga, one Kriya Yoga can be practiced in less than a-half a-minute, and the same effect is produced. Because we are made in the Image of God, we are made in the Image of this Great universe upon universe, and so when the Life Force is revolved around the Soul, which is within us in the spinal region and brain, it gives us, in less than a-half a-minute, one year of evolution.

Now, you can readily see, by practicing, if you are able, of course, you will not be able to do it at first. If you are able to practice a thousand Kriyas in eight hours, you would get a thousand years' evolution. Imagine it. Now you can multiply

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<sup>5</sup> Autobiography of a Yogi, Chapter 24, Page 232, Revision 1951

better than I can. How many days of the year, 365, and you will get that much evolution by practicing that way. And in three years, three years, you can multiply it up. I did, so as to be sure. And I practiced a thousand Kriyas, but don't try it right off. Prepare yourself. Then, that will give you a million years' evolution in three years. But that's not possible due to the karmic conditions in each one of us, and many other things, and bodily conditions. But that doesn't make any difference. Surely, in one lifetime, by the moderate application of Kriya Yoga, you can eradicate the ego, and you can know that the Presence of God is within you, and that you are free in His Presence. That much is possible. And that can be done easily in a lifetime. So from three, and multiplies of three, up to a lifetime. There's no question of a doubt, if you are sincere with God, and practice Kriya Yoga, you will find liberation and Salvation from this duality of consciousness, which keeps us bound, as we should *not* be, being children of God.

So Kriya Yoga is very scientific. And just to substantiate what I have said, from my own experience, I have done quite a bit of Kriya, but I have found that these things are true. And just to read you what the Master has to say on that, he says this, from his Autobiography: "One thousand Kriyas practiced in ~~eight~~ [8½] hours gives the yogi, in one day, the equivalent of one thousand years of natural evolution: [365,000 years of evolution in one year.]..." That's "nature's" evolution; 365 years of evolution in one year. "In three years a *Kriya Yogi* can thus accomplish by intelligent self-effort, the same result that Nature brings to pass in a million years<sup>6</sup>." Intelligent effort means that you must practice other things to keep our body healthy. You must do those things. You must practice the first techniques of Salvation Yoga, SRF<sup>7</sup> Yoga, that you prepare your body to receive the million volts of the Presence of God.

In the early days I said to the Master, I said, "How about giving me the whole thing now?" He said, "Can you stand a million volts?" And he looked at me, and I, I knew, I couldn't. So, I said, "I guess not now." He smiled a little. But when you prepare the vehicle, it can stand the million volts, and it's, it is your life; it is the Spiritual aspect of you, vibrating so high that it cannot be perceived by ordinary senses, mind, or intellect. That's what it means in the Bible. That God is not knowable. As when one great saint said, "By thought..." you cannot know Him by thought at all, "...but He is easily perceivable by the love within you." The affection you have for God makes Him easy, easily knowable, and

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<sup>6</sup> Chapter 26, Page 247, Revision 1951

<sup>7</sup> Self-Realization Fellowship

kept within you. That will show you how much love vibrates within you. That'll show you the vibration – the speed of the vibration of this thing called Love. I don't mean ordinary human love. I mean the Love of the One Father – very high vibration. It is God's Presence within you. And, if you can contact the Holy Vibration, know the Holy Vibration within you, the Great Cosmic Sound of Om, the Comforter, of which Jesus spoke; in that, is this high vibration of Love. In that is a vibration, which will change every cell of your body and your cells, will vibrate at a different rate of vibration than those who do not practice yoga.

Those of you who met the Master know, when he came into your presence, or you came into His Presence, you felt something, didn't you? That was the Presence of God, because His vehicle emanated God's Presence. So can each one of us, if we will give the Lord a chance to work through us and in us.

And so, the practical application of yoga – let us say a few words about. How many of us are aware of the Presence of God within? How many of us are? Let us realize and understand that. Why be satisfied with outward religion? It's all right – it's good. But why be satisfied that, when by daily communion with God, you can actually feel and know His Presence? Not in imagination, but in Reality. Let us take just St. John, the 1<sup>st</sup> Chapter [1<sup>st</sup> Verse], "In the beginning was the Word, the Word was with God, the Word was..." and is, "God."

Now, Self-Realization Yoga will give you the opportunity, if you practice, to contact the Presence of God. And then, as I've said in the beginning, having His Presence, being in His Presence, don't ya think He can take care of all your wants? And one thing you know, in His Presence, as you meditate and you make the Holy Vibration dynamic to your consciousness, you know in that presence, that God is listening to you. You know He is hearing you. And I'll take a chance on God; long as He hears me. That's all I care. And then, whatever you ask, you don't care whether it's gonna be granted, or not. You know He hears you. And He who has made all things is surely able to decide what's best for us, and what we surely would want and need.

Master said "Don't be prayin' for visions and those things." He says "Ask God to reveal Himself to you." Now that's the Master. That shows a wonderful wisdom. And, if I can hear the Cosmic Sound, and see the Light at this point, and feel the Love of God within me, I know; I don't have to ask. Neither do you, because God knows what you need. He will grant your slightest wish, even. Imperceptibly you will see and know His Hand is working. Why? Because He is the One; He's the One that does all things. And we, with our little ego, think we

can do this and do that. As Ramakrishna said, “Man,” he says, “What do you wanna do?” Fella says, “I want to make the world better.” He says, “You can’t do a thing about it. But, if you attain the Presence of God and His Grace comes upon you, then, if He wants to work through you, He will and He can.”

So we should realize that. And the more we look within, the ego vanishes and disappears, and we realize God Alone Is. That’s why all the saints say “God Alone Is,” because that’s true. And when you feel that, that’s the greatest thing you can have. Feeling that Presence, you’ll realize how wonderful it is that [the] Lord has sent the channel of Self-Realization, available to everybody, Easterners and, especially, for us Westerners.

Now, in the writings of Paramhansa Yogananda we find in reference to this above point, of which I have just been speaking, that daily communing with God is far greater than just going to church, because then you get the contact with God. And so, he says these words, which I would like just to read you at this time: “In man, under [Maya or] natural law,” that is, the law of nature, “the flow of life energy is toward the senses [outward world;]...” It comes out toward the senses and toward the object of senses, which we are familiar with. But, “...The practice of [*Kriya*] ~~yoga~~ reverses the flow<sup>8</sup>;...” of consciousness and life energy, so that it turns back within you, and becomes united with the subtle Spiritual energies which are within.

You see the difference? When ordinary living, through the law of nature, the Life Force and consciousness, which constitutes God Consciousness plus Cosmic Energy, naturally flows out. So where does your attention go? It goes outward. And there’s no satisfaction in outward things, because they all pass away. But, by the practice of yoga, the current is reversed, and instead of flowing out through the senses, it’s turned back in, and, finally, it comes and ends up in the spinal cord and in the brain, which is the “royal highway” back to the Presence of God in the cranium. This illustrates the point which we have been making.

Now, that’s – yoga will do that. Yoga will do that, and this has been scientifically shown. And those who meditate will find, as they meditate, and as their consciousness begins to be reversed, and it comes up the cord, up the spine

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<sup>8</sup> Autobiography of a Yogi, Chapter 26, Page 248, Revision 1951, “In men under *Maya* or natural law, the flow of life energy is toward the outward world; the currents are wasted and abused in the senses. The practice of *Kriya* reverses the flow; life force is mentally guided to the inner cosmos and becomes reunited with subtle spinal energies. By such reinforcement of life force, the yogi’s body and brain cells are renewed by a spiritual elixir.”

through the Chakras, of which I have spoken – through the “stones of fire” – that when it reaches certain places, you will see a flash in your consciousness, showing the current is being reversed. These things can be proved, if you’ll do them. If you don’t, you’ll have to take somebody’s word for them. Do the things, you’ll know that the Presence of God is real, and scientific, within you. And so, understand this; that the yogi, through yoga, finds it within the realm of his own experience. What good is somebody else’s experience? People come to me and they say, “Oh, so-and-so says they see this.” I says, “Forget it. What do you see? What do you see, what do you feel of the Presence of God?” That’s all I’m interested in. That’s the only thing I know is my experience.

And so, the practice of yoga makes it possible, as the Master says, “For the Realm of Divinity within us, to be known through the yogi’s own experience at will.” Not once in awhile; gradually, at will. Anytime – you can lift your consciousness into the Presence of God.

Now, for instance, let us just take visualization – just as a little diversion. You know what visualization is? Well, you look out, and I see you all here. You look at me, and you see me waving my hands, and such things. That’s visualization; doesn’t have to wave the hands, but that goes with it. Now, the point is, you close your eyes – close ‘em now. What do you see? Just quickly – nothing. Why? Because you have learned to use the five senses; you not only see me, and I see you, but the moment I see you, or we see something like that flower – what comes? A corresponding sense of feeling, appreciation; all things come with that visualization.

Now, as you turn your attention within, you close your eyes – it’s dark. But by the practice of yoga, it will not be dark for long, because there’ll come a new Light into you. And that new Light is the Presence of God – perceivable at the Christ Center. Now, what are you seeing with? You’re not seeing with the five senses, or the one sense of sight plus the, the correlation of the other senses. No. You’re seeing with the Sixth sense – the Sense of Intuition. But, as you see the Light of God at this point, then comes the association with the other real things within you – God’s Love, God’s Peace, God’s Wisdom, God’s Calmness, Sense of Fulfillment – all come by association with that one sense, the Sixth Sense of Intuition.

Now, that's interior visualization, or as Jesus said, "My kingdom is not of this world<sup>9</sup>..." that's the kingdom he spoke of. And that's available to everybody, because we're all made in the Image of God. And just as you look out, and visualize, and see whatever you want to, there'll come a time, if you practice yoga, when you, when through will, you can turn your attention within, and you'll visualize and see the kingdom of God, just as real, more real, than you're seeing this kingdom right now. That's what Jesus said, "My kingdom is not of this world." That kingdom is perceivable through the practice of yoga. By the developing, or bringing into awareness, that's all, the Sixth Sense of the Intuition of the Soul. And when you bring that in, even though you just see perhaps a little flash of Light, through association, you bring in the Presence of God, which is in that Light which you see. That's what it means.

"In the beginning was the Word, the Word was with God, the Word was God." And so, whenever you see those little things in your Spiritual Eye, don't pass them over lightly. Merge in them. Then will come, through association, the Presence of God, which is in that vibration of Light. So that's interior visualization, and that's available to everybody. And little by little, as you do this, you'll visualize the Internal kingdom. Finally, by the Grace of God, you can see the Vision of God's Eternal Light, spread all over, as the One Reality from which we all have come; and, as Master says, "Into which we all will merge; those who live and do right." Living and doing right is what? Following yoga, because yoga is the science of Union with God.

And, therefore, have a little place in your home; have a little church in your home. You cannot come here every day, but you can have that little church in your home. That little place, where you can sit and practice your yoga; practice your Self-Realization Yoga of Salvation, and you can commune with God every day. In fact you can, can commune with Him every moment, if you wish, which will come later.

And so, give some time, every day, to God. When you wake up in the morning, instead of jumping right up, and tearing out of bed, and into this, and into that; then you're confused right off; then the trouble begins. Sit up in bed. Sit up in bed. Get a couple pillows, if you find it easier, and sit up in bed. And cross-legged, tuck them under you, and commune with God. Make the contact with God. And that which you feel, do it before the mind gets going this way. Make that contact with God, and that will permeate your actions throughout the day.

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<sup>9</sup> St. John 18:36

Do that. Do that. Try it for a week and see. Even those of you who meditate regularly and have been neglecting that. Do it, because you're fresh from God in the morning. Your mind hasn't had a chance to get hold of you, and run you this way and that way. You're fresh from God. Hold it, which you can do through the practice of yoga. And then you'll see the day will be much better.

We have to learn these things from sad experience, after being pushed all over the place. Then we come back to God. Do that, and then, one day, or through the day, improve the golden moments. You have a little time when nobody's got your ear, so to speak, and get into some little place, and do your techniques. Make the contact with God, as many times, improve those golden moments. And finally, one day a week, those of you who practice, give time, so that especially, on a Saturday night, when you're free the next day, or whatever day you're free, give a longer time – several hours to meditation and feeling the Presence of God. Then you will know that He's the Real thing – the only thing which you need.

And so, if we do this, understand, as it says in Titus<sup>10</sup>, "Not by works of righteousness..." are we saved. "Not by works of righteousness...but...by the washing and the regeneration,...of the Holy Ghost;..." which is the Presence of God within us. And it's knowable by yoga. And, if you do these things, you will find, soon you will find, that your most important engagement is with God. You'll find that, and you'll nobody be able to, to, to tell you differently. You'll find that's your most important engagement. Having that, you have a little peace in this world. Realize that.

And also, you will find that that's your most important engagement. And [as] you do your yoga, you'll find then, that you can compare, you can compare this outward existence, to that Internal existence in the Presence of God. You cannot know unless you compare. I found that out. For instance, I have a little old automobile; I mean, if I had one. I'm lucky to have a little better one. But it's a pretty good one, I have. Now, it's an Oldsmobile – that's a pretty good car. But anyway, you have a little automobile, see; and you, you ride in it and you say, "This is pretty good." Along comes someone with a Cadillac and you get in it, and you say, "Boy, some difference." So, if you do your yoga regularly, you will be able to compare the difference, and then you can judge for yourself.

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<sup>10</sup> Titus 3:5

Thinking about those Cadillac's reminds me of something. And this was told me from a fellow who came to see me from Texas. I guess they do things in Texas in a big way, 'cause he said, he said to me, he said, "You know these two Texas millionaires went into the Cadillac showroom to see the Cadillac's. And one fellow says to the other, he says, 'Uh,' he says, 'I'm gonna have this model.' Or he told the salesman, 'I want this model.' It had everything on it – everything you can think of. And he says, 'I ah, I also want to order two; one for this fellow that's with me.' And that fellow said, he said, 'Well listen,' he said, 'Uh, you can't do that. I'll pay for, I'll pay for mine, myself.' The other fellow says, 'Well, you paid for the lunch today.'" That's the way they do things in Texas. So, give us just a little breathing spell. We were going pretty, pretty strong there for awhile.

Now, if you keep at it, you will soon find that that's your most important engagement. And then, finally, you will find – this is the most wonderful thing – you will find you're in partnership with God. These are truths. You'll find you're in partnership with Him. There's nothing that'll equal that. Nothing that'll equal that relationship with God – friend to friend – in which you know He feels for you just as you feel for your nearest and dearest friend. That's the partnership which comes. And with that comes, with that comes Perfect Peace – the Realization that God Is. And then with this partnership, what can you do? You can take Him with you in every action; every action. Then you'll fear nothing. If God is with you, who can be against you? That comes from the practice of yoga; sincerely, and with faith, and dependence on God.

And so, in conclusion, let us remember that yoga means union. Union means what? The Presence of God within. And what's the Presence of God? The Holy Vibration; the Great Cosmic Sound of Om; the Eternal Light perceivable at the Christ Center. And when you pass through that perceivable all over, and the Cosmic Sound of Om, and the feeling of God's Oneness, the partnership you have with Him, there's nothing will equal it. That's what will come, if you practice yoga. Realize this.

And then, finally through His Mercy, you'll be able to merge in Him, be one with Him, so that everything you do, you have no fear; you have no anxiety, because God is with you. There's nothing will equal it. And then, finally, through His Grace, through His Grace, all the great ones say, "I may have everything; unless I receive the Glance of God's Grace, I have nothing."

Lahiri Mahasaya says, "The practice of Kriya Yoga will give you, take you to the heights. You'll realize the Great Eternal Light of God." But, he says, "It must be followed by complete surrender to God." That's a must. There cannot be any other consciousness within you of separation from God, just the one desire for one consciousness, oneness with Him. And when He gives you that, then by His Grace, He will show you His Face. You'll have the Vision of God. You'll stand face-to-face in His Eternal Light, as a part of Him. That's the greatest thing. And that will come. And that will come to any Westerner, who will do it through the practice of yoga.

And so, realize there's an Eternal Covenant between each one of us and God, because we're His children. And that Eternal Covenant is that, if we really want Him, He will lift us up from this delusion, and we will stand, face-to-face in His Glorious Presence.

And I liked to close by just reading a few words, "The Vision of God." And this is this is attainable. This is knowable. It is actual.

### *The Vision of God*

The day in whose clean shining light all wrongs shall stand revealed.  
When justice shall be clothed with might and every hurt be healed.  
In the Light of God, everything is right.  
When knowledge hand in hand with bliss,  
Shall walk the earth abroad,  
The day of perfect righteousness,  
The promised day of God.