

Yoga Explained 10

Sensitizing the Sight within Us – Part 2

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...what will be is just a little bit, though so many come from quite a distance, and as we meditate during the healing service, I think we can do it then. There's a little time in the beginning. And I'd like to have you, here, comments on the little change, I'd be happy to receive them; try to please you all.

So, going on with our subject "Yoga Explained," which we took up last time, especially on the subject of, through yoga Spiritualizing and Sensitizing this bodily vehicle that we can express Divinity. We know, in worldly living, that we do not express Divinity; that is all the time. We also note, from the testimony of the great saints, that those who meditate and tune their consciousness with the Presence of God within, will gradually vibrate with the same rate of Consciousness, or speed, if you want to call it that, which the great ones, which the saints, and which the Presence of God in us does vibrate. These are facts and we should not forget them.

So, purifying this bodily vehicle so that it expresses Divinity means, by some method, and, of course, through yoga, to sensitize this body, so that the Presence of God can manifest through us – fully and completely.

Now, the bodily vehicle is made up of different organs, as you know – and muscles, different tissues, internal organs, the systems – well, behind that is One Consciousness, which has made the body, and which directs it. And that is the Consciousness of the Presence of God within us. That Consciousness can express, of course, Divinity, because it is Divinity, and we being made in the Image of God can express Divinity, without question of a doubt, "if we tune our radio," as the Master used to say, "to the Presence of God within us."

And so, the last time we took up the organ of sight, how it can be sensitized so that it will express Divinity. And so, tonight, we'll go on with the Sense of Sight, just a little more. I remember, Master said, one time, "Those who meditate regularly, keep diving in the Presence of God within as the Holy Ghost, the Holy Vibration, will find that the vibration of the cells in the body changes; all the cells change, so that they vibrate at a different rate of vibration."

So, you can see, by the practice of yoga, which is directed towards the Sense of Sight, that the Sense of Sight will be quickened, so to speak, so that it can manifest Divinity, or express Divinity, because then it will register not just ordinary solar light, but it will register the Astral Light of the Kingdom of God, of which Jesus spoke. It will do that, because, this organ of sight has become atrophied. We'll not go into the reasons why. It is enough that it has become atrophied.

It is as if you have not used an arm or some portion of the body; it will atrophy. So our sight has atrophied. But if you begin to use the arm again, it will once more grow and be useful. So, if we use our sight in the proper way, it will once more express the high vibrations, which it can certainly do by use. And that use is through the practice of yoga. Self-Realization Yoga, "Salvation Yoga" I like to call it, because that gives us the ways and the means to stimulate the Sense of Sight to receive Spiritual Light of God.

Now, these things are facts; there not just someone's imagination. And all in this room, who have meditated regularly, will see that there has been, and is, a change in the Sense of Sight within them – there's no question about it. And unless you do it yourself – you can understand words, of course – you'll not know it as an experience until you allow the Great Light of the Infinite Father to flow in upon you, upon your Sense of Sight, and then you will see the Internal Kingdom of which Jesus spoke. You'll not see it through the ordinary sense of sight; you'll not associate with that sense of sight the accompanying senses of hearing, and smell, and taste, and feeling, but you will know it through the Sixth Sense of Intuition in which is complete in itself, and in all the senses, and especially, in the Love of the One Father.

So much for what to do; and just in passing, if you keep your eyes focused on the Spiritual Light at this point [between the eyebrows], and allow the Light of the Infinite, the Astral Light, to completely fall upon that – day-in and day-out – then, you will see yourself, that you are seeing something you didn't see before. You are responding to some Light within you that you never knew was there. In other words, you become, now, or you have the perception of, something which cannot be seen with these eyes [physical eyes] in ordinary focus. But easily within, especially if you can get rid of those things I have talked about – and, in the chance, we'll come to them a little bit later – you will see the Lights coming, seemingly from nowhere.

In you is rising a different “sun.” Not the ordinary sun, but the Sun of Righteousness¹ – the Astral Light of God. Now, these are facts. They sound good. But they sound good to you because your Soul knows that it is true. And if you practice, you will find it out. If you do not, you will not know.

So, realize that. And the more that we stimulate, so to speak, the more we stimulate the Sense of Sight within us, the more it will respond to those high vibrations – if you stimulate it to the right vibration. If you stimulate to outward things of a gross nature, especially evil sights, and so forth, it will degenerate into that. But if you stimulate it with the highest vibrations within you, the Presence of God, Higher Great Light, then, it will give you all things. Because in that Light is God’s Consciousness; His Great Intelligence, if we can call it intelligence. Greatest of all, His Love is in that.

And so, even by the Sense of Sight you can perceive the Presence of God. And, also, do it by the other senses – hearing, feeling, and so forth – and we’ll come to those later.

Now, there is a great inhibitory influence which we encounter as we try to bring up the Sense of Sight to register the Presence of God within. And that’s a very important thing. And the greatest inhibitory influence is, as I said, restlessness. All right, you will take me a picture where the camera is always moving. What kind of a picture will you get? You get a blurred picture. Lucky, if you can see it at all. Same thing happens within us. And so, the greatest inhibitory drawback to registering the Presence of God within to the Sense of Sight is the restlessness of the mind. That is a very important thing. That is the worst thing, because just as in the camera you will get a blurred picture.

And I remember, Master said, one time, he wrote from India, and he said, “Look steadily in the center of the light.” “Look steadily in the center of the light.” He was referring to the Light of the Spiritual Eye, at this point [the Christ Center]. He said look steadily in the center of it. Let me see you do it with a restless mind. It’s impossible. And so, those are his words. I wrote them down: “Look steadily in the center of the light.”

This gives the devotee the greatest concentration and he receives [*electronic garble*] most light.” You know; the center of a magnifying glass? The greatest

¹ Malachi 4:2, “But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.”

concentration is right in the center. So, if you look steadily in the center of this Presence of God, as Light within you, you will receive the most Power from it. And it is that Power, which changes your Sense of Sight. Not, nothing you can do; nothing I can do, except still the waves of the mind. But the “doing” is done by the Presence of God in Him...in the Light. “Not by works of righteousness are you saved, but by the washing and regeneration of the Holy Ghost,²” (*Sic*) or the Holy Vibration, an Aspect of which is Light, which you see at this point [the Spiritual Eye].

So, this thing is absolutely scientific. It’s not just a crack-pot idea. Yoga is scientific, and, if you practice it, you’ll find it out. If you do not, you will not know. So understand, that focusing God’s Light not only lays the devotee open to the Divine Light within, but to every Aspect of God, because in that Light is God’s Consciousness – Intelligence. “In the beginning was the Word, and the Word was with God, the Word was God.³” The “Word” is the Holy Vibration and the Aspect of which is Sight.

Now, if you can see above, in front, behind, beneath, all around, through this Sight, this Universal Power of Sight, certainly God’s Feeling is there also – and Sound is there. Everything is there, because God is the Unity of Consciousness, there’s no duality. And in that Unity of Consciousness is His All-Pervading-Knowing, and His All-Pervading-Loving of His devotees. That’s the greatest thing, because the world is hard; the world is difficult. The only way that I have found, to be at all contented, is to take God with you as best you can in everything you do. Surely, He will not let His children down, no more than we let our children down. So is with God.

And so, let us remember, that when we focus the Presence of God as Light, we not only receive the Astral Light, we not only receive it, we also get the corresponding senses that go with it, or Astral Senses, or Heavenly Senses, whatever you want to call it. Because in that Light, is the Great Omniscience of God. As science has shown, all things come from light; all things resolve into light; and from light all this universe has been produced. Why? Because the Intelligence and Love of God is in the Light. So, when you see Light, don’t pass it aside – merge in it. Get hold of it, somehow. Think and feel the Calmness of God and you’ll know these words are true.

² Titus 3:5, “Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;”

³ St. John 1:1, “In the beginning was the Word, and the Word was with God, and the Word was God.”

Now, one other point, or two, which I'd like to give you here; when you've focused the Light of God, the ordinary, conventional limitations are not there. But we can supersede those limitations, which we are used to, and focus the Astral Light of God. And, by so doing, what happens? Just like you grow – when you go to school when you're young you grow – some grow faster than others, but, at least, we grow. So, your perception of God as Light grows. It increases, until finally, that Light is always with you.

Now, ordinarily, once in a while you see it, and you feel wonderful. But, if you persist, it'll grow, because the Wholeness of God is in you, and in me, and in everyone. And when it grows, then, when you reach the point that His Light is always with you, no matter wherever you are, whenever you look, this great satisfaction comes, because you know that you are progressing. You know you are not standing still. And with that coming of the Light to be with you always, is His Great Love. That's one of the greatest things.

For when you can see that Light, as you close your eyes, or as you look and see it, there's a wonderful satisfaction. It's a great thing, to know that God is there. You will know as you merge in it, more and more, because merging in the Light brings the Presence of God dynamic to your consciousness. So that's the last thing to remember in this talk tonight, is that, after a time, His Great Light is Ever-visible. And you have a great confidence, as you realize there is something to yoga, and you know, finally, within your Soul, that someday, you'll stand face-to-face in the Eternal Light of God's Presence, which is everywhere.

So, in these few words, we have a great lesson, if you make God the Polestar of your life. And by that I mean, if you'll always, in your moments, "The Golden Moments" I call them, during the day, and during the week, just make the contact with God; even though, perhaps, at first, you will not see the Light, get your consciousness there; and finally, it will come. And then when it, when you do make Him the Polestar, it will, without question of a doubt, always be with you, just like it guided the children of Israel – a cloud by day, the pillar of fire by night⁴.

And so, we can sensitize the Sense of Sight within us. The greatest thing is that in sensitizing the Sight, we sensitize the Presence of God. That's how we bring the Presence of God and make it dynamic to our consciousness.

⁴ Exodus 13:22, "And the LORD went before them by day in a pillar of a cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night."

I think for tonight, that we have given ourselves, something to think about. I have a few references, which I think will interest you. First, from the Bible; to substantiate these truths, theoretically, so to speak, all through the power of feeling within you, but you will not substantiate them, empirically, until you get down to business and do yoga, practice yoga. Then, you will know through experience.

So first, from Exodus, Exodus the 13th Chapter, Exodus the 13th Chapter the 21st and 22nd Verse, we read as follows. This refers to what we were just talking about, the fact that the Presence of God is real, and will be real, if you make it so. It will, it will lead you, just like it leads all true devotees of God, and the children of Israel, when they had received the Spiritual Light through the intercession of Moses, then the same Light led them that leads every true devotee.

“And the Lord went before them by day in a pillar of a cloud to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night;” No time was left out with the Lord. And when you see the cloud of the Light in the daytime, you’ll know He’s with you, because His Intelligence is in you. And, also, the same with the light when the way is dark or the solar light has passed away. The Light of God never sets. That’s one great thing.

Then it says that: “He took not away the pillar of the cloud by day, nor the pillar of fire by night, from before the people.” And so, if you work a little bit, practice yoga, feeling the Love of God within you, wanting Him and Him Alone, nothing else; I know that He will give you that Light. It will be with you every place you go. You’re never alone. You have to recognize, on seeing the Light, that the Presence of God is there. If you can do that, you’re never alone. And so, if you have any difficulties, or any problems, look there [at the Christ Center] – Light or no Light – look there! Give them to God to lead you the right way. You cannot fail.

Now, we have another one, another reference, in Psalms, Psalms, the 27th Psalm, 1st Verse...27th Psalm, 1st Verse. This gives us great strength. But you must, through meditation, realize these things. Otherwise, you will not feel the impact of His Power with you. “The Lord is my light and my salvation...” That proves what I have said. In that Light which you see is the Presence of God. How could all things come from the Light, if His Presence were not there? Now when realized that, when you see the Light, then you’ll know what the Psalmist meant.

So, "The Lord is my light and my salvation..." Salvation from what? From this duality of uncertainty where you cannot depend upon a thing. Every time you lift your eyes to the Presence of God you can depend, fully, on Him. That's the difference. "The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?" "I will keep him in perfect peace, whose mind is stayed in me..."⁵ (Sic) Or we might add, "I will keep him in perfect peace who can see my Light; who knows that in that Light is My Presence."

And finally, the last, the last reference from the Bible, is Isaiah, Isaiah the 58th Verse, the 8th, the 58th Verse, the 8th ...the 58th Chapter the 8th Verse. This is, this is most wonderful. And it is so, and all who meditate in this room will tell you the same thing. It says: "Then shall thy light break forth as the morning, and thy health shall spring forth speedily..." Even though you have a diseased body, makes no difference. You're in God's Presence, now. Because in is His Great Presence even ill health must go. "Then shall thy light break forth as the morning, and thy health shall spring forth speedily: and thy righteousness shall be before thee; ~~and~~ the glory of the Lord shall be thy reward." Could we ask for anything more than to know consciously the Presence of God? It's a wonderful lesson – Isaiah the 58th Chapter the 8th Verse.

And now, a reference from the Bhagavad Gita⁶ to show you that these truths are Universal. No matter who practices yoga, they will find the same truth. And so, in the Bhagavad Gita the 15th Discourse the 6th Line, speaking about the Sense of Sight, which has been stimulated and aroused, so to speak, by contacting the Light of God, it says: "Nor doth the sun lighten there, nor ~~the~~ moon, nor fire; having gone thither they return not; that is My supreme abode." Of course, this refers to the, the overall Light. But the Light of the Sense of Sight is an Aspect of that Light. That shows the Presence of God is in it. "...that is My supreme abode." Sun of Righteousness, in the kingdom of which Jesus spoke.

Finally, from Master's Autobiography of a Yogi⁷ in which we speak about the Hindu philosophies; those of you who would like to read it, you can refer to page 280 and 281. This speaks about being in the Presence of Light, the Eternal Light of God. God is Light. In Him there is no darkness. The Sun never sets in

⁵ Isaiah 26:3, "Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee."

⁶ The Bhagavad Gita or The Lord's Song, Translated by Dr. Annie Besant, 1939

⁷ 1951 Release

the Presence of God. And that is literally, not a figure of speech. The Light of God never sets, if he once gives that to you.

Master says: "A dazzling play of light filled the whole horizon. A soft rumbling vibration formed itself into words..." The "rumbling vibration" is the Om Sound, the Holy Vibration in which all vibration is found. "...A soft rumbling vibration formed itself into words: 'What has life or death to do with light? In the image of My light I have made you...'" and that's each one of us. Receiving the Light of God you'll know there is no death there. "'The relativities of life and death belong to the cosmic dream. Behold your dreamless being! Awake, My child, awake!'"

So yoga is worth practicing. Yoga is wonderful. Those who do it will find out the truth of this ancient science of yoga.