

Secrets of Balanced Living

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Thank you. Nicely done.

The subject, this morning, as you know: "Secrets of Balanced Living," "Secrets of Balanced Living."

To know how to live a balanced life, we must first know, or rather, there are two things which we must know. First, what we are, and secondly, the goal of life. Remember these two things. To know how to balance your life, you must know first what you are; and secondly, why you're here, we might say, or the goal of life.

And so, let us take up the first question, what are we? What are we really? We're not only human beings, as we see one another, but, also, we have our Spiritual side. And, therefore, we can say that we are Spiritual animals, or rather, perhaps, Spiritual human beings. Now, if we realize that, which I'm sure every thinking person will realize, we must, therefore, feed and nurture both sides of ourselves; not just the human aspect, but more especially the Spiritual side, because that's the lasting side.

If we plant a plant, we feed it, and also we water it. And so, here we have this human body, which must be nurtured, must be fed, must be taken care of. But also we have the Spiritual aspect of ourselves, which is the important thing, because from that the human aspect has come, we must feed that also. More especially that, because, as we increase our Spiritual stature, we realize that's the only lasting part of us. We came from the One Light and Love of God, we will return into that One Light and Love of God. Therefore, we have to feed that side of us, that part of us, if we do not wanna be left behind, and at the end of life have nothing. And that is just what we have, if we follow alone, the physical side of our being, the human element, the human aspect.

One of the greatest arguments for this statement, that we are both Spiritual and human, or animalistic – I don't like to use that term, but that's what we are; we're Spiritual animals – and the greatest argument that we must feed both sides is the fact that each and every one of us has to sleep at night, or sometimes, we don't

sleep for quite a few days. But eventually, we have to sleep, or die. So that shows that we must feed that Spiritual side of us, because we, in sleep, we go back to God. We go back to God in an unconscious way.

Now, if you have any trouble sleeping, realize that there's another way out. Don't get discouraged. Don't turn and toss, and hum, and him, and haw, this and that. Do your exercises; Self-Realization technique of Hong Sau; highest technique of concentration – "HT of C." Let's get in the swim. "UNSC," and all those things. "Highest Technique of Concentration:" "HC of T," "of C." I have to learn it first. I haven't been at it long enough to make it natural. Well, that's neither here nor there. The point is, if you do that, "HT of C", it is of more value than sleeping. So, don't get mad at yourself because you cannot sleep, and thrash, and throw the pillows all over; but sit up, and do that, and you'll be more rested than if you slept, of course.

For incarnations we have slept. We have enjoyed it. That's why we feel so good. But the truth is, remember, those of you who have trouble with insomnia – if there are any – if you do that technique, you will receive more benefit than if you sleep, because in that highest technique of concentration you get greater relaxation than you do in sleep. In sleep there's partial relaxation. In performing that technique, which the Master has given, that simple technique, yet so efficient technique, the highest technique of concentration, there is, if you carry it enough, complete relaxation of this old body, and you are one with the Inner aspect of yourself – God Himself within you as Peace and Bliss.

So, realize that we have the greatest argument of a balanced life, especially that we nurture and feed our Spiritual side, side, in the phenomena of sleep, because in sleep we go back to God, and everybody has to sleep, whether we like it or not, or do the technique of Self-Realization. We have the option. Those who follow are better than most people. They have an option. They can do either. The others have to sleep, whether they like it or not. So that's a great argument for balanced living; that we must, we must stimulate our Spiritual side; we must feed it; we must give it something to live on. Otherwise, we will die. And St. Paul said, "I die daily."¹ He died to outward consciousness, and he superseded that outward consciousness with his Spiritual Consciousness within.

Now, there are two great commandments, also, which testify to balanced living. "Thou shalt love the Lord thy God with all thy strength, with all thy might, and

¹ 1st Corinthians 15:31

with all thy soul.²” Don’t cha think we have to feed the Spiritual side of us. That’s the first Commandment – feed the Spiritual side. Jesus said, "Seek first the kingdom of heaven (sic).” Feed the Spiritual side first. And the second is, take your place in life, shoulder to shoulder with those other children of God, "Thou shalt love thy neighbor as thyself." Very simple, as we read in our scripture this morning, the gist of the whole thing; Thou shall love thy Lord God with all thy strength, might, and thy neighbor as thyself. If you do that, you will sustain both your Spiritual side and your human, or natural, side.

Now to the second question: what is the goal of life? Unless we understand this, we will not realize the necessity, or the deep necessity, of feeding the Spiritual side of us. And that is; what is the goal of life? What is it? I know you all know it. We talk about it all the time. It is the return home, once more, to the, our Father, from whom we have come. And we cannot return home, unless we feed the Spiritual side of us, because there’s no other way to get home except by that vehicle; that Spiritual aspect of each and every one of us. If we feed that, that will grow and develop, and take us consciously back home, from whence we have come.

And so, the second question is: know, know the goal of life. We find in the Bhagavad Gita an answer to this, pointing out the importance of knowing the goal of life, in the 7th Discourse, the 27th and 28th Line; words to this effect: "...all men walk the earth wholly deluded..."³ wholly deluded! All men are in the delusion of this bodily vehicle, this human element, this animalistic side of us. "All men walk the earth wholly deluded (sic).” But, Krishna says, get out of that delusion. Get out of my delusion.⁴

Don’t cha think we need to have a balanced life? If we’re in this worldly consciousness, wholly deluded, walking along thinking we know it all – get out of it. Feed the Spiritual side of you, he might have said. Get out of this Cosmic Dream, this world of delusion, into the One Great Love, which is your Spiritual side; God’s Presence in you. Get out of my delusion, Krishna said. So, in the Gita we have it spoken of directly, that you must, you must, you must feed the Spiritual side. Otherwise, you’re gonna be more and more hopelessly engrossed in delusion of outward consciousness.

² Deuteronomy 6:5, Deuteronomy 10:12, Mark 12:30, Luke 10:27

³ “By the delusion of the pairs of opposites, sprung from attraction and repulsion, O Bhārata, all beings walk this universe wholly deluded, O Parantapa.”

⁴ Discourse 18

The Master always says the same thing when he says, "God wants us to play; wants us to play our part well." I often said to him, "Well, why doesn't God do this?" He says, "He doesn't want it done that way." God, and the saints can do anything. They could correct all these problems which we have, and all these persecutions we have to go through. But they want us to play our part. That's the Second Commandment; we have to play our part. God wants us to do that. He could easily do it by a miracle. But he wants His Drama to go on. He wants us to make the effort to play our part. In other words, to feed that animalistic side of us, taking our place in the Drama of Life; He wants us to do that.

And the teachings of the Gita say that same thing in these words, which we find in the first part of the Gita⁵. Play your part well. That pleases God. It doesn't make any difference what part you play, whether you are a success or failure. If you play the part taking God with you as you play, you are a success. That's the most wonderful thing. You should remember that. Don't think, because you've made a mess of things; it may be in the cards you *do* make a mess of things. But, if you have God, you are a success.

And so, live your life that way. Balance it; playing your part no matter what the part is; to the best of your ability. Success or failure in that part doesn't matter. You are a success, if while playing the part you feed your Spiritual side, and know God. That's one of the greatest things we find in the Bhagavad Gita. I'll read just a bit so that you'll remember it. In, on Page 15, the first part [Preface⁶] of the Gita, most wonderfully we read: "...We are identified with God by devotion (sic)." Feed the Spiritual side so that you know God, and feel him, "...and then perform duty as duty." Without attachment, play your part in the Drama of Life; feed the material side of yourself without attachment.

Now, if you do that, what happens? Then it says, if you do this, "...activity forges no bonds..." Isn't that wonderful? No matter what part you play. Even if you have lots of money, there'll be no attachment, no bonds to hold you here. "...thus activity forges no bonds, Yoga" or union "is accomplished and the soul is free."

I think that's the most beautiful passage. It shows us: play your part; feed the human aspect of yourself without attachment; but also, remember the words in the Gita, get out of my delusion. Get out of this worldly delusion. Know the

⁵ 2nd and 3rd Discourses, The Bhagavad Gita or The Lord's Song, translated by Dr. Annie Besant, 1939

⁶ Ibid. "...be identified with Him by devotion, and then perform duty as duty, fighting without passion or desire, without anger or hatred; thus activity forges no bonds, Yoga is accomplished, and the soul is free."

One Reality – God Himself. That’s balanced living. If you but do that, then the goal of life will be accomplished, because we will consciously return home to Him from whom we have come.

Now, another thing that comes to my mind is, in balanced living we must be practical. Most people, or quite a few people, not most people, a lot of people live in the Mental Realm; in the Realm of Ideas. “Oh, we’ll have a wonderful time;” they work it all up. But that isn’t enough. You have to be practical. You have to come down to earth and do something physically. Then the thing is consummated. As they say, “If you’re in politics, you have to go and ring the doorbells and get ‘em out.” It’s all right to say, “Sure, I’m gonna win; the cards; everything’s coming nicely.” All right; you may not win unless you go and ring the doorbells. Get them out. Get the vote out. I’m not a politician, but that’s how they do it, I understand.

You must get the people out; you must be practical, not just theoretical. But you must realize, and do things according to law. It’s nice to have a wonderful theory, it’s nice to live in a Mental Realm and work it all out. You feel good, until it doesn’t work out. You have to be practical. And so, an aspect of balanced living is that we must, we must be practical. I remember, especially, in my own schooling, as all professional men will realize that when you studied it, and how wonderful it was. The theory was wonderful. But when you came to do it, it was entirely different. You had to be practical.

A little boy was practically a, took him to Sunday School; the Teacher was telling him God made it – God made universe upon universe. He made you, He made me, He made your body, everything. But he saw the little boy wasn’t satisfied. He said, “What’s the matter, Johnny, don’t you think that?” He says, “Yes,” he says, “God made part of me, but I grewed the rest.” So, there it is, we must be practical.

Also, two little mice were running around a box of Rice Krispies. One came around, the other fellow stopped, and he says, “What’s the idea?” He says, he says, “It says on the box, ‘tear around the dotted line.’” So that’s what the, the mouse was, he was, I think, a little theoretical. The other mouse was practically – more practical. “Tear around the dotted line.” So every time you eat the Rice Krispies, if you do, you’ll think of that.

Now, going on just a little bit, to the subject this morning; one secret, of course, of balanced life is temperance. That’s the greatest thing: temperance; temperance

in all things. I know Nature, Nature is very tolerant. Even if you are not temperant, temperate; She will forgive many things. It takes a long time to break Her down. But that's the trouble; it takes a long time to build up again. So we must overcome that by balanced living, and being temperate in all things. As the Master used to say, especially, certain impulses which are very strong in people, "You cannot run the engine without oil." We must be temperate. We must be temperate in everything that we do.

And I think Sri Yukteswarji has a wonderful approach to this matter of balanced living, insofar that he says, "Be temperate in all things." He says in his little book, The Holy Science, which I hope you, I wish you all had, which I understand, copies are not available all the time. But he says, you cannot put people in monasteries to overcome certain weaknesses. But he says, if you lead a balanced life, a temperate life, in your food and all other things then things work out right. Then we can go back to God. You cannot force it. There must be a balance according to law. And the law is that we are both human and Spiritual. We must feed both sides of ourselves.

And so, finally, the greatest key to balanced living is this: that we must contact the guiding Spirit within us. That's the most important thing. Even then, if you do transgress in some material laws, God is far greater than His Parts. The whole is greater than the parts. God is far greater than His Material Laws. So perhaps the greatest factor in balanced living is, as I have said, this one thing: Guidance of Spirit. And that's why Jesus said, "Seek first the kingdom of God (sic)." "Seek [ye] first the kingdom of God...and all ~~other~~ [these] things shall be added unto you."⁷

Now lots of people think, "Well, now I'll live a nice balanced life. I'll go right off and forget all my obligations. And I'll sit in the mountain, where it's warm and nice and meditate; find God; and everything'll be all right." That's not seeking first the kingdom of God. It means *seek first*. When you get up in the morning, get the God contact. Make contact with God. Then the rest of the day'll be all right. Think God is with you and you start out all right, and hold Him; keep Him in your consciousness; you're feeding the Spiritual part of yourselves while you're working in this human element, this human aspect. That's what Jesus meant; make that the first thing in your life.

⁷ Matthew 6:33, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

Now, that doesn't mean to run away, and run away from your obligations. No. It means to get God contact first; get the Guidance of the Spirit first, by contacting Him. Then you cannot fail. You cannot fail but to lead a balanced life. I don't care who you are, because God will guide you, and that Guidance of Spirit is the greatest thing.

Babaji said the same thing. He said, seek first the kingdom of God in these words: "A little, a little of this religion..." Yoga; Self-Realization Fellowship; Union, with God; "A little of this religion will save one from dire suffering (sic)."⁸ Why? Because it feeds the Spiritual side of us, and we are, do not die from starvation of the realities of life, which is the Presence of God in us. Isn't that wonderful? A little, a little of God, will save one from dire suffering. A little of this religion, which is the same thing, which gives God contact, will save one from dire suffering.

And so, also Daniel, that Chapter in Daniel, which I love so much; it is the 10th Chapter, 12th Verse. "...Fear not, Daniel;" fear not Daniel, from the moment that you made contact with God, by setting your heart to understand; the moment you did that; and then got busy and did something; disciplined yourself; the moment you have done that, "thy words were heard, and I am come [for thy words]."⁹ Not *will* come, *I am* come for your words. Isn't that wonderful?

The moment you set your under...heart to understand, you make contact with Spirit. You will then receive the Guidance of Spirit. And when Spirit guides you, how can you go wrong? The channel is open. The channel to God is open the minute you honestly, sincerely, want Him, and then do something about it. Not just talk about it; not just have it in your mind; but do something – empirically – discipline yourself. The moment you do that, you are feeding both sides of your nature. You are feeding the Spiritual side and, also, you will naturally take care of your body, because God is All, and His Guidance is right within us.

There's one wonderful passage in the scripture which we should not overlook just at this time. Isaiah, 30th Chapter – listen carefully; 20th and 21st Verses: "~~For~~ [And] though the Lord give you the bread of adversity, and the water of affliction, yet shall not thy teachers be removed into a corner anymore, but thine

⁸ Chapter 34, Page 323, Autobiography of a Yogi, Revision 1951, Paramhansa Yogananda

⁹ Daniel 10:12, "Then said he unto me, Fear not, Daniel; for from the first day that thou didst set thine heart to understand, and to chasten thyself before they God, they words were heard, and I am come for they words"

eyes shall see thy teachers:" If you follow the teachings of the Master you will see God within you as His Great Rays of Light – as the different Masters. They're all one in God. So, it says, if you do that, even though I "give you the bread of adversity...yet shall not thy teachers be removed into a corner anymore, but thine eyes shall see thy teachers. And thine ears shall hear the word behind thee, saying, This is the way, walk [ye] in it, when ~~you~~ [ye] turn to the ~~left~~ [right hand], and when ~~you~~ [ye] turn to the ~~right~~ [left]." Isn't that wonderful?

So you can see the greatest thing in balanced living is Guidance of Spirit – Guidance of God. I'd rather have God with me than anything else, because you will see, gradually, if you follow the Master and his teachings, you will see that that's the only thing that matters.

The Master said, just two, three days before he passed away, he said: "Remember how wonderful it was when we first met? When we first met and when he used to come to our home in Somerville?" The first thing he said to me was nothing about the organization. He said, "Doctor, will you always love me as I love you?" Imagine it. That's reality. The organization, the strength of the organization is on in that one reality; the love that it gives to its members and others. So he said, "Will you always love me as I love you?" I said, "Yes."

Two days, or three, before he died, he said, "Remember how wonderful it was when we first met." But he said, "Where is life? Where's your father? Where are all the times we used to have together? They're gone." "But," he said, "that love is just the same. That's just the same." Then he said, "As we started, let us finish. As we began, let us finish. We'll part a little, then together again."

That's reality. That's the truth he gave me in those few words. This life will pass away, and all these things will pass away. This church will pass away. This congregation will pass away. But the love which you feel here, in this congregation, as we gather together in God's Name, we will not pass away. Know that; having that, you will lead a balanced life.

Closing Prayer

Heavenly Father, through Thy Grace, come into us through the channel Thou hast given us, to realize truth. Keep us ever steadfast, until finally, that truth is our own, and we completely merge in Thee. Bless each one of us, O Father. Let us not be sidetracked, as our Master has said, by the glamour of any

organization, but to seek God alone. Those who do that are safe. Aum, Peace, Bliss, Amen.

Let us rise and sing our closing song. Sing with your hearts. Feel God's Presence with us, His Great Light, His Love.