

Yoga Explained 8

The Cloud or Seat of Virtue – Part 3

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If God were not in us, we would never be able to do this thing. If we were not made in His Image we never would have been able, or never would be able, to know, that there is no separation between us. But because we are made in His Image, and because there's only One Substance in the universe, and in each one of us, from which all things have come, and we are living and acting and moving; therefore, we can reason that we must be of God, and a part of Him.

But that is not enough. We have to realize that we are a part of Him, and that there is no separation between us. And that's what yoga will do for you, if you sincerely practice, with humbleness and devotion to God, and finally, if you surrender fully to Him, you will know that there is no separation between you. So "Yoga Explained," or Yoga, the subject "Yoga Explained" is very important for each and every one of us.

Last time we discussed the "Seat of Virtue." The "Seat of Virtue" is that Seat of Spiritual Consciousness within us where God and His angels dwell; *and the location, just to refresh your mind, is the point between the eyebrows is where the Spiritual Center is, of which Jesus spoke - and from there to the crown of the head is Mount Zion, or the Holy Mountain, or where God dwells.*

And so, you can see, if you'll analyze yourself, when your, your consciousness is high, and you're thinking of God, or working towards Him, so to speak – I shouldn't say *thinking*, because you cannot think of God – but you're working toward Him; and you'll find your consciousness is in this place [at the point between the eyebrows].

So that's the Seat of Virtue, and it is not an idea. It is spoken of, theoretically, as the Seat of Virtue. But it is a definite state of consciousness – a definite force. And that force is the Presence of God within each and every one of us – and we can know it through meditation and yoga.

So, this Presence of God, which is located at the Seat of Virtue, is God's – God Himself. We expect God to be made as we are, with a form, and our attributes,

and so forth. But that's just man's idea of God. God is the Great Word, the Cosmic Vibration, the Holy Ghost, the first manifestation of God's Consciousness, plus His Power, is the Word. So, if we can merge in that, then we can attain the Presence of God, of which Brother Lawrence¹ spoke so wonderfully. The Presence of God is what we need. We do not need worldly consciousness, because in the end, we'll have nothing. That which was born must pass away, but God's Consciousness, never being born, always being, will not pass away. And so, it's very important to understand that to know the Presence of God is important. And that's why this subject "Yoga Explained" is so important, and why many of you wanted it given the second time.

And so remember, the Presence of God is at the Seat of Virtue. And when I say it is there, it is – you can contact it there. It is knowable at the Seat of Virtue, without question of a doubt; and it is knowable, as the Spirit of God moved², as the Great "Word," the Holy Vibration, spoken of in St. John³.

And so, this Presence of God is very important for us, because in that, if we become one with that Presence, then we will find fulfillment – and not lack of it, not disappointment, not insecurity – but full security; and greatest of all, the Presence of God as Love.

And so, the Presence of God is the Great Holy Vibration, the Holy Spirit, the Comforter, of which Jesus spoke, at the Seat of Virtue. And the Word has its aspects, of which you've heard me speak many times: as the Light, as the Great Sound – like footsteps of God – and greatest of all, His Feeling is there. He feels just as you will feel, if you can rise above this worldly, limited feeling, and feel God's Love at the Seat of Virtue you will be feeling just as God Feels; that's why it is so important to understand what we are struggling for, and what we are trying to find. And so, this Great Word has the aspects of Light and Sound, and greatest of all, Feeling.

And just one or two references I have down here, about the Presence of God in us, as these different aspects. Now, these are not ideas. Please remember this one thing – they are not ideas at all. They are definite Forces, which can be

¹ Brother Lawrence (c. 1614 - February 12, 1691) was a lay brother in a Carmelite monastery, who is today most commonly remembered for the closeness of his relationship to God as recorded in the classic Christian text, The Practice of the Presence of God.

² Genesis 1:2, "And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters."

³ John 1:1, "In the beginning was the Word, and the Word was with God, and the Word was God."

handled, and felt, and realized. We've had, too long, God as an "idea." God is Spirit.⁴ He's wonderful; He does all things for us. That will not satisfy us. But when you hear Him – not with these ears, but with the Spirit – with the Intuition of the Spirit; when you see His Light – not with these eyes, but with the eyes of Spirit, the Intuition of Spirit, the Single Eye; and when you feel His Love within you – not just in the heart, but in every cell – that's God. That's something real and tangible. That's what we can find at the Seat of Virtue here. And so, you can see God takes on a different aspect, when you can sort of get hold of Him and make Him your own.

And so, we have reference to the Light – that is the aspect of Light – in the Great Word of God, the Holy Vibration; just one reference – there are many of them in the Bible. But just picking out one that might interest you, in 1st John, the 1st Chapter the 1st and 5th Verses: "...that which we have looked upon and touched..."⁵ the Word of God, the Holy Vibration – something real and tangible.

"This then is the message which we have heard..."⁶ That is, in the Holy Vibration you will hear this message, and therefore you can declare unto others, not by word of mouth, but by your very example in the consciousness which emanates from you. This is what you can do. "This then is the message which we have heard from him, and declare unto you, that God is light, and in him there is no darkness."⁷ That's what you can do at the Seat of Virtue. Having that, you can declare unto others. That is, you can manifest to others. So much for the Light.

Now for the Sound, the Great Sound of the Holy Vibration, the Tread of God's Footsteps, as sometimes it is spoken of, as His Great Creation goes on, the Sound of that Creation. Let us take just one reference in Revelation, the 1st Chapter the 10th Verse: "I was in the Spirit in the Lord's day, and heard behind me a voice, as of a trumpet." That's testimony of the Cosmic Sound, the Trumpet Sound, as spoken of, or the "sound of many waters,"⁸ the ocean's roar, the sea roar, as Master calls it. That's the manifestation of the aspect of the Word as Sound – God's Presence as Sound.

⁴ St. John 4:24, "God is a Spirit: and they that worship him must worship him in spirit and in truth."

⁵ I John 1:1 "That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life;"

⁶ I John 1:5 "This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all."

⁷ Ibid.

⁸ Revelation 14:2, : And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: and I heard the voice of harpers harping with their harps:"

Now, that wouldn't be satisfying, except, in that Light in that Sound is His Love – is His Feeling. Then it takes on a different aspect – something real and tangible; and this is true. And for that, for that, reference, St. John, 1st John, 4th Chapter, 16th Verse – so many Johns here. Now I've got it. Fourth Chapter, 16th Verse. This is the greatest aspect of the Presence of God within us. And this, unless you have this aspect, you'll not be satisfied. You'll not be satisfied. It's wonderful to see the Light, great to hear the Cosmic Sound; but until you feel His Love, you will not be satisfied.

And this is what we read: "And we have known and believed the love that God hath to us..." Master said, "God wants us and loves us more than we can imagine. He's crying for us more than we are crying for Him." That gives us an idea that He wants us really. So it says, "We have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him."⁹

It is very simple. The Presence of God is simple. But as long as there's restlessness and attachment to this outward living, we cannot perceive that Love of God fully. That's why we think it's so difficult. The pure in heart, the simple, the meek, shall feel the love of God.¹⁰

And so, as Master has said, our Master has said, "Without shadow of a doubt the bliss which you feel," as you meditated just a few minutes, nine or ten minutes, I think it was, "that peace and bliss which you feel is the Presence of God, the aspect of His Love." Some of you perhaps, saw the Light as you meditated; some heard the Cosmic Sound. That's the Presence of God at the Seat of Virtue. Now, if you cannot hold it, perhaps. But, if you keep at it, you can. So, it's always with you. Then you realize what yoga means. It'll give you that contact.

Now, another, another great Aspect of God, which you can call it that, is found at the Seat of Virtue – and that is Paradise. We've heard of Paradise, all sorts of Paradise. Paradise is at the Seat of Virtue. Jesus said, now, "...My kingdom is not of this world..."¹¹ In outward consciousness, it surely is not Paradise the

⁹ I John 4:16

¹⁰ Matthew 5:8, "Blessed are the pure in heart: for they shall see God."

¹¹ St. John 18:36, "Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence."

great part of the time. But when you meditate, and lift your consciousness from there, from outward living to here [the Christ Center], then you feel the Paradise of God, without question of a doubt.

As you merge, deeper and deeper, a Peace will come over you, “that passeth all understanding.¹²” That’s the Paradise of God. In that Consciousness, at the Seat of Virtue, you surely are not in this worldly consciousness, but you are in that Spiritual Consciousness. That’s the Paradise we are hunting for. And when, at will, you can enter that Paradise, then you’ve accomplished something wonderful.

When, at will, you can elevate your consciousness, pull it out of this worldly existence, and put it here [at the Christ Center], and hold it there; then, you’re in Paradise. Then, if your body is taken away, you won’t care. You can do it at will, through the practice of yoga – plus the Grace of God. And so, God’s Presence is at the Seat of Virtue; the Great Amen of our Bible; the Om of the Vedas; the Amin of the Mohammedans, and so forth.

People have sought the Presence of God since time started, for that’s the only remedy; that’s the panacea which people want. So yoga will give us that, plus the Grace of God. And that’s what we have in Self-Realization. We have the ways and the means to know this Paradise.

Jesus spoke when he was on the cross to the thief, and said, “...this day thou shalt be with me in Paradise,¹³” (*Sic*) in Luke, 23rd Chapter the 43rd Verse. “This day,” he simply meant, by the thief’s great faith in Jesus, as the Great Voice of God, by his faith, and by the intuition of the thief’s Soul, he knew that God was in Christ. Because of that, because Jesus lifted his consciousness from this worldly consciousness into the Supreme Consciousness at the Christ Center, the thief would be in that Spiritual Consciousness, as Jesus said. That is, his consciousness, instead of being in duality, and when he expired he would pass into oblivion, through the economy of nature, he would not pass into lower consciousness, but would elevate his consciousness, through the agency of the Christ Consciousness which Jesus manifested, into the Seat of Virtue.

¹² Philippians 4:7, “And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

¹³ Luke 23:43, “And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise.”

The Seat of Virtue, of course, in the body is located here [measured with ten fingers from the Spiritual Eye to the top of the head]. But it is the Great Expansive Consciousness of God, that's what Jesus meant. Because, because of your faith in me, as the True Voice of the Infinite, you will be with me, with me in the same consciousness which I will be in; that's Paradise, and that's what is meant.

Now, we have also an illustration of Paradise and how it comes. It is sometimes spoken of in the Bible as "Gabriel's Horn." You've heard of the blowing of Gabriel's Horn. And in 1st Corinthians, the 15th Chapter, the 52nd Verse; this is very important. People say, "How, how much longer will I have to meditate before I get the Presence of God?" You can get it in an instance, as it says here: "In a moment, in the twinkling of an eye, at the last trump:¹⁴" That is when the Cosmic Sound sounds, loud like the Trumpet Sound, there you have Paradise, right there – there you have what you're seeking.

So, it says in this Bible reference, "In a moment, in the twinkling of an eye..." Haven't you noticed in your meditations sometimes, suddenly, you get an intuitional flash, perhaps, hear the Cosmic Sound, feel the Love of God well up? That's the way it comes, and that's what it means. "In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.¹⁵"

That is, "the dead" are those who are in worldly consciousness. When we're in this worldly consciousness, we're dead, just as far as life's concerned, because, if our bodies should go away, we'd be left with nothing. This consciousness will pass away – we're dead while we're in it – but when you hear the Cosmic Sound, and hear the Trumpet Sound, you are then, not in this outward consciousness of corruption, but you are "raised incorruptible," because in Spiritual Consciousness there's no duality. The Presence of God is there.

Ramakrishna said, "God can come any moment." So, as you meditate, don't get discouraged, and don't think, "I wonder how many incarnations I have to wait?"

In the moment you hear...

¹⁴ I Corinthians 15:52, "In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed."

¹⁵ Ibid.

Note: The .mp3 files ends here. The following are notes that came from Brenda Lewis' transcription file, which I cannot verify other than I do have the original document from Brenda. Jeannette StMichael 10/16/08

...the Cosmic Sound you are in the Presence of God.

I have further references to give you at this time under the heading: "Aspects of Bliss and Joy – Paradise." From the Bible: Psalm 87, Verses 1–3: "His foundation is in the holy mountains." "The LORD loveth the gates of Zion more than all the dwellings of Jacob." "Glorious things are spoken of thee, O city of God. Selah."

From the Bible: Psalm 99 Verse 9: "Exalt the LORD our God, and worship at his holy hill; for the LORD our God is holy."

From the Bible: Psalm 125, Verse 1: "They that trust in the LORD shall be as mount Zion, which cannot be removed, but abideth for ever."

From the Bible: Romans 14, Verse 17, "For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost."

From the Bible: Philippians 4, Verse 7, "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

From the Bhagavad Gita¹⁶: Discourse VII: 8, 9 "I the sapidity in waters, O son of Kuntī, I the radiance in the moon and sun; the Word of Power in all the Vedas, sound in ether, and virility in men; the pure fragrance of earths and the brilliance in fire am I; the life in all beings am I, and austerity in ascetics."

From the Bhagavad Gita: Discourse VII: 5, 6, and 7: "Know My other nature, the higher, the life-element, O might-armed, by which the universe is upheld. Know this to be the womb of all beings. I am the source of the forthgoing of the whole universe and likewise the place of its dissolving. There is naught whatsoever higher than I, O Dhanañjaya. All this threaded on Me, as rows of pearls on a string." [The consciousness energy of God at the Seat of Virtue.]

From the Koran, Sacred Book of the Mohammedans: "From the garden of Bliss [the Garden of Eden] there will flow rivers of Bliss in the Garden. There hath

¹⁶ The Bhagavad Gita or The Lord's Song, Translated by Dr. Annie Besant, 1939

come to you a [new] light wherewith God guideth all, to ways of peace and safety, and leadeth them out of darkness into the light which guideth them to the path that is straight.¹⁷”

The last reference from Kabir, Page 45, No. 103: “By the power of the Word, the sin of this world is destroyed. The word makes kings forsake their kingdoms. He who has investigated the Word has done his work well.”

¹⁷ Koran, [10:9-10] "As for those who believe and lead a righteous life, their Lord guides them by virtue of their belief. Rivers will flow beneath them in the garden of bliss. Their prayer therein is, 'Be You Glorified our God' their greeting therein is, 'Peace' and the ending/conclusion of their prayer is, Praise be to God, Lord of the universe"