

Increasing Your Mental Powers

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That selection [played on the organ – not on the .mp3 file] suggests power, and the control of it, and the calmness at the end. And so, that is, will fit into our subject this morning, "Increasing Your Mental Powers," "Increasing Your Mental Powers."

If you are to increase your mental powers, you must realize that that implies that first you have self-control. You must have self-control. If I am to pick up this flower, and I have no control of my hand, I won't get the flower. But through concentration, I can pick the flower up. And so with the mind; unless you have self-control, and can control the Life Force, which you are gonna utilize as mind power, then, of course, you cannot have great mental powers.

And so, self-control means, that we have to develop concentration. Concentration will give us self-control in body, mind, and Soul. Concentration is a very important thing. Concentration depends on your control of Life Force – Life Force in the body. Life Force is God's Cosmic Energy, as you know by this time, and your control of that, and the application of that in things of the body, things of the mind, and things of the Soul, is paramount. Just in performing bodily movements, it requires self-control. When there is lack of that, we cannot perform our bodily functions as they should be. Apply that to the mind, which is our subject this morning, and it means that, if you are to have strong mental powers, you must have self-control through concentration, to utilize the powers of the mind. Concentration is very important.

What is concentration: one-pointing, one-pointing mind; one-pointing your mental powers. Now, to do this we have to, as I have said, utilize Life Force. Where is the Life Force in our body? Where is God's Conscious Energy in our body...body, His Cosmic Power? Where is it? It's distributed throughout our body; throughout the senses; throughout the muscles; throughout the internal organs; and also, throughout our thoughts; and even memory thoughts.

We start to concentrate and we find first, we have to withdraw the Life Force from senses – from the body. If you're continually feeling, as Jesus said, "a thorn

in the flesh,"¹ how can you have much mental power? You have to learn to withdraw that energy, withdraw the Life Force, so the body does not interfere with your application of mental power.

And then in the mind, when the mind is bothering you and your thoughts are not controlled, and you want to apply that mental power on one thing, you cannot do it until you withdraw the Life Force from thoughts, and from all activities of the body, all functions. We have to withdraw the Life Force. Having the Life Force in our hand, then we can apply that energy to mental activity, and to our minds, as we say.

And so, concentration is a very important thing. Concentration, when you develop concentration through the different techniques of Self-Realization Fellowship – the highest technique of concentration – you withdraw it, as I have said, from these outward activities. And when you can control it, get it in your hands, so to speak, then you can apply it to your mind. Concentration is very important. And when you do that, you have self-control so that you can put that energy into your mind, and give it power. And when you can control it, you can also unite it with God's Power within you, His Great Cosmic Energy. Then you have something. Then you can increase your mental powers.

Concentration is very important, and the techniques of Self-Realization, the yoga techniques, of the highest technique of concentration, is the greatest thing, because it enables you to attain self-control by concentrating your Life Force as you want it, on one thing. And, this case, on your mind and its activities. Concentration is very important.

Now, when you are able to concentrate, you will find that there's a great calmness comes over you, because your Life Force is not diffused throughout the body and other activities – taking your attention and diluting your efforts. When you control Life Force, you find a great calmness comes over you. Calmness is self-control. Then you can apply that calm will, reinforce it with God's Power, then, you have increased your mental power.

Concentration is very important. And you can even concentrate to such an extent that you withdraw the Life Force from the different organs, as the heart. The heart, in turn, reciprocally, slows down the breath so that you reach the calm, breathless state. That's the greatest state of concentration. In that state you

¹ II Corinthians 12:7

can apply great mental powers in any way you want: to your body; to mental activity; and then you can convert that into Soul Power, which is behind all activity. Concentration is very important.

St. Paul said, "I die daily."² He simply means, meant, that he died to outward consciousness, which is changing, transient – is not one-pointed. He died to that, and concentrated on his Soul within, through the breathless state. You say, "How do you know that?" Because he said, "I protest by the rejoicing that we have in Christ, I die daily." Now he didn't pass out, so to speak, and die. He died to outward consciousness, restlessness, activity that is not organized. That doesn't give you power. That takes power away from you. You have to have self-control through concentration. Then you can have increased mental powers. Concentration is very important.

Now, to increase your mental powers, three things are particularly necessary. First, first you got to know what you wanna do. So many people don't know what they wanna do. 'Course they will not have increased mental powers. You must make up your mind what you wanna do.

So the first thing is to do that – attain guidance. And that implies that we must be guided by our Soul, not this outward transient worldly consciousness. Be guided by your Soul. Find out what you wanna do. If you want to perform some task, find out definitely what you wanna do – I refer to a mental task. And when you know what you wanna do, because you have been guided by Soul contact, then, you have self-control; you have concentration; you know just what you wanna do. Then you can apply more mental power, because your powers are not diffused in trying to know just what to do. Find out what you wanna do first. That's why we say in our, one of our Whispers [From Eternity], "Heavenly Father, I will work, I will be active, I will reason, I will work. But guide Thou my reason and activity, to do the right thing." That's very important.

So, if you want to increase your mental powers, get that contact with God. Get Soul contact, and find out what you want to do. And when you know it's what God wants you to do, then you have concentration. You're not diffused in your activities. You're not diffused in your point of view. You know that God's Will is what you want, and you have the confidence He will guide you to do His Will in any activity. Then you can have great mental powers, because there is a great consolation to know that God is guiding you. It is very important. The first

² I Corinthians 15:31

thing is, we must know what we want to do. Then, realize what I said in the scripture this morning, “nor be you of doubtful mind.”³

You know what you wanna do; God tells you to do this thing; then you will oscillate – “I wonder if I should, I wonder if I should.” Where has your mental powers gone? “Nor be you of doubtful mind” is very important. Find out what you want to do by contacting God, and with great faith, go forward, without doubt. Doubt is the worst thing, because it dilutes your effort. And we're talking about mental effort this morning. Doubt is the most wonderful thing to dilute your mental effort. It's the greatest thing, to stop it, so don't doubt. “Nor be you of doubtful mind.”

So the first point is, find out what you wanna do, first. That's the greatest step. Because, if a man is not sure of his path in any line of endeavor – business, in mental activity, or in Soul activity – he cannot apply as much effort as he can when he knows God is with him; he feels God is with him; he knows it's the thing to do. That's the first step.

Now, the next step is, then, gather together in your mind the Life Force. Mental activity is the vibration of Life Force. All activity in the body, from the most gross action of moving your muscle, to the finest of Soul perception, is Life Force moving. “The Spirit of God moved.”⁴ Realize that. Everything is Life Force. And so, the second thing to remember in attaining this mental power is, to gather together the Life Force. Get hold of it, so that you can apply it to your mind, and when it is applied to the mind, then it strengthens it, and great mental powers come. Life Force is the basis of mental activity. All thought is Life Force vibrating at a higher rate of vibration than physical activity. These things have been shown. They are known. If you increase the vibration of Life Force above mental activity, then you get Soul activity, and finally Light. Science has shown this. This is a known fact.

And so, realize, Life Force is the underlying factor which we must control. We must now, in the second thing, gather together the Life Force in our hands, so to speak, and then apply it to the mind. First, we must know what we wanna do; second we must have the implement – the wherewithal to do it – and that's Life Force in your mind. From that strong mind will come right; waves of power and

³ Luke 12:29

⁴ Genesis 1:1

strength; vibration of the right Energy to make you successful in your mental activity. And so, the second thing is, to gather the Life Force together.

As I have said, the techniques of Self-Realization enable you to do that, and when you have gathered it together – gathered all the Life Force, loose ends – that it is distributed throughout your activity. Most of us run helter-skelter, here and there, without any concentration of energy. You have to apply that energy. To apply it, you have to gather it together first. That's the second thing. Know what you want to do. Get God on your side. Then get the implement ready wherein, whereby, you are going to make strong mental activity.

Now the third, and important thing, is this: you have to apply that mental force, which you have gathered together and placed in your mind to utilize – you have to apply that, with will. You have to apply it with “steady will.” That's very important to increase your mental power. If you apply it with the “explosive will of youth,” you get a great reaction, first. But then it peters out. And so, your mental activity will peter out, unless you apply it with “steady will.” Use your will. Will is necessary in any activity – especially mental activity. Apply your will with unceasing activity, until consummation - you understand? – until the thing's carried out.

Now, some people start off with the “explosive will.” We see the “explosive will of youth.” Well, they sometimes end up one car against another, and two or three of them dead. That's the “explosive will.” But the “steady will” is applied perhaps, in a less energetic way, until finally, consummation comes. So, if you want to increase your mental powers – this is the third, and last thing you must do – you must apply that will in a “steady” way, until consummation is attained.

So remember those three things. In will power, first, find out what you wanna do, and know it. Know from Soul contact, from God within you, what you want to do. That fact alone will give you great mental power, because, if we know that God is in us, and we're doing His Will, don't you see what strength it gives you of body, mind, and Soul, in this case of mind? So, the first thing is, know what you wanna do by knowing God. Second, gather together the force; and third, utilize it until the thing is done. Not half do it. Carry out your mental activity until consummation.

Now, another important requisite in mental strength is this: keep the mental pattern right. Keep the mental pattern right. If you feel and believe that you'll be strong mentally, and stick to it, it'll be so, because the mind is the motivating

agency of all activity – especially of the body. And as it motivates the body, it'll strengthen the body; especially, the nervous system. If you keep the pattern right, in your mind, it will strengthen the body – especially, through the nervous system. And, if you stick to it – that's the right mental pattern, not giving up halfway – stick to it. Then you will, without question of a doubt, increase your mental powers.

As I have said, if you believe, if you believe you are going to be strong, and healthy, and well, and young – if you wanna stay young – and keep at it, and keep the mental pattern right, you'll be that way. Because the Great Power of God flows through that mental pattern, which you have, and will give you a strong body; will keep you vigorous; well and healthy; and that, of course, means a strong nervous system. And the nervous system is the implement of the application of mental power.

If we have a strong nervous system, we can stand most anything. Some people can digest nails, as I say. Why, because they've got a strong – now don't think that I advocate eating nails or such things, but it, it, it, means that, if you have a strong nervous system, you have strong mental powers. You have a good body. And also, if you have a strong, mental nervous system, and keep the pattern right, you not only will increase your mental powers, but, also, you can, if you apply it to knowing God, you can find God, in an easy way. And so, the mental pattern must be right. And, if you keep it right, you'll be well, and healthy, and, also, have lots of mental activity in the right way. Enajetic, energetic, mental activity – that's what it means to have a strong mind. Increase your mental powers.

One other thing, as I, I want to just tell you before we go, that, if you'll keep the mental pattern right, it affects your body; and that in turn affects the cells of the body. And if the cells are affected, as I have said, all tissues of the body are strengthened, so that your mental powers are increased through a healthy body. It is also psychological and physiological. That is, it applies to the body as well as to your psychology. Mind is the activator. If you have a strong mind, and think you can do a thing, nine times out of ten, you will do it. Keep the mental pattern right. Keep the mental pattern that you have a strong mind, and that you have mental powers. And knowing that, you are going to follow what God wants you to do. Then you can do it.

Now there is one other thing before we are through, and that is the “law of suggestion” is a strong factor in mental power – very strong factor – the “law of

suggestion." Now, you can do this two ways. Subconsciousness works in this way: whatever you suggest to it, it'll carry out. If you suggest you're weak and miserable – it'll carry it out. You'll be weak and miserable. If you suggest to it that you are strong, you are made in the Image of God, and you're a child of God, and carry it out, and you'll have strong mental powers. So, subconscious suggestion is very important.

We can do it now in a conscious way, or we can do it in an unconscious way. For instance at night, at night it is done just as sleep comes. Suggest to your subconscious mind – it may seem foolish, but it, it isn't – the subconsciousness never slumbers nor sleeps. You may slumber and sleep; your outward waking consciousness may fall asleep – “dead to the world,” as they say – but that inner thing – and it's a good thing it doesn't sleep – that inner consciousness, subconsciousness, which controls our vital functions of respiration, circulation, all vital functions – never slumbers nor sleeps. And so, whatever suggestion you give to it, it takes it up. Whether it's a...whether the suggestion be in a conscious way, or an unconscious way.

And so at night, just before you go to sleep, suggest to your subconscious mind. Get the suggestion in. You have to get the suggestion in. If you just suggest in a haphazard way – but with concentration of which I have spoken, not too much in outward consciousness – but turning it inward. Suggest to the subconscious mind that you are strong mentally. You have a strong mind, and nobody can subdue you. It will carry it out, and the next day, and the day after, and as you build up that suggestion, the mind will receive those suggestions from the subconscious mind – the suggestions of strength – and it will carry it out. It will help you to have a strong mind with strong mental powers.

And, also, another thing: at all times, be careful of your suggestions. Be careful of what you're suggesting to the subconscious mind. And this applies to each one of us, as far as suggesting to others. You know people say to you, "My, you don't look good today. Boy, you, you just don't look good at all." And the first thing – you're down. Why? Finally, it gets into the subconscious. Subconscious begins to pass those suggestions out to your waking consciousness, and the first thing, you're miserable.

Now it works the other way. Watch your suggestions. Be sure your suggestions are strong, and never of a weak nature. “Never say,” the Master used to say, “I'm tired.” That's bad. You can say, “Well, I need sleep.” But don't say you're “tired.” The mind picks that right up – subconscious mind picks it right up –

and it keeps suggesting to you. Don't suggest those things. Be careful of your suggestions, because subconscious suggestions are powerful.

Always feel strong and healthy, and whatever you suggest to the mind, it will pick it up. If your subconscious suggestions are of strength, and power, and efficiency, the mind will pick that up, and do it. And soon, it will become strong and efficient. Watch your suggestions. As the Master says, "Never get into the rut of feeling weak, of a weak mind." Be strong! And you can do that by realizing you're a child of God. And, if God is with you, who can be against you? Who can disturb you in any way? Watch your suggestions. They're very important in developing will power.

And now, finally, before we close, the greatest thing is, Spiritual law pertaining to the increase of mental power. Spiritual power is the greatest. If you have God Realization, that's the greatest factor in giving you mental power; in fact, giving you power of all kinds. If you know God is with you, as I have said – I don't mean just imagine it – "Father, you're with me," and the mind running all over the place – know it by feeling Him within you as His Conscious Light and Power. If you know that, don't you think your mind is gonna be strong? Certainly it's gonna be strong. God Realization is the greatest factor in increasing your mental power, because it is God's Consciousness, His Cosmic Energy, which is your own mind. And, if you can unite your limited mind with His Great Mind, His Great Power, His Strength, you're gonna have a strong mind, and you're gonna get strong impulses from that mind. You're gonna have great strength. Another thing in this Spiritual law pertaining to a strong mind is, that God does listen and grant the wishes of His humble devotees. That is true without question of a doubt.

Now, if you are weak mentally, but you really are sincere with God, and talk to Him, and ask Him, He can change your mental pattern quicker than anything. He can change your mental pattern from one of weakness, to one of strength and energy. This is true.

I used to be very shy, very shy. I hated to hold my head up, even. These are facts. I don't mind telling you, because it went away. And I used to walk from the house, and I'd feel shy. One day, I made up my mind that there's something wrong, and I said to myself, "Now listen, you are a child of God." I remember walking down the street distinctly. I said to myself, "You're a child of God. God is with you. No one in the world is any better than you are. You're God's child. No one will keep my head down." And from that moment on it...things became

better. Why: because God listened, and changed that pattern of mental weakness into one of strength.

So, this Spiritual law is most important in developing your mind. God can change your mental pattern. If it is a mental weakness, He can change it into one of strength, and one that should be in accordance to what you really are, and what I am, children of God. And so, this Spiritual law is very important.

And finally, finally, the greatest thing pertaining to the development of mind power is the Spiritual aspect of meditation. When you meditate and get God contact, that high voltage of the Holy Ghost within you – not in imagination – that high voltage of God's Presence in you, as the Holy Ghost, can give you everything you need. Mind power is nothing to God. That changes every cell of the body. Every cell of the body vibrates to a higher rate of vibration when you contact God through meditation. That High Voltage Presence of Spiritual Consciousness changes the rate of vibration of every cell, and your nervous system, which is the mee...the medium of mental power, through which mental power flows, will be changed, will be strong, and you'll be efficient in all ways.

God will make you strong in all ways: in body, in mind, and Soul, because there's no power like that High Voltage of Spiritual Consciousness, which comes through the contact of the Holy Ghost, which is God vibrating in you, and in me, as the Great Om Vibration, the Great Cosmic Sound. "In the beginning was the Word, the Word was with God, the Word was God."⁵ We have it right there in our scriptures. What's the matter with us? We don't contact Him. If you contact God and feel Him, there's nothing that'll give you mental power, increase your mental activity and power, like the contact of God, because that's the Reality. That's the Real thing. God is the greatest thing. His Power within you can change you from a weakling to a child of God, as you should be.

And so, by following God within, we follow His Will and His Plan. He has a Plan for all this thing. Don't think this just happened. How could it be just a happening, as the luminaries, the great suns, follow their courses without colliding? Everything goes. We don't see the whole picture. And so, we don't realize God is the Sole Doer. He has a Plan, and I'm sure that His Plan, His Great Plan means that each and every one of us will have a strong mind, and strong mental powers.

⁵ St. John 1:1