

Feel the Christ Within

Dr. M.W. Lewis

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Before going on with our subject, I'd like to take this opportunity to thank Mr. and Mrs. Robert Eckhart for decorating the church, especially, this star. If you look at it; do you see it move a little bit? It's silently staying there, but it's alive. There's something about that star, we've had it for several Christmases. It does represent the Great Spiritual Consciousness of the Thousand-rayed Lotus. It doesn't say much, so to speak, but if you can lift your consciousness, and be one with that Thousand-rayed Lotus, then you realize that God is – Christ Consciousness is. And that they have worked diligently to make this nice for us today, and we thank them.

Have I missed anybody who has decorated here, or anything. Mrs. Kennell, have I missed anything?

Well, the subject, "Feel the Christ Within," or "Feel the Christ Consciousness Within."

The only thing we have that amounts to anything, or that is real, is our own consciousness. Did you ever stop to think of that? Your own consciousness. And that consciousness is a part of the Great Cosmic Consciousness of God, the Father, which moved, first, and created all things through the agency of the Great Light of the Holy Ghost. And in that Light of the Holy Ghost, in His Creation, is His Same Consciousness, and we are a part of that Creation. And the Consciousness which you feel as you listen to me, or you close your eyes, and that awareness that you have, is God the Father's Consciousness.

And so, I think we can readily understand that there's something that's preventing us from feeling the Great All-pervading Consciousness of God, the Father, in His Creation, as the Christ Consciousness, because that Consciousness is the same. It's a part of God's Great Consciousness. But, as I have said, there are sheaths covering it over. Coverings, like an onion. You peel off the coverings, and in the center is the seed, so to speak. And so, if we can peel off these sheaths of our own consciousness, surrounding our own consciousness, your awareness, one by one, get rid of them; sheaths of the senses, the mind, the intellect, and the ego, with its feeling of like and dislike. When you remove those, then you have the Christ Consciousness, right within you. That's what we have to do. That is why we are born, is to remove those coverings that we realize that our own consciousness always was, and always will be. That's God's Consciousness. But, of course, we know it is badly covered up with many things.

Realize these things. The only thing you have, the only thing I have is my own consciousness, our own consciousness. When we supersede that limited, circumscribed, consciousness within us, remove the barriers, then the Glory of God shines through us, and everybody, because we are His Product and our consciousness is a ray of His Great Light and Consciousness. Understand that.

And so to feel the Christ within, we simply, we have it. We have the Christ Consciousness. We have Cosmic Consciousness right within us. We have to what? Meditate deeply, and deeply, until we supersede these lower vibrations of the One Consciousness of God, the Father. Realize that to feel Christ within.

Now there are two kinds of Christmases. First, the social Christmas, you all are familiar with it. We used to call it the "Grand Swap." You give this one something; he gives you something; you have a good time. That's the social Christmas. That's all right.

But, the real Christmas is the joyful feeling of the Presence of God within you – the Presence of Christ Consciousness. It's all right to have the other, but it seems to me, and I think it does to all of us, that we must know, and enjoy a real Spiritual Christmas within us, which is to make reborn within us, in a tangible, dynamic way, the Presence of God as the Great Consciousness of Christ; the Christ Consciousness in His Creation. And we are a part of God's Creation, every one of us. We are made from the Great Light of the Holy Ghost, whether you like it or not. We are made from that. So is everything. And, if we can do that, that's enjoying the Spiritual Christmas, which is, of course, the most important; more important than the other.

Master has written this in his Metaphysical Meditations, when he says it so wonderfully: "Let the omnipresent Christ Consciousness come to earth a second time." That is, let it be reborn in us. We have it. It's right there. "Let it be reborn a second time in you, even as it manifested in the mind and consciousness of Jesus."

Jesus was an ordinary human being, like we all are. Only he manifested his true self – the Presence of God within him. And that's why he is called Jesus, the Christ, because he manifested, fully, the Consciousness of God. Every one of us has that within us. What's the matter with us? Let us manifest it. Let us allow God to shine through us. That's all. We have nothing to do with it. As one great saint said, "The first thing you have to realize is that you are nothing." That means the ego is nothing. It is nothing. And when you do that, what happens? The Spirit of God flows through you. Let us understand, and realize that.

In Sanskrit, speaking about Christ Consciousness, it is called the “Kutastha Chaitanya,” which is the same thing. This is the Kutastha here (Doctor points to the Spiritual Eye – the point between the eyebrows). That’s where Christ Consciousness shines: The Blissful Consciousness in all Creation that remains ever unchanged. So within us, deep within us, covered up by all the mire and so forth, is that Consciousness that remains Unchanged – the Christ Consciousness – which has made us, each one of us. Let us uncover it at this Christmastime.

At this time of year it is much easier to do it, because many hearts are turned upward toward God in supplication. And a great Spiritual Force accumulates through the efforts of hearts and minds of devoted devotees and people throughout the world. So it’s easier at this time to do it. And you will find if you will meditate. And I hope you do, I hope you’ll all come to the church, as many as you can, tomorrow at three o’clock, and meditate. Meditate and forget the body.

It doesn’t amount to anything. Forget the mind. It’s only a bunch of ideas. That’s all you are. That’s all your mind is; a lot of ideas that you have received throughout incarnations, and throughout this life. Do you realize that? Behind that mind, which gives us all trouble, runs hither and yon, keeps us in a state of confusion. Underneath that is the Peaceful Presence of Christ Consciousness. That’s what we must feel. And to feel it we must dive deep in meditation. So come tomorrow, and meditate. Come and stay as long as you can. The first break, I believe, is about six o’clock. If you can last longer, stay. That’s the way to find God is to mean business with Him. Stay, feel His Presence as the Christ Consciousness within you.

And so, understand that we can feel the Christ Consciousness within us by understanding what it is. Remember, God, the Father is the only Substance in the Universe; through all these worlds and creation, none other than His Substance – God, the Father. And He began to move when He created the Great Cosmic Energy; the Great Light of God; the Great Cosmic Light. And from that, all things have been formed – you, your body, my body, all things. But in that formation, in that Creation is the same Consciousness of God. That’s what you must understand. Don’t think God and Christ Consciousness are far away. They are our own consciousness, covered up by this Creation’s Maya, or delusion.

Rise above that by deep meditation. Rise above it by really wanting God. Feeling the love in your heart, which is none other than God’s Love, rise above it, and know, that you are not this body with its limitations, but you are the Unchanging, All-pervading Christ Consciousness within you. That’s what we have to do, and it’s done only one way – by rising above these outward things: the mind, senses, and intellect, and ego, through deep meditation – deep, longing meditation. God responds when you really want Him. Let us realize that.

And so, understand from the One Eternal Substance – God, the Father – first vibrated as Light – the Holy Ghost. And from that, has produced this Creation. But in that Holy Ghost is the same Father’s Consciousness. That’s what we must understand. In that Holy Ghost it’s called Christ Consciousness – Jesus, the Christ. And we’re a part of that Great Creation, each one of us. And, if you’ll be calm, and look within, in the silence within, you will feel Christ. You will feel it, because it is you. God has become all things.

And so, that’s where you find the Christ Consciousness in our title, "Feel the Christ Within." That’s where you’ll feel it; in the Holy Vibration within you, in the Holy Ghost within you. You won’t feel it in the finger and sensation. You won’t feel it in your mind, which I said, is a bunch of ideas, that’s all. But you will feel it in that positive thing within you – the Holy Vibration, the Great Cosmic Word of God. "In the beginning was the Word, the Word was with God, the Word was God1." In that, you will feel the Christ Consciousness. No other place. Therefore, in meditation, contact that Holy Vibration. Contact that Word. See the Light of Christ at this point, if you can. You will all feel in your heart the Bliss, which is Christ Consciousness. Its feeling aspect, understand that, if you want to really feel and know Christ.

We have references which point this out clearly. In St. John, the 1st Chapter, the 14th Verse, "And the Word was made flesh..." What Word? The Holy Vibration, the Holy Ghost. From that all things have come. "...the Word was made flesh, and dwelt among us..." And in Ephesians, the 3rd Chapter, the 9th Verse it says distinctly: "...God, who created all things by Jesus Christ:"

The One Consciousness of God, created all things, and that same Consciousness is in His Creation. It’s in you. It’s in me. And because we have identified our body with these outward things, of which I have spoken: senses, and mind. Especially, that mind. That mind is wicked. It’s so hard to keep it quiet. Master says, "Still the waves of the mind." When you can do that, there you have the Presence of God right within you. It was there. It always has been there. Always was. It cannot have been created. It always was. Creation is something different. God’s Great Consciousness is the Reality. Understand that.

And so, when you feel, when you feel within you, the Presence of something different than this body, and sensation, and mind; then you will really know that you are something. You really will begin to live. You’ll know that Christ is within you in a dynamic way. You’ll know through your intuition and your deeper feeling, He’s there. It is there. But, you must know him. Know Christ in a dynamic, vital way. That we can do.

How to do it? By deep meditation; Master has given us the ways. I don't have to tell you the methods, those of you who are members of the Fellowship. Those of you who are not, if you want to have something positive and tangible, whereby you can contact the Holy Vibration within you, the Holy Ghost, and thereby know Christ Consciousness, follow. Follow one who had that contact with God and Christ Consciousness, as our beloved Master. Follow him. Follow his teachings. They're given in the Self-Realization lessons. I have followed them for many years – long, long time. Every word the Master told me has come true. He says, "Keep on. Keep on, and you will reach your goal."

And what is the goal of every one of us, is to know that we are immortal, and we will not die, and that we are peaceful, and blissful, and that we will live with God - Eternally. Isn't that the goal of each and every one of us? I have followed him. And I have found it so. Let us realize that. Let us break our lethargy. Feel the Presence of God within us at this Christmastime. That presence has always been there. It isn't something new. No one has a corner on it. It always was and always will be. For Jesus had said, says this, "Before Abraham was I am²." He didn't say I'll be so next week, or next year. "I am." It always was, and it always will be: "Jehovah" of the Old Testament means the Christ Consciousness; the "Lord" in the New Testament – one and the same thing.

And then in Proverbs, the 8th Chapter, the 22nd and 23rd Verse: "The Lord possessed me in the beginning [of his way], before His works of old. I was set up from everlasting, from the beginning, or ever the earth was." That's the Christ Consciousness within us. We always have been that Christ Consciousness, but it's been covered up by delusion, and we've lost it. We must once more cause it to be reborn within us.

In Ezekiel, it was the Christ Consciousness whom Ezekiel saw as the Great Light on the banks of Kebar's, his vision on Kebar's banks. That was the Light of Christ that Ezekiel saw. Everyone can see that Light every day, if you'll meditate deeply, you'll see the Light of Christ right within you. That's living isn't it? Let us realize that. And so, throughout the ages, all the saints have contacted this Christ Consciousness.

Now, Christ Consciousness has two, two aspects. One is with form, understand this one point. One is with form, one is without form. The Christ Consciousness with form: it is the vision of Christ, or the vision of many saints, which come from that Light. Saint Francis talked with Jesus Christ daily, at night, in Assisi. And many others have seen the vision of Christ. That's the Christ with form. That's the Light of Christ; the Light of the Holy Ghost taking a definite, little form. But, the Great, All-pervading aspect of Christ Consciousness is far greater.

Saint Teresa said she knew her Lord was with her, although she did not see him with her eyes. She did not hear him, but she felt His Presence in a more tangible way than if he had come and stood before her. That's the Christ without form. That's the greatest thing, because that's All-pervading. That's not limited to a little vision. Everyone can feel that, if they meditate a little deeply, they will feel the expansion of consciousness from this body to the Great All-pervading Light of Christ, and His Holy Presence. Realize that.

Now, according to the Autobiography of a Yogi, just briefly, what Master has written about the Christ with form, he says, "One night, while I was engaged in silent prayer, sitting in my sitting room in Encinitas hermitage, it became filled with an opal blue light.³" Right in Master's study, where some of us have the privilege of sitting quite often; it was right there that Christ came to him; the vision of Christ, Christ with form, he says, "I beheld the radiant form of the blessed Lord Jesus. A young man, he seemed, of about twenty-five, with a sparse beard and moustache; his long black hair, parted in the middle, was haloed by a shimmering, by shimmering, by a shimmering gold."

And then he goes on to say. "I understood intuitively the wisdom that was being conveyed as he appeared before me." And he told me himself, he said, "The Holy Grail came from Jesus' mouth to his mouth and said through intuition, 'We both drink from the same cup.'" So that's the Christ with form. The Christ without form is All-pervading.

Saint Thomas Aquinas, he felt he had the same expansion of consciousness which Teresa had. And he felt Christ nearer than, as if he had seen him as a vision. Understand that. Don't think seeing visions is the finality. The finality is to know that you are that expansive Consciousness of Christ and that is also the expansive Consciousness of Cosmic Consciousness – God, the Father. That's what we are. And that's what this Christmas should mean to us. That is, it should spur us on to greater efforts to know what we truly and really are.

And, therefore, one other thing to realize is, that when other interests in life take precedence over the search for God, you will fail. Understand that. When other interests in life – I don't care what they are – chains of gold bind you. But when they take precedence over the finding of the Presence of God within, you will fail. Therefore, at this Christmas time, when all of us are looking up to the Great Presence of God, let us take advantage of it. Meditate deeply, with sincere hearts. Make the contact with God. Then we will know that Christ is really within us. We will feel the Christ within. And, perhaps, if we do that; especially, in these long meditations, which we should attend; perhaps, as it says in Malachi, most beautifully: And the Lord whom you seek shall suddenly come into your temple⁴. And that's the way it comes. When you think "Aw, what's the use, I can go no further." Keep on. Suddenly, the Great Light

comes. Suddenly you know how Great and Good God is. How Great and Good His Son as Christ Consciousness is.

Master said this, in his little book, [The] Master Said: "When you allow other interests to take precedence in your life, they form a sort of a crust over your soul that prevents you from realizing God. Right action and meditation will gradually dissolve that crust until you can communicate with God." Meditation is the way. There's no other way. Throughout the ages all the great people – political and Spiritual – always meditate. There's no other way to make contact with God.

And in Revelation, another reference, which is most beautiful. To him who meditates, it might have said, "to him that overcometh will I give to he the hidden manna." That's the Christ Consciousness within. "And will give him a White Stone.⁵" That's the Presence of the Cloud, the White Cloud of Christ Consciousness, here. It's right here. "I will give him the White Stone and in that stone a new name written, which no man knoweth saving he that receiveth it." And in the 28th verse, "And I will give him the morning star." That Star is always there to welcome you, to lead you – the Star of Christ Consciousness. Realize that. Realize that right within us we have it. And the "new name" means that, as you see the White Cloud of Christ Consciousness, that new name is the Holy Vibration; the Presence of God; the Great Comforter, of which Jesus spoke. That's what is with you. And that's what can be yours this very Christmas, if you persevere, and dive deep.

And finally, in St. John, the 3rd Chapter, 14th Verse, one of the old standbys: "When Moses lifted up the serpent in the wilderness," then he perceived the Light of Christ within. When Moses aroused the sleeping Christ Consciousness at the base of the spine – that's the serpent – when he aroused that, through deep meditation, and his wanting to know God, when he aroused that, when he lifted up the serpent in the wilderness, the darkness within, so must the son of man be lifted. And that's what Moses did.

Those of you who saw the picture, "The Ten Commandments," you saw when he came down from the mountain, after seeing the Light of Christ at the burning bush, he had lifted up the serpent in the wilderness. He was changed. He was a man of God then. He was a true Son of God, and his face was lighted with the Great Presence of the Light of Christ. That's what it means. Feel Christ within. Feel Christ at this Christmastime. Make the effort, and know that you are not this body, but you are one with the Great Presence of God within you.

1 St. John 1:1

2 St. John 8:58

3 Chapter 49, —The Years 1940 æ 1951“, Page 487, 1951 Revision

4 Malachi 3:1 —Behold, I will send my messenger, and he shall prepare the way before me: and the Lord, whom ye seek, shall suddenly come to his temple, even the messenger of the covenant, whom ye delight in: behold, he shall come, saith the Lord of hosts.’

5 Revelation 2:17 —He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.“