

# The Pure in Heart

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The subject this morning: "The Pure in Heart," "The Pure in Heart."

I remember our Master, Paramahansa Yogananda, was always saying to me, "To find God the heart must be pure gold. The heart must be pure gold. All the dross must be removed from the heart." And he repeated it over, and over, and over again. As we read in the scripture this morning, "Blessed are the pure in heart for they shall see God."

The key is in the last part of the reference – "they shall see God." If you want to know God, and feel Him, and know His Presence in a dynamic way, the heart must be pure gold, or there can be only one desire in the heart – and that is for God. Now that does not mean that we cannot have other desires. Some people say, "Well, how can you live, if you don't have desire, or just one desire for God?" That's right. Desire sparks everything. But the point is that desire must be without attachment. That's the thing.

If you have desires, worldly desires, with attachment, then the heart is filled with dross, so to speak. That attachment is what impinges itself on your heart. It is all right to have desires. We must have them. God wants us to do what we want. There's only one thing. He wants us not to forget Him. And why should we forget Him? He gives us everything – our own life and existence. Those near and dear to us we have because of Him. We breathe because of His energy in us. We feel because of His Presence within us. We love one another because God's Love within us. That's what He wants us to remember. That's the desire, that's the desire we must have in the heart, for God Alone, if you want to see and know God. You can have other desires, without attachment, because, if you do not have desires, the world will stand still. But they must be without attachment. You can have all your worldly things, but if there's attachment to them, you are looking to them for fulfillment, and you will not find fulfillment in worldly desires. Not a bit of it.

So, you young people, perhaps here who are starting out in life, can take a little advice from the older people. Notice, I said the older ones, not old people. The point is, don't be misled. Get God first. Then you can have these other things without attachment. He wants you to have these things. The only thing, He doesn't want you to forget Him. That's the only thing. So have that desire in your heart, for God first, God Alone, and whatever He gives you, you'll enjoy a million times more, because you have that one desire in your heart, and the heart will be pure gold. The dross of worldly desires must be removed, and at a young age, you can keep them from accumulating in your heart.

Now we can substantiate this by referring to the first, and greatest, commandment. In Matthew, 22<sup>nd</sup> Chapter, 37<sup>th</sup>, 38<sup>th</sup> Verses, "Thou shalt love the Lord thy God with all thy heart, with all thy strength, with all thy mind." So there you have it isn't, it isn't the testimony of even saints. It's right in the scripture. So do that. Just love the Lord with all our heart, and then we'll have everything. Jesus said that, "Seek [ye] first the kingdom

of heaven and all other things shall be added unto you” – all other things. Why, because happiness does not come from the fulfillment of worldly desires. It comes from the fulfillment of that one desire – your deep longing and love for God, because fulfillment, and happiness, and bliss is not in the object of senses. Not in outward things. It's right within your self, in your soul. So that's why these truths are written – that you have that one desire – for God Alone.

Many people give lots of things to good causes, which is a wonderful thing. But unless they have God, that will not give them peace and happiness. It gives them a certain amount of satisfaction. But the first commandment says, “Thou shalt love the Lord thy God with all thy heart; and soul; and mind. Then thy neighbor as thyself.” And so those who feel, “Well, I do good in the world, and I've done this great thing, and that great thing. I've helped this hospital, and that hospital.” That isn't enough. God wants your love – that's the only thing He hasn't got. He has universe upon universe, world upon world, but your love He hasn't got, and that's why He's running after us, the Master says. He wants us more than we want Him. As he often said, “God is crying for you more than you want Him.” So let us remember these words of the great teachers, as our beloved Master.

So we must surrender to the Magnetic Pull of God's Love. In these days of all kinds of forces, and, what do you call those things, Sputniks, and different things that are going on; centrifugal force; and magnetic force; all sorts of things going on; we might say that God is pulling us with His Magnetic Love. So there's an opposite force of that centrifugal force, which is what – worldly desires. Worldly desires are flying around, and God's Love is pulling us back. These are facts. The earth is held by what force of the sun – the magnetic pull of the sun. And the centrifugal force is trying to keep it away from the sun. But that great power of the sun is pulling it back.

And so we should allow God's Great Magnetic Force to pull us back to Him. If we would do that – just surrender to that Magnetic Force of God's Love – we would easily find Him. We would easily know His Presence within us. But these worldly desires have a great centrifugal force, and they are the things that are pulling us away from the Magnetic Pull of God's Love. So let us understand and realize that is what the Master said when he said, “God wants you more than you want Him. He's hunting for you more than you can imagine.” That's His Great Magnetic Pull of His Love. He's trying to draw us back home to Him.

Now this one desire, I have said we must have for God, is legitimate. It's legitimate, because the purpose of life is what – is to go back to God. You see we do not realize that. Most people think, “Well, the purpose of life is to make money, and cut a niche for yourself in this worldly existence.” The purpose of life is for us to return home to God. Therefore, it is legitimate that we have that one desire in our heart – and that is for God.

That's why we're here, although sometimes we cannot realize it. We're here to find God, to go back home to our Great Cosmic Home of Light from whence we have come. And those who meditate deeply, after they supersede this worldly and Astral Consciousness,

will see that Great Light of our Cosmic Home. Not in imagination – in Reality – more so than you see right now as you're looking around. Now that's why we're here. We're here to enjoy this play, which God has given us, and that's why legitimate desires are all right. But we must not forget the underlying reason of our existence is to go back home to God. If we do not do that we have to come, and come, and come again until finally we're so beaten up, we say, "Lord, get me out of this mess. Take me home, out of this thing."

And even, you can find that even in this one life, you'll reach a point when you say, "What's all this rush about? What is this all about?" And the answer is right within your heart. You want one thing – God. And those who have struggled by different faults of living, and you ask them, and they say, "I woke up one morning," as a man told me, and he said, "I realized I needed one thing, and that was God. Since that day I behaved myself." So that's the answer. Let's not try to hoodwink ourselves into thinking this and that. "If I had this, everything would be wonderful." Get it and you'll find it won't be wonderful. But, take the words of the great ones, "Seek first God, all other things shall be added unto you."

Man's sorrows are caused because he follows worldly desires. There's no fulfillment in them. There's no fulfillment in them. You all have found that you get one thing, you want another. You get that, and you think this is it. But it isn't it, is it? Why, because the fulfillment is not in those outward things of worldly desires right within your heart. Your heart, or you, are made in the Image of God, and what is God – Ever-conscious, Blissful, Eternal, Existence. If you'll get away from the worldly desires, and not be attached to them, you'll find that Bliss right within yourself, because we're made in the Image of God, we are His children, and God is Bliss. And Master has said, "There's no difference between Bliss Consciousness and God's Consciousness."

And right in the meditation this morning, I daresay some of you people felt the Peace. Well that's the Presence of God. But we get outside, and in comes the rush of worldly desires – and we forget. But, if you keep at it, and regularly meditate, there will come a time when His Peace and Bliss will not leave you, as the Master used to say, "Even through the crash of breaking worlds." Such is God's Magnetic Pull, such is His Great Power.

Master has written this in one of his little books, The Master Said, which is a wonderful book for those of you who haven't it, I can recommend it. He says, "In warning a student about the dangers of desires, the Master said, 'They are the greatest enemies of man'." Why, because they keep us from knowing God, that's all. "They are the greatest enemies of man, and he cannot appease them. Have one desire only for God. You will see that gratifying the senses does not satisfy desire, because you are not the senses." You are not the senses. "They are only your servants. You are the soul."

That is your one self – not sensation, not these outward things, they won't satisfy you, but your soul will. "Man should discriminate, therefore, between temporary happiness of the senses and the permanent joy of the soul." The senses will give you temporary happiness. You get this, you get that, but don't be attached to it. There's no permanent

happiness. The permanent happiness is right within your heart where God dwells. Know that and you'll be permanently happy.

And so we have been made in the Image of God. We came from Him. We had that Consciousness which He has of Peace and Bliss. We had that. Where has it gone? I'll give you the answer, in Ezekiel, the answer to that very question. In the 28<sup>th</sup> Chapter, 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup> Verses, just a part of it. "Thou wast upon the holy mountain of God, and thou walked up and down amidst the stones of fire."

We came from God. We had that Consciousness of Peace and Bliss. The "holy mountain" refers to the Thousand-rayed Lotus of the brain, the Spiritual aspect of it where God's Consciousness dwells – right within us. The House of God is right within us. The Temple of God is with man. Not somewhere outside – right within us. Now we had that Consciousness. How many of us can go now and have the Consciousness right this minute of that Thousand-rayed Lotus? We've lost it haven't we? Why have we lost it? Because we followed worldly desires, that's why. It says that. "Thou wast perfect in thy ways from the day thou wast created 'till iniquity wast found in thee."

Iniquity is nothing but delusion, which means following impermanent things, like the senses, rather than permanent things of God. So we had that Consciousness. We had the Consciousness of the Thousand-rayed Lotus in the Centers of the spine. The "Stones of Fire" refers to the Centers of the spine. Why haven't we now, because we've lost it through attachment to worldly things - it says just that in the next verse, "By the multitude of thy merchandise..." That is by the multitude of the piling up, and piling up of desire upon desire, and the resulting conflicts which come. "By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned." The only sin is to be ignorant that you are one with God, that's all. And because of that you have sinned. "Therefore, I will cast thee as profane out of the mountain of God: and from the midst of the stones of fire."

That is, because we have forgotten God, because we have become attached to worldly things, we've lost the Consciousness of His Presence within us in the Supreme Center and in the Centers of the spine, the Spiritual Centers of the spine. We have lost that, because of our attachment to worldly desires.

Now, can you see why it is so important to have one desire – desire for God and God Alone? We were made in His Image; we are His Presence; but there's a separation between us. We've lost that. We have to remove the separation between us and God by having one desire – for God Alone. Then it will return, if you follow scientific meditation, daily, regularly, you will reclaim the Presence of God within you in a dynamic, conscious way. Then you'll just begin to live.

Now we're not living – we're just existing – we're automatons, following environment, latent impulses, and habit. Why should we do that when we're children of God? We should know Him in a dynamic way.

And so the best way to purify the heart of all dross is, as I have said, follow scientific meditation. Follow scientific meditation. If you want to know something about a business, or a profession, or a trade, you follow one who knows that trade. He can tell you, he can tell you the right way to go, because He knows. Now the Master was a man of God. He lived with Him. He had the Conscious Presence of God all the time. Therefore, he has left with us teachings and techniques whereby we, too, can have what he had – Conscious Oneness with God. Jesus said that. He didn't say I'm the only one that can have it. He said, ye shall do likewise, “Greater things you shall do than I do.” So we can reclaim our birthright, oneness with the Presence of God.

Now, we must practice, not only as I have said this morning, on Sunday morning, or once in awhile during the week. But every moment of the day God can be such a necessity for you that you can feel Him in whatever you do. Whatever you do, making a bed I always say, or anything. Feel the Presence of God. “While you're working, work not for self, but for God. And at night meditate,” these are the words of the Master. If you want to once more make your heart pure so that you will know the Presence of God, do this – work for God. I don't care what business you're in, or what you're doing – whether it's sailing a boat, or any kind of business, anything – feel God with you as you're sailing the boat; running an automobile – feel His Power within you as you're driving, at anything, because God is the Sole Doer.

His Consciousness is throughout everything. He is the one and only. In fact, your own consciousness is His Consciousness. Even when you do wrong, if you realize it is God that is doing the wrong, there is no karma laid up. That's a hard, a difficult state of mind to achieve. Now don't use it as an excuse. Say, “Lord, I just did this. Now You know You're doing it all.” It t'isn't as easy as all that. But, if you really mean business with God, and try hard, and you can understand, isn't He the Sole Doer? Even in the criminal, He is living and existing. And so, if you can realize that, there is no karma. But that doesn't come without a lot of effort, and a lot of struggle. But then sometimes karma is so overwhelming that you do not feel sufficient strength to rise above it. Then, if you realize God is the Doer, you're excused of that karma. Let us realize that.

And so, when the heart is fully cleansed, when you've had enough of these worldly desires, and you want God Alone. Then His Peace and Joy will come, and then you'll begin to realize that you're reclaiming, once more, your birthright, which is due you. God is with us. He's with us every moment.

I remember Master wrote to me one time from Phoenix. He was fed up with the organization, no doubt, and he said, "Lord I won't go on unless I know You are with me all the time, or I must have You." Then the Voice spoke to him and said, "You have Me. I am with you always. You have Me right with you, but the trouble is you've been looking for Me to come in the future, and that's why you do not realize I am right with you now."

So each and every one of us can feel the Presence of God, now. He is right within us. Aren't you living, and moving, thinking, doing all things? Why, because God is with

you. Now, if you can consciously contact Him by following the teachings and techniques of a great master, as our own, and you can hear the Cosmic Sound, of which I have spoken, the Amen, the Om, or you can see the Light at this point [Doctor points to the Spiritual Eye], or you feel in your heart the Bliss of His Presence, you have God. But the trouble is, we think, "Well, now tomorrow I'll get Him; or perhaps after I overcome more I'll get Him." You have Him now. He is with you now. Only we look, we're looking to the future for fulfillment. God is with us every moment. We must realize that in a dynamic way.

As Master has said, he said, "The Divine Physician is holding you in the hospital of delusion of worldly desires." And then he says, "When you're cured, when you are well, He'll allow you to return home to your Cosmic Home." Isn't that beautiful? So the Great Physician, our Father, is keeping us in this hospital of delusion until we're well – until we've gotten over the disease of following worldly desires. And when we're cured, He's gonna say, "Come on now. You can come home, now, where you belong."

And I'll close by just giving you one or two more words of the Master. I like to do this, because his words far exceed my words. In one of his little writings he says this, "God is just as much a beggar as we are." As I said in the beginning, God wants us. He's begging for our love. He has everything – universe upon universe – but not that, and He is running after us. And so he says, "He is just as much a beggar as we are. He is begging for our attention – the Master of the Universe, who has everything – suns, moons, stars, worlds quivering at the glance of His being." Do you realize what God is? Universe upon universe He has made and holds in His hand, and yet He is running after us for our love. And so he says, "He is begging for our love. He is running after the devotee, and He is begging for the devotee's love. He is saying, 'Won't you give me your love?'"

He has everything. Think, if you had everything, universe upon universe. He has. He's made everything. But He gave us independence – free will – so that's why we have that love, and He wants that. That's the only thing He hasn't got. And so he says "Won't you give me your love? Will you seek me? Do you like me better than all the things I have made for you?"

"God is like a child" all the saints say, and so He acts childlike. He says, "Won't you, won't you listen to me?" And finally, he says, but the devotee says, "I am too busy now. I have work to do. I can't look after you." And the Lord says, "I will wait." That's His Mercy. His Mercy endureth forever. But let us realize that, if somehow, by being pure in heart, we can attain oneness with the Great Master of the Universe, what the reward, what the goal is – it is worth it. And our Master has left the way. Follow the teachings he has left, and you will find fulfillment. Not in worldly desires, but right within your own heart, because God dwells in the heart of each and every one of us.