

# Living Spiritually in a Worldly Environment

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*Note: Not given before an audience.*

“Living Spiritually in a Worldly Environment” is the subject this morning.

I want to say right off that it can be done. It can be done. And there are those in this audience, who are right now, living spiritually in a worldly environment. Yes, it is possible. To live spiritually in this Drama of Life, in which we find ourselves, requires that we bear two things in mind: first, we must have the desire to do it; and that desire must lead to the will to do it, and the stick-to-itiveness.

This is the first requisite. In business, unless a man has desire to succeed, and backs up his desire with the will to succeed, and the stick-to-itiveness, he does not succeed in business. And so, in the matter of living spiritually in a worldly environment, first we must have the desire to do it – we must want to do it – and we must back that desire up with our will.

Secondly, we must create our own spiritual environment, at least for an appreciable part of the day. Unless we do this, due to the fact that environment is stronger than willpower, we will not be able to live spiritually in this worldly environment. But, if we give one or two hours – depending on the person – each day to acquire and be in that spiritual environment, then without question of a doubt, we can live spiritually in this World Dream. Of course, while we are not definitely in that spiritual environment, which we create within ourselves, we must keep God on the fringe of our consciousness.

Now, to create that spiritual environment we simply use the ways and the means which God has sent us through the particular channel of Self-Realization Fellowship. In the various techniques and meditations we control the Life Force, which is the Cosmic Energy residing in the body. And in that Life Force is the Consciousness of God.

And so, in the “recharging exercises” we use Life Force. In the highest technique of concentration, we use Life Force. In the highest technique of meditation, we

use Life Force; and finally, in Kriya Yoga, we definitely control the Life Force in the fastest possible way known to man.

Now, in this life in which we find ourselves, it is necessary to play two parts, and these two parts correspond to the two great commandments. The first is: love God with all your strength, and with all your heart, and with all your might; and the second is to play your part in the Drama of Life by loving your neighbor. Your neighbor means those with whom you come in contact. And so two parts are necessary: not only to love God, but also to play our part in the Drama of Life. But we must play it spiritually. In other words, we must realize that the Drama of Life is not the Reality. The Reality is the One Consciousness and Light of God, which is producing the Drama of Life. If we know that, then we will escape the delusion and the Maya, which goes along with being attached to the Cosmic Dream.

Now, many want to run away to the hills. They feel that if they can do this, that it'll be much easier for them to overcome the environment in which they find themselves. But this is not so, because you will do better by starting right where you are now, and overcoming the environment in which you are placed right now; because if you run to the hills you will find that your problems will be with you in those hills.

I remember in my first meeting with the Master, he told me all about spiritual things, and I felt enthused. And then I realized that I had obligations – wife and children – and I felt that it was quite impossible for me to leave those things in order to attain, as I felt that I would have to do. But the Master says, “No!” He said one of the greatest saints – Lahiri Mahasaya – was a family man with children, and yet he overcame his worldly environment to become, and to manifest, as one of the greatest saints of God. And so, we must be as Lahiri Mahasaya says, “Be in the world, but not of it.” Play in the Drama of Life, but be not attached to it. If we do that, then we can surely live spiritually in the environment in which we find ourselves.

Now, at this time it is quite fitting that we discuss living spiritually in the marriage environment. It can be done, if you realize certain things. First, that if we keep too much on the physical plane. Then the change for the worst must surely come. And in the end you will have nothing – no happiness. And, if you live severely on the physical plane, ill health will be the result. Everybody loses, if in marriage, we live on the physical plane too much, with possession in our

mind. But, if our efforts are directed toward the spiritual plane, both the husband and the wife, and the family, even, go to God.

Sometimes it seems that by living on the spiritual plane that we are losing. But it is like the man who had a good automobile, and he was quite satisfied with it until a friend took him out in a better automobile. Then he could see the difference. And so it is, and if we live on the spiritual plane in the marriage environment, realizing that God is in the husband, is in the wife, is in the family. If we realize that, then nothing is lost, because all have come from that One Eternal Light of God. And, if we realize that, instead of losing one another, we will be united in the Eternal part of us – the Presence of God within us as the Holy Vibration, the Great Cosmic Sound, as Light, and His Love, which resides within us.

And so we must have realism in marriage. We must face it. We must face this fact. That unless you are united in God's Love, you are going to lose one another. When possession conditions your love, then you are bound to the physical and the Astral. But when there is union in the marriage environment – union in God's Unconditional Divine Love – then everything is received. Do not condition your love, but go to God – unite the relationship in God's Great Love. Then, as God is all, nothing is lost. Then you will realize, as the Master says in his poem, "When I Am Only a Dream," that when you realize that you are a dream – this is a dream body, and the relationship with your husband or wife is with another dream body – when you realize that, wake up in the One Light of God – then, as he says, "when you realize that you are but a dream, as I do now," then we will be united together in the One Eternal Light of God, and will be with one another more appreciably than when we existed on the physical plane.

Kriya Yoga and sincere yogic action takes one away from the abnormal in the marital environment. It keeps one from being abnormal by withdrawing the Life Force, so that the Soul can automatically go back to God. And Kriya Yoga, which is the fastest spiritual accelerator known, and sincere yogic action – as the techniques of Self-Realization Fellowship – will help you to change your center of consciousness from the lower Centers of the spine to the Thousand-rayed Lotus, where God's Consciousness dwells.

And so, at this time we must not forget to discuss the example of Lahiri Mahasaya. He was the greatest example of being in the world, but not of it – of living spiritually, but not being attached to worldly environment. As he has said – and this is the answer to our subject this morning – Lahiri Mahasaya showed

by his example, how worldly people, bound in entanglements of wife and children, can remain unattached, like the lotus in a pond. The lotus, the beautiful lotus flower, blooms from rising out of a brackish pond, even. And that beautiful lotus flower can be likened to our Soul, which, no matter even if we are living in a worldly environment, can blossom spiritually as the lotus blossoms from the brackish pond.

Lahiri Mahasaya lived an unostentatious, simple life. His wife and children knew nothing of the internal change which took place within him after his initiation into Kriya Yoga, and he returned to be in the world but not of it. He admonished us to do certain things.

First, he said that all – all should read some portion of the scriptures – and, of course, in his case, the Bhagavad Gita, daily. That is necessary. It is necessary to read such things. It is necessary to mix with people such as Self-Realizationists, who are following the spiritual path, and are endeavoring to live spiritually in a worldly environment. We must not forget that if we mix with worldly people we become worldly. If we mix with good people we become good. If we mix with God – His Presence in us, as the Holy Vibration, the Holy Ghost, with the Light and the Sound of that Vibration, and the Love of the Infinite that is in that Vibration – if we merge, and mix in that. Then we become like that.

And so, Lahiri Mahasaya finally admonished us to lead a pure, simple life. By earning ones own living, not being dependent on others for support nor help. And then silently practicing the Kriya Yoga in ones home, in private, even, without others knowing of it – was, according to him, the royal road to Self-Realization – the royal road to live spiritually in a worldly environment.

And so in closing, if through proper techniques of Self-Realization, and with a firm and resolute desire backed up by our will and stick-to-itiveness, we can progress and see the Great Light of the Holy Vibration within us, hear the Cosmic Sound; feel the Unconditional Love in the heart. Then, without question of a doubt, we can live spiritually in a worldly environment.