

Relaxation – Key to Happiness

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“Relaxation – Key to Happiness.”

Our Souls, as rays of the One Great Spiritual Sun, God the Father, Cosmic Consciousness, are naturally peaceful and happy. But something has happened to us. Some state of consciousness has come over us, wherein we have lost that natural state of our being, as a ray of the One Infinite Father, as His Great Spiritual Sun is Energy. We have lost that. And that state of consciousness, which should be our own, has been replaced by a state of being, in which we find ourselves restless, dissatisfied, lacking in that true nature, which should become a child of God.

Something has happened to us, and that state of being in which we find ourselves, is nothing but this outward consciousness of duality. This Cosmic Dream Consciousness, wherein you cannot find lasting peace and happiness and bliss. It's not in it. So, let us realize that we must once more regain that natural state of ours, as a ray of God's Presence.

Now Master has said, “It is without doubt the fact that bliss consciousness is God's Consciousness.” And so, whenever you can relax from this attachment to this worldly consciousness, and feel the Bliss of God, you have God; when you feel in your own consciousness, Bliss, that's God. But we've gotten away from Him. Something has happened to us. Let us find out what it is, and let us once more be what we should be – children of God: Peaceful, Blissful, and truly Happy.

Now, you will notice little children, how they romp, and tear around, and enjoy themselves. And when they get exhausted, they what? Relax completely. Do we do that? No. Now, why, why is the child happy, carefree, and joyous, and happy? It is because he has just recently come over from being one with God the Father, in Cosmic Consciousness, where there is Peace and Bliss. And so, naturally, in the early years of life, we are peaceful, and happy, because that's our natural state. Then what happens? Well, you know what happens. Then, we begin to get engrossed, little by little, in this outward consciousness. And so, our attention, instead of being in our natural state of consciousness, fresh from

God, our attention is riveted in outward consciousness, in the, in things of the world, where there is no Peace and Bliss.

And so, what do we have to do? We have to relax, so to speak, relax our attention, from this outward consciousness of duality where there is no rest, and allow the natural state of our being, the Presence of God within us, to once more be dynamic to our being, and be what we surely should be – children of God – peaceful, and happy, in Union with Him. So relaxation surely is the key to happiness.

You know what happens when later consciousness comes? When we grow up, and get into all sorts of difficulties by just being naturally in this Cosmic Dream – that's its nature – in the world, now, we find great emotional stresses, and mental/emotional diseases, neuroses, and psychoses, and whatever they call them. It doesn't make much difference; we're in a mess, so to speak. And these things are here with us, and they're increasing. Why? Why? Because our attention is in outward consciousness, that's all. You won't find it in God within. If you can realize your oneness with Him, no psychosis, or neurosis can remain. No unhappiness can stay, when you know your Father's Peace and Bliss, and his Great Security and Inner Assurance is with you. Don't you think you'll be happy? Certainly you'll be happy.

If you doubt it, try it. Follow the Self-Realization techniques. Follow the teachings of the Master. Know the Presence of God within. See if you aren't happy. How do you do it? By relaxing, as I have said, your attention, from attachment to those outward things, which keep you distracted and away from God; you must relax that attention. Break the bound, which keeps us acting, not like God's children, but as automatic beings being pushed here and there, as we should not be, being children of God.

Now, let us say a word or two about unhappiness – unhappiness. What is the cause of unhappiness? It's just one thing: unfulfilled desire. That's all. Unfulfilled desire is the cause of unhappiness. Now those unfulfilled desires are of three kinds: material, mental, and Spiritual – unfulfilled desires.

Let us take up first, just a word or two about unfulfilled material desires. You wanna house; you want an automobile; and you do not get it. Well you become unhappy, that's all. Speaking about unfulfilled desires on the material plane, reminds me of something. When we first came here from Boston, to be with the Master, one of the conditions was that Mrs. Lewis would have a home, a house,

ya know. That was sort of the bribe to get her here. Well, that's all right. That was, she was supposed to have that. So when we got here, and were with the Master – he went from here to there – he just wanted us with him. Well, I knew it, see, but she couldn't understand why the house wasn't forthcoming. Master wanted us with him, that's, I'm so happy that he felt that way. And so, the house was put off – kept being put off. First, it was to live in Long Beach; and then, it was San Diego; and finally, he says, "I'd like to have you with me," he said. So, what can you do? When the Master says, "You know I'd like to have you with me."

Then it went along, and she was wondering when the house was coming. I said, "Why don't you ask him?" So she did. She said, "Sir," we used to call him Sir, "How 'bout that house I was gonna have." "What house?" "Well, you know, Sir, I was promised a house when I came here, on a hill, where I could see the ocean." "What hill? How high is the hill?" And Master, you know, could be quite funny at times. So, that went on, and finally, he said, "Mildred," he said, "How could you, with your heart condition, live on a hill?" But it ended there, because the house hasn't been forthcoming. But something has been forthcoming that far exceeded a little house. And now, I don't hear anything about the house on the hill. That unfulfilled desire has been forgotten. But I will say it has been replaced by a much greater, greater realization than just having that material desire fulfilled.

And so, with us; we see a nice hat. We don't get it. And that desire is not fulfilled, and we are unhappy. Now, on the mental plane, it's the same way. We expect our children to grow up and be what we'd like to have them be, and they do not do that; and we are unhappy. And people are frustrated on the mental plane. They wanna be something in life, and it doesn't work out. But on the Spiritual plane of unfulfillment, that's the worst, because that cuts at our very Soul. And, when we do not know why we're here, where we're going, and the outcome of this existence – that's the greatest sorrow that can come upon us. That unfulfilled desire of the Soul, to return back home to God, that's why you're unhappy. Unhappiness means unfulfilled desire. And the greatest unfulfilled desire is that Spiritual desire to return home to God. So, when you are, are unhappy; introspect yourselves, and see that the cause is unfulfilled desire.

Now, in the [Bhagavad] Gita it says something, which explains this nicely, and I think we can read it at this time. In the 5th Discourse, 22nd Line; if you'll remember this, then you will put your desires in the place where unhappiness will not be the result: "The da, the delights that are contact born..." contact with

outward things, "are verily wounds of pain, for they have a beginning and an ending."

That house I spoke of would have a beginning and an ending. But being one with the Presence of God does not begin and end. It always was, and will be. When you once attain it, it is yours eternally. That's what we must remember. Then it goes on to say: "...not in them may rejoice the wise..." Not in the contact with outward things. "...He who is able to endure here on earth, ere he is liberated from the body, the force born from desire and passion, he is harmonized, he is a happy man."

Now you cannot do it, unless you know that Presence of God within you; unless you relax from outward things into His Presence and rest in Him. Then you can do these things. "He who is happy within, who rejoiceth within, who is illuminated within, that yogi, becoming the Eternal, goeth to the peace of the Eternal." So, there, in the old scripture, of the Bhagavad Gita, you have the answer. We're unhappy because we put our trust in outward things. We expect the fulfillment in outward things, it cannot come that way. The outward object of sensation has no feeling. The feeling is in your heart and in your Soul. And so, one thing to remember, when you contact outward things, when you are eating food – the simple pleasures of life – realize, realize this, that, if you can put your attention, even in a house, or anything that you attain, when you receive that thing, if you put your attention in the heart, or in the Soul, or in the Presence of God within, there'll be no attachment to that object of sense.

And so, if you wanna prevent attachment, which is very important, attachment is that which keeps our attention away from what we really are. If you wanna prevent that attachment, do not place the fulfillment in the object of sensation, or outward things, but feel it in the Soul. And that applies even to eating. When you, when you eat enjoy it. God doesn't want us not to enjoy it. But He wants us to realize the enjoyment is not in the food, it's in your own Soul, and being right within you. Now, if you do that, there'll be no attachment. And, if those things, which you like, the food you liked doesn't happen to be on the menu, it won't bother you. But, if you're attached to the food, and it isn't there – "Let's get out of here – let's find a place where it is." That's why, because, there's an attachment there.

Now, let us just say a word or two about the opposite of unhappiness – which is happiness. Happiness, as I have said, is spontaneous, and natural, because God is what? He's Bliss, and we are His children. And so, happiness is the natural

condition of our Souls. We have it right within us. But we make the mistake of looking for it, its fulfillment in outward things, in outward consciousness.

Master used to tell the story about the musk deer. I know some of you remember it. The musk deer smells the musk, and then it begins, begins running hither and yon, trying to find the musk which is right within himself. And so, it runs and tears, here and there, finally, comes to the precipice, and plunges over, trying to find the musk, and is destroyed, when the musk was right in its own navel.

And so, with us; we are trying to find that happiness, running hither and yon, when it is right within our self – right within our Souls. It's the natural attribute of our Souls: Peace, Bliss, because that's God. So, unha, unha, happiness is right with us. We do not have to find it in outward things. But having sought it in outward things, we have to break that attachment which we have built up.

Now, as to relaxation; relaxation; the definition is: "the freeing of the attention from those things of distraction, which prevent us from attaining permanent peace, and bliss, and happiness; the relaxing of those things of distraction, which prevent us from attaining permanent peace and happiness." Attention is the key. And attention is what? Our attention is our consciousness, plus the Life Force. That's all we have. That's what we're made of, all. We think we are these bodies. When you say your name, you think of your body, and the color of your hair, and all that goes with it. But you are not that. You are simply consciousness, plus the power of that consciousness. That's what you are.

Now, that consciousness has been attached to outward things, and it's very firmly attached. It's very hard to break the attachment. But the key is to do that. The key is to break that attachment of your own consciousness to this outward living, this body, and its functions, and having freed the attention, place it on what you truly are, the Presence of God within you – His Peace, and His Bliss, and His Joy.

How to do that? You have the techniques of Self-Realization, given by one who had freed his attention, attention from the body, and from this life. Who had superseded his existence here, and existed in the Presence of God, wholly. So, we have the ways and the means. We have the techniques, whereby you can absolutely take your attention, free it from attachment to this world, and this body. And when it is free, you can place it in the Presence of God within you, and thereby you will be not happy just for one week, or a year, but permanently, because God is Bliss. And when our consciousness is Blissful, through the

practice of Master's techniques and meditation, we have God. And once, having Him fully, once having made the contact of God a habit, we will always have His Bliss. Once God gives us His Bliss, He never withdraws it. But He has to be sure that we really want Him first.

Now, the time is fleeting, and I will not say too much about relaxation. Just enough to say that there are two kinds: imperfect and perfect. When we come home and fall down in the chair, we relax imperfectly. Because most of the time, we're there, but inside the mind is, has the office right at home. But, full relaxation, which comes through the practice of those scientific techniques where you relax your consciousness and Life Force, fully, known as "conscious relaxation," "motor sensory relaxation," and "organic relaxation," where the Life Force is withdrawn fully from your body, and from your mental processes, that full relaxation, will give you Peace and Joy.

We have a thorn in the flesh. As I have said, your consciousness is all you have. And consciousness and Life Force go together – the water and the blood, of which Jesus speaks. Now you have a thorn in the flesh. If you can withdraw your consciousness, you will not be cognizant of that thorn in the flesh, will you? Or, if you could inject Novocain above the thorn, you wouldn't be conscious of it. And so likewise, if you can withdraw your consciousness and Life Force from the body, you will not be conscious of its sensation. If you can stop the function of the mind, by the power of your will, and withdraw your consciousness from mental processes, you will not be bothered by thought, and such things. And memory thoughts the same way, because you are one thing, I am, consciousness plus Life Force. That's what we are.

Now, if we can withdraw it, fully relax, then we can place that consciousness, which we really are, on that one thing, which is permanent within us – the Presence of God, His Peace, and His Bliss, and His Joy – would you be unhappy, if you could do that? No. You're unhappy because you cannot do it. So relaxation is very important.

Relaxation, as I have said, depends on these things: consciousness, Life Force, plus control of breath, and heartbeat. It is the control of breath. It is the breath that ties us to the body. We begin to concentrate on something, we get deep within, and suddenly we breathe and break the concentration. Some people go around breathing heavily, and the heart is beating heavily, taking all the Life Force to keep it going. How can they relax? They cannot. Remember, it is the heartbeat and the breath that ties our consciousness to this vehicle. And we have

to break the attachment of our attention to this body, and to this existing, existence in which we find ourselves. If we can do that, then we can place our consciousness on God within; but not until you can relax it.

You know how it is, you come home from the office. Do you bring the office home with you? Most of us do, or did. Why? Because you have not control of your attention and the thought processes. So, when you come home, you relax in the chair; but the office is still with you. One thing I learned from the Master was, when I left the office; to leave it; to shut the door; leave it. Of course, they woke me up in the middle of the night once in awhile¹. I got out. But I was not bothered all the time by my attention riveted to the outward consciousness of my office.

So that's what happens. We have to do that. We have to break the attachment of our attention, our consciousness, to this worldly existence through relaxation. Relaxation is the important thing is to break the attachment of your consciousness to this outward existence. Then you can know the Presence of God within.

Now to hurry along; when all is said and done, we have the techniques of the Master. I could go on and tell you about relaxation. It is not necessary, because one reason, we have not the time this morning. But when all is said and done, remember this one thing, the greatest way to relax, the greatest way to be free from this turmoil of this existence, is by Spiritual discipline. To be able to be one with the Presence of God at the Christ Center; to be one with His Peace, and His Bliss, and His Security and Inner Assurance that He is with you, because His Consciousness is approachable and knowable at the Christ Center.

If you follow the techniques of Self-Realization, and by following 'em, following them, perform Spiritual discipline, you will be able to merge in the Presence of God right within you. If you could do that, would you be unhappy? No. Unhappiness cannot exist when the Presence of God is with you. And so, I say, when everything is said and done, remember this one thing, the Master used to tell me many times, "Remember Doctor, meditation is the greatest panacea." In Ezekiel, 43rd Verse, First, 43rd, 43rd Chapter, first two verses: "Afterward he brought me to the gate, even the gate that looketh toward the east:" This is the East Gate [Doctor points to the Spiritual Eye/Single Eye between the eyebrows]. This is where you contact God. How do you know? "And, behold, the glory of

¹ Doctor Lewis had an active Dental practice.

[the] God [of Israel]..." The glory of God can be seen, if you penetrate the East Gate. As Lahiri Mahasaya said, "Penetrate the little star in the center of the spiritual eye into the internal kingdom of God within." If you can do that, will you be unhappy ever?

"And behold the glory of [the] God [of Israel] came from the way of the east; and his voice was like the noise of many waters: and the earth shined with his glory." Earth means body here. The Presence of God is there. The Presence of God can be contacted right here. And so, we must relax our attention in God at the Christ Center. And then, when you have friendship with Him, when you know Him, when you contact Him, you will have that Peace and that Bliss, which "passeth all understanding²."

Relax in God. He is knowable. Master left the way and the means for us to know that we are not this body, but that we are one with the Great Omnipresent Father, and the way is through the Spiritual Eye. Relax there. Don't look to outward things to solve your problems. Do the best you can. That's the Play of God. But as Master said, "Leave all else, but never His side." Now, if you wanna do that, know God, know God, relax in Him at the Christ Center. Having Him, no one can ever be unhappy.

² Philippians 4:7