

INTROSPECTION

Dr. M.W. Lewis

San Diego, 2-28-60

The subject this morning is "Introspection," a very important subject, although it isn't held to be such, but it is important, because it plays a very great part in our progress toward union with God.

From our Master's writings we have this about introspection. "Introspection, if practiced honestly, serves as a mirror by which it is possible to examine the recesses of one's mind that usually remain hidden. Through self analysis, we may diagnose our failures and sort out our good and bad tendencies."

It's a question of forever and anon, sorting out and getting rid of those things, which stand in our way to be one with the Infinite Father. Introspection is the mirror. Introspection is God-given. Do not forget that. Who else, but the children of God, can introspect, and carry it to its logical conclusions, whereby we can see what's the matter with us, what we are doing wrong? What we aren't doing. Introspection is a very important thing. It is God-given.

In the science of healing, or the profession of healing, there are two things necessary. First, diagnosis, and the second thing is administering the curative agent. And so we might liken introspection to diagnosis. I know many physicians, perhaps you do, but I know only one or two, who have the power of diagnosis, who can see what the matter is, put their finger on the cause. Then giving the medicine isn't half so hard. It is very important to understand and use introspection in your daily living. Of course, we'll come to that healing art in just a moment. But remember, in disease diagnosis is very important.

Why don't you know God? Why don't, why aren't you able to contact Him? You do your meditations. You're faithful. You keep your first and most important engagement, which is God. Why don't you find Him? You haven't introspected rigidly enough. You haven't diagnosed the trouble. Then you can make the contact with God much easier. So let us not cast aside lightly this subject of introspection.

Most people go through life in an automatic, mechanical way. Why, because they don't introspect. They go through that way because they laid up habits

which make it possible with the least possible trouble to keep sailing downstream to destruction, or to delusion. It isn't quite as bad as that, destruction, but it's very easy to follow the tide, isn't it? And just sit down and let her go. But we will not go to God that way, for we must realize that one thing. People live that way because they have not introspected and found out that they are simply being carried along by the tide of relative living in this Cosmic Dream Consciousness. If they'd introspected a little bit, they would have found out, without too much trouble, that that's what's happening to them. And they could have corrected the condition. But it's very easy, especially when the habit is formed.

You know we are creatures of habit. It's very easy to get up and start doing the automatic things of life, because that's why delusion flourishes. If it was harder, or more difficult, this delusion would not have its hold on us. But it's very easy, through the law of habit, to do those things, which you will do in an automatic, mechanical way; instead of doing those things, when after your introspection, will tell you to do the things of Soul – things that come from the Soul, instead of those things which come from the ego consciousness. That's all it is.

It's a battle between ego consciousness, which is the governing power in this Cosmic Dream Consciousness, as against Soul Consciousness, which is the governing power, or the Governing Consciousness, when we go against the stream, go against the current, go back to God. It's difficult. But, if we introspect thoroughly and deeply, we will be able to make the adjustments in the best possible way instead of wasting years fooling around. Perhaps, yes, in meditation, when we could have gone right to the Fountainhead, if we had of introspected a little more. Because, you must realize, the power of introspection is Divine.

Think of what you can do. You can recall all the things you've done. Not only yesterday, or the day before, but sometimes early in life, and before that, if you're very calm, and you can see what you have been doing wrong. The power of introspection is common only to God's children. The animals are governed by instinct. They do not have the power of choice, but they do things according to instinct, which of course is intuition. But we have the power of instinct plus the power of intuition to make the choice, to understand the choice, and to know which is best for us. That's why intuition, or introspection, is so important. Remember, introspection means your power of diagnosis.

What's the matter with you? What's the matter with me? Why do we not know God consciously? Why are we not at will able to be with Him? Because we have not introspected thoroughly enough, and then remedied the trouble. That's the whole thing in a nutshell this morning.

And so, even a little introspection would point out, to the sincere child of God, that following this Cosmic Dream is not the right way. There is no satisfaction in this life. We look ahead to what? We look ahead to insecurity. And even in this life there's no security. You get all set to do a thing, and suddenly some condition comes in, and it doesn't, there's no fulfillment there. And we look ahead, and what do we see? Nothing. If we follow ego consciousness, we can look ahead to nothing in the end, because you cannot reason out what's coming after this existence. You cannot reason God.

And so, if we had just used our introspection, a little bit even, we would have seen that we are not getting the best of this worldly living. It's going to end in lack of fulfillment, and we would have seen that we must find out what the trouble is. We would know that we could remedy it, because we can feel in our hearts and souls that we are God's children, and we have the power to know what the matter is.

Everyone, as Master said, who thoroughly seeks God, and really wants Him, will not be disappointed. So do not think, "Oh, it's too hard for me. Oh, it's too much." Don't think that way. Otherwise, it'll always be too much. But think, "Lord, I, I can. I feel it in my soul, and I will, as long as I never leave Thy side." That's the key. If you reason the way I have spoken, and you leave God's side, you'll get nowhere. It is God who is the bulwark of your defense, and your power, and your understanding. He's the One. Never leave His side. That's the greatest thing the Master said to me. He said, "Remember, above all things, never leave God's side." And when your half dead and you can just see death right two steps ahead of you, never leave God's side, because if you get God, death is nothing.

These are wonderful things the Master said, and I am trying more and more to remember only those important things he told me, because they have not changed. He has never told me an untruth, and I know, being the Voice of God, he has spoken what is best for me, and what is truth. So let us realize, introspect, and then follow, follow the path of one who had God, as our beloved Founder. Follow his techniques, and you'll never go wrong. Those who have followed him will testify to the same thing. They have never gone wrong. It's because

they didn't introspect, and didn't follow what he said. Then they go wrong. And they go wrong in good shape. Sometimes we wish it was otherwise. But let's face it, we haven't followed. The Master used to say, "The wave must return to the ocean."

Why haven't you understood that? Why do you keep engrossed in the wave? Why not know the Ocean. You've got to go there anyway. The wave must return to the ocean. And so, we must return to God. Why not now? Why go through all the trouble? Why not now?

And so, don't wanna keep you too long. I was reading a little story. The minister he says, "You know," he says, "I don't mind people looking at their watches when I'm talking, but I don't, I do dislike when they listen to see if they're going." So, I won't keep you much longer. I imagine there's a difference. But, if I could see everybody looking at their watches, I'd be disappointed. I never saw them do that though.

All right, now, we have a reference from our Master's works, which are so wonderful. "Identifying himself..." this is from his Autobiography, "Identifying himself with a shallow ego..." That's what we're mixed up in. Every time you get confused, you introspect, and see if it isn't your ego causing you trouble. Introspect. That's the way you use introspection. So Master says, "Identifying himself with a shallow ego, man takes for granted that it is he who thinks, wills, and feels, and digests meals, and keeps himself alive. Never, never admitting through introspection, or reflection, and only a little would suffice, that in his ordinary life, he is nothing but a puppet of past actions, and of nature, or environment." Therein comes the law of habit. "Each man's intellectual reactions, feelings, moods, and habits are circumscribed by effects of past causes, whether of this, or a prior life."

That's what we would find out, if we introspected. We would find out we do things, because of these latent impulses which have laid up within us habits, and sometimes those habits are not as they should be. That's why introspection is so wonderful, because it helps us to put our finger on the cause, and then eliminate the cause. That's all. But, if you do not put your introspection to work, how can you eliminate something you don't know what the trouble is, what's causing the trouble. Introspection must be used intelligently, of course.

Now the secret of progress is – especially in the Spiritual Path, and this is very important – is self analysis, and rigid introspection. I see many people, and I

know some of you do, they've meditated for years, and years, and years, and years, and years, and they've stayed the same. Something is wrong. It's a very difficult path, the path back to God. As Master used to say, "It's the science of all sciences." Therefore, we have to be thoroughly and rigidly alert that we introspect correctly, and then we can easily remedy it. We do not introspect enough.

And so, living, living a life from this transient, changeable, uncertain consciousness in which the ego is in the saddle, will not give us any lasting happiness; will not give us fulfillment; will give us nothing in the end. If we but introspect, and then turn towards the Soul, and through independent action, act as a child of God should. Then our lives will be full, free from turmoil, and conflict. That's the worst thing. And fulfillment will come in the Infinite Presence of God.

Ego consciousness contains a maze of habits. Think of it. What a mess it is, if you try to solve this life and this place in which we find ourselves in ego consciousness. You cannot do it. It takes a million years – think of it – to get rid of ego consciousness. A million years. And yet, in the twinkling of an eye, God can change that million years so that you have Him right then and now. That's the miracle. But it comes when God wants to give it to you. It comes when full surrender lets Him know that you want Him above all other things in this earthly existence. It will not come until that time comes. That's the key to attaining God.

Reach that point, and introspection will help you reach it, whereby you understand, thoroughly, that there's nothing in this world you want, because you know, thoroughly, there's nothing in it that'll give you any good. Then you can surrender to God, because it's easy when you understand a thing. We do not understand it. That's why it's so hard to surrender fully to God. When you've reached the point, as you might say in a slang way, "I've had enough," then you can say, "Lord, here I am. Take the whole thing. I don't want any more of it. I want you." Then He will come.

So God is the Real One. He's the one we want, and must have, and will have, if we will just be honest with ourselves in our introspection. "To thine own self be true." There's more to that than just a superficial understanding. "To thine own self" means to your Soul, to the Presence of God within you, be true. Isn't that what you want? Isn't that what I want more than anything else? Certainly it is. Well, if you're going to be true to it, understand it, and then take the methods to

bring it into effect. "To thine own self be true." This eternal verity must be honestly and strictly adhered to. You may think you get away with it, without being true to your own self. You do not. You just delude yourself a little further, that's all. "To thine own self be true." That's nothing but the Presence of God within you.

How can you be true to it? Get into the Presence of God. What is the Presence of God within you? It is the Holy Vibration, the great Comforter, of which Jesus spoke. When you're in that, then you're in yourself. And then the Consciousness, which is in that Holy Vibration, the Consciousness, which is in that Light perhaps, which you see at the Christ Center, that Consciousness, which is in that Love which wells up in your heart, that's your True Self. Follow that. And then you're true to yourself. Be true to thyself. "To thine own self be true."

If you do not do this, you may be deluded. And not following that simple, humble, Presence of God within you as your Soul, for the Lord says, "Thou dost not reveal thyself to the prudent and the wise, but to babes." Why? Because they're true to their own Self. They know nothing else. They have not been deluded to outward consciousness, as we have, I'm afraid. And so, they're true to their own Self as the Presence of God within.

That's the key to the whole discussion this morning. Introspect enough so that you can see what is preventing you from contacting God as the Holy Vibration; being in His Presence; be true to His Consciousness therein. You'll have no trouble. You cannot have trouble, because God is above duality. He's not trouble and conflict. He's the absence of it. He is Love, and Peace, and Joy that goes with it.

Let us read one more reference from our Master, in the Autobiography again: "Self scrutiny, relentless observance of one's thoughts..." How hard that is. They come in your mind, and they lead you such a chase you don't know which, which end of you is up. These are facts, everybody goes through it. That's why Master put it here. "Self scrutiny, relentless observance of one's thoughts is a stark and shattering experience."

When it gets away from you your mind, you're really, you're really shaken, because you cannot keep up with it. The only way is to get out of its way. Supersede it into the Presence of God. That's the only way to defeat the mind. That's the battle. But there is one sure way, and that is, want God enough so that

the power of His Love will lift you above the mind. That's the answer. Master goes on. "It pulverizes the stoutest ego." If you know the mind thoroughly, know all its tricks, you can pulverize it so it cannot touch you. That's the secret: "Pulverizes the stoutest ego."

"But true self analysis, mathematically operates to produce seers." Why, because we are seers. We're not sinners. Master says, "A saint is a sinner who didn't give up." We are seers, we have the power to know it, because we're made in the Image of God. That's not egotism. That's speaking the truth, because you'll find it in all scriptures. "The way of self expression, individual acknowledgments, results in egotists, sure of the right to their private interpretations of God, and the universe," and they know nothing of it. Even the greatest saint said, someone asked him, "Do you know God?" "All I can say is God is." Think of it. An egotistical person knows everything, of which God is the only One who knows.

Now, also a little more from the Law of Success: "Introspection is a mirror in which to see the deep recesses of the mind. Endeavor to make yourself what you should be, and what you want to be. As you keep your mind on God, and attune yourself to His Will, you will progress more and more surely on your path."

So now we come to perhaps the greatest part of our talk this morning is, what are we going to do about it? What are we going to follow our introspection up with? Remember introspection is the diagnosing of your disease, or your trouble. It must be followed up. It must be followed up with the healing agent. And you know the healing agent is attunement with God.

There are many healers, so to speak, in the medical profession. There are very few who are good diagnosticians. That's the first thing, is to know what's the matter with yourself. What's the matter with me? Don't be afraid to analyze yourself. Give it to yourself. Nobody else will. They'll pat you on the back and say you're wonderful. And you know you aren't. So, analyze yourself, and then, then apply the healing ointment, or whatever it is, and that's the Presence of God. How do you get that? Through the practice of yoga; yoga means union with God.

In Self-Realization Fellowship, we have the methods and the techniques. Many of you here follow them. First, you have to develop concentration. Otherwise, how can you introspect yourself? How can you introspect yourself, if your attention is running hither and yon? You have to develop concentration

first. And the technique of concentration which Self-Realization Fellowship gives is the greatest, because it's scientific. It controls the Life Force in your body. If you control the Life Force in your body, the ego must go, because ego has to have Life Force in the senses, in the different senses throughout our body, and in the different parts of the body it has to have Life Force to operate. If you withdraw the Life Force, where is the ego? It's left waiting, that's all. It has to have Life Force to operate.

And so our techniques, especially the technique of concentration, the highest technique of concentration is so scientific, that when you do it, you automatically withdraw the Life Force, automatically withdraw the Life Force from attachment to the body in which ego dwells. Therefore, you can eliminate that much of the attachment to ego consciousness. That's why the practice of yoga is so wonderful. It's scientific, and especially the ones which the Master has given.

I used to know all about the breathing techniques, and in this nostril, and out the other, and all those things. And he says, "I teach you breath control." And he taught me the highest technique of concentration. And later I proved it, and it's absolutely scientific. And when I did it, it worked. I found it worked, and it broke the attachment to ego consciousness. Because we are attached to ego through breath, the breath keeps you attached to body consciousness. Remove the Life Force, the breath must cease. Then you can break the attachment to the body.

Just in a few words about concentration. And after we are able to concentrate, then we can apply that concentration – where – on God's Presence. That's the two things to remember. Diagnose your trouble. And when you know what it is, then through your concentration, merge in God to apply the healing agents, which is none other than His Love and His Presence. And that is done through the techniques of yoga – especially Self-Realization Fellowship as the technique of meditation.

Meditation doesn't mean just dreaming away in your thoughts, and this, and that. It means definitely, definitely applying your concentration on the Presence of God within as the Holy Vibration, the Holy Ghost. "Not by works of righteousness are we saved." Not by such things, "But by the washing and regeneration" of God within us; "By the washing and regeneration of the Holy Ghost." That's what changes us. Nothing else will. All these societies for this, and that, throughout the world; all these great things that the great politicians all

work up, they will not do it. But God's Love will do it. That will change the hearts of men, and only that.

And so, after you've diagnosed through introspection what the trouble is with you, apply the medicine. And the medicine is conscious contact with God within. It isn't difficult. When you understand a thing and sometimes you think – "Well, why didn't I understand it before. What's the matter with me?" So when you understand what the trouble is with you, and is with me, thoroughly understand it. Then you can apply the healing agency, which is conscious contact with God.

"When two or three shall gather together in my name..." Think how simple it is. Here we have the two or three gathered together in the name of God, what is it? In His Holy Spirit here with us – what is it vibrating through us? "When two or three shall gather together, there I am in the midst of them." You feel it now? You feel the calmness? That's God. Hold to it. Develop your will so it will never go away. When anybody says something to you, you dislike, do not let it upset that Presence of God within you. You can do it, because our will is God's Will, if we but unite our will with His. Then He'll be forever with us. And, at will, we can receive Him, and nobody can disturb us. That's the greatest thing. That's the True King, isn't it? The one who can "stand unshaken through the crash of breaking worlds." No matter what a person says to you. Previously you get mad, and your hair would stand up. But when you feel God, the hair can't move, because His Love is so great.

These are physiological facts you know, about the hair standing up. Get hot under the collar, you get hot there. My hair stood on end. It stands up. But with the Presence of God, you can say whether it stands up or not. These are the eternal truths we much, must always remember. And, if you concentrate on God, and feel His Presence within, understand this, even if you hear the Cosmic Sound just a little, you see the Light at this point [Doctor points to the Spiritual Eye], just a glimmer, or you feel a little thrill in your heart, you can honestly say, "Thou art mine and I am Thine," because that's the Presence of God. Now the more you say it, it will impinge in your mind until it is, and you can, at will, bring it.

These are simple psychological truths, but they're absolutely true. And the next time when you say, "I am Thine, Thou art mine," don't be dreaming all around. But concentrate within, feel the Presence of God, and say, "Thou art mine, I am Thine." As the scriptures say, the old Vedas say, "Seeing, I saw..." We do not

see, that's all. You know these truths are there, and you know they're true. And when you meditate you do not see. "Seeing, I saw, feeling, I felt," the Presence of God. These are the truths we must remember and carry them out.

And so, one more thing; the Vedas, the ancient scriptures, many, many years ago say the one thing. That's why I emphasize it. I cannot help it. You probably heard me say it, and you say, "I wish he'd take another tack," but it's true. He who knows Om, he who knows the Cosmic Sound of Om, he who sees the Light at this point, he who feels in their heart God's Love, knows God. "He, who knows Om, knows Brahman." Or translated into English, or not using the Hindu words, he who knows the Holy Vibration, the Amen spoken of in the Bible, he knows God. See how simple it is. Why haven't we understood it? Because we didn't introspect and find out what the trouble is. That's the truth. The ancient Vedas have not been disproved throughout the ages.

And finally in Master's words from his Law of Success, this is the final thing. "When you convince God that you want Him above all else..." Didn't I say that a few minutes ago? There cannot be any other desire in your consciousness but God. "When you convince God that you want Him above all else, you will be attuned to His Will." Do you see how it automatically works? You say, "My will is weak." But when you want Him above all else, your will becomes God's Will. That's why you succeed.

"When you continue to seek Him no matter what obstacles arise to take you away from Him, you are using your human will in its most constructive form. You will thus operate the Law of Success, and that was known to the ancient sages, and that is understood by all men who have achieved true success. The Divine Power is yours, if you make a determined effort to use it to attain health, happiness, and peace. As you encompass these goals, you will travel on the path of Self-Realization to your one true home in God."

And the greatest thing in this particular passage is, "When you continue to seek Him, when you convince God that you want Him above all else, you will be attuned to His Will." Your will becomes God's Will. Do you see the key? It's a very subtle point Master has brought out. When you want God above all else, your will is His Will. How can you fail? Master said, and this we can apply to all of us, "Let your lives be a spiritual example for others to follow to our one abode of light, where all will meet who live and do right."