

Yoga Explained 12

The Sensorium – Spiritual Sounds

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Going on, now, with our discussion of Yoga Explained; Yoga Explained, especially this evening we are discussing how yoga can increase the sensitivity of our Sense of Hearing. Last time we discussed the Sense of Hearing was sensitized by merging in the Holy Vibration, or the Presence of God. Tonight we will go on carrying it a little further.

Just to review a little bit, we realize that the different sounds of the body to which we are accustomed, are the outward sounds of this material universe. The bodily sounds, and then deep within, of a higher frequency, are the Spiritual Sounds. Now ordinary sounds of hearing, which we perceive through the Sense of Hearing, or the outward instrument of hearing, known as the ear with its mechanism, those vibrations run, as I understand it, from about 20 to 20,000 [MHz]. Those are the things which you hear, the external sounds. And they, we must remember, that we can perceive those through the Sense of Hearing, which is deep within us in the spinal region, or that place known as the Sensorium – that is, the spinal region and the Supreme Center of the brain. Here are the Subtle Senses located: whether they are of sight, taste, touch, and so forth. But the lower vibrations of outward sounds require an external organ, as the external ear, to, or for us to record those sounds. But they are perceived, nevertheless, deep within in the Sensorium, just as all other sounds are perceived there, even the Subtle Sounds. But they are perceived directly there, through the Sense of Intuition. They do not require the external organ – the same with sight; the same with any of the senses.

So, just realize, that behind this external creation, with its vibrations of Sound, Light, and so forth, is deep within us, the Soul, which truly perceives the different sounds. But the coarser vibrations of earthly sounds require an external medium, so to speak, and that is, as we know, the mechanism of the ear. But nevertheless, still the sound is perceived deep within the Soul, because in dreams you hear external sounds, so to speak, and when you go behind these external sounds in meditation, deep within, you'll hear another sound, a more subtle sound. That is perceived by the Sense of Hearing found deep within yourselves in the Sensorium; or we might call it the Seat of the Soul; because the external

organ is used to make us able to perceive outward sounds, and outward things of sight. But nevertheless they are perceived, remember this, not in the outward organ of the eye, or the ear, or the tongue, but they are perceived in the Soul; because in dream, and such states, we easily taste, smell, touch, and so forth. So, let us remember that one little point which comes to my mind as we are discussing how to increase the Sense of Hearing that we perceive the Subtle Sounds of Spirit.

So, as we go within, beyond this external realm of sound, the vibrations of which I have told you, and also beyond the bodily sounds, you go within, and then some finer sound comes, or some more subtle sound. And in your meditation you perceive those Subtle Sounds, perhaps, faintly at first, but as you become one with those Sounds, they increase, and you leave the external sound behind.

There was one thing I forgot to mention in the lecture on Sunday, which is interesting, about the Heavenly Realms, which we were discussing; and there, there the Sense of Sound, of course, is, is predominant. The sound of Om is the Great Sound, and from that all sounds come. But one good thing, the different regions do not overlap. So, this outward region, or this region of jazz and this new song, whatever it is – I've forgotten what they call it – and all the racket of this realm, does not enter into the Heavenly Realm – for which we are thankful – because the vibration is different, you see.

And so, going on with our Sense of Hearing, that is sharpening it, so to speak. Remember, it will be sharpened as you increase its sensibility. As the sensibility is located in the Soul, in the Sensorium within, deep within yourself, and, and within each and everyone of us; as you increase that susceptibility to record, or to register the Finer Vibrations of Spirit, you will register those Finer Vibrations. Now how to do it? Yoga gives us that way. Self-Realization Fellowship Yoga gives us the techniques whereby we can perceive the Great Cosmic Sound of Om from which all sounds come and all vibrations.

We can perceive it at the Spiritual Eye, and the Sense of Sound, deep within. Although it seems outward at first – you hear it in the right ear, those of you who know the technique. Still, if you keep your attention at the Sensorium, which you can contact at the point of Spiritual Vision at this point [the Christ Center], or the point of the Seat of Virtue, which means the Spiritual Consciousness of God's Presence; if you keep your attention there, and you hear the Sound and keep at it, and merge in those Subtle Sounds, then your perception is sharpened, so to speak, and you can perceive more and more Spiritual Sounds.

Now you're taking my word for it, but there are many in this room who have meditated, who have practiced the different techniques which our Master has left to us, and they will tell you that the sounds increase. At first, there's nothing there, perhaps, but as you meditate deeply and turn your attention inward toward the Sensorium, which is deep within you, and in the brain, and in the Thousand-petalled Lotus, you will hear those sounds. And when you merge in them, become one with them, then you will record them easily. And then, finally, more sounds will come, or a greater variety of sounds, with no limit to it, because there's no limit to the Great Holy Vibration of God's Presence. And by that I mean, not only to Sound, but to Light, and greatest of all to Love. Love is the Feeling Aspect of God.

So that's how you sharpen, that's how you increase, the ability to perceive the Spiritual Sounds, by hearing the first ones that you hear. No matter how slight; merge in it; become one with it. That will take you deep within to the Presence of the Holy Vibration from which all Sounds comes. And that takes you into the Sensorium; and then you begin to hear the Cosmic Sound of Om, knocking at the door of your Soul.

Now yoga, Self-Realization Fellowship Yoga, especially, because it has to do more with the Spiritual aspect of yoga, will take you to the Sensorium. And there you can perceive the Subtle Sounds of Spirit. Perceiving them, merging in them, you increase your susceptibility to such things. Just like, as if in this world, you mix with worldly people and places that are not of good reputation, you will take on the vibration of those places. But, if you mix with God within in the Sensorium, deep within the Chakras of the spine, in the Thousand-petalled Lotus, if you merge in those places, you'll take on that vibration so that you'll record the Spiritual Vibration of God's Presence. That's how we can increase, or develop the Sense of Hearing within us to register more the Subtle Sounds of God's Presence.

So remember, Self-Realization gives you the ways and the means to practice, we might call it, the Presence of God. If you do those practices and exercises, you'll begin to know and realize. If you listen to me talk, and others, or read books – until you get down to business and do it, you will not make those things your own.

So remember, the door, or the Sensorium of all senses, especially, tonight, as we are talking about the Sense of, of Hearing, is located in the Sensorium, which is in the spine and brain; the Seat of the Soul, called the Altar of God, because there

God's Spiritual Vibrations dwell; there in the Supreme Center of the brain. That's where we must dwell. How? By the practice of yoga; that is Raja Yoga. Not just Karma Yoga or Hatha Yoga. Those are good, but the Supreme Yoga that gives you contact with God, Communion with God, through Self-Realization Fellowship techniques, that's what we want, because we will not be satisfied with just Karma Yoga, or Hatha Yoga, or even Gyana Yoga. But we will be satisfied with Raja Yoga, wherein we feel and contact the Love of God, finally.

The light of Spiritual Light contains deep within it God's Intelligence and His Love; so does the hearing. If you merge in the Cosmic Sound of Om, you will feel the Love of God, without question. There's no difference. We make the difference thinking the hearing is here [pointing to the ears], and the sight is here [pointing to the eyes] and the love is here [pointing to the heart]. The love is one, the sight is one; the love, the hearing, the sight are one in God's Consciousness. That's what we have to undo – this idea of duality. And we can undo it by the practice of Self-Realization Fellowship Yoga. There are many here who have done it.

And so, remember, that the Sensorium is the Seat of Enjoyment. Whether it be of the Sense of Sight, or Hearing, or Feeling, which we'll come to next time. We enjoy deep within our Souls. And so, when you hear something wonderful, like a symphony, don't stop there. Don't be attached to the outward sound, or the orchestra. Go within. Hear it within your Soul. Then there's no attachment. Then you can enjoy it without attachment. That's the key to this lesson tonight.

So, all Cosmic Sounds are deep within us. Although they seem external – don't believe them. As you begin to turn your attention inward, you will once more draw unto yourself that consciousness which you had, "...thou wast upon the holy mountain of God; [and] (*sic*) thou didst walk up and down amidst (*sic*) of the stones of fire."¹ That's the Spiritual Consciousness of the Presence of God. That's what we can once more reclaim, if you will practice the yoga which our Master has left for us – Salvation Yoga. You once more, gradually, you will begin to bring that state of consciousness back, which is our true state. And that is because we're made in the Image of God, and everyone of us, our Souls, are rays of His Presence. That's why we can do it, and we shouldn't stop this side of doing it. We have the ways and the means.

¹ Ezekiel 28:14, "Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire."

So the Sensorium is a very important place. It's deep within you; in your Soul; in my Soul. Everything is there – everything – because God's Presence is there. That's why Jesus said, and that's what he referred to: "The Kingdom (*sic*)...My Kingdom is not of this world:²" not of worldly, outward vibration and consciousness, but of this Internal Kingdom, of which we are speaking in this study of yoga.

And so, this Sensorium, just in passing, is the door between outward consciousness and the Internal Kingdom. So the more you stay there, don't you see, the more you stay and you look through that door, and, finally, go through the door, the more you'll be with God. These are facts; these are scientific facts, just like the law of mathematics. If you do, you will receive it. If you don't do, you will not receive. Finally, by the Grace of God, as our great, one of our great gurus, Lahiri Mahasaya said, "Striving, striving, striving," and it is the striving, "one day," by the Grace of God, "the Divine Goal!"³ (*Sic*)

Now these are facts. That's why Self-Realization is so wonderful. It gives us the ways and the means. Why? Because our Master came here, and sacrificed for so many years for so many, and for each one of us. But the way is easier now. When one passes through a path and shows the way, it is easier, if we will but do. So, yoga is necessary. That's why it is so enjoyable, because your Soul responds to it. Let us carry it out.

Now, I have a few references about yoga, which I'll give you at this time; first from the Hindu scriptures, as given down from the ancient Vedas, the Upanishads and such books, through our Master's Master, Sri Yukteswarji. And let us just listen and fit what I've said into those words of wisdom, which they have given us: "When man, [by yoga⁴,] directs all his organs of sense toward their common center, the sensorium..." or the door to the internal world, "by concentration..." that is by the practice of yoga, "he perceives his God-sent luminous body..." which you will see, parts of it, as you look at the Christ

² St. John 18:36, "Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence."

³ The Autobiography of a Yogi, by Paramhansa Yogananda, 1946, Chapter 27, 'Banat, banat, ban jai'; *Footnote*: "One of Lahiri Mahasaya's favorite remarks, given as encouragement for his students' perseverance. A free translation is: "Striving, striving, one day behold! the Divine Goal!"

⁴ Doctor added these words "by yoga" and explained his reasons in Yoga Explained 13 as follows: "He says: "When man" by yoga...I've added the "by yoga," because that's the way to do it."

Center, “and the peculiar knocking sound, the word of God, through the same.⁵”
(*Sic*)

You will see. We’ve taken up Sight last time...the time before last. Now, we’re taking up Hearing. You see it in the Sensorium. You will know it, because you see the Light of the Spiritual Eye. If you go through it, or become one with it, you’ll see different parts of your Astral Body, in time, and you will hear the peculiar knocking sound of the Holy Vibration. “Behold, I stand at the door and knock:⁶” is not just a myth – it’s a reality. You will hear that knocking sound of Om.

And so, that’s the way to the Internal Kingdom. Turn your attention inward, through the practice of yoga, especially yoga given by one as our Master, who knew the Internal Kingdom, who like Jesus, said, “The kingdom of God is within.”⁷ (*Sic*)

“Concentration...” going on with the same reference, “Concentration of the self to (*sic*) the sensorium, man becomes baptized and (*sic*) absorbed in the holy stream of the Divine Sound.⁸” It’s not just a, a sound, it’s a Divine Sound, because God’s Intelligence in it. We have to make our minds accept that. We’re so used to accepting something else. And these wonderful words: “Concentration of the self to (*sic*) the sensorium, man becomes baptized or absorbed in the holy stream of Divine Sound.” It’s not just a vibration. God’s Intelligence is in it; just as His Intelligence is in the Light at this point [the Christ Center]. Just as His Intelligence, as we will see next time, is in the Love which you feel – the Feeling Aspect of the Holy Vibration.

“This baptism...” or thus being baptized, he “...repents.” That’s true of penance, repentance, is creeping back, overcoming little by little. It’s so difficult, I know, and all who have tried it know. Overcoming little by little, repenting, creeping back to God, that’s the real meaning of repenting. And thus being baptized he repents. “...turning from this gross material creation of Darkness or Maya, he

⁵ The Holy Science, by Swami Sri Yukteswar Giri, 1936, Chapter III, “The Procedure,” Sloka 19-22, “When man directs all his organs of sense towards their common center the Sensorium or *Sushumnadwara*, the door of the internal world, he perceives his God-sent luminous body of *Radha* or John the Baptist, and hears the peculiar knocking sound, *Pranava Sabda*, the word of God...”

⁶ Revelation 3:20, “Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.”

⁷ Luke 17:21, “Neither shall they say, See here! or, see there! for, behold, the kingdom of God is within you.”

⁸ The Holy Science, Sloka 19-22, “By this *Samyama* or concentration of self on the sensorium, man becomes baptized or absorbed in the holy stream of the Divine Sound...”

creeps back toward his Divinity, the Eternal Father, whence he has fallen...⁹
(*Sic*)

Remember I said, “Thou wast upon the holy mountain of God...thou didst walk up and down amidst the stones of fire.”? That’s where we were. That’s the consciousness we had. We’ve fallen. Now we have to creep back – repent.

“... and passing through the Sensorium...” that’s why yoga is so important, “...passing through the Sensorium, the door, he enters into the internal sphere,¹⁰” (*Sic*) the Kingdom, of which Jesus spoke. “This entrance into the internal world is the second birth to (*sic*) man. In this state man becomes a divine being.¹¹” Why? Because we are made in the Image of God, and God is in each one of us. His Consciousness is flowing, right now, through each one of us; listening, perceiving, feeling His Great Love. That’s what God is, and that’s what each one of us is.

So we should be very thankful – I know I am – that somehow, I was drawn to this great path of Self-Realization Fellowship Yoga, because I know the goal is there. And, those who meditate deeply will also know the goal is there. It may take a little time, but I remember Lahiri Mahasaya’s words, “Striving, striving, striving, one day...the Divine Goal!” Who cares how long it takes, as long as you know, through the testimony of your Soul and the Great Ones who have come here to help us, that it will be so, who cares if it takes a little time – which it will?

So much for testimony, or a reference, from Hindu philosophy; now, from our Bible. Hindu philosophy is very ancient; the Vedas are very ancient, as you know; but the Truth never grows old. The truth’s the same.

And so, let us take first, from Revelation, Revelation, a reference to the Sensorium, now, of which we have been talking. Revelation, the 4th Chapter, 1st and 5th Verses: “...I looked, and, behold, a door was opened in heaven:” as you lift your consciousness to the Sensorium, to the Spiritual Eye, and perceive the high vibrations of the Sensorium, “the door” will open; the door to Heaven, the Internal Kingdom. “And the first voice I heard was as it were of a trumpet

⁹ Ibid, “...This baptism is called *Bhakti Yoga*. In this state man repents, i.e., turning from this gross material creation of Darkness, *Maya*, he creeps back towards his Divinity, the Eternal Father, when he has fallen, and passing through the sensorium, the door, enters into an internal sphere, *Bhuvan-Loka*.”

¹⁰ Ibid.

¹¹ Ibid, “...This entrance into the internal world is the second birth of man. In this state man become *Devata*, a divine being.”

talking with me; which said," that is through Intuition in the Holy Vibration, "Come hither, and I will shew thee things that must be hereafter.¹²" Everyone has to go that way – through that Sense of Hearing.

So, you see that's the same as Hindu philosophy. There you perceive the knocking sound. The Sound is the Holy Vibration. Here it's called "the voice of the trumpet," spoken of in many ways: the "sound of many waters," and other passages, which you will find in the Bible, and in other scriptures.

Now, to Ezekiel – we've have so many references. Ezekiel, the 3rd Chapter the 12th and 13th Verses; as you keep your attention inward in the Sensorium, of which we have been speaking, your Sense of Hearing will be sharpened, and you will perceive the Subtle Sounds of the Spiritual body. And they are spoken of in this particular place in Ezekiel the 3rd Chapter the 12th and 13th Verses: "And the Spirit took me up and I heard behind me a voice of a great rushing..." Many of you hear that rushing voice. Merge in it. That's the Holy Vibration. That shows that you are on the right path. "...a great rushing saying, Blessed be the Glory of the Lord from His place.¹³" How could that be there unless God's Presence was in that "great rushing" in the Holy Vibration?

"I also heard (*sic*)...I heard also the noise of the wings of living creatures that touched one another, and the noise of the wheels over against them, and the noise of a great rushing.¹⁴" These, those are Spiritual Sounds, which I will not go into detail. But those who meditate will hear those Sounds. Something like [Doctor makes a soft hissing sound into the microphone], that is one. And the sound of the wheels, are the Sounds of the Chakras, because the Sanskrit word for Chakra means wheels of vibrating energy. So there you have the truth corroborated in our own scriptures in this verse, these two verses from Ezekiel.

And then, going back to Revelation, Revelation the 14th Chapter the 2nd Verse, Revelation the 14th Chapter the 2nd Verse, this is what we read, once more corroborating the sounds which you will hear in the Sensorium: "And I heard a voice from heaven as the voice of many waters, and the voice of a great thunder." Sometimes the Om vibration will roll, like thunder. "...and I heard

¹² Revelation 4:1, "After this I looked, and, behold, a door was opened in heaven: and the first voice which I heard was as it were of a trumpet talking with me; which said, Come up hither, and I will shew thee things which must be hereafter."

¹³ Ezekiel 3:12, "Then the spirit took me up, and I heard behind me a voice of a great rushing, saying, Blessed be the glory of the LORD from his place."

¹⁴ Ezekiel 3:13, "I heard also the noise of the wings of the living creatures that touched one another, and the noise of the wheels over against them, and a noise of a great rushing."

the voice of harpers harping their harps.¹⁵ Like stringed instruments. These are the Sounds of the Centers, some of the Centers, of the spine. And the Great Sound is the Sound of the composite Om, or where all Sounds mix together. That's heard more in the upper part of the cord and the brain. So, there you have a reference about the Sounds.

In Revelation 2, 17th Verse, we have also a reference about the Sensorium, which I think I will give you at this time: "He that hath an ear, let him hear what the Spirit saith...To him that overcometh..." That is, he that hath an ear; he who has sharpened his Sense of Hearing, that's all, so that he can perceive these Subtle Sounds, that's all it means. To him I will "...give to eat of the hidden manna..." That's so God, of God's Love. There's no food like that. There's nothing that will satisfy you, or me, or anyone, as God's Love. That's what it means. "...and I will give him the hidden manna, and I will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it."¹⁶ (*Sic*) The white stone is the white Spiritual Eye at this point [the Christ Center]. And the vibration, the new name is the Holy Vibration, which you perceive, and no one from outward consciousness can hear it. But the humble devotee, before God, can hear it easily. So these are wonderful references. And I notice I have one or two more.

Well, first from St. John, St John – these last two are, are very nice – I'm glad I didn't miss them. St. John the 10th Chapter the 27th and 28th Verses; and this is most wonderful. We should not be discouraged, no matter how, even if we think we're going backwards. We shouldn't get discouraged. If we can hear the Om Sound once in awhile, we can remember this verse here which says: "My sheep hear my voice..." There is one Father of this family and that's God. And, if you hear the Cosmic Sound of Om, you are hearing His Voice calling you. "My sheep hear my voice and I know them, and they follow me."¹⁷ Master always said, "Leave all else but never God's side." Never leave that Cosmic Sound of Om, no matter what happens.

¹⁵ Revelation 14:2, "Then I heard a sound from heaven like the noise of raging water and the noise of loud thunder. The sound I heard was like the music played by harpists."

¹⁶ 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."

¹⁷ St John 10:27, "My sheep hear my voice, and I know them, and they follow me:"

The 28th Verse: “And I give unto them eternal life, and they shall never perish; neither shall any man pluck them out of my hand.¹⁸” No one, no one can take you away from the Presence of God, if you want it. No one can take you away from Him, because you are His child; so am I, and He is our Father. He is the Father of everything. Master said that. He said, “There’s one great Guru and that’s God Himself.” Masters are channels of that Great Guru. So let us be of good cheer, do our meditation, and fear nothing, for God is with us.

And finally, in the last reference, which is in Isaiah, and a most beautiful reference, because we all sometimes wonder which way to go, to the left or to the right. We all are stymied, so to speak, but let us listen to this last reference, and after that we will not doubt. Isaiah the 30th Chapter the 21st Verse: “And thine ears shall hear a word behind thee saying...” That “word” is the Holy Vibration in the Sensorium. Merge in it. “And thy (*sic*) ears, thine ears shall hear a Word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.¹⁹” Hear the Cosmic Sound, do your meditations. When you turn to the left, hear the Cosmic Sound. As you turn, you will be right. Or you turn to the right, if you hear the Cosmic Sound, with faith in God, it must be right.

And so, this lecture tonight should be very inspiring, and we must realize that God is, and He is in each one of us. If we just give a little effort to contacting Him, and above all, as we’ll talk of next time, knowing His Love. That’s the greatest thing, because Love, or Feeling, makes a thing real. If you hear the Cosmic Sound of Om, it’s wonderful, but if you Feel God’s Love in it, then it’s real – everlasting.

Next time we will take up, as I have said, “Sharpening the Sense of Feeling.”

¹⁸ St. John 10:28, “And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.”

¹⁹ Isaiah 30:21, “And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.”