What a remarkable age we live in, when scientists are discovering so much about the nature of the universe and have penetrated farther than at any other time in recorded history into the reaches of outer space. But as valuable as those outer discoveries may be, scientists to date have explored very little of the inner world of the soul. How necessary that is, not only for individual happiness and well-being, but for peace and harmony on a global scale. For insight into that divine realm, we must look to the preeminent spiritual scientists, the masters and saints down through the ages—Jesus Christ, the Lord Krishna, the Lord Buddha, and our own guru, Paramahansa Yogananda, among others.

Now you and I are sitting here to meditate, with the firm intention to close off the outer world for a time, that we might, like the great ones, access the inner world of Spirit—the domain of Omnipresent Consciousness from which we have come. We were not projected into existence by mere physical causes, engendered in the outer world. We were created out of God’s infinite consciousness. Each one of us...
has come into this finite body from that unseen—and for most persons, undiscovered and unexplored—world within, which encompasses our soul.

Meditation is the scientific way to gain perception of the inner divine kingdom.* That perception comes as we refocus our consciousness, turning it within, away from the finite world and the body, by withdrawing our mind and life force from the five senses. Like scientists who peer with diligence and concentration through a powerful microscope or telescope, with that same seriousness and enthusiasm and ever-increasing desire we must penetrate our attention deeper within in meditation, again and again and again. Just as the discoveries of any scientist can be duplicated by any other who approaches the subject with the same systematic methods and dedication, there is not one of us sitting here who would not experience the beauty, the infinite joy, the infinite love, the infinite awareness of the One God—our Divine Mother, Father, and Friend—by deep, devoted practice of scientific meditation.

In time, these realizations of the Divine become not only part of the devotee’s meditation; they become part of his everyday life. But it begins with the simple guidelines, the simple discipline our Guru has given us: Keep the mind focused on God. Let some portion of your awareness always be centered at that point within this physical form where it is easiest to commune with God. That is the point between the eyebrows, the Christ-Kutastha center, seat of the spiritual eye, the divine eye through which we penetrate into that infinite land of Spirit....

Material scientists have their finely honed instruments to explore the farthest parts of outer space and the minutest atom. They don’t employ these instruments haphazardly, or they would accomplish very little. Similarly, you have wondrous instruments of Guru-given scientific techniques of meditation* with which to explore the inner world with its mystical portals that open to the kingdom of God.

No one will ever know completeness, no one will ever know satisfaction, until he has entered that interior world and discovered his true soul nature. Not all the gold in the world, not all the pleasures the senses can offer, not all the love of any human being, will ever be able to satisfy your true Self. Your soul is just using this mortal form for a little while—and oftentimes not too comfortably. One day the indomitable, immortal, all-blissful, imperishable soul will leave behind its physical home to return to its home in Spirit. So why give so much of our life and attention to the passing drama of external circumstances and events? How blinded people are by this earthly show that they are so willing to forsake their Divine Abode! While living and functioning on this finite earth, we are meant to use wisely a part of our time to discover that infinite realm whence we have come.

For so many, religion is only a matter of hearing a sermon on the teachings in the scriptures, singing hymns or chants, and repeating a few prayers. That saddens me. I don’t criticize, but it does make me sad. What this world needs are people who really commune with God. It will come, for we have entered an age in which more and more individuals will seek a tangible experience of God. Those of us who follow a scientific path of meditation that so readily

*“The kingdom of God cometh not with observation: Neither shall they say, ‘Lo here!’ or, ‘Lo there!’ for, behold, the kingdom of God is within you” (Luke 17: 20–21).

*Taught in the Self-Realization Fellowship Lessons.
leads into inner communion are pioneers.

It is not enough merely to take the name of the Lord absent-mindedly. What is necessary is that when we say, “My God,” we mean it, and we feel His presence—we actually realize that He is just behind the curtain of darkness of our closed eyes. He is the mysterious Power that keeps our hearts beating, the Power that converts the food we eat into energy that sustains our bodies, the Power that enables us to feel and know and love.

That Power comes from no outer source. We don’t contact It with our hands or any other external instrument of the body. We feel It at the spiritual center between the eyebrows, the Christ or Kutastha center in the brain. The feelings that arise in us when we contact the Infinite Spirit are not simply neurological occurrences, as some scientific researchers have stated. Nonsense! Those scientists are so enamored with what their instruments and fixed formulas can measure that their thinking cannot begin to fathom the interior world of spiritual causation. Nor can they grasp a Universal Intelligence that has formed such wonders in the heavens and orderly seasons on earth, giving us the times and conditions for growing foods and the times for harvesting. It is said that everything can be explained with mathematics; so what is this strange, mathematical Power that made the universe so predictable? Can a rational brain really deny a God?

I do not believe there are any reasonable grounds for being an atheist. A person who calls himself an atheist is simply one who was brought up in religious dogmas that are unscientific, and he has therefore rejected them. But when one has not scientifically searched for Him, it is nonsense to say there cannot be a God. You do not need to use that name. You can call it an Intelligence or a Divine Energy, or whatever you want, but you cannot deny that there is a Supreme Force or Being that is the Creator of our bodies, of this universe, and of all the instruments through which we are able to work in this world and to intuit that other world.

You cannot reason your way into Self-realization. You cannot think your way into God-realization. You can arrive at those exalted states only by using the concentrated mind in meditation, going beyond the intellect to perceive through the power of the soul’s sixth sense, the sense of intuition....

The freedom and joy and wisdom, the understanding, the love—everything that your heart has ever craved—is waiting for you in God. If it were not so, Christ and our Guru and all who are God-realized would not have declared it. They spoke the truth—believe it and put it into practice. Take up the challenge of the spiritual path: Make it prove itself to you. Give everything you have to applying these teachings of the Great Ones, and I promise you will be thrilled at the transformation they bring into your life.

“\textit{The freedom and joy and wisdom, the understanding, the love—everything that your heart has ever craved—is waiting for you in God.}”

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