

The Great Light of God

By Yogananda-The person who brought the inner teachings of Yoga to the U.S. beginning in 1920's

Remembering when he met his teacher he said-

"We entered a oneness of silence; words seemed the rankest superfluities. Eloquence flowed in soundless chant from heart of master to disciple. With an antenna of irrefragable insight I sensed that my guru knew God, and would lead me to Him. The obscuration of this life disappeared in a fragile dawn of prenatal memories. Dramatic time! Past, present, and future are its cycling scenes. This was not the first sun to find me at these holy feet!"

"You are walking on the earth as in a dream. Our world is a dream within a dream; you must realize that to find God is the only goal, the only purpose, for which you are here. For Him alone you exist. Him you must find."

Now re read more carefully one of the greatest spiritual talks ever given:

Note: You can find the audio of this talk online. Remember, the importance of hearing the voice of a true sage, seeing their form, knowing their words etc is unparalleled in the human experience. From this only can we discover the infinite within and have it make the best changes in our lives.

We are students, from all over, and friends. I know many of you had wonderful experiences today. And that's what you should remember. That in meditation depth is the principle thing. Every day's meditation must be deeper than the previous days. Then, you will reach God quicker. But until your mind gets used to intensity of meditation it will not appreciate long meditations. I hope that this will be an example before your mind that

whenever you can 4 times a month or even once a month. If you can take several hours off and intensely meditate you will feel yourself nearer to Christ, God and the masters than ever. Go deep or taste not the Pyrenean spring. An author said that. Go deep in this path. Simple, little nibbling of prayers does not get you the intensity of God's presence and the intensity of His bliss. If you are forced to remain awake for a month, then you were suddenly allowed to sleep. The joy that you would feel at the approach of the sleep. Multiply this 1000 million times. A thousand million times the cocktail of deeper sleep does not describe the ever new contact of joy and ecstasy. And, until you have that ecstasy do not be satisfied. But, do not give into moods. Results are found by forgetting the result and going on working for them. The only way, as you do not make any effort to sleep. Why, because you have practiced sleeping. You go to bed, dump your body into the subconscious and go to sleep. And, feel that joy. Without that subconscious joy the diagonal existence would have been impossible. The problems of the day when we act as mortals we could not have born unless God made us dump our bodies and forget our physical self and have the joy of sleep. You think sleep is rest. No, sleep is a reminder of what is beyond the state of sleep. The state of the soul. Your soul has the perfect reflection of God remembers all the incarnations you have gone through.

But, you soul becomes a physical ego during wakefulness when you think you are a body and have possessions and a name. And, that is what does not remember. But the soul remembers the many births of the ego as mortal being. So get to the soul, get beyond the subconscious, that's the purpose of Kriya Yoga, Read your preceptor everyday a little bit and meditate. Meditation is the practicing of the presence of God. Kriya Yoga is the highest practice of the presence of God. How the soul descended into the body. And how to take it back to the spine and brain. Beyond the confines and the prison of the body into the vast infinite. And, that's what you are trying to do. Your mind is on the surface of the body. You like to see what is good here; smell, taste, touch and that's where you are locked up. Your consciousness is locked up but you have to withdraw it. Dim it away from there. And gradually take it beyond the muscles and settle it in the spine. That's what Kriya yoga does. Spine and the brain are the altars of God. That's where the electricity of god flows down into the nervous

system into the world. And the searchlight of your senses are turned outside/outwards. That's why you love the senses. But when you will reverse the searchlights through Kriya yoga and be concentrated in the spine you will behold the maker. A thousand million suns do not describe the light of my father. It is not a glaring light. But a light that is gentle and indirect which is spread all over the world. In that light, in the glimmer of that light all the universe you will behold as if in a mirror. So, that's why, do not in any way be a slave to the senses. Do not in any way be trapped by the senses. All the senses were given that you may be there master.

Temptation was not given to destroy you but to increase your strength. If you do not fight with a stronger person you do not get strength. The wrestler always fights with a stronger wrestler. So the senses, you think they are strong, but you are stronger and if you fight with them you will be stronger. If you give in to them you will be weaker and down and out and all your happiness will be gone. God has purposefully given sex and other senses not to destroy you but to try your strength. To bring the immortal strength within. That you may recognize the great power of the infinite sphere which lies behind your little throbbing heart. So, go deep into it, this is the purpose. Why, keep it only for the Christmas day. Every not and then go deep in meditation. Very intense. Instead of going to the movies or turning on the greatest pest of the home; the television. Once in a while is alright but get away from those televisions and too much radio.

Concentrate, hide yourself from people, and go into your room. Profess that you are going to get some rest but instead of sleeping and going into the subconscious go beyond. That's where the great God remains. Every night he dumps the whole universe. It is lost to your thoughts. The whole universal lord stays on a little piece of my thought. Rub that thought away and the universe has gone away. The universe is a dream of God that why it disappears at night but you feel so happy, then you are ready for the dream again. To get the beatings of the world. Privation, rising costs, taxation, troubles, sudden death, millions die by accident. What fun is there in the world but trouble? God doesn't want you to get mixed up with the world. He has this world to would find out who would love him and not love this world. That's why Krishna in the Bhagavad Gita said 'Sangsaramurkadukusarurar. Get away Arjun from the ocean of suffering,

death and misery. And, why wouldn't God test as I told you sister was liberated after 20 years of suffering. If you could get eternal happiness why shouldn't you. God has kept you on this wheel of birth and rebirth. And, you must not die with the symphony of your life unfinished. If you go out in the beyond with mundane desires you cannot stay there you have to come back here to fulfil those desires. If you haven't finished the desire for strawberry shortcake then you have to come back to America to live again.

If you haven't finished your desire for curry you have to be born in India again. But, finish your desires, this life is a test. Why did Christ say that ordinary people seek the world but all who are wise seek the kingdom of God because there's your happiness, there's your fulfillment of all the dreams of incarnation. That's why. You should learn to meditate. Become a spiritual alcoholic. Where you'll be so drunk with that joy that you will be able to do other works of the world and yet not be mixed up with it. So you must practice the presence and Kriya yoga is one of the greatest proofs of the existence of God. Practice Kriya and you will not suffer from moods.

You who love experimenting with so many things why don't you experiment with yourself and Kriya yoga. In the calm concentrate your mind in the spine and there you will find. As one person wrote to me. I suddenly found my breath gone and I settled myself in the spine and had the great visitation of the almighty every new joy of God. God is ever new joy. In the mirror of his sphere you will find the universe glimmering. So, remember the purpose of this great message. We have started a great movement.

And I came for a special dispensation. The interpretation of the scriptures and giving the Kriya Yoga; the key to heaven. This is Peter's key to heaven. You can use it yourself with the help of the guru's. But, join all churches regularly. Restudy the preceptors you can't do it by yourself. The charcoal doesn't become red by itself. But when the fire enters it all becomes red and glowing. Through the fire of the teaching of self-realization and the gurus contact. Through the teaching and practicing the teaching you get that contact more than by only visiting the guru because he is busy for you. He is busy with God. Yoga means union, scientific union with God that you are receiving. Dump your body in the superconscious that's all I do. I practice a few times Kriya and I dump my body and the body is gone and I am in the infinite bliss. The bliss that

surpasses any description. So you all came from that. It is not the privilege of Christ and a few masters that go there. All waves, behind small and big waves. Waves that are playing with the storm is the same ocean.

Remember no matter what your trouble God is with you, behind you, seek Him. Help him to pull you and make you as He is and that you can do .

The Kriya Yoga, studying the preceptor, take the preceptor and study every day. A little, even a little. Anywhere you will open it you will find something that will lead you to God. And, practice Kriya Yoga, whenever you have a little time practice two three times. In order to be a primadonna you can't practice a few minutes you must keep your mind on the song and practice.

Then in a few years you will get there. So it is. if you follow self-realization to the end of life and what is life many lives you have spent you do not know them many of your lives I know and many of you have come with me and I will dedicate a bouquet of souls unto Christ and the masters and to guru and god that's' why I cam and that's what I am doing> I am with you more now. The living link of the masters; follow that. And, Kaiya is the key to the door of heaven and to know that the masters are and Christ is and God is. Why loose time anymore? This intensity that you learn in long meditation. That's the greatest proof of the existence of God. Why don't you try? You who love to try but impatience won't do. Flitting from one thing to another will not do. Get busy. Self-Realization has come to take you to heaven; introduce you to God. And, the gurus will be waiting. And that gate is death. Up to death you must be loyal and true and deeper and then they will receive you. And even while you are living you shall feel them. The deeper that you practice and the more you practice your Kriya yoga. But don't be in a hurry to practice it. Practice it slowly until breath becomes mind. When you sleep you don't remember your breath but as soon as you remember your breath you come back to the conscious world.

So, Kaiya yoga takes your breath away and you feel so happy. That you have drunk your breath away and you will jump into the superconscious and you drink the thousand million cocktails of the joy of sleep the joy of the eternal father from which you came. From that ocean you came with the storm of the subconscious and conscious you are playing with desires.

And you are buffeted unhappy. Don't try to reform this world except by reforming yourself. This world it will go on like this time to time. And don't

try to understand it. Go back to the shores when you find God from his lips you will understand everything. This is a show and a show has to be different. But, don't get mixed up with this show for there is no end to it. And, those that are privileged to be in Mt. Washington and Encinitas serving people, this is your greatest privilege. Use all your spare time to be in the consciousness of God and while you work think of God that's meditation truth. And if you are in the world follow self-realization to the end. It is one of the greatest truths that has ever been sent. While people are busy with music and song Christ is pleased a little bit. But when you feel Him within he is yours and God will be yours forever and forever. This is my message and that's why I'm busy. I have forsaken money'; everything. Why because I have everything, I have god. And so will you. And I am trying to give you the greatest thing in the universe; God. And if I was with you, flattering you giving you a little happiness and little cheer a psychological push that would be temporary. But I have given you Kriya Yoga and again in August there will be another convention coming. You come with all your friends. On those days that are designated. And, practice Kriya Yoga, and then you will know who you are. You are not a man; you are a wave of the sea. The bliss of the cosmic sphere of bliss, the ray of the cosmic light. The wave of bliss of the cosmic ocean. You should never say I am God; you should say 'it is the ocean of God and ocean of Joy that has become the little body.' Go back there, don't play with the storm of desires, you'll be buffeted and shattered. There will be no end to it go back to the ocean of joy and intensely meditate. As often as you can avoid people and practice meditation; the nearer you will be to God. And receive my humblest and deepest and intense desire and bliss and blessing that you have the willingness and crystalize that willingness into action and action into habit. Then, automatically become a spiritual alcoholic drunk with God as on the day of Pentecost that are drunk with the new wine of God. And then be in the world, you will see that the world is a fun, a movie. Without that the world is terrible. When you get mixed up with the movie it's terrible, its murder and trouble and famine. When you play in this movie with God behind you it will be fun and joy. All who have experienced the great perception of this occasion; you should carry home the valuable experience of today. We have inaugurated in America the

worshipping of the formless Christ. As you were singing, I was with you.

As I am talking from here in my room you are with me. There is neither time nor distance in space. As this space between me and you is linked with this wire so all space is linked with the presence of God. And there is a way to find him we have descended into the body and have been imprisoned as I said before with this sense of possessions and the consciousness of the body from this state of wakefulness into the subconscious. Then we have to go to the superconscious. It seems difficult it is not. Every day you do that. You have two existences. In the day you exist as a man. And in the nighttime you exist as the image of God. Because there you'll sleep in space, in joy, in happiness. You are not unconscious in sleep for you know how you slept. On waking you know how you slept. During wakefulness you are imposed upon by the dream of God. A dream very hard to get rid of. But at night time that dream is erased from your consciousness. You become the image of God sleeping in space, sleeping happily sleeping consciously. IN which, your ego, your joy your presence are all merged in to one. I often say that during the day you become a man at night you become a God of joy. If only in the day time you could feel that joy at will and be linked in space with the omnipresence. You will be a God all the time. During wakefulness most people play the part of a mortal man full of change and problems and moods and troubles. And others play the part of the devil and evil. At night time you are a calm God. Self-realization came with me as a special dispensation of God to show you how true Christianity has been lost and forgotten. And what the ancients taught in India has been lost and forgotten. Those ought to be revived as one highway to the infinite. How the Spirit has descended into the body and has become locked up as the ego with possessions. And how to take the ego consciousness back from possessions, back from the sensations of the body and the temptations of the poisoned honey of pleasures. To taste the ambrosia of sub consciousness and the greater ambrosia which lays beyond the sub consciousness in the super consciousness where you can go by the self-realization technique of Kriya Yoga and deep prayer. Dear ones analyze the state of sleep and then picture yourself beyond the state of

sleep where a thousand million cocktails of sleep you drink and still you cannot express the state of that infinite blessedness.

That infinite presence of God lies just beyond the subconscious, in the superconscious. If you can dump your body at night and be suddenly transformed in the joy of space why can't you go beyond one layer and become the infinite. I am talking to you through a wire. Through radio no wire is necessary. Radio has linked space and God links all space, eternity, with your soul. Modern science is more and more proving the television, the radio, that space is linked, that we can dig out of the ether the voices of people and the images of people. Kriya Yoga and self-realization have come to take you beyond into the superconscious where you can see the images of saints and hear the voice of God, the voice of Om, the voice of The Holy Ghost. The voice of cosmic vibration. Which also appears as light which is hidden beyond the ether in super ether. And, that's where the seat of happiness is. That's where we have descended from; into this land of dreams. There is no earth, there is no universe. God is dreaming a dream; we are a part of the dream. He has given a reality to the dream and we are suffering. We must give up this egoity. As soon as you feel that you are part of his dream. That He's playing through you. You are not playing anymore, you will be free. It is easy to picture. Every night, think of the state of sleep and you will know that you are made in the image of God. You read every day in the Bible. You hear people say you are made in the image of God. But when you put your face in the mirror it isn't the image of God. It's the image of worry, the image of dreams and nightmares which are reflected on your face. But as you try again and again to imitate the state of sleep and consciously stay there you jump into the land of super consciousness where your body is dissolved and you come to a supernal joy. A light, a vibration which lights like a mirror the whole universe in it. You can dismiss that shadow of the dream in that universal mirror or can remain locked up in that eternal joy where not a thought dare not to disturb you. Not a sound cross beyond the bars of your silence. In that eternal sphere where you were today. That sphere is yours because you

unconsciously go there and think that this dream of life is reality that's why the trouble. This world will go on like these changes after changes. History is only a misnomer; it gives reality to the dreams of God. You must find within yourself that there is no space and time there are no pictures there.

They are from that infinite booth of eternity God is throwing around you.

This picture; dream picture of the universe with all its terrors and all its troubles; get away from this dream, nightmare of life. Into the best proof from all balms of suffering. Into the great silence. Into the great light, into the great sound of that eternal vibration; God's all protective presence. You are there every night, why do you think that you cannot get there. I am with you; you are listening to me through that ether. You think you are connected by a wire; no. You are connected by the ether. If it were radio there would not be any wire. But what in reality connects us who are distantly situated. It is the presence of God. All other forces of ether, light, electricity. These are all the dreams of God, various manifestations of God.

It is His consciousness transformed into these forces. It is He that gives link to all matter, to all dreams. Without the dreamers consciousness the dream vanishes. Without the consciousness of God the universe will vanish. So, get behind all appearances into that Great Spirit, consciousness where there are no dreams and nightmares but pure, eternal joy. Ever new joy that you can never be tired of. That is your goal.

From joy you come, for joy you live. In the sacred joy you will melt. But it is not easy melting for you have created many desires due to the contact of this ever changing dream, nightmare of this earth and universe. To play with the dream storm of delusion is terrible. Every hundred years all the population of the globe with the exception of a few will be gone. When you think of the mangled heaps of bones that were once called human beings where are they gone every hundred years if this is not a dream. There is neither solid nor liquid, everything is energy and atoms. An atom is consciousness. Atom was made of the lifetrans of God and lifetrans were made of thoughttrans of God. So this world is not made of flesh that hurts.

That is the delusion. When the dream is on everything seems real. When the dream is out everything is gone. So, remember all the terrible things that you are seeing it is a dream show. The show must go on. If there are shows of angels morning, noon and night there'll be no more reality to this

dream. That's why God has made this dream terrifying. Not to keep you engaged but that you may get out of this into the supernal land. From the booth of eternity if you see the show going on and you are no longer troubled by evil or good, life and death. For from the booth you can see the terrible show. All the killings and the hero and the villain. There are all the different vibrations of life. But the villain was made that you love the hero and from the hero you must go to the beam and from the beam you will see that this is nothing but a movie. But how to proceed. how to go, how to realize that-you cannot realize that by continuously going into town, continuously having the radio, having the television, continuous change cause you are part of the movie set. You must sit in silence. If you go inside you will be with the flame. Where no hurt can hurt you, no gas can choke you, no water can drown you, no fire can burn you because you are the fire, the joy that makes the water, the fire and gas. In the dream you experience gas light, electricity, everything. When the dream is gone they are gone. So, you will find this world made of the dream of God. It is not your dream. You can't change it. Your life is a dream within a dream. What you dream at night is a dream within the cosmic dream. Then at night this cosmic dream disappears when you are in the cosmic dream the nocturnal dream disappears. When you will realize from that eternal consciousness that God is creating a motion picture of dreams then you will be free. The only way to do it regularly meditate and work only for God not for you. You must destroy your egoity that's what keeps your image going through incarnations of trouble. Just say God is dreaming through me I am not working. Then you are free from the egoity. Remember the story when Krishna's disciples were at the side of the river Jemuna and Krishna was on the other side. Jemuna was in flood there was no boats. So, the disciples went and saw the great Beyrsha, the greatest disciple of Krishna, the writer of the Bhagavad Gita meditating. So they waited and then asked the master. 'Master Beyrsha, how can we go to Krishna?' He said 'you always think of Krishna, Krishna loved the cheese. So he says "Why don't you give me some cheese, the disciples are angry"' Well they gave him cheese and Beyrsha almost ate 3/4ths of the cheese. Then, standing by the river says 'Oh river, if I have not eaten anything divide up and part.' And the river parted. And the disciples could not understand why he ate cheese

and he said. So they went to the passage made by Beyrsha, by miracle.

Miracles are possible because it's a dream of God. And when you are one with the consciousness of God you can make any change in it. And when the disciples went to the other side of the river and the water closed in behind them. Krishna who always ran to meet the disciples was asleep.

The disciples waked him up and were going to apologize about when happened to the bulk of cheese. But Krishna had no stomach for cheese.

He said why you bother me. I have eaten enough today. The fellow on the other side of the river fed me too much. You know the great Beyrsha when he was saying 'Oh river Jemuna If I have not eating anything divide up and part.' When he was eating, he was giving the food to Krishna. That's one of the greatest lessons to learn everything that you do give it to God. Good and bad. Don't try to do bad willingly but if it comes to you as an imposition give it to God and He will see suddenly that you have come out of your dream and that you are no longer a man. You are one with the dreamer's consciousness. And there are two ways to do good to all; forget yourself and to meditate every day and longer every week whenever you find time and you can always make time if you don't entangle yourself with television and radio. You can dump your body at will into the super consciousness as you go to sleep go to sleep with God consciously. **You can do it because that's your home. Where will the wave go? It cannot play with the storm forever it has to go back to the ocean. Good and bad everybody's being pulled all the little and the big waves are being pulled. Little waves are near the ocean for the good lives who cooperate not with the storm of desires but with the pull of the ocean of God. Cooperate with the pull of the ocean of God and you will be with Him. Every desire of incarnations will fulfilled.** This is the drama of this earth. You see the middle you see everything going on. Nothing has been created by man. There is food there is hunger. And, you couldn't digest food if God wasn't there. If there was no presence of God you couldn't hear. So, remember radio, television, light, everything is proving the presence of the eternal Garland who connects to the ether the souls of us all. Souls that you know they are not gone. You can think of them and you can materialize them. They are there all the time. There is no past, no future, but eternal presence of God. Live in that presence; dive in that

presence and you'll find everything there, everyone there that you thought lost. At last I will tell you a little story. I had a vision while I was practicing Kriya Yoga. Suddenly I was translated into the captain of the ship. And I was ordering sailors to fire at the shore battery. The great cannon fire came and ripped my ship and I told everybody to jump in the water and as we were going proceeding especially myself on the shore. Once of the enemy leveled his gun at my heart and shot me and I could feel the blood flowing and I dropped. And I began to think well, I can stop my heart, why am I crying, why am I thinking I am dead. I have practiced death so I know what it is. To stop the heart and go beyond. I am in that eternal joy. But still the body dream is so real. I said this is death that happened to me at last. The death that I thought would never happened to me. Even as I was moaning to leave the body with a bullet in my heart. Suddenly I began to breath. huh uhuh I breathed. And I said, 'I am living.' I saw myself sitting at the same home 4 Galpal road at Calcutta. I said, Oh, how nice I am not dead and even as I sang my breath. My perception was taken away from my body and there I had again, I was lying down dead on the battlefield. And I said well I am dead, and I did not know whether I was sitting at 4 galpal road meditating or I was dead on the battlefield. When I was puzzled I saw a great light, I knew that was the light of God and I asked that light. 'Sire, light, cosmic father. Tell me am I dead on the battlefield or am I sitting meditating practicing Kriya Yoga in Calcutta. He said "Neither, you have been dreaming that you have been sitting and meditating and you have been dreaming that you are dead. You are neither of these two dreams you are this light that created this dream delusion and my delusion fled and I became that great light. So, you must remember just as you see the Villain on one side and the hero on the other side streaming out of the same light. Remember good and evil all things come out of that same light. You mustn't be frightened, you must keep on looking to the hero to the good things in life until you can be one with the beam and then you can say "I have conquered good and evil, dreams of life are but dreams I am one with that eternal light and this is my blessing on this holy day when the heavenly father had given this the great example of Christ when he has paths of the world and still he refused to consider his body as reality and that's why he said father forgive them for they know now what they do. He

has reached that great way. Even that little delusion was bothering him and as soon as he saw it was a dream he said father forgive them for they know not what they do. What they do in this dream they know not they are playing parts. Even if they destroy my body dream that was a part and as soon as he said that he was one with the cosmic light. How could he be a part of the dream? How could he think that he was crucified? When it was only a dream of the father. It's a new light that you can see. At night time, many times you can play the part of Christ and when you wake up nothing happened. That's what Jesus realized, that's what we must realize. We must get away from the dualities of this dream life. It's a terrible dream life hard to forget. But if you practice Kriya Yoga and do these things whenever you're alive and whenever there's no waiting for Christmas. Whenever you have time. Make time. Don't spend time on useless things. Those that will go on with the dream they'll have a terrible time. God makes this dream to make it a nightmare that we may all run to his eternal presence. He did not make this dream nightmare to torture us but that you may get away. That's why Krishna said in B.G. get away from this ocean of suffering of misery of mine. Get away from my ocean of suffering and misery. Become the ocean of light, ocean of dream, ocean of joy, ocean of Om. Follow the technique, transfer your consciousness to the spine, live in that eternal space, be a spiritual alcoholic drunk with the joy of God as were the disciples of Christ. They were like drunken men, filled with new wine that was that joy of the Holy Ghost.

Jesus promised to send The Comforter the joy of that great vibration. Self-realization has come into this land no more mockery of Christianity but to send that unfulfilled promise. experience of holy ghost the great joy when you shall say as I'm am saying in reality I am saying in reality ii I am in that holy ghost I am talking from that sphere not from the body so shall you say that I have told you the truth if you practiced the technique why waste time why have rotten cheese when you can have the best cheese why have little pleasures that give you poison and mood and suffering have the joy all the time and you can have it nothing can take away the joy it is not to be acquired this joy is yours. If you practice it and remember back that you were made in the image of God and that

image is writ every night God reminds you in the subconscious you are joy sleeping in space ever conscious; Go a little beyond. Dump your body in the superconscious through the technique of Kriya Yoga. This is my greatest present to you. Learn that. Until you get there, until you become a spiritual alcoholic don't be satisfied with a little meditation.

Then you will know what I am talking. Then you will know that God is trying to dismiss from His dreams the reality that He has created. And that they are tortured, He feels that. He wants to destroy His dream and bring those that want Him back to the eternal safety. No one can get this by proxy; you have to work for it. But you don't have to acquire, it is there, you have to remember; that's all. And Kriya Yoga is the greatest truth for a special dispensation I came to reveal the scriptures and you as you know what Autobiography is doing in all lands. Be a true Christian.

Let Christ be born in you as the great joy of God. Then Christianity will be real. And this we are inaugurating everywhere. Not to celebrate Christ and blaspheme His name with drinks. With fake joys. But with real joys as you felt today. And write to me dear ones. Those who felt that formless Christ of Theresa and Thomas Aquinas. That I like most I saw Christ twice today, also in form. So those that have seen Him in form and those that have felt his formless presence write to me, I shall intercede for you. And do not look left and right. My only desire-I ask nothing of you but that you get back where I got back where many others got back into the safety that is real safety. Get away from this nightmare. It is hard to get rid of. But every night he takes you into that safety of the sub consciousness. Go to the superconscious, one layer beyond and you will be safe forever and you will not only be able to dismiss the dream of the body at will but you will be able to teach others how to forget this nightmare and be in that supernal bliss and you are made in that bliss as you are with closed eyes listening. Where are you, into that eternal space where my father is and there He calls you. It is not darkness, behind the darkness shineth that great light. The minute you conceive the whole universe like a shadow of a dream. But don't get into the shadow, come into that Light, into that Bliss of Holy Ghost; Holy vibration. Into that song of Atoms in the joy of all the little lifetrans and throughtrons that are vibrating the joy of God. Get beyond the superconscious and you will get there. And this is my Christmas present to you. That you do not act like the man that when he is waked up he goes back to bed again. But as soon as he is touched he jumps and says sleep is over, dream is over, nightmare is over. I am a man; I wasn't the

villain of the dream. So, you shall say, through Kriya Yoga as I awaken you but you are no longer a man or a woman but you shall keep on and remain awake by practicing Kriya Yoga and dumping your body into the supernal bliss which lies beyond the subconscious and find yourself; you are the image of God. You are the wave of the sea. You are not a mortal sinner. It's a sin to say you're a sinner. You are a wave of the sea. You are going to be one with the sea. You are ray of the cosmic flame. I a tiny bubble of laughter have become the sea of mirth itself. Read that Samadhi poem in whispers again and again; memorize it. I, a tiny bubble of laughter have become the sea of mirth itself. Say it again and again in your mind. I, a tiny bubble of laughter have become the sea of mirth itself. That is my Christmas present to you. And I bow to you all who are linked in my father and Christ and the great Babaji, Lahiri Mahasaya, Sri Yukteshwar guru...Ohm, Ohm. Ohmmm, Ohhhhhmmmmmmmmmm, OOOhhhooooooooohhhhhmmmmmmmmmm.