

YOGA AND ITS TRANSFORMING POWER

(Denver June 6-1929)

*Fruit of Yoga needed because our present culture has failed to meet our deepest needs.*

- I. Analysis of World-Consciousness.
  - A. Enormous progress in control of matter, as compared with historic past, restulting in:
    1. Vastly improved communications, *education etc*
    2. General increase of wealth.
  - B. In spite of this, World-Fear abounds.
    1. Shown in preparation for war.
    2. Also due to poverty in the face of material resources sufficient to sustain all.
  - C. Suffering persists.
    1. A happy face very rare.
      - a. Material wealth fails to give happiness.
    2. In spite of thereoputic progress, sickness persists.
    3. Sorrow thru loss of loved ones.
    4. Uncertainty concerning the state beyond death.
    5. Philosophical despair concerning the worthwhileness of life.
- II. The struggle to escape misery thru fogetfulness, as follows:
  - A. Intense application in labor.
  - B. Intoxication thru drink.
  - C. Various diverting activities.
  - D. Thru use of religious anydyne to deaden thought.
- III. All such efforts are negative and do not solve the problem.
- IV. The cause of misery lies primarily in materialism.
  - A. Definition of materialism.
  - B. Exemplified in:
    1. Scientific trend of the West in general.
      - a. Not the most important.
    2. Commercial perspective in values.
    3. Military habit of thought.
    4. Most religion.
    5. The identification of ourselves with body.
      - a. This the most important.
- VV. Showing unsoundness of materialistic view.
  - A. Analysis to show man isnot body.
  - B. Discussion of hypnotism to show how the world of experience can be produced centrally.
    1. It is impossible to say anything concerning the world apart from the forms of observation.
- VI. Yoga philosophy asserts that objective world is projection from consciousness.
  - A. In hypnotism is seen a partial manifestation of this principle.
  - B. The real Being in man is the Self or pure Subjectivity.
    1. This is independent of all conditioning.
    2. Misery comes from the identification of Self-hood with that which is limited.

**I. Introduction.**

- A. Fruit of Yoga needed because our present culture has failed to meet our deepest needs.
- B. Outline some of Yoga powers and show importance of seeing that such are a rational possibility.
  - 1. Blind acceptance of a teaching is a fault, not a virtue.
  - 2. Emphasis of independent rational checking the western contribution to method.
  - 3. Having satisfied one's reason as to presumption of truth then duty is to act accordingly.

**II. Analysis of World-Consciousness.**

- A. Enormous progress in control of matter, as compared with historic past, resulting in:
  - 1. Vastly improved communications, education, etc.
  - 2. General increase of wealth.
- B. In spite of this World-fear abounds.
  - 1. Shown in preparation for war.
  - 2. Also due to poverty in the face of material resources sufficient to sustain all.
- C. Suffering persists.
  - 1. A really happy face is very rare.
    - a. Material wealth fails to give happiness.
  - 2. In spite of therapeutic progress, sickness persists.
  - 3. Sorrow through loss of loved ones.
  - 4. Uncertainty concerning the state beyond death.
  - 5. Philosophical despair concerning the worthwhileness of life.
  - 6. Give quotations of prominent scientists and professors.

**III. The struggle to escape misery thru forgetfulness, as follows:**

- A. Intense application in labor.
- B. Intoxication thru drink.
- C. Various diverting activities.
- D. Thru use of religious anodyne to deaden thought.

**IV. All such efforts are negative and do not solve the problem.****V. The cause of misery lies primarily in materialism.**

- A. Definition of materialism.
- B. Exemplified in :
  - 1. Scientific trend of West-in general.
  - 2. Commercial perspective in values.
  - 3. Military habit of thought.
  - 4. Most religion.
  - 5. The identification of ourselves with body.
    - a. This the most important.

**VI. Showing of unsoundness of materialistic view.**

- A. Analysis to show man is not body.
- B. Discussion of hypnotism to show how the world of experience can be produced centrally.
  - 1. It is impossible to say anything concerning the world apart from the forms of observation.

- VII. Yoga philosophy asserts that objective world is projection from Consciousness.
- A. In hypnotism is seen a partial manifestation of this principle.
  - B. The real Being in man is the Self or pure Subjectivity.
    - 1. This is independent of all conditioning.
    - 2. Misery comes from the identification of Self-hood with that which is limited.
- VIII. Freedom and Bliss is reached by realizing the Self and the dependency of objectivity upon the Self.
- A. With this, aggrivating problems drop away as they grow out of an external base of reference.
    - 1. Illustrate by the effect of Copernican change upon Astronomy.
  - B. Contentment becomes permanent state.
  - C. Immediate and comprehensive knowledge born.
    - 1. Not dependent upon slow piecing together of details
  - D. Power to mold external conditions.
    - 1. Since these are derivative from Consciousness.
- XI. Attaining this state accomplished by a process called "Travelling the Path".
- A. It may be likened to a technique for an awakening from Self-hypnosis.
  - B. Because the process calls for a radical re-orientation the help of a Gurur is necessary.
  - C. The different means of attaining Yoga.
    - 1.
- X. Discussion of the principle of action in Mantra Yoga.
- XI. Invitation to public to try the technique of Mantra Yoga.

List of Some Yoga Powers.

1. Power over elements.
2. Power to hear all sounds, near or far.
3. Power to transfer mind to other bodies.
4. Power to see Divine Beings.
5. Power to overcome hunger and thirst.
6. Knowledge of the physical body.
7. Knowledge of spheres between earth and sun.
8. Knowledge of minute, concealed or distant objects.
9. Capacity to make body disappear.
10. Knowing the minds of others.

Et cetera.

Quotations re. Science and Humanism.

Millikan:

"The most important thing in the world is a belief in the reality of moral and spiritual values".

"It was because we lost that belief that the world war came, and if we do not find a way to regain and strengthen that belief, then science is of no value".

Dr. Chas. M. Andrews, Prof. of History, Yale.

"There are times when, except in material things, I wonder if science is not doing the world a good deal of harm."

Dr. Carl Barus, Prof. Physics, Brown University.

"The dilemma of our present civilization is that its advance in ethics and esthetics is not comparable with its advance in science."

Dr. Alexis Carrel of Rockefeller Institute.

"To-day the world imperatively needs the advent of great intellectual leaders who would know the requirements of spiritual life as well as the sciences concerned with inanimate and living matter."

Paraphrase of oral statement of Bertrand Russell:

In the near future the world must either become very much better, in the ethical sense, than it has ever been in the historic past or it will become very much worse.