

Sum and Substance: The Yoga of Jesus by Paramahansa Yogananda

Sum & Substance posts are notable phrases to give readers an idea of themes surrounding certain books.

The Sum & Substance of Paramahansa Yogananda's, *The Yoga of Jesus*.

John 3:9-15 ... If I have told you earthly things and you believe not, how shall you believe if I tell you of heavenly things?

“...every seeker can know God not through mere belief but by direct experience via yoga meditation.”

“Yogananda strips away the divisiveness and dogmatic approach that have accumulated around Jesus’ teachings.”

“This is one of those rare bridge-building books that can truly change the way one sees a figure one thought one knew well.” -Dr. Robert Ellwood

“Many interpretations of Jesus’ words divide peoples, cultures, and nations; these foster unity and healing, and that is why they are vital for today’s world.” -Dr. Larry Dossey

“We are caught up in *doing* rather than *being*, in action *rather* than *awareness*.”

“This ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevent us from knowing what we really are.”

...[through yoga] we are no longer dependent upon the fallible senses but capable of actually experiencing truth.”

“The Lord on the sacred Hindu Bible, the Bhagavad Gita declares:

“Whenever virtue declines and vice predominates, I incarnate as an Avatar. In visible form I appear from age to age to protect the virtuous and to destroy evildoing in order to reestablish righteousness.” ”

“Without this intersection of God’s love come to earth in the example, message and guiding hand of His Avatars, it would scarce be possible for groping humanity to find the path into God’s kingdom midst the dark miasma of world delusion, the cosmic substance of human habitation.”

“Jesus was preceded by Gautama Buddha, the “Enlightened One,” whose incarnation reminded a forgetful generation of the Dharma Chakra, the ever-rotating wheel of karma-self-initiated action and it’s effects which make each man, not a Cosmic Dictator, ***responsible for his own present condition.***”

“...[karma] by which a man suffers from his errors.”

“The entirety of vibratory creation is an externalization of Spirit. Omnipresent Spirit secretes Itself in vibratory matter, just as oil is hidden in the olive. When the olive is squeezed, tiny drops

of oils appear on its surface; so Spirit, as individual souls, by a process of evolution gradually emerges from matter. Spirit expresses itself as beauty and magnetic and chemical power in minerals and gems; as beauty and life in plants; as beauty, life, power, motion, and consciousness in animals; as comprehension and expanding power in man; and again returns to Omnipresence in the super-man."

"...the wise men of the East who made their way to the infant Jesus in Bethlehem were, in fact, great sages of India. Not only did the Indian masters come to Jesus, but he reciprocated their visit. During the un-accounted-for years of Jesus' life-the scripture remains silent about him from approximately age fourteen to thirty - he journeyed to India, probably traveling the well-established trade route that linked the Mediterranean with China and India."

"...eighteen years later, at which time he received baptism from John and begins preaching to the multitude. We are told only: "And Jesus increased in wisdom and stature, and in favor with God and man" (Luke 2:52). For the contemporaries of such an extraordinary figure to find nothing noteworthy to record from his childhood to his thirteenth year is in and of itself extraordinary. Remarkable accounts, however, do exist, not in the land of Jesus' birth but farther east where he spent most of his unaccounted-for years. Hidden away in a Tibetan monastery priceless records lie. They speak of a Saint Issa from Israel "in whom was manifest the savior of the universe"."

"The saviors of the universe do not come to foster inimical doctrinal divisions; their teachings should not be used toward that end. It is something of a misnomer even to refer to the New Testament as the "Christian" Bible for it does not belong exclusively to any one sect. Truth is meant for the blessing and upliftment of the entire human race. As the Christ Consciousness is universal, so does Jesus Christ belong to all."

"It is not the religious denomination in which one's name is registered, nor the culture or creed in which one was born that gives salvation."

"...the kingdom of God which is "within you"."

"Differences come from prejudices, and prejudice is the child of ignorance."

We should not proudly identify ourselves as a nationality (where we were born or came from) for that is an accident of birth.

"God's stamp "son of God" is hidden in every soul. Jesus affirmed the scriptures: "Ye are gods"."

"Become identified not with narrow bigotry, masked as wisdom, but with Christ Consciousness. Become identified with Universal Love, expressed in service to all, both materially and spiritually; then you will know who Jesus Christ was and can say in your soul that we are all one band, all sons of One God!"

" "Beginning" refers to the birth of finite creation, for in the Eternal Absolute -Spirit - there is neither beginning nor end...Spirit being the only existing Substance, had naught but itself with which to create. Spirit and it's universal creation could not be essentially different, for two ever-

existing Infinite Forces would consequently each be absolute, which is by definition an impossibility. An orderly creation requires the duality of Creator and created. Thus Spirit first gave rise to a Magic Delusion, Maya, the cosmic Magical Measurer*, which produces the illusion of dividing a portion of the Invisible Infinite into finite objects, even as a calm ocean becomes distorted into individual waves on its surface by the action of a storm.”

“*The Sanskrit word Maya (cosmic delusion) means “the measurer”; its is the magical power in creation by which limitations and divisions are apparently present in the Immeasurable and Inseparable.”

“Before creation there is only undifferentiated Spirit. In manifesting creation, Spirit becomes God the Father, Soul, and Holy Ghost...”

Ishvara (The Cosmic Ruler) or Sat (the supreme essence of Cosmic Consciousness) - the Transcendental Intelligence. That is, God the Father exists transcendentally untouched by any tremor of vibratory creation - a conscious, separate Cosmic Consciousness.”

“The vibratory force emanating from Spirit, endowed with the illusory creative power of *maya*, is the Holy Ghost: Cosmic Vibration, the word, Aum (*Om*) or Amen.”

“...the transcendent consciousness of God the Father became manifest within the Holy Ghost vibration as the Son - the Christ Consciousness...”

““Word” implies vibratory sound, carrying materializing power.”

“*Aum* signifies it’s role in God’s creative plan: *A* stands for *akara*, or creative vibration; *u* for *ukara*, preservative vibration; and *m* for *makara*, the vibratory power of dissolution [example], a roaring storm across a sea creates waves, large and small, preserves them for some time, and then by withdrawing, dissolves them.” (Here we see the birth-death-decay-trinity in all processes)

“So the Aum or Holy Ghost creates all things, preserves them in myriad forms, and ultimately dissolves them in the sea-bosom of God to be again created - a continuing process of renewal of life and form in the ongoing cosmic dreaming of God.”

“...the cosmic vibratory Word (*Vak*) was with God the Father (*Prajapati*) in the beginning of creation, when naught else existed; and that by *Vak* were made all things; and that *Vak* is itself Brahma (God). These things saith the Amen (the Word, *Aum*).”

“His Creator and Supreme Benefactor is never more than a devotional thought away. Saint John said “As many as received him, to them gave he great power to become sons of God.”.”

“Yoga [means] divine union, by which God can be known, not as a theological concept but as an actual personal experience. Of all scientific knowledge, the yoga science of God-realization is of the highest value to man, for it strikes at the root-cause of all human maladies: **ignorance, the beclouding envelopment of delusion.**”

“Every true religion leads to God, but some paths take a longer time while others are shorter.”

“The ordinary person, constantly creating new karmic bondage by his wrong actions and material desires, adding to the accumulated effects of numerous previous incarnations, cannot free his soul in one lifetime. It takes many lifetimes of physical, mental and spiritual evolution to work out all karmic entanglements that block soul intuition, the pure knowing without which one cannot “see the kingdom of God”.”

“...when man’s soul is sent out of the infinity of Spirit into a sensory-circumscribed mortal body, his outer experiences are confined to the limitations of matter...so Jesus was saying that man cannot see or know anything about the heavenly kingdom of God through the un-augmented power of his mind and sense.”

“Not altogether uncommon are persons more like instinct-motivated animals than intellectually responsive human beings. They are so materially minded that when you talk about food or sex or money they understand and reflexively respond, like Pavlov’s famous salivating dog. But try to engage them in meaningful philosophical exchange about God or the mystery of life, and their uncomprehending reaction is as though their conversationalist were crazy. The spiritual man is trying to free himself from the materiality that is the cause of his prodigal wandering in the maze of incarnations, but the ordinary man does not want more than a betterment of his earthly existence.”

“This earth is a habitat of trouble and suffering, but the kingdom of God that is behind this material plane is an abode of freedom and bliss.”

“After sleep one is the same as before sleep; after death one is the same as before death.”

“O man, how long will you remain a rational animal? How long will you fruitlessly try to look into the endless tracts of creation with only your myopic eyes of senses and reason? How long will you remain bound to satisfying the demands of animal and man? Shed all constraining fetters; know yourself as something immortal, having limitless powers and faculties. No more of this age-old dream of rational animal! Wake up! You are the intuitional child of immortality!”

“Since the senses are limited, so is intellectual understanding. If the senses err in perception, the conclusion drawn by the understanding of that data is also incorrect.”

“So many doubt heaven because they cannot see it, yet they do not count the breeze simply because it is unseen. It is known by it’s sound and sensation on the skin and the motion in the leaves and other objects. The whole universe lives, moves, breathes because of the invisible presence of God in the heavenly forces behind matter.”

“...what is natural to the body-bound consciousness is unnatural to the soul.”

“Since the Lord himself dwells in all beings, condemnation would be utterly self-defeating. God never punishes man for not believing in Him; man punishes himself. If one does not believe in the dynamo and cuts the wires that connect his home to that source, he forfeits the advantages of that electrical power. Likewise to disavow the Intelligence that is omnipresent in all creation is to deny the consciousness its link with the Source of divine wisdom and love that empowers the process of ascension in Spirit.”

“One who looks not to the parts but to the whole discerns the purpose of creation: that without exception we are moving inexorably toward universal salvation. All rivers are moving toward the ocean; the rivers of our lives are moving towards God.”

“Body-bound man creates his own condemnation by isolating himself from God.”

“Persons who do not understand the immanence of the Absolute in the relative world tend to become either skeptical or dogmatic, because in both cases religion is a matter of blind beliefs.”

“Belief is an initial stage of spiritual process necessary to receive the concept of God. But that concept has to be transported into conviction, into experience. Belief is a precursor to conviction; one has to believe a thing in order to investigate equitably about it. But if one is satisfied only with belief, it becomes dogma-narrow-mindedness, a preclusion of truth and spiritual progress. What is necessary to grow, in the soil of belief, the harvest of direct experience and contact of God. That indisputable realization, not mere belief, is what saves people. To hold a conviction one must have some data to support it; otherwise it is mere dogma, and is easy prey for skepticism.”

“God would not reflect His “only begotten Son” in the world to act like an implacable detective to track down unbelievers for punishment. The redeeming Christ Intelligence...waits with infinite patience for each one to awaken in mediation from delusion-drugged sleep to receive the grace of salvation.”

“...the soul’s divine intelligence and discrimination are suppressed by man’s misuse of his God-given free choice. Though non understanding people ascribe to God their own vengeful propensities, the “condemnation” of which Jesus spoke is not punishment meted out by a tyrannical Creator, but the results man brings on himself by his own actions, according to the law of cause and effect (karma) and the law of habit.”

“The light of God shines equally in all, but because of delusive ignorance all do not receive, reflect it alike. Sunlight falls the same on a lump of coal and a diamond, but only the diamond receives and reflects the light in brilliant splendor. The carbon in the coal has the potential to become a diamond. All it requires is conversion under high pressure.”

“I like your teachings. But are you a Christian? The questioner was talking for the first time with Paramahansaji. The Guru replied: Didn’t Christ tell us ‘Not every one that saith into me, Lord, Lord, shall enter into the kingdom of heaven; but he that doth the will of my Father which is in heaven.’? In the Bible the term *heathen* means an idolater: one whose attention is centered not on the Lord but on the attractions of the world. A materialist may go to church on Sundays and still be heathen. He who keeps ever alight the lamp of remembrance of the Heavenly Father and who obeys the precepts of Jesus is a Christian. He added, ‘It is for you to decide whether or not you think I am a Christian.’ ” -*Sayings from Paramahansa Yogananda*