

## LESSON # 9

Memory Developing Breath from Brahmavidya yoga lessons. Wishing all the aspirants of brahmavidya yoga happy reading practice and abundant health and prosperity in all their endeavours.

### BRAHMA VIDYA – AN ANCIENT SYSTEM OF YOGA & PHILOSOPHY INTRODUCTION TO THE GREATEST TEACHING ACCESSIBLE TO HUMANITY

Our Prayer: 'PRANAMYA KARUNAAMOORTIM ATMANJNANA PRADEEPAKAM YOGAKSHEME NIYUKTHOHAM DHYATWA JYOTHIRMUHAM GURUH'

#### SUBJECT: INSPIRATIONAL BREATH (Contd..)

We shall now climb the third ladder in the Noble Eightfold Path – right Speech –, which corresponds, to the Mineral Kingdom. We shall take up both these topics in this lesson. In the third cycle of man/woman's expression, He/she is given knowledge of the 'miraculous substance', which is right speech, speech is the connecting link between thought and action; words often observe the truth within one's own mind and give a false impression to those that hear them. In brahmavidya the aspirant is impressively informed that he/she should always restrain his speech – that it should always be characterized by wisdom and kindness – that it should never be prompted by prejudice, fear, anger or self-interest. Careless, idle and flippant words should be avoided. Speech is actually the creator of the Universe. With the issuance of the creative Word – Right speech – man is given command of the life – giving principle, which is Nature's royal secret. The faculty of speech distinguishes man from other forms of life with which we are familiar. Of all the mysteries, it is most wonderful. All people who think cannot once see that man/woman was created of the earth, and lives by virtue of the air, for there is in the air a secret miraculous food in life. That also is a great secret. On a very much more subtle plane, we, however, have the same principle in speech. As we know that BREATH is LIFE, so SPEECH is the magic spirit that creates Life's Manifestations. But it has to be learned – it cannot be by one man to another. The eyes of the wise look upon nature otherwise than the eyes of the common man.

Right speech is also the greatest blessing to mankind, yet of all his/her responsibilities the most dangerous. It is terrifying to contemplate that, as man/woman has evolved through all the lower kingdoms of existence, unless he/she uses speech RIGHTLY in his/her own Human Kingdom, and he/she may wreck his/her very hope of enfoldment. Contrariwise, if as a philosopher, he/she knows the mystery of RIGHT speech, he/she may lead himself/herself into all the beauty and bright divinity of Wisdom, and help himself/herself onward to enjoy the glittering treasures of wisdom's creative power. When we are truly silent – I do not, of course, mean merely not speaking – we are closest to God. In silence we are as close to God as we are capable of our closeness being measured by the wisdom that is ours. What I mean is that when we are silent we are at our wisest; when we are at our wisest, we naturally are nearest to God, for the simple reason that we do not

disturb any universal vibration whatsoever. Our closeness to god is determined by the measure of our own wisdom.

The less wisdom we possess, there, the greatest the spiritual risk we take in breaking our silence. To explore these mysteries is not for everyone. Those are really ready whose spiritual destiny has already equipped them with a certain high measure of moral and intellectual fitness. The fact that we are all here together and the fact that many hundreds of fellow students will later go through these lessons like you, is proof of our own and their own fitness to tread the Path, where we find the deepest secrets and laws of our being are self-protected. To learn them requires a strong

character and unflinching purpose, with humility of mind and spirit quite inconsistent with those displaced by the merely curious inquirer. In short, the pupil learns these secrets along with when he/she is ready.

The effect of the peace, which Right Speech brings, is always very readily recognized in your physical body, but it is also reflected into the mind. Now, if you are a philosopher you can see that your word is the creator of all things. Watch your tongue. You are never alone. When you travel along it sometimes satisfies the ego, with people who know at least as much as you do. Why? Because when you have your knowledge, plus the knowledge of another, his/her knowledge being equal to yours, you have doubled your own knowledge. Carry on arithmetically and you can see how silly it is to travel with fools. Always endeavor to travel with those whose wisdom is as much as your own. You are THAT, and I am THAT – as great as capable, as wise, and as beautiful as the Creator is, why? Because you are of THAT. You are god. God never speaks, but the story is always being told forth:

Looked at, but cannot be seen – that is called the Invisible. Listened to, but cannot be heard – that is called the Inaudible. Grasped at, but cannot be touched – that is called the Intangible.

These three elude all our inquiries and hence blend and become one. The only voice that we know, as the voice of God, is the voice in Silence. And in that way we shall have taken at least one step towards Right Speech, than which there is no greater blessing to Mankind.

THE MINERAL KINGDOM:

We now reach the third subject in the structure of the cosmos – the subject this evening being: The Mineral Kingdom, God's third cycle of expression. In the Mineral Kingdom we enter the very womb of nature, we stand before the eternal mystery of the life-giving principle. You will notice that in the Mineral Kingdom – the eternal and the sidereal – we have naturally had to deal with the basic ethereal stance of life and second, with that Light by which all is energized into readiness for life expression in definite and varied forms – in your form, in my form, in every form from the atom to the sun.

We come to the mineral kingdom, where from, out the womb of nature we find the earliest coalition of matter and see the first material effect of the mystical life giving principle. We may be able to trace the background of the world's history in the millions of years that have affected the present formation of the earth. We may know all there is to be known about cosmic geology and the relation of our earth to other bodies of the solar system; about geognosy, the material of the earth; about petrology, the origin and texture of rocks; about dynamic geology, the forces which change conditions continuously about structural geology, the classification of rocks and strata; about paleontology, animal life of the geological past; about economic geology, the minerals, oils, soils and water supply, about oceanography, the study of the bottom of the sea... and about all else. Yet we would even then not necessarily be able to understand the Mineral Kingdom from the true and occult point of view of the seven kingdoms of GOD'S eternal universe. We may know all about the sun, the moon, the planets, the comets, meteors and the stars. We may know all about how the earth begins of time and temperature and the atmosphere. We may know all about molecules and atoms, heat, sound, light, magnetism, electricity and chemistry. We may know all these things and yet, not necessarily know anything of god's eternally spiritual way of man/woman's progression into becoming God. Unless we know the grandeur of the mystery and other of the Ethereal Kingdom, as we are enlightened by the spirit of the Sidereal Kingdom, we shall merely look into the infinite beauty and balance of the Mineral Kingdom and remain ignorant of that of which it is the glorious symbol.

We learn that what is called space is peopled with worlds and system of worlds, all interior to other worlds, until there can be no such things as 'space'. In what is called 'space', if men/women were sufficiently refined in their senses to take cognizance of all the conditions of matter, they would perceive millions of worlds, interior to still other worlds, all inter-pervaded by the One Essence. And the one Essence men/women call god. Brahma vidya teaches us about the order of the universe, so that we know that the whole of creation is founded upon and sustained in the order of Life itself.

Order pervades everything, and we know that not a plant can grow or any life organism exist outside of universal order. In the ethereal Kingdom we see this order apparent nothingness, in silence in non-action. In the Sidereal Kingdom, however, we seek this order in different way, in light. You may think of all forms of life that you know yourself; you are a form of light. You are Light moving. You may think of Kingdom, or the more rapidly evolving forms of the vegetable Kingdom and you discover how all forms and expressions of life come only as a result of Light. And, the royal secret of your life and mine is the complete surrender of ourselves into this self creating Kingdom of light, and that is the secret of secrets as explained in our last lesson.

So, the Mineral Kingdom is the first kingdom of forms. Think of the Mineral Kingdom! The principles of this great kingdom teach us silence and the path to knowledge. In everything within this kingdom, we see the Beauteous effects of silence and stillness, and how beauty in all its principle is the effect of stillness in the Mineral Kingdom, typifying to us the wisdom of human beings acknowledging the same law in their own Human Kingdom – how silence and stillness of the spirit are necessary for us in the advanced Human Kingdom to unfold into the perfection of God within us. Non-action is greater than action. All in this sub-human existence of the Cosmos exist for the purpose of our observing. Watching! Observing the observed! Being still! The average person feels that unless he/she expresses himself/herself, he/she will not be noticed. In the Mineral Kingdom we find the first glimmer of sacrifice, living not for self, but for the whole – making life

everywhere sacred and holy, giving life to others through its transformations. We have learned that the atmosphere in which we all live and move and have our being is chemical activity or CHEMICAL SUBSTANCE. You can see that every part of this substance contains within itself some degree of intelligence. You can also see that this Intelligence is what we all GOD. This chemical substance is indestructible. Thought is chemistry, and all that we can know will be made known to us through the chemistry of THOUGHT. While we know that we think, few of us know what Thought is, and it is difficult for any teacher precisely to teach what it is – though we can all see that we have at our command and do use a SUBSTANCE when we think – for we cannot think with NOTHING. We have see that every Living Thing (and there is no such a thing as a ‘dead’ think speaking chemically, for there is no place where Life is not) has an embodiment; there must be the

embodiment through which the Spirit, through which Life, must express itself. Some embodiments can be seen and felt; some others, subtler, cannot be see and felt.

MIND SUBSTANCE is one of these subtle substances that cannot be put under a microscope and investigated. MIND SUBSTANCE IS EVERYWHERE. It is universal and omnipresent. You have your idea of Prana. Well Mind-substance may be likened to Prana in the sense that it is found everywhere in the Universe. The sum total is fixed and cannot be added to or taken away form and therefore it is unchangeable. Mind substance can be regarded, as a higher phase of Energy or Matter, just as Matter may be considered as a grosser form of Mind-substance or Energy. We have to regard Mind-substance as the thing by which is set into operation the Energy that causes Matter to be in Motion. We can only know mind-substance by the results – Thoughts, Thought-forms, etc.

Meditation will surely reward you adequately. PRACTICE THESE EXERCES AND MEMORISE THE MEDITATIONAL AFFIRMATIONS AND DENIALS so that you enjoy abundant health and successful in all your endeavors.

LET THERE BE PEACE EVERYWHERE – LOKA SAMASTHA SUKHINO BAVANTHU.

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