DEVELOPING RESPONSE—BRINGING MENTAL WHISPERS

Swami Yogananda

The Easiest and Surest Method of Rousing the Spirit In Answer to Your Demands

Your "needs" and your "wants"

Differentiate between your "needs" and your "wants." Your "needs" are few, while your "wants" can be limitless. In order to find freedom and Bliss, minister only unto your "needs"; stop creating limitless "wants" and pursuing the will-o'-the-wisp of false happiness. The more you depend on conditions outside yourself for happiness, the less-happy you will be.

Fostering the desire for luxuries is the surest way to increased misery. Don't be the slave of things or possessions; boil down even your "needs." Spend your time in search of lasting happiness or Bliss. The unchangeable, immortal soul is hidden behind the screen of your consciousness on which are painted dark pictures of disease, failure, death, etc. Lift the veil of illusive change, and be established in your immortal nature. Enthrone your fickle consciousness on the changelessness and calmness within you, which is the throne of God; then let your soul manifest Bliss night and day.

Rise above the four mental states

Beware! The mind must be protected from the four alternating psychological states of sorrow, false happiness, indifference and a deceptive, passive peace which claims the ego for brief intervals, whenever it manages to shake off the other three. Look at any face and you will be able to tell whether its owner is at the mercy of any one of these. It is but rarely that people's faces remain calm while they are in the grip of the four unstable mental states.

Whenever a desire for anything like health or pleasure is denied an individual, sorrow is born, which changes that person's face. "Prince Smile" is routed by "King Sadness" who tortures the muscles and distorts the expression.

Whenever a person's desire is fulfilled, he is temporarily "happy." Sorrow is born of unfulfilled desire; "happiness," of fulfilled desire. Sorrow and false happiness, like the Siamese twins, dwell and travel together. They are the children of desire and are never far apart; if you invite "happiness," sorrow is sure to follow.

When the ego is not buffeted about by sorrow or "happiness," and find the faces of many people registering this state of boredom.

You ask a person engrossed in indifference, "Are you sad?"

"Oh no," he replies.

Then you ask him, "Are you happy?"

"Oh no," he drawls.

"Well then," you ask, "what is the matter with you?"

"Oh," he cries, "I am just bored."

That is the mental state of many people.

Beyond these other changeable states, sorrow, false happiness, and indifference or mental inertia, lies the neutral state of passive mental peace. It is of a negative, short-lived nature--the aftermath of, and temporary lull in, the first-mentioned three states.

> Beyond these four states of consciousness is the unconditional, ever-new state of Bliss felt only in meditation.

How earthly desires are born

The soul, being individualized Spirit, if given a chance to unfold, can manifest all the fulfillment and satisfaction of the Spirit. It is through long-continued contact with changeable matter that material desires are developed.

Desire is an imposter which hampers, and encroaches upon, your every-joyous soul and lures your ego to dance upon the crests of the four fluctuating, short-lived psychological states.

How to become a "bliss billionaire"

Protect the soul from the disturbance created within your mind by the mad dance of sorrow-producing desire. Learn to overcome wild, wicked desire. Realize that you do not need the things which create misery, for if you search within your soul, you will find there true happiness and lasting peace, or Bliss. Thus you will become a "Bliss Billionaire."

What is true desirelessness?

The soul's nature is Bliss—a lasting inner state of ever-new, ever-changing joy which eternally entertains without changing the one entertained even when he passes through the trials of physical suffering or death. Desirelessness is not a negation; it is rather the attainment of the self-control you need in order to regain your eternal heritage of all-fulfillment lying within your soul. First give the Soul the opportunity to manifest this state, by Yogoda meditation, and then, constantly living in this state, do your duty to your body and mind and the world. You need not give up your ambitions and become negative; on the contrary, let the ever-lasting joy, which is your real nature, help you to realize all noble ambitions. Enjoy noble experiences with the Joy of God. Perform real duties with Divine Joy.

Play your tragic or comic parts in life with an inner smile

You are immortals, endowed with eternal joy. Never forget this during your play with changeable mortal life. This world is but a stage on which you play your parts under the direction of the Divine Stage Manager. Play them well, whether they be tragic or comic, always remembering that your *real* nature is eternal Bliss, and nothing else. The one thing which will never leave you, once you transcend the four unstable mental states, is the joy of your soul.

Therefore, learn to swim in the calm sea of unchanging Bliss before you attempt to plunge into the maelstrom of material life which is the realm of sorrow, pleasure, indifference, and a deceptive, temporary peace.

Proof of the existence of God as bliss is felt in meditation

The whole-hearted practice of meditation as taught in the Yogoda lesson brings deep Bliss. This ever-new Bliss is not born of desire; it manifests itself the moment the above-mentioned four mental states melt away by the magic command of your inner, intuition-born calmness. Manifest this serenity always. When Bliss comes over you, you will recognize it as a conscious, intelligent, universal Being to whom you may appeal, and not as an abstract mental state. This is the surest proof that God is eternal, ever-conscious, ever-new Bliss.

How to make your prayers effective

When you are experiencing this ever-new Bliss, never doubt that you are contacting God. It is at this time that your broadcasting microphone of prayer-demand is ready to transmit your mental whispers to Him.

Prayer versus demand

Most people are absent-minded while they pray. Some love God but do not express that love continuously; hence their prayers are not answered. Moreover, a beggar supplicates; a child demands. A beggar's plea is of a fawning, groveling, cringing nature; a child's demand is straightforward, sincere, and lovingly unafraid. Most people beg from God; hence they receive a beggar's pittance instead of a son's share. Those who demand as children receive everything the Father has. A beggar doubts that his plea will be granted; a true son knows that his demand will be fulfilled. You were a son, but your own weakness has made you a beggar; you must become a son again before you can claim your birthright.

Therefore, *demand to be a son again before you demand anything else. First establish your identity with God, as Jesus did, by realizing, in the joy of meditation, "I and my Father are one."* Do not beseech Him beggarwise, but unite your ignorance-separated soul with God by constantly remaining identified with the ever-new Bliss within you.

Demand, after you have established your identity with God

After you have re-established your ever-new, joyous contact with Bliss-God, you may offer your demands for health, prosperity, or wisdom through mental whispers.

It is the purpose of this lesson to show the modern theology-blinded, theory-fed, belief-submerged human brother the way to contact God easily. To be able to do that, he must *know how to develop dynamic mental whispers.*

The world has done enough fruitless chanting and praying. Loud prayers are helpful in congregations if practiced with deep concentration and devotion. But usually, when a person voices his prayers instead of mentally whispering them, they are said in "parrot fashion," while the mind is occupied with something else. God knows this: He does not answer when His name is taken in vain. Moreover, a voiced prayer absorbs the power of attention and is thus prevented from marching God-ward.

Contact god through inner mental whispers

You know that whenever you want something very much, no matter what you may be doing, no matter where you may happen to be, a constant mentally whispering desire for the object forcibly rotates in the background of your mind. This haunting real desire for anything, I call a ***mental whisper****.* The mind constantly whispers to itself what it wants. Such mental whisper bears no resemblance to parroted prayers; it is spontaneous and secretly works itself into a dynamic power.

An unceasing demand for anything, mentally whispered with unflinching zeal and unflagging courage and faith, develops into a dynamic power which so influences the entire behavior of conscious, subconscious and superconscious powers of man, that the desired object is gained. A mental whisper, to achieve its object, must be undaunted by reverses and unceasing in its inner performance; then it will materialize.

Unknowingly, you have practiced such mental whispering many times, and have obtained results in the fulfillment of your desires.

Do away with the mockery of mechanical, loud praying. Shake off the false satisfaction of believing "just something" about God. You must *know* God. You must know how to rouse Him consciously and tangibly and make Him answer your demands. Do not rest until you have heard His voice consciously.

You can ease your conscience by claiming that pressure of business prevents you from praying and meditating, but you can have no excuses for not offering Him deep mental whispers at any time, in the temple of activity or on the altar of silence. No matter what you may be doing, you are always free to whisper your love to God, until you consciously receive His response. This is the surest way to contact Him in the mad rush of present-day life.

To rouse God, to receive His response, you must offer Him your mental-whisper songs unceasingly. No matter what you are doing, offer deep, inward mental-whisper prayer-demands with any of the following thoughts.

A few mental whispers

Make them your own by meditating on their meaning before offering them to God.

(1) Father, reveal Thyself.

(2) Beloved Divine Mother, hide no more. Blast the wall of ignorance, and appear unto me in all Thy splendor.

(3) Divine Mother, lift the veil of darkness which hangs before me whenever I meditate on Thee with closed eyes.

(4) Divine Mother, show Thyself in the light of my flaming love for Thee.

(5) Divine Friend, with my little arms I want to clasp Thy Omnipresence. Come! I can wait no more. Come!

(6) Beloved Spirit, burst through the opaque firmament of my selfishness-clouded love and embrace me with Thy omnipresent light.

(7) I will burn the door of silence with the first of my ever-working dynamic inner whispers. O ever-burning Love, show Thyself in my flaming devotion.

(8) May the memory of Thy presence shine forever on the shrine of my whispering devotion. May my love for Thee burn secretly in the temple of Thy heart, and may I be able to awaken Thy love in all hearts.

(9) May Thy love burn forever on the altar of my heart, and may I be able to kindle love for Thee on all heart altars.

Thus, day by day, as you offer mental whispers, a new awakening will come: a new living relation with God will be established. The mist of silence and mystery, which hangs over everything, will slowly vanish before the dawning light of your mental whispers for God.

The blue sky will speak, saying, "Look! Here He is, spread all over my bosom." The flowers will say, 'Behold His smile in us!" The dumb stones will declare, "See! He is sleeping in us." The trees will whisper, "He is dreaming in us." The birds will sing, "He is awake and singing in us." Your soul will say, "He is throbbing in me." Your hitherto unmindful, unconscious thoughts will say, "He is awake in thee now, awakened by thy inner whispers. Listen! Through thy soul-stirring whispers He is whispering songs of His love unto thee everywhere."

When your unceasing whispers shall at last dig deep into the soil of Omnipresent Silence, the fountains of His answering whispers will gush forth from your soul and with their life-giving waters refresh thirsting hearts everywhere.

SUMMARY

To receive God's response to your prayer-demands, ask only for that which you really need. The desire for superfluous material possessions ultimately brings misery and retards your spiritual progress.

Before demanding anything of God, first establish your identity with Him through meditation. Then demand, as a child of the father, knowing that your request will be granted--not with the attitude of a beggar.

Many prayers are said absent-mindedly, consisting of empty words forced from without. When you meet a friend after a long absence, you do not consult books on friendship in order to know how to express your love to him. God is your closest Friend; let your prayer-demands to Him be spontaneous outpourings, welling up from the depths of your heart.

Whenever you have a real need, the thought of it is in your mind all the time, no matter where you are or what you are doing. Developing such deep, dynamic, inner whispers is sure to bring a response from Him. Constantly, unceasingly, whisper unto Him of your eternal love, of your burning desire to contact Him.

"Offer deep mental whispers in the temple of scientific meditation until you hear His answering whispers everywhere, audibly and distinctly."