

RESURRECTION

Swami Yogananda



Thought is infinite. Every word represents an ideal conception of the Infinite, because behind every word and thought is a manifestation of the Infinite. Many waves of thought are dancing in the waves of consciousness, but behind that there is the great unceasing ocean of Truth. Our expressions are waves of the ocean of understanding.

Resurrection—what is its meaning? It is life! To rise again! To rise to life! To rise—what and how? We must understand that resurrection means to live again. Everything is undergoing a process of change. Then changes are either detrimental to the object which changes or are beneficial to it. For example, if I take this glass and strike it on the floor, it would be changed, would it not? It would not be a beneficial change; it would be harmful to this object. But if I polish it up and make it shine, and clean it from bacteria, then that change is beneficial. Resurrection means any beneficial change that happens to an object or to a human being.

Now we are talking about human beings. You can resurrect your old furniture in the carpenter shop. You can resurrect your house through architects. We are talking of resurrecting the human body, and resurrection means any uplifting change. You cannot sit still because you must either go backward or forward. Isn't that a great thing—a marvelous truth that in this life you cannot remain stationary? Either you must accept changes which are harmful to yourself or which are beneficial to yourself.

We say that every human being is an expression of the great vast Spirit. Isn't it marvelous when we see how we human beings, without any motors, without any wires, without any visible electricity, run smoothly? The human machine wakes up in the morning, eats breakfast, goes to work, goes to lunch and eats again; goes back to the office, has dinner, then it goes to the movies, then goes to sleep, then it wakes up again and does the same thing all over again day in and day out.

We are controlled by something like radio-active and vito-active energy let loose by God! Just as ships are radio-operated, so we are controlled by the Infinite Spirit which is present everywhere. But the thing is this—just as the sunlight falling on the water in a glass which I keep moving becomes divided into a million suns, so the Spirit reflected in each human body and mind has been reflected as individualized Spirits or souls. Now though this soul reflects spirit, still, being identified with the body, it is trying very hard through processes of evolution to resurrect itself from the cage of the body, from the thralldom of the body and mind. The soul wants to return to the Spirit. If I had a cup filled with water and I held it under the lamp and moved the water, I have only a distorted reflection of the light in it. That is not the real light, but it may delude you into thinking that the light is real. Resurrecting the reflected image signifies taking it away from the moving cup of restless consciousness and reuniting it with the original all-pervading light.

Soul is reflected from the Spirit in the body and it is caged by the body, so it has all the limitations of the body and the mind. We must resurrect the soul from the thralldom of the body and the mind and unite it with the Spirit. It is easier said than done, isn't it?

Theory and Practice

There is a story that [Billy Sunday, the evangelical preacher famous at this time] met God in Heaven and said to Him, "Don't you remember me? I introduced You to crowds in big halls and sent them up to heaven by the carloads." Then God said, "You sent them all right, but none arrived here." The thing is, sometimes we pray theoretically. We have resurrected ourselves from our blemishes according to our imagination, but facts are different. Resurrect yourself! It must be not only theoretically but practically. Even theoretical prayer is better than nothing at all, but sometimes it is a detriment to practical understanding.

Let us study first about mental resurrection. In the beginning of our life the soul begins to play with the body and gradually becomes the slave of the body. We must learn to live the life above the physical. Mental development is the by-product of physical development. We find according to natural evolution that the soul resurrects itself to the plane of intellect or plane of prosperity, and then rises to the plane of spiritual realization which gives a meaning to all prosperous development and intellectual attainment. Intellectual attainments are undoubtedly helpful—all good things help. Gradually we understand the way how to resurrect the body into the Spirit.

Resurrection means to resurrect the soul from the cage of ignorance; to lift it, to release the soul from the bondage of human life. Human life may be very beautiful, but it is just like a bird of paradise in a cage. You open the bird's cage, but due



to love it may stay in—it does not want to fly away; but is that not a pity not to want to go out into the open from whence it came? It is afraid—and we, in meditation, say “I am slipping—will I slip into the Infinite and never come back?” We are afraid of the skies. We have lived too long identified with the body. That is why we are afraid of our own infinite omnipresence—afraid to resurrect our omnipotence—afraid to resurrect our omniscience.

You must resurrect your mind from the consciousness of disease—from the thought of disease. You are reflecting invulnerable Spirit. The body rules the mind, but the mind must rule the body, and then the body will not accept suggestions of environment and suggestions of heredity. Wrong ways of physical living have been handed down to posterity. Diseases exist only when you stimulate the thought of the forefathers and thereby reinforce their ignorance. You must always remember that if the Spirit takes away the radio-active energy, then you would drop just like that. So if God takes away the energy, with all your dinners and all your society and money, you cannot live; so remember that you are living by the power of God. You must give the whole credit to God that you are directly living by His power. You do not care about difficulties—you are not afraid. Resurrect yourself from the consciousness of diseases that have been handed down by your forefathers. God never created disease. These are the truths which have been preached in India ages ago. Truth that shall make you free!

Then comes resurrection from our own mental habits. You know that the silk worm weaves threads around itself into a cocoon. Before it slips out of the cocoon into a butterfly, the silk man gets hold of him and the silk worm finds its death in the prison created by itself. We do just like that. Before the wings of spirituality grow, we foolishly weave the threads of fear, worry, and ignorance around ourselves until disease and death come and destroy us. We find ourselves in the bondage created by ourselves. What is most destructive? Our own thoughts, our own wrong ways of living, thinking first and then doing. We must resurrect ourselves from the thought of anger, from the thought of selfishness, from the clamor of inharmonious living.

“Let the Dead Bury Their Dead”

Many people think they are awake, but they are not. Mostly they are walking deads. Have you ever heard of people walking in sleep, crying fire or lecturing? Most people are like that. I don't mean Yogoda students or those who are living the life of truth. Jesus said, “Let the dead bury their dead.” Because one was to be buried beneath the soil and one was already buried beneath the soil of ignorance. So the thing is this—resurrect those who have buried themselves under their wrong living. You must be able to smile in order to do that. Not like this: “I am DEElighted to meet you,” not that kind of smile. When you smile—when God smiles through the heart, through the soul, when the soul smiles through the heart and the heart smiles through the eyes, then the prince of smiles is enthroned beneath the canopy of your celestial brow. Let no rebel hypocrisy ever destroy it. Smile when the storms of suffering shock themselves around you. Say, “I have launched my boat on a dark sea. I have heard Thy call, Thou knowest that I am coming.” He knows that you are on the sea of trials; He knows that you are moving your bark. He knows that you must battle these storms that are around. You are clouded through self-ignorance because you don't see the Spirit around everything. That is why you must resurrect yourselves, your souls, from the trials around you. You must always say, “I have launched my boat on the sea of sunshine. I, through my mental radio, am sending the vibration that I am coming.” You must battle even when the hands seem to break, you must battle, you must not give up. Then, when the clouds will finish and the life of happiness and prosperity will be back again, you will forget your trials.

Trials are not sent to destroy you but come that you may appreciate God better. God does not send those trials; they are of our own making. All we have to do is to resurrect our consciousness from the environment of ignorance. Environmental troubles, which we consciously or unconsciously have been creating in the past somewhere, sometime, we must blame ourselves for. There must not be an inferiority complex. You must say, “I know You are coming! I will see Thy silver lining. In this tumultuous sea of trial Thou art the pole star of my shipwrecked thoughts.” What are you afraid of? You are not a man. You are not what you think you are; you are the immortal. Not immortality identified with human habits—habits are your deadliest enemies. In crucifixion Jesus could keep His love and say, “Father, forgive them, for they know not what they do.” So forgive your trials and say, “My soul is resurrected; my power is greater than all my trials, because I am the child of God.” All those who receive God develop their mental powers by serious application. Your mental powers will expand, your cup of realization will be big enough to hold the ocean of knowledge. Then you have resurrected yourself.

Give and Forget

Resurrection was celebrated last Easter. Jesus gave a great example. People that you do good to turn around and slap you. Expectation is meanness, is littleness. Give and forget. If your neighbor slaps you, just say he does not know any better, but don't say it loudly. Resurrect yourself from the littleness of life, little things that disturb you. Do you think you are completely unbalanced, ruffled, shattered, whipped, lacking power? No. You have power; you don't use it. You have all the power you want. There is nothing greater than the power of the mind. Resurrect your mind from the little habits that all the time keep you worldly. Smile that perpetual smile—smile of God. Smile that strong smile of balanced restfulness—that billion-dollar smile that no one can take from you.

I was on my way to Los Angeles once and met a man for whom I felt sorry. I thought, “What is the matter with this man? I must resurrect him. He has buried himself beneath this artificial habit of gloom.” I said, looking at him, “Are you happy?” He tried to kill me with a gaze. I looked straight at him. What have I to fear? Nothing. He said, “Is that your business?” I said, “Yes, to resurrect the walking dead.” I thought he had killed me in his mind and he could not kill me more. He said, “Yes, I am happy.” I said, “No, I can tell what is in the mind.” I call a spade a spade. He said, “Why shouldn’t I be happy? I put fifty to sixty thousand dollars a month in the bank.” I thought, “Poor soul!” I said, “Tomorrow you may not be here to carry a cent. Have you opened your bank book with God?” Later he invited me to lunch, but he was inwardly antagonistic to me. Then we talked, and he loosened up. I said, “Don’t rely on riches. You may die and not have even a chance to make a will. These material riches are not yours. Open your bank book with God.” He said, “Meet me in Boston.” I said, “Meet me in Los Angeles.” But he did not have time. Then in Boston, I was at the hotel where he stopped and the hotel manager said, “Don’t you know what happened to him? He was coming from a hockey match and was struck down by a truck and never regained consciousness.” I felt very badly. See, he waked up a little bit but not enough.

The Lap of Immortality

If you have assurance with the Infinite, you will know, whether or not nature shatters your body, you are still on the lap of immortality, still on the lap of that Infinite assurance. Resurrect yourself from the consciousness of human habits and the human thoughts thereof. Every second live in that consciousness—it is the last thing, that which alone will live forever. This is not to frighten you but to quicken your understanding, quicken your efforts—that you do not keep your soul buried under false satisfaction.

Open your bank book with Him—it shall never be lost. You can use it through all your travels in eternity, whether in an airplane or an astral plane. You should say to yourself, “From star to star I will fly, whether on this side of eternity or the other side of eternity, or surging thru the waves of life, from atom to atom—flying with the lights—whirling with the stars or dancing with human lives! I am the immortal! I have resurrected myself from the consciousness of death.”

Resurrect yourself from anger, from melancholy, from failures. You must succeed to know that you are God’s child. Success is not limited to spiritual matters. Success must come in everything. Resurrect yourself from the consciousness of disease, from mental habits and weakness. Have a strong smile which shall never be shattered by the trials of your circumstances. Then comes spiritual resurrection. Resurrection means relaxation—to relax yourself from your body. As you relax yourself from your mental body in meditation, so you must relax yourself from the internal organs and body consciousness. Then you become free; your soul knows that you can live without the body though living in the body; it can say it is separate. Resurrection does not mean a change only after this mortal change. You must resurrect yourself while in this body. You resurrect yourself every night in sleep. Sleep is unconscious resurrection. You must do that consciously in meditation—meditation is conscious resurrection. Some of our saints in India have been buried and brought back alive after several days under the ground. They have proved that resurrection is possible. To do without food and still live, that is conscious resurrection. Resurrection of Jesus Christ is different. It is still higher. Resurrection means you understand creation—how to free the soul from the bondage of ignorance.



Right Understanding Is Necessary

We have no existence but in the universal. The body you see is nothing but materialized electricity. How could electricity be sick? It is a delusion. But simply saying it is delusion is not enough. If in a dream you see a wall and you see your body strike the wall, you will have a broken skull in dream.

Yogoda says it is only by coming in contact with God that one sees that God is the universe and that the body is nothing but condensed electricity. Science has said that electricity is nothing but energy or frozen cosmic consciousness. We must not call it mind. Mind is different. To say everything is mind is wrong. It is cosmic consciousness which makes us feel different things; consciousness of matter and consciousness of spirit.

I have written plainly in my *Scientific Healing Affirmations* why it is we do not see Spirit in matter. Jesus Christ had the power to see it. Resurrection means not only to resurrect body and soul to another sphere of existence but to change the atoms of the body as well as spiritualize them and release them along with the mind. Everything—skin, hair, eyes—is nothing but frozen energy and frozen consciousness of God. Peter took off the ear of the centurion and Jesus healed him. Why? Because He knew that the atoms were controlled by the Consciousness of God and atoms obey Him. They do not obey you—why? Because you are not controlling that cosmic consciousness which is holding this flower together as a flower. You have the illusion of solids. By meditation you will first be able to separate the soul from the body.

The cosmic golden cord that binds the atoms is the tender Spirit. It is His cord with which He binds the atoms and they become the flower, or the human body. He takes lots of electrons like a child modeling in clay models, and He throws them into eternity and they are stars or universes. We are very little to Him—I think nothing more than bacteria. We are very small but we are very big!

A little story—about bigness. We think our things are marvelous, but they are not big to God at all. I saw a big pile of snow and a very little ant crawling along. I thought it must be thinking of scaling the Himalayas. It was Himalayan to the ant but not to me. A million of our years may be a couple of years in the mind of God. We must think everything in terms of bigness—eternity—space.

The Crucifixion of Self-Sufficiency

Last of all, resurrect your mind from formal faith—faith which may have given you a little satisfaction but which you have outgrown; religions which you lived with under the conviction that you know—while you don't know.

The greatest crucifixion of the soul is the crucifixion of self-sufficiency—when we are thinking of how wonderfully big we are. Your soul must be relaxed from the bondage, the littleness of the body and the sufferings that the body is subject to. When you think of these diseases you think of the injustice of God, but KNOW you are immortal—not to be crushed by the mortal lessons but to learn and show your immortality and SMILE.

Say, “I am immortal, sent to an immortal school. I am challenged by all the fires of the earth—I cannot be destroyed. Fire cannot burn me; water cannot wet me; breezes cannot blow me; atoms cannot shatter me. I am the immortal dreaming the lessons of immortality—not to be crushed but to be entertained.”

In the dreamland, sickness and health are the same—prosperity and failure are the same. A dream of prosperity is better than a dream of failure. Why not dream prosperity if you have to have dreams? You must have good dreams in this life. If you have too many bad dreams you will be very busy crying and not have time to know that it is all a dream. The dreams of health and prosperity and wisdom are better.

Never Acknowledge Defeat

Resurrect your soul from the dreams of frailties. Resurrect your soul in eternal wisdom. What is the method? Relaxation! self-control; right diet; right fortitude; undaunted attitude of the mind. Refuse to be defeated. Don't acknowledge defeat. To acknowledge defeat is greater defeat. You have unlimited power—you must cultivate that power, that is all.

Meditation is the greatest way of resurrecting your soul from the bondage of body and all your trials. Meditation! Meditate at the feet of the Infinite. Learn to saturate yourself with Him. Your trials may be heavy, may be great, but the greatest enemy of yourself is yourself! You are immortal, your trials are mortal; they are changeable, you are unchangeable. You can unleash the eternal powers and shatter your trials.

Two frogs—one a big one and the other a small one, fell into a pail of milk. The sides of the pail were shiny and smooth. The frogs were battling—every time they lifted their mouths to catch a little oxygen, down they went. They kept on battling. After a while the big frog gave up and was dying, but the little frog said, “Well, life is too sweet. I don't like to die. I will keep battling no matter if my little feet fall off.” So it was battling for hours, when suddenly it found something solid under its feet—the milk was churned into butter! Out jumped the little frog! That is just how life is! After battling insufficiently like the big frog, you deserve dying; but if you keep on battling with determination, your difficulty will burn up—some answer from the Infinite will come and you will hop out of your difficulties. Be like the little frog. By all means keep battling. Determination! Resurrect yourself from weakness, disease, ignorance, consciousness of disease, and, above all, from frailties of habits that beset your life.

☞ *East-West, May–June 1929* ☞