

## **GOOD MORNING... ANNOUNCEMENTS**

- **Mark your calendar for next weekend's Retreat! Swami Nirakarananadji** of the St. Louis center will be here from Friday evening the 26th till Sunday morning, the 28th. He will offer us his wisdom about Raja Yoga. Schedule online & E-news.

## **CHANT • SONG • WELCOME • TOPIC**

April is a month for study of Raja Yoga, a spiritual path often called the yoga of meditation. As a raja yogi, you use ancient, proven spiritual techniques to quiet your mind and gain control of your attention.

Regular daily practice of Raja Yoga increases your ability to concentrate, and may lead to meditation. This can unite you with the Divine Presence, the source of your being, and liberate you from the cycle of rebirth and death.

## **Christ the Yogi**

Yoga means both union and detachment. Jesus Christ said, "I and my Father are one" ... perfect union. And he said, "I have overcome the world" ... complete detachment.

Jesus also experiences what the sage Patanjali describes as a yogi's final test. In his book *Raja-Yoga*, Swami Vivekananda discusses this sutra: *“By giving up even (omnipotence and omniscience) comes the destruction of the very seed of evil, which leads to (independence).”* — Yoga Sutras, Ch. 3, Sutra 51

Vivekananda comments, “When one gives up even the ideas of omnipotence and omniscience, there comes entire rejection of enjoyment, of temptations. When the Yogi has seen all these wonderful powers, and rejected them, he reaches the goal (freedom from all limitation) ...”

According to the New Testament, Christ clearly had reached that goal. Here's the story of the Temptation of Jesus, as told in the Book of Luke:

*Jesus ... was led by the (Holy) Spirit in the wilderness for forty days ... And he ate nothing during those days. And when they were ended, he was hungry. The devil said to him, “If you are the Son of God, command this stone to become bread.” And Jesus answered him, “It is written, ‘Man shall not live by bread alone.’” And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him,*

*“To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.” And Jesus answered him, “It is written, “You shall worship the Lord your God, and him only shall you serve.” And (the devil) took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, for it is written, “He will command his angels concerning you, to guard you,’ and “On their hands they will bear you up, lest you strike your foot against a stone.” And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.’” And when the devil had ended every temptation, he departed from him ...*

This morning we will talk more about Jesus as a maha-yogi. For example, here is something of what Swami Vivekananda said about Jesus, in his talk “Christ the Messenger:”

*“...(M)ark this giant that came; centuries and ages pass, yet the energy that he left upon the world is not yet stretched, nor yet expended to its full. It goes on adding new vigour as the ages roll on ...*

*The Omnipresent God of the universe cannot be seen until He is reflected by these giant lamps of the earth — The Prophets, the man-Gods, the Incarnations, the embodiments of God ...”*

## **Master of Maya: Miracles of Jesus**

This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly.

But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."

All this took place to fulfill what the Lord had said through the prophet: "The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us").

When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. But he did not consummate their marriage until she gave birth to a son. And he gave him the name Jesus.

**- Matthew 1:18-25, NIV translation.**

On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, "They have no more wine."

"Woman, why do you involve me?" Jesus replied. "My hour has not yet come."

His mother said to the servants, "Do whatever he tells you."

Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons.

Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim.

Then he told them, "Now draw some out and take it to the master of the banquet."

They did so, and the master of the banquet tasted the water that had been turned into wine.

He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now."

What Jesus did here in Cana of Galilee was the first of the signs through which he revealed his glory; and his disciples believed in him.

**- John 2:1-11, NIV translation.**

Once more he visited Cana in Galilee, where he had turned the water into wine. And there was a certain royal official whose son lay sick at Capernaum. When this man heard that Jesus had arrived in Galilee from Judea, he went to him and begged him to come and heal his son, who was close to death.

"Unless you people see signs and wonders," Jesus told him, "you will never believe."

The royal official said, "Sir, come down before my child dies."

"Go," Jesus replied, "your son will live."

The man took Jesus at his word and departed.

While he was still on the way, his servants met him with the news that his boy was living. When he inquired as to the time when his son got better, they said to him, "Yesterday, at one in the afternoon, the fever left him."

Then the father realized that this was the exact time at which Jesus had said to him, "Your son will live." So he and his whole household believed. This was the second sign Jesus performed after coming from Judea to Galilee.

**- John 4:46-54, NIV translation.**

He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat.

When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch."

Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets."

When they had done so, they caught such a large number of fish that their nets began to break.

So they signaled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" For he and all his companions were astonished at the catch of fish they had taken, and so were James and John, the sons of Zebedee, Simon's partners.

Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people."

**- Luke 5:3-10, NIV translation.**

When Jesus had finished saying all this to the people who were listening, he entered Capernaum. There a centurion's servant, whom his master valued highly, was sick and about to die. The centurion heard of Jesus and sent some elders of the Jews to him, asking him to come and heal his servant. When they came to Jesus, they pleaded earnestly with him, "This man deserves to have you do this, because he loves our nation and has built our synagogue." So Jesus went with them.

He was not far from the house when the centurion sent friends to say to him:



"Lord, don't trouble yourself, for I do not deserve to have you come under my roof. That is why I did not even consider myself worthy to come to you. But say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it."

When Jesus heard this, he was amazed at him, and turning to the crowd following him, he said, "I tell you, I have not found such great faith even in Israel." Then the men who had been sent returned to the house and found the servant well.

**- Luke 7:1-10, NIV translation.**

When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?" He asked this only to test him, for he already had in mind what he was going to do.

Philip answered him, "It would take more than half a year's wages to buy enough bread for each one to have a bite!"

Another of his disciples, Andrew, Simon Peter's brother, spoke up,

"Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"

Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men and their families were there). Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world."

**- John 6:5-14, NIV translation.**

After Jesus and his disciples arrived in Capernaum, the collectors of the two-drachma temple tax came to Peter and asked, "Doesn't your teacher pay the temple tax?"

"Yes, he does," he replied.

When Peter came into the house, Jesus was the first to speak.

"What do you think, Simon?" he asked. "From whom do the kings of the earth collect duty and taxes—from their own children or from others?"

"From others," Peter answered.

"Then the children are exempt," Jesus said to him. "But so that we may not cause offense, go to the lake and throw out your line. Take the first fish you catch; open its mouth and you will find a four-drachma coin. Take it and give it to them for my tax and yours."

**- Matthew 17:24-27, NIV translation.**

In my former book, Theophilus, I wrote about all that Jesus began to do and to teach until the day he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles he had chosen. After his suffering, he showed himself to these men and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about.

For John baptized with water, but in a few days you will be baptized with the Holy Spirit."

So when they met together, they asked him, "Lord, are you at this time going to restore the kingdom to Israel?"

He said to them: "It is not for you to know the times or dates the Father has set by his own authority. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.

They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them. "Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

**- Acts 1:1-11, NIV translation.**

**We'll close with more from Vivekananda's Christ the Messenger:**

*(Jesus) had no other occupation in life, no other thought except that one, that he was a spirit. He was a disembodied, unfettered, unbound spirit.*

*And not only so, but he, with his marvellous vision, had found that every man and woman, whether Jew or Gentile, whether rich or poor, whether saint or sinner, was the embodiment of the same undying spirit as himself. Therefore, the one work his whole life showed was to call upon them to realise their own spiritual nature.*

*Give up, he says, these superstitious dreams that you are low and that you are poor. Think not that you are trampled upon and tyrannised over as if you were slaves, for within you is something that can never be tyrannised over, never be trampled upon, never be troubled, never be killed. You are all Sons of God, immortal spirit. "Know", he declared, "the Kingdom of Heaven is within you." "I and my Father are one."*

***Dare you*** stand up and say, not only that "I am the Son of God", but I shall also find in my heart of hearts that "I and my Father are one"? That was what Jesus of Nazareth said. He never talks of this world and of this life. He has nothing to do with it, except that he wants to get hold of the world as it is, give it a push and drive it forward and onward until the whole world has reached to the effulgent Light of God,

*until everyone has realised his spiritual nature,  
until death is vanished and misery banished.*

*(India's) scriptures say, "These great children of  
Light, who manifest the Light themselves, who  
are Light themselves, they, being worshipped,  
become, as it were, one with us and we become  
one with them."*

**As Swami Swahananda said, "We are each  
called upon to be a Christ!"**

**Q&A and conversation — Closing Chant**