THE INNER LIGHT

Do you know why you experience darkness when you close your eyes?
The gross light vibrations of the moon, sun, and electricity blind your eyes
to the powerful, mellow lights within.
The average person's spiritual eye is closed but that of the Yogi is open,
and he can see the inner lights at any time during the day or night.
With the opening of the spiritual eye, a great light appears beyond the veil of darkness.

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When, by self-control during meditation, the devotee astrally disconnects the Life Force from the sensory nerves, then it begins to flow inward and becomes focused at the point between the eyebrows into an opalescent light.

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Once the mind is interiorized, and withdrawn from its identification with the world and with the body, the inner light comes into clear and steady focus.

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To experience Him as Light during meditation brings calmness to the mind, purifying it and giving it clarity. The more deeply one contemplates the inner light, the more one perceives all things as made of that light.

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