

# The Inner Light

Paramhansa Yogananda

## 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and withdrawn from its identification  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.