

## Inner understanding

Chp from the book Yoga and Christianity by Heinz Grill, 1998

*Translated Lisa Winchester*

Understanding is the inner path of spirit-knowledge. Real understanding of the laws of life frees from all dependencies and ties. A thinking, that is born from the heavenly world of the spirit, leads to the awakening of the soul. A small example makes clear what understanding reality means: 'Where does matter come from? What substance lies at its basis? A series of considerations illustrates the answer. If one takes a metal, i.e. a solid substance, and heats it, it becomes liquid at a certain temperature. With further heating it turns into steam and finally completely into gas. Suppose you continue to refine this gaseous substance, then one would obtain a matter in a state of complete dissolution. The metal could be brought from the solid form into a completely intangible dimension. A substance that is no longer subject to the laws of gravity remains. This is light. The finest substance, which underlies all matter, it is light. Finer than atoms and molecules is this substance, which does not come from the earth. Through certain form-shaping influences, spiritual forces condense this light of the cosmos and creates the visible world, that is seen with the eyes.

Inner understanding is directed, in the sense of yoga and esoteric religious research, to the sublime self. This mysterious I or self-existence carries the whole of humanity in a spiritual, real way. Every individual person on this earth has an own personal I-self. The mysterious being is a pure, spiritual citizen, who through its personality penetrates earthly existence, but still retains its own immanent and transcendent, spiritual dimension. Just as this mysterious citizen assumes a personal and conscious form in man, so this self also remains a-personal and unconscious in nature.

Knowledge is known in Sanskrit as *jnana-yoga*. It is like a wonderful cosmic, other worldly flower with a radiant shine and shimmering golden petals. A real insight to knowledge, which corresponds in truth with the eternal spirit and springs forth through human, purified understanding from the elevated soul, can neither be assigned to human heart thinking nor to human head thinking. The entire feeling life appears, through these bright thoughts of inner understanding, completely balanced and harmonized. The vitality of the physical body increases as a result of the light and dynamic consciousness, as if a noticeable rejuvenating force were breathing in the cells. All passable or passionate moods give way to the subtle and intense light that does not come from a spatial centre, but from the centre of the spirit itself.

Our ordinary consciousness, with the structured thought patterns and the feeling bound to the sensory world, cannot penetrate into the deep secrets of being and the innermost laws. The mental tools are too coarse to identify, that so fine and untouched world of the etheric sea of light of the soul. Just as the physical water can quench a persons thirst, so only the spirit and the holy water of eternal life can lift and deliver the soul from a lower binding. Ordinary reason can grasp the earthly visible world, and for this it is important and good. The spiritual reality, the spiritual truth, which underlies the whole outer world from within out of eternal, infinite fullness, however, no longer grasps this reason, rather a whole and free awakening of the soul is necessary for this.

Inner understanding and insightful knowledge comes also not from human belief, nor from speculations of the mind. Inner understanding is light and love, strength and a most high other-worldly energy. Insightful-knowledge comes from God and, therefore, it is pure, blessed and sublime, untouchable and inextinguishable. For the citizen on this earth there is no greater gift, than the enlightenment coming from God in the light of the free, untouched thought. Through *jñāna*, which comes from the light and thus from the innermost center of eternal life and being, transforms the personal life of a man from a normal form into that of a prince and with the woman into that of a princess.

Knowledge is always connected with an intense devotion to a saint or a holy message. In the holy messages and scriptures the mysterious, blessed light of the realized, divine self shines and gives to the words a sacred and hallowed sound. The heavenly sound, heavenly knowledge and heavenly love are the characteristics of a very particular life that came or comes into the world dressed in the hull of a personality. These people, who we call saints, had a deep access to the truths of the Gospel and the biblical documents. Through their deeply founded blessed knowledge and their unobtrusive truth-consciousness they became a living, walking Gospel

on the earth. They didn't necessarily bring a wealth of new truths to mankind, but enlivened the one fundamental truth about divine being-existence and gave mankind a new perspectives to follow Christ.

The saints and initiates of history possessed an exalted and soulful knowledge, which appears to the thinking mind of our time, puzzling. Those people, who were equipped with the knowledge of the mysteries, lived for a limited time in the earthly world, they remain, however, with their consciousness and thus with their individuality, free from this earth. In them spoke not human wisdom, human laws or rules of a faith-order, but the untouched, raised purity of God himself. This perfect purity opened to them a the source to a knowledge, which is equal to truth and eternal reality. The ignorance of the world judgingly describes the saints as dreamers, distant-worlds idealists or sometimes as madmen, and the religious institutions reject them as heretics or sectarians. The saints and initiates see with their pure eyes and sense perception the other world after death, they recognize the free and immortal existence of the soul and testify, therefore, to the truth of the Gospels and religious documents.