

# How You Can Talk With God

*Extracts from lectures by Paramahansa Yogananda  
on March 19 and March 26, 1944*

Talking with God is a definite fact. In India I have been in the presence of saints while they were talking with the Heavenly Father. And all of you, also, may communicate with Him; not a one-sided conversation, but a real talk wherein you speak to God and He responds. Everyone can talk *to* the Lord, of course. But I am discussing today how we may persuade Him to reply to us.

Why should we doubt? The scriptures of the world abound in descriptions of talks between God and man. One of the most beautiful of these incidents is recorded in I Kings 3:5–13 in the Bible: “The Lord appeared to Solomon in a dream by night; and God said, Ask what I shall give thee. And Solomon said....Give therefore Thy servant an understanding heart....And God said unto him, Because thou hast asked this thing, and

hast not asked for thyself long life; neither hast asked riches for thyself, nor hast asked the life of thine enemies; but hast asked for thyself understanding to discern judgment; Behold, I have done according to thy words: lo, I have given thee a wise and an understanding heart...And I have also given thee that which thou hast not asked, both riches and honor."

David, too, held converse many times with the Lord, and discussed even mundane matters with Him. "And David inquired of God, saying, Shall I go up against the Philistines? and wilt Thou deliver them into mine hand? And the Lord said unto him, Go up; for I will deliver them into thine hand."\*

### **God Is Moved Only by Love**

The average man prays to God with his mind only, not with all the fervor of his heart. Such prayers are too weak to bring any response. We should speak to the Divine Spirit with confidence and with a feeling of closeness, as to a father or a mother. Our

\* I Chronicles 14:10.

relationship with God should be one of unconditional love. More than in any other relationship we may rightfully and naturally demand a reply from Spirit in Its aspect as the Divine Mother. God is constrained to answer such an appeal; for the essence of a mother is love and forgiveness of her child, no matter how great a sinner he may be. The relationship between mother and child is the most beautiful form of human love that the Lord has given us.

A definite conception of God (such as that of the Divine Mother) is necessary, otherwise one does not receive a clear response. And the demand for the Lord's reply should be strong; a half-believing prayer is not sufficient. If you make up your mind: "He is going to talk with me"; if you refuse to believe differently, regardless of how many years He has not answered you; if you go on trusting Him, one day He will respond.

I have written in *Autobiography of a Yogi* about some of the numerous occasions on which I have talked with God. My first experience in hearing the Divine Voice came

when I was a little child. Sitting on my bed one morning, I fell into a deep reverie.

“What is behind the darkness of closed eyes?” This probing thought came powerfully into my mind. An immense flash of light at once manifested to my inner gaze. Divine shapes of saints, sitting in meditation in mountain caves, formed like miniature cinema pictures on the large screen of radiance within my forehead.

“Who are you?” I spoke aloud.

“We are the Himalayan yogis.” The celestial response is difficult to describe; my heart was thrilled. The vision vanished, but the silvery beams expanded in ever widening circles to infinity.

I said, “What is this wondrous glow?”

“I am Ishwara (the Lord). I am Light.” The Voice was as murmuring clouds.

My mother and eldest sister Roma were nearby when I had this early experience, and they too heard the Divine Voice. I received such happiness from God’s response that I determined then and there to search

for Him until I would become wholly one with Him.

Most people think there is only darkness behind closed eyes. But, as you develop spiritually and concentrate on the "single" eye in the forehead, you will find that your inner sight is opened. You will behold another world, one of many lights and great beauty. Visions of saints, such as those I saw of Himalayan yogis, will appear before you. If your concentration goes still deeper, you too will hear the Voice of God.

Again and again the scriptures tell us of the Lord's promise that He will communicate with us. "And ye shall seek Me, and find Me, when ye shall search for Me with all your heart."—Jeremiah 29:13. "The Lord is with you, while ye be with Him; and if ye seek Him, He will be found of you; but if ye forsake Him, He will forsake you."—II Chronicles 15:2. "Behold, I stand at the door, and knock: if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me."—Revelation 3:20.

If you can just once "break bread" with