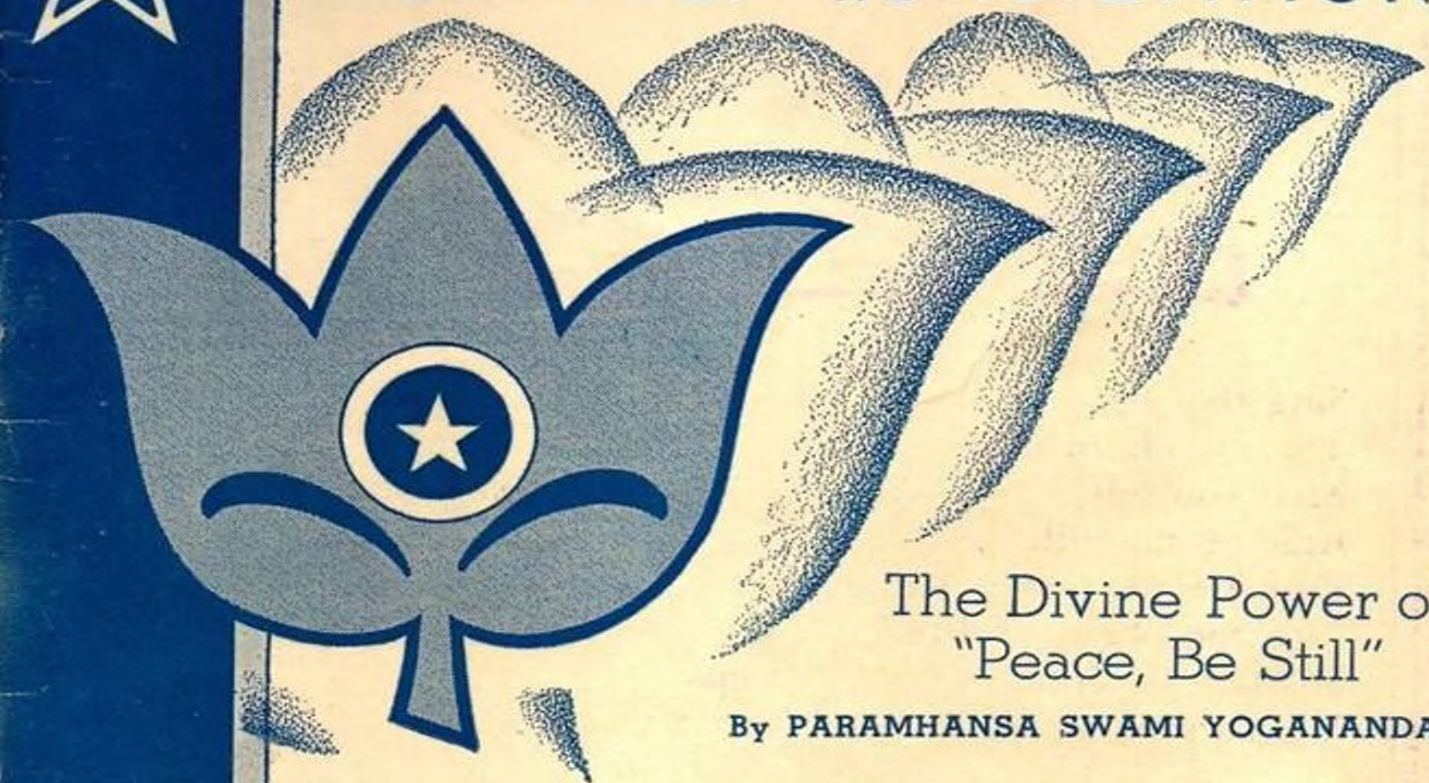


# INNER CULTURE

FOR SELF-REALIZATION



The Divine Power of  
"Peace, Be Still"

By PARAMHANSA SWAMI YOGANANDA

AUGUST  
1938

Price 25 Cents  
Vol. X, No. 10

The Human Cell—Highest Vibratory  
Expression

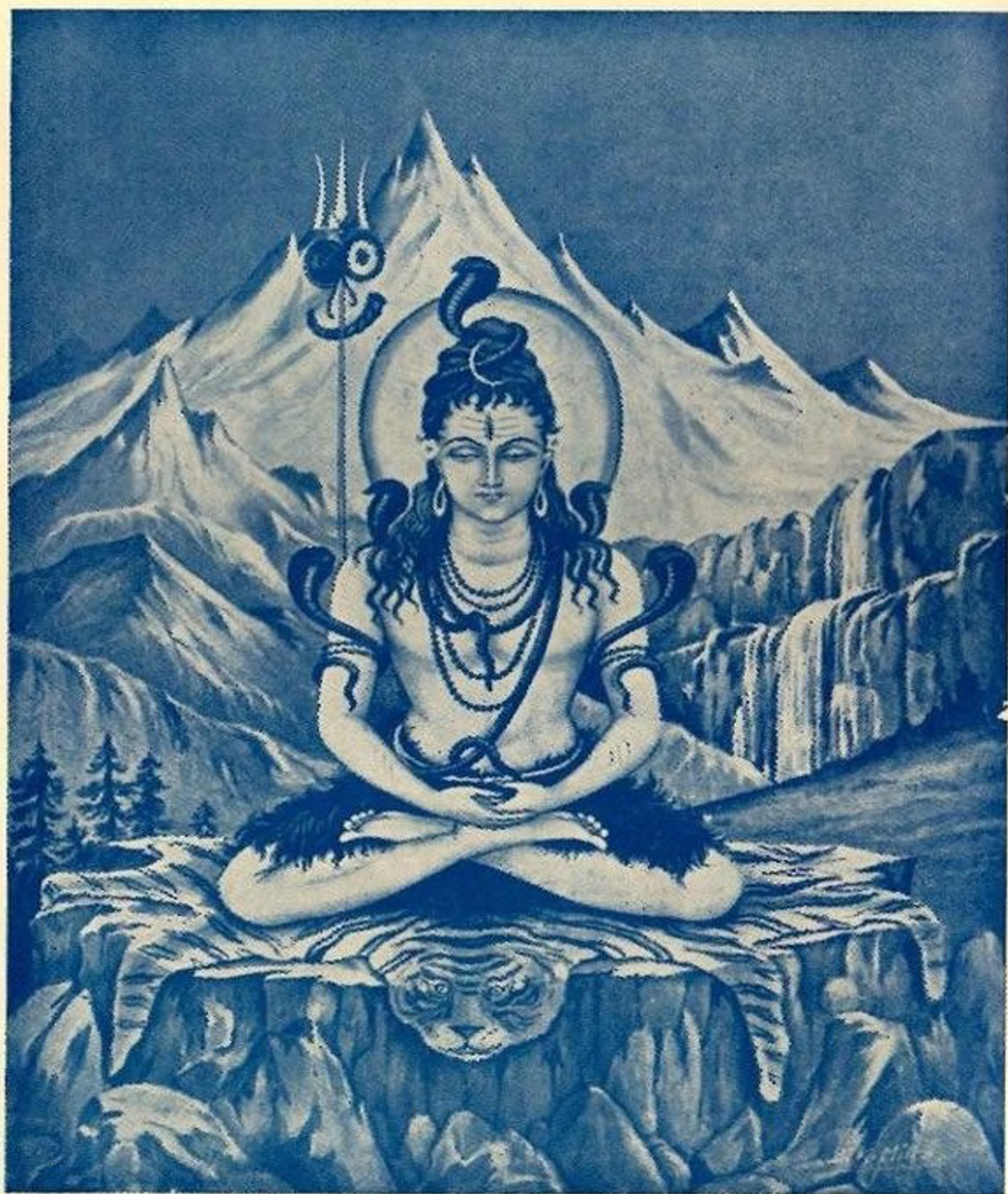
By CARQUE RESEARCH

"The Elements Are His Tabernacle"

By ORSON PRATT

"The Dynamite-Spark of Realization"





—Kalyana-Kalpatri.

### THE LORD AS SHIVA

Shiva, the Destroyer in the Hindu Trinity,  
Who Annihilates the Maya or Delusion of the World.



# INNER CULTURE

---

## FOR SELF-REALIZATION

---

### *In This Issue*

---

Lord Shiva (Picture) .....	2	The Divine Power of "Peace, Be Still" .....	23
Rubaiyat of Omar Khayyam.....	4	Paramhansa Swami Yogananda	
"The Elements Are His Tabernacle" .....	7	News of the Centers .....	32
Orson Pratt		Scientific Digest .....	34
The Dynamite-Spark of Self-Realization .....	12	Give Thy Soul Leave (Poem).....	38
Paramhansa Swami Yogananda		Henry Vaughn	
The Human Cell—Highest Vibratory Expression .....	16	Book Reviews .....	39
Carque Research		Diet and Health .....	44
Daily Meditations For August.....	21	Truth Burbery	
Yogacharya Sri Khagen		Directory of Self-Realization Fellowship Centers .....	46
		Breathe in Me (Poem) .....	52
		Paramhansa Swami Yogananda	

---

VOL. X, NO. 10

AUGUST, 1938

---

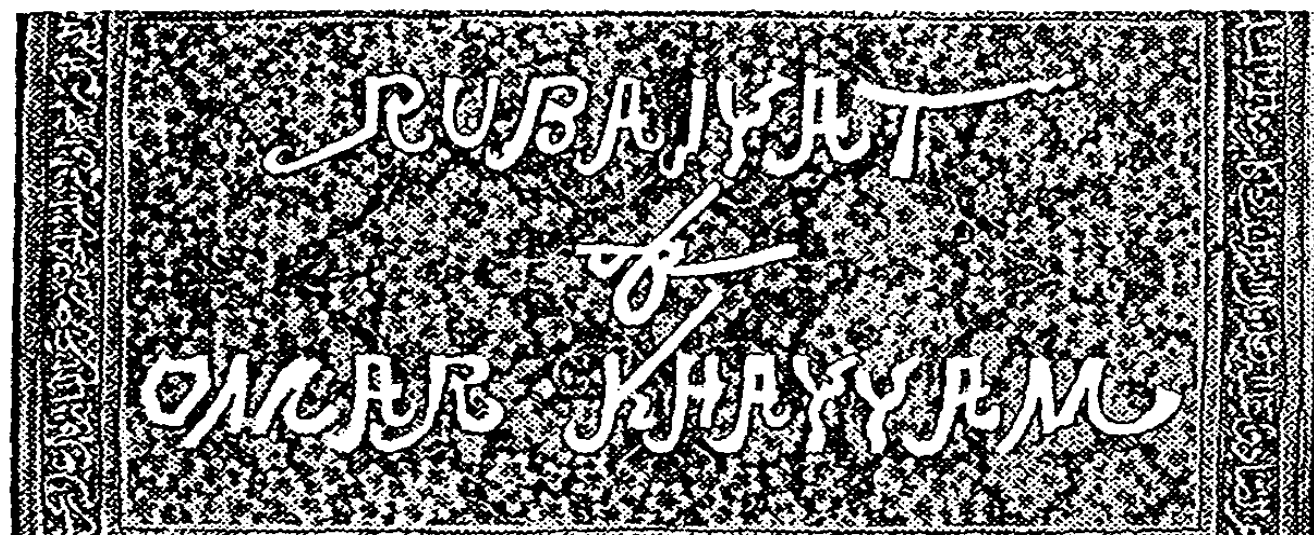
L. V. PRATT  
Editor

C. RICHARD WRIGHT  
Business Manager  
BRAHMACHARI JOTIN  
International Secretary

Change of address should be sent to *Inner Culture* two weeks before the date it is to go into effect. Both the old and new address should be sent.

Yearly subscription, \$2.50; Canada, \$2.75; Foreign, \$3. Single copies, 25c.  
Published monthly by the Self-Realization Fellowship, established in 1920 by Paramhansa Yogananda, A. B., Founder and President. Copyright, 1938, by Self-Realization Fellowship Church, Inc., 3880 San Rafael Avenue, Los Angeles, California. Entered as second-class postal matter at the Post Office in Los Angeles, California, under the Act of March 3, 1879. Printed in U. S. A.





SPIRITUAL INTERPRETATION BY  
PARAMHANSA SWAMI YOGANANDA

## RUBAIYAT OF OMAR KHAYYAM

*Translated Into English Verse by Edward Fitzgerald*

### XXV

*Why, all the Saints and Sages who discuss'd  
Of the Two Worlds so learnedly, are thrust  
Like foolish Prophets forth; their Words to Scorn  
Are scatter'd, and their Mouths are stopt with Dust.*

#### **Spiritual Interpretation:**

"Such is the mystery of life and death that saints and savants who once discussed this world and the hereafter so knowingly and wisely are spirited away after death like ignorant, prattling, self-elected prophets, and buried beneath the debris of centuries. Apparently their wise words are mocked by all-conquering time and all-devouring death and scattered into the void. Their mouths speaking fiery wisdom are muted with the dust of ancient tombs."

This is the popular superficial view of life. But sincere souls should not depend for their beliefs on the sayings of saints and

sages, but should *experience* truth, and hear the unravelling of the mystery of life and death from the lips of God. Such souls need not depend for spiritual encouragement on the words of sages nor on the vain expectation of miraculously seeing the dust-filled lips of saints rise up from the grave to speak words of wisdom.

### Applied to Daily Life:

Ordinarily we are bewildered when we behold saints and sages who seemed to possess great wisdom but who die like ordinary individuals. But we must remember even great savants have to obey the laws of God. They are not allowed to attract attention of the disbelievers by indiscriminately forcing miracles on them. Every individual must work his own way to truth and to God. We must remember even though sages leave this earth simply, still their lives are extraordinary with God. He silently reveals unto all true devotees the mysteries of His eternal kingdom. It is not the outward appearances but the inner lives of saints which are worth investigating.

### Glossary:

- 1—*Two Worlds*—Here and hereafter.
- 2—*Foolish prophets*—Learned but helpless sages who can prophesy but cannot remedy any evil.
- 3—*Stopt with Dust*—Subject to the law of time and death.

### XXVI

*Oh, come with old Khayyam, and leave the Wise  
To talk; one thing is certain, that Life flies;  
One thing is certain, and the Rest is Lies:  
The Flower that once has blown forever dies.*

### Spiritual Interpretation:

"O follow the ancient God-experience of Khayyam (who destroys decaying ignorance by a new vibration) and leave the theological discussions of the theoretically wise men. Behold the one flaming truth—life is fleeting. In the short season of life you must reap the richest harvest of God-wisdom.

"The One Unchangeable Truth is, Invisible Spirit is ever-existing, while the changes on its bosom which seem to declare their reality are reporting lies about their true natures. They are unreal and impermanent. The one ocean of God remains unchanged and absolute, hidden beneath the apparently real but deceiving lies of the waves of changeable material phenomena. The flowers of life and short-lived pleasures that have once bloomed in the garden of consciousness and enthralled ignorant people lose their beauty and allurements and die, passing away into the oblivion of infinity. Therefore seek the one certain thing—the hidden ever-new God-bliss of meditation. Do not forget to seek it, lest you lose yourself in the jungle of theology and false, forever changing, decaying material pleasures."

#### Applied to Daily Life:

Omar advises: "Do not lose yourself wandering in the trackless jungles of theology. Perceive the already-experienced and intuitionally-tested divine bliss in your own soul by meditation, as I myself have perceived. Do not waste time in intellectual discussions, for surely time is on the wing. Try to contact the One Spirit which is the only real Substance behind all appearances. Lift the veil of sensations and in the secret soul-peace of daily silence find the positive proof of divine existence. Otherwise you can never find the same ever-increasing peace which can only be felt as you go deeper into the temple of quietness. The ever-intensifying joy of meditation is the certain proof of the presence of that Peace-God."

#### Glossary:

1—*With old Khayyam*—With the age-old truth as discovered anew by Omar Khayyam.

2—*Leave the Wise to talk*—Forsake the theologians full of theories.

3—*Life flies*—There is no time to waste.

4—*One thing is certain*—God alone is everlasting.

5—*The Rest is Lies*—The world of appearances is false.

6—*The Flower that once has blown*—The flower of temporarily alluring temptation.

7—*Forever dies*—After yielding momentary happiness, is lost in the mystery of death.

# "The Elements Are His Tabernacle"

By ORSON PRATT

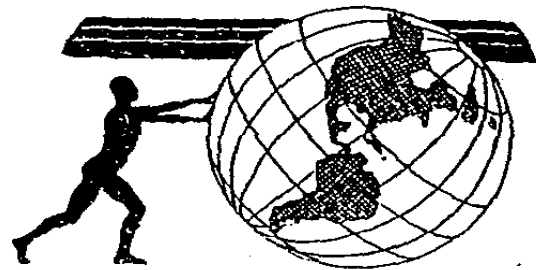
MAN, by his researches, has discovered many methods of combining the powers of nature so as to produce astonishing and beneficial results. These natural powers, traced to their origin, are nothing less than the powers ordained of God; powers that pervade all nature, or in other words, the power of God, acting according to prescribed laws, fixed and unchangeable in their mode of operation.

Man, because he beholds the effects of these stupendous powers as they act upon the elements surrounding him, has become familiarized with them, and unthinkingly calls them the "powers of nature"; and because they act in a *fixed undeviating manner*, he calls their mode of action the "laws of nature"—as though abstract nature was capable of manifesting power, and of acting according to law, independently of a thinking, living, intelligent, moving Substance that is omnipotent.

It is this holy and all-wise Substance that is omnipresent, pervading universal nature, governing and controlling worlds without number, producing and superintending the grand and august movements of the combined whole,

as it stretches itself out on every side to infinity; it is this Substance that unites system with system, under its own forces, so regulated as to prevent worlds from rushing on worlds, as they fly with unconceivable velocity along their appointed orbits.

Were it not for the presence of this all-pervading Substance, matter would be wholly devoid of force; the great central force of gravitation could not exist; matter could not be collected into worlds; or if collected, there could



"God, in constructing these materials into creations and worlds, has done it for a wise and noble purpose. The great purpose He had in view was that intelligent beings should occupy and understand these creations."

have been no adherence of its particles—no chemical combinations—no formation of solids or liquids—no organizations of any kind—no varieties of matter—but all substance, without force, would have been indefinitely divisible, without properties of any kind, except the property of existence in space. Hence all substance, without force, could not have been otherwise than precisely alike.

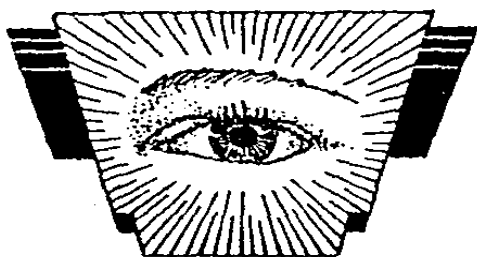
It is force, then, that gives all the infinite varieties of form, taste, color, smell, hardness, and every other characteristic of the elements. This force is constantly acting in

a fixed and definite manner, so that, under the same circumstances, the same results are produced. This fixed rule of action is, in many cases, perceived by both the learned and unlearned; and all mankind are constantly governed in their actions by a firm and unshaken confidence in the stability of these laws.

Some of these laws have been traced up from their remote consequences to a high degree of generalization; among which may be mentioned the grand law of universal gravitation, by which every particle of matter in the universe has a tendency to approach every other particle with a force varying inversely as the square of its distance.

Thus, two particles or masses, situated at twice the distance from each other, will not have the same tendency to approach as at a nearer distance; and this diminution of the approaching tendency does not merely vary in the simple ratio of the distance, but in the duplicate proportion, so that at twice the distance, instead of having only twice less tendency to draw near each other, they have four times less inclination: and at four times the distance, their force towards each other is sixteen times less: and whatever be the distance, that distance, multiplied into itself, will represent inversely the force or inclination of the two bodies to approach each other.

Now the first moving cause that ultimately results in this definite mode of action, is an all-wise,



*From Orson Pratt's Diary:*

"I commenced in real earnest to seek after the Lord in the autumn of 1828. I then began to pray very fervently. In the silent shades of night while others were slumbering upon their pillows, I often retired to some secret place in the lonely fields or solitary wilderness and bowed before the Lord and prayed for hours with a broken and contrite spirit. This was my comfort and delight."



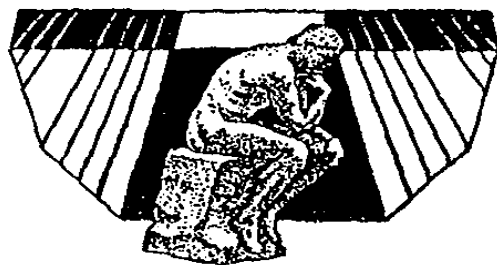
self-moving Substance associated with the materials thus acting. It matters not how many intervening causes there may be of a higher order of generalization than that of gravitation, it is certain that the first in the series is not only all-wise and all-powerful, but as extensive in quantity as the materials with which it is associated and upon which it thus intelligently acts. If we are unable to trace the effects up through all the intervening links to their true origin, we are none the less assured of the intelligence and power of the first moving cause.

Again, we behold a grand display of the wisdom and power of this governing and presiding agent in the institution of a law to counteract the gravitating tendency of the whole universe, namely, the law of centrifugal force, by which the bodies of a system, and the whole universe, have a tendency to revolve around their common center of gravity, with mean velocities proportioned to the inverse square root of their mean distances. This law is dependent on the distances, and is as universal as that of gravity.

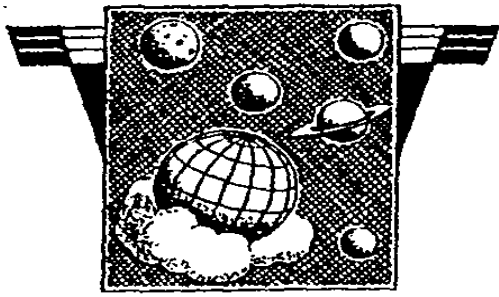
All our planets and satellites follow this law as strictly and as undeviatingly as the law of central force. For instance, a planet, situated from the sun four times the distance from the earth, will have an orbit velocity one half as great as the earth's: at nine times the distance its orbit velocity will be three times less: at sixteen times the distance, four times less: at

a hundred times the distance, ten times less: and so on, the velocities decreasing, not in the simple ratio of their distances, but in the much slower proportion of the inverse square root of these distances.

The revolutions of the satellites around their primaries follow the same law. Suns revolve around suns, and systems around systems, under the influence of the same grand and majestic law. Thus the whole august retinue of the starry heavens is prevented from rushing to one common center and producing a universal wreck of nature. While one law prevents the bodies



Sir John Herschel called Orson Pratt (1811-1881) "the greatest mathematician of the age." Recently, Albert Einstein, after reading some of Pratt's works, remarked that "there were but a handful of men on earth capable of understanding and expounding some of Orson Pratt's mathematical theories." Pratt's main interest in life, however, was philosophy and religion.



"The great astronomical balance for weighing worlds was not made by our American or London mechanics, but was constructed by the great Architect of nature; its use was entirely unknown until discovered by the gigantic mind of Newton. Since his time, astronomers have been as familiar with weighing worlds as chemists are in weighing chemical ingredients."

from parting company and flying off into the immeasurable wilds of space, the other keeps them at respectful distances, not suffering them to encroach upon the premises of their near neighbors.

These are called powers of nature, and laws of nature, but they are the powers of that Supreme Being or Substance whose dwelling place is nature, and whose tabernacle is the elements. The great Architect of the universe did not construct the magnificent machinery of nature and endow the materials thereof with certain fixed powers, and then withdraw Him-

self, or step aside to see the mighty fabric operate.

Unintelligent materials are incapable of being endowed with any kind of powers, much less with the wise and intelligent powers that characterize the workings of the universe. God is every moment in nature, and every moment acts upon nature, and through nature, just as the Spirit of man acts in, and through, and upon the tabernacle of his body.

If God should withdraw himself from nature, or should cease to act upon it, that portion of it which is without life or intelligence, (assuming there could be any such portion) would immediately cease all action; and while thus apart from nature, no laws could be given to it which could be obeyed; no gravitative or cohesive tendencies could be exerted upon it; no chemical combinations or organic operations could be performed; in other words, unintelligent nature would be entirely dead, and no voice or power could awake it, or have the least effect upon it, without entering into it, and operating upon it, and through it. It is only living and intelligent substances that hear and understand and obey a law.

If unintelligent nature appears to act and obey a law, it is not in reality the acts of nature, but the operations of a living, intelligent Substance inhabiting nature. Unintelligent nature could no more act than the body without the Spirit could act. Therefore, all the grand and magnificent move-



ments of the universe as a whole, and all the minute and imperceptible operations of its particles, are the continued effects of the living, moving, all-powerful Substance diffused through the whole. This Substance is the Holy Spirit, existing in inexhaustible quantities, and extending through the immensity of space: it is the light and the life and the power of all things.

### The Divine Search

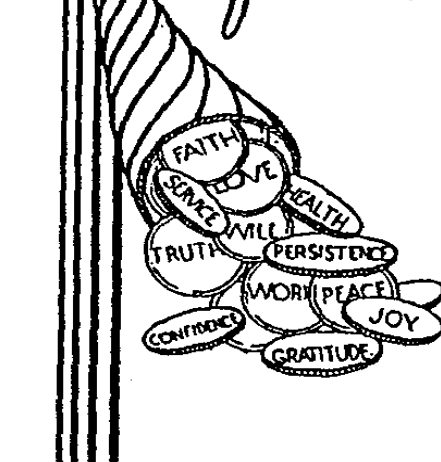
To search out the laws of nature is nothing less than searching out the laws by which the Spirit in nature operates. Man is continually beholding these wonderful operations, but because he does not behold the acting agent, he ascribes the effect to blind, unintelligent, and unconscious matter; as well might he ascribe the attributes of divinity to a wooden idol.

The light shines all around us, and is manifested in an infinite variety of wise and beneficial results, but so great is the darkness of man, that he perceives not the light; or as our great Redeemer has said, "The light shineth in darkness but the darkness comprehendeth it not." Man is continually experimenting with the powers of nature, but he perceives not that those very powers with which he is so familiar are nothing less than the manifestations of the power of God through the elements which are His tabernacle.

"It is easy to fight in battle, but not to make a gift without pride or vanity."—*Mahabharata*.

AUGUST, 1938

## HORN OF PLENTY



Will you accept a Horn of Plenty Bank from the Self-Realization Fellowship, as a beautiful reminder to keep the idea of divine abundance always present in your consciousness? The services of trained workers who pray for your success, health or happiness are freely offered to you. Complete instructions in the use of the bank and also a lesson in Demonstration are sent with each request for a Horn of Plenty Bank.

Self-Realization Fellowship,  
Horn of Plenty Dept.,  
Mt. Washington Estates,  
Los Angeles, Calif.

*Please send me a Horn of Plenty Bank and please also put my name on the prayer list for opening up the way for prosperity to come to me.*

Name .....

Address .....



## *Spiritual Interpretation* OF THE ★ **BHAGAVAD GITA**

*How "Fighting the Good Fight" Brings Gain Both Outwardly and Inwardly.—How the Chimeric Mountains of Ignorance Can be Blown Away by the Dynamite-Spark of Realization*

By PARAMHANSA SWAMI YOGANANDA

*Chapter 2, Stanza 37*

### **Literal Translation:**

If you are slain, you will gain heaven; if you are victorious, you will enjoy earthly glory. Hence, O offspring of Kunti, arise, determined to fight!

### **Poetic Rendition:**

If thou dost fall in the battle-field, thou wilt find thy soul lifted into the heaven of glory and inner soul satisfaction for having shed thy mortal coil in a celestial cause. And if thou dost vanquish thy mortal enemies, thou wilt enjoy the glory of earthly happiness. Therefore, O Son of Kunti, forsake thy effeminate weakness and make up

thy mind to give an overpowering battle to your opponents.

### **Spiritual Interpretation:**

The above stanza can be explained in three ways—from the material, moral and spiritual standpoints.

(1) All warriors who give up their bodies to save women and children from the horrors of aggressive wars, find their souls lifted into the sphere of heavenly satisfaction in the after-death state. According to the law of cause and effect, the mental state of an individual preceding death follows him in the after-death state. A warrior who dies happily with the



consciousness of fighting for his loved ones receives an ineffable inner contentment in the astral world.

On the other hand, the *Gita* says, a warrior who is ever-ready to give up his body to defend his beloved ones against the onslaught of ruthless enemies and is successful in protecting them, enjoys earthly happiness arising out of heroism and the satisfaction of having saved his beloved ones from destruction.

The *Gita* points out that a soldier should not shrink from a righteous battle, in fear of bodily loss, for every warrior, irrespective of any apparent losses, will gain in the end—heavenly satisfaction in death or victorious satisfaction in earthly life. Thus the *Gita* advises every soldier fighting for a righteous cause to disregard any temporary material loss and to concentrate on the permanent spiritual gains.

### **The Moral Viewpoint**

(2) According to the moral standpoint, the above stanza signifies that every moral man, when invaded by evil prenatal inner tendencies or self-created bad habits, should not be afraid to fight them no matter how many times he has previously failed to conquer them. A moral man who dies fighting his evil tendencies is better than he who dies in the state of despair and in the consciousness of his inability to conquer temptations.

The individual who dies battling his powerful evil tendencies is reborn in the astral plane or earth

life with a strong tendency to fight evil; hence, such souls in spite of their strong tendencies toward evil have the inborn inner satisfaction of an acquired tendency to resist evil until success is achieved.

A man who dies with the consciousness of an inability to fight evil is reborn with a negative tendency and finds that formidable inner tendencies are dictating the policies and moods and habits of his life.

Therefore, the *Gita* advises every individual to fight his prenatal or acquired bad habits continuously.

### **The Overwhelming Soul Power**

All evil tendencies, no matter how strong, are only mental grafts and can never completely destroy the mighty growth of the soul. To consider one's weakness as greater than the power of the heavenly image within the Self is sheer folly. No amount of sin or temptation could be greater than the mighty power of the soul which is received by every individual as a heritage from God. Therefore, even a supreme sinner must realize that if he continuously fights his evil tendencies he will sometime be able to bring out the unconquerable mighty power of the soul to conquer all moral difficulties.

On the other hand, the *Gita* says, if any individual, even though completely enslaved by his senses but continuously trying to conquer them, thus ultimately becomes the lord of his senses, then

he will enjoy great bodily and mental happiness during his earthly sojourn. "Saints are sinners who never gave up." Of course this does not mean that one should excuse any spiritual weakness but should deliberately and continuously fight it until he conquers.

Therefore the *Gita* says, every soldier of morality should not be overruled by an unmanly inability to fight formidable temptations but should be resolved to fight under all states of temptation.

### **Incarnations of Ignorance**

(3) According to the spiritual interpretation, the above stanza signifies that every spiritual aspirant should continuously try to win the kingdom of bliss and immortality no matter how many incarnations of accumulated ignorance he has to fight. Many devotees who acquire scant spiritual progress after years of inattentive and absent-minded but regular meditation often become very much discouraged for not having gained a footing in the kingdom of Cosmic Consciousness. Such souls fail to perceive the depths of their accumulated ignorance of incarnations and thus cannot compare it with the indifferent spiritual efforts of a few years of one life.

It is only those who can delve deep into the region of the super-conscious by ecstatic communion with God who can find out whether their evil tendencies outweigh their virtuous tendencies. If any soul has acquired a preponder-

ance of evil traits in previous lives he is naturally reborn more evil than good. Hence he might wrongly conclude that he has no chance to overcome the formidable evil tendencies by his feeble good tendencies.

The *Gita* says that even if an individual finds himself overpowered by his evil tendencies, he should remember that between the formidable covering of evils and the thin covering of spirituality he has the indestructible gold of spiritual power hidden in his soul made after the image of God. Therefore each soul in spite of his formidable evil tendencies should add to his feeble virtuous tendencies the consciousness of the overwhelming power of goodness in the soul, by communing with the soul through meditation.

### **Igniting the Dynamite**

The *Gita* says no matter how little virtuous tendencies one has acquired in this life or has brought from the past, he should not be discouraged to behold through his telescopic inner vision the self-created artificial karmic mountains of evil. He must realize that with a little spark of deep meditation he can ignite the dynamite of eternal goodness within himself and explode all those chimeric mountains of self-created evil of many incarnations.

The *Gita* says every soul must remember that beneath the smeared dress of ignorance lies the eternally beautiful image of Spirit within himself. He should continuously



try by every means to wash off the stubborn taints until they are gone.

Every man, whether born with material tendencies or moral tendencies, must not fail to rouse his spiritual powers by continuously fighting restlessness with the silence of meditation. The *Gita* says if any soul even dies trying to be calm he would be reborn a spiritual man with a great determination to fight ignorance. This way he would have a better start in his second incarnation.

A soul who dies fighting ignorance will have the inner heavenly satisfaction while he is in the astral world of not having succumbed to the onslaughts of ignorance. And a soul who is able under all circumstances to conquer the continuously invading evil tendencies by continuous ever-increasing depths of meditation is bound to conquer and be established in eternal bliss and cosmic consciousness and freedom in this life and forever. He will enjoy the eternal happiness in the ever-present present tense; he will enjoy happiness in the eternal now.

### A FACT IN NATURE

Yoga, in essence, is nothing else than the indrawing of man's mind toward his inner godlike self; it is not an artificial system but a fact in Nature.

—Paul Brunton in *The Quest of the Overself*.

"And behold the glory of the God of Israel came from the way of the East."—*Ezekiel*.

### HOW TO WIN LOVE

"Love will teach us all things; but we must learn how to win love; it is got with difficulty; it is a possession dearly bought with much labor and in long time; for one must love not sometimes only, for a passing moment, but always . . .

"Love all God's creation, both the whole and every grain of sand. Love every leaf, every ray of light. Love the animals, love the plants, love each separate thing. If thou love each thing, thou wilt perceive the mystery of God in all; and when once thou perceive this, thou wilt thenceforward grow every day to a fuller understanding of it; until thou come at last to love the whole world with a love that will then be all-embracing and universal."—*Dostoevsky*.

### THE CREATOR

"O mortal, thou knowest not Him, the Creator of the Universe, who, though beyond thee, yet resides in thee. But He resides in the soul within thy body. Thou knowest Him not because thou art enveloped by the haze of ignorance, because thou art wasting thy precious life in useless thought. Transient sensual pleasures and external grandeur of things mundane consume thy time. Thou hast not exerted thyself to know the Creator, Preserver, Director and Dweller of the Universe, to acquire knowledge, to follow the path of *dharma* (right action), to worship Him wholeheartedly; that is why thou hast not been able to know Him."—*Rig-Veda*.

# The Human Cell—Highest Vibratory Expression

Edited by Carque Natural Foods Research, Glendale, California

**T**HE essence of all material manifestations and all relationships is vibratory.

The human cell, for example, has achieved a higher and loftier range in the scale of vibratory activity than the animal or vegetable kingdoms, or the slower-evolving life element that gives impetus to the grosser, more stable, dense masses resident in the mineral kingdom. Analogous to a continuous stream

of pupils passing through the various grades in a school, in every higher kingdom of nature molecules become more complex, more refined or sublimated, because the building of atoms into molecules involves the absorption of more vital force or life element that does the building. In similar manner each progressive manifestation of vital force exhibits greater potential energies, reaching their highest culminating point of accelerated vibratory activity on this planet in the human kingdom or man. In an infinite universe, there are infinite possibilities.

Thus we can see that chemical elements, whether they occur in compact mineral matter, vegetable, animal or human cells are in a constant state of evolution. Chemical elements also differ in quality in different people. Individual types of finer soul development display finer cell construction, with correspondingly more refined or higher evolved chemical elements. The lives constituting the temple of our soul are coarse or fine, normal or degenerate, wholesome or impoverished in exact ratio to the purity or non-purity, refinement or brutality of our morals, motives, as well as mental and psychic im-



The human and animal kingdoms cannot pass by the vegetable kingdom, and absorb their sustenance from the mineral kingdom, for the dull apathy of the mineral cannot properly fuse with the higher vibratory rates quickening the consciousness of more advanced grades in the school of evolution.



pulses. The carbon in coal is of coarser structure than the carbon in a diamond; by the same analogy the carbon in the body of a spiritually developed man is of an infinitely finer composition than that appearing in an animal's organism.

We must draw a sharp line of demarcation between organic and inorganic salts, as well as between human vitality and chemical energy, whether they are found in the air, earth, plant or animal. It is only through the life-process of the plant that the constituents of air and soil become vitalized; and it is this property of vitality alone that distinguishes, for example, the atom of iron in the red blood corpuscles from that furnished in the form of inorganic iron compounds in the mineral kingdom. No doubt the elements in their inorganic form may be absorbed by the human lacteals and enter into circulation, and they may even produce some chemical changes or reactions, but they cannot perform any vital function. They lack that imponderable vital electricity and magnetism which is imparted to them in the organic combinations of the vegetable kingdom.

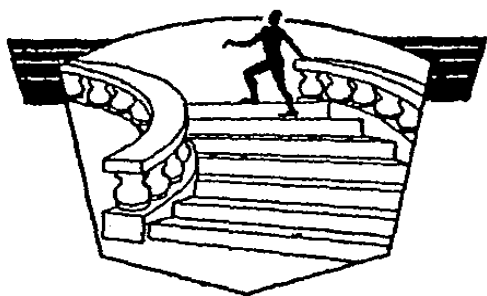
The human kingdom must extract its substance from the vegetable kingdom; and where its ensouled individualized consciousness has attained a loftier evolution, the physiological needs of the human cells are best served by the consumption of correspondingly more highly developed nutrient substances, which are better elaborated



The same spiritual identity pervades all expressions of life in Nature, an indivisible and absolute Omniscience and Intelligence, as boundless and limitless as space. It is inherent in the whole, it is omnipresent, it is at the root and is the seed of every being everywhere, binding us all with an indissoluble link of the same origin, with a basic, underlying unity that is all-permeating.

in the fruit and nut of the tree, ripened in the golden sunshine. These alone release the full potential energy stored up by sunlight, air, water and the elements of the soil. The animal kingdom, representative of a lower manifestation of organized consciousness than the human kingdom, finds itself well nourished on the swifter-growing but less evolved grasses.

Only our youngest food brother, the vegetable kingdom, perceives the mineral kingdom akin to its slower vibratory rate, and can draw from it the elements needed for its fuller growth.



Chemical elements are constantly undergoing sublimating processes. Minerals, plants, animals and humans alike are called upon to serve as living refining laboratories for our Great Creative Source, in order to purge, transmute and arouse all matter—organic or inorganic—to fuller perception, thus liberating their higher potencies or more latent energies.

The embryonic plant, however, must feed on the organic compounds of the seed until its roots and leaves are grown. The elevation and characteristic change of inorganic into organic matter, which takes place principally in the green leaves of the plant by means of the chlorophyll, or green blood of the plant, is the starting point of all organic combinations. Chlorophyll is therefore a substance of great physiological importance in plant life. The general conditions upon which its formation depends are the electro-chemical effects of solar light, warmth and a certain amount of mineral matter, princi-

pally iron and lime salts. Plants which are normally green and which become etiolated or pale show evidence of diminished vital electricity.

Only by the presence of chlorophyll is the plant enabled to utilize the inorganic carbon molecule and convert it with hydrogen and oxygen into organic combinations of starch and sugar, and ultimately—with nitrogen and other mineral elements from the soil—into higher organic combinations. Higher development in form and function is possible only when the lower forms of life acquire the ability to assimilate iron and lime salts and to utilize the resulting combination for the construction of finer proteins, carbohydrates and other nutrients.

The sugar in fruits is a sublimated carbohydrate, and hence it is superior to starch-bearing cereals and potatoes. Under the continuous influence of the sun's rays, the elements of the soil, together with water and air, build up the millions of wonderful tiny fruit cells in which all the nourishing constituents are brought into the most soluble form. Hence fruit sugar is a very different substance from even cane sugar and starch-bearing carbohydrates. Other sugars and all starches can be assimilated into the blood and through it by the body only after the process of digestion has broken them down into the simple forms of sugar which scientists call "mono-saccharides," predigested or invert sugar. Fruit sugar is simple sugar to begin with,

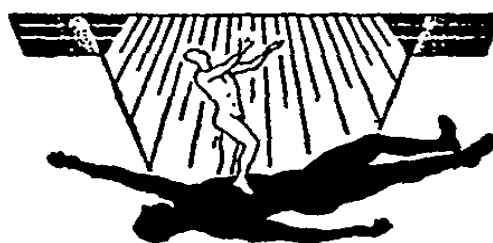
and thus one whole step in the process of digestion is eliminated, with a resulting minimum tax on the organs of digestion and assimilation.

That some elements exist in our body in such combinations as are found in the mineral kingdom, or as can be produced in the chemical laboratory, cannot be denied. But the fact cannot be too frequently emphasized that there is a vital change going on in all the elements as they pass from the mineral kingdom into the structure of the plant, and finally when they become integral parts of the living body. The higher the forms of life and the more intense the vital activity of the elements in the organism, the more subtle and refined their organic combinations have to be.

Two decades ago a German scientist, Abderhalden, in an extended series of experiments upon several kinds of animals, found that the animals fed with food poor in iron, plus an addition of inorganic (mineral) iron, were unable in the long run to produce as much hemoglobin, i.e., red blood corpuscles, as those receiving normal food. While inorganic iron may be absorbed, it is not utilized in the formation of hemoglobin, but remains unused in the tissues. Abderhalden also came to the conclusion that hemoglobin is derived essentially from the organic compounds of the food, while inorganic iron acts mainly, if not entirely, as a stimulant.

Chloride of sodium, or common table salt, is another inorganic substance which has caused much confusion in regard to its necessity as an adjunct to our food. Salt serves as no food, nor does it perform any vital function in the organism. It is used in a vain attempt to restore the organic salts dissolved in the water, foolishly discarded, in which vegetables were boiled, or lost by other irrational methods of preparing foods.

The mineral elements entering into the composition of the human



Chemically and physically elements may be the same, but their rates of vibration differ according to their scale of evolution. The calcium in a lime bed may be likened to a dull apathy, as compared with the heightened consciousness of calcium abounding in the bones of an ox. Nor is the calcium occurring in the bones of an ox, or in a coarse Bushman of the primitive world, of the same quality or of the same degree of sensitivity as calcium resident in the bones of a philosopher or genius.



body, with the exception of sulphur and iron, are not found in nature in the uncombined or elementary state. Taken as such they would be more or less injurious and even poisonous to the system, on account of their great affinity for oxygen and other elements, which rapidly disintegrate all organized matter. It is only in their various chemical combinations with other substances that the elements become so modified that they can serve as foods for plants. Such produce or vegetation, in turn, transform them into still higher forms of organic combinations, enabling them to perform various complex vital functions in the animal and human organism.

The cell is made up of a group of atoms, each containing numerous electrons, all in active vibration; consequently electronic vibration is the material life of the cell. The law of selection or attraction, sometimes known as chemical affinity, enables a cell or group of cells to select from the nutrient blood the elements needed for its sustenance. The different groups of cells called organs or tissues must have within certain definite limits the same general attunement of atomic cell vibration, for the whole organism must be attuned in the same key.

That there may be some departure from the normal in the cell vibration of a certain organ or tissue is true, but this, if long maintained, will unfavorably affect the attunement of the whole organism. A normal cell vibration means per-

fect health, and abnormal vibration means disease, suffering and ultimate death of the cell and of the mass of cells—in other words, the death of the individual.

A human body is formed according to the same laws of evolutionary development which elaborate a microbe, a plant, a tree. This earth, the sun, our solar system, the galaxy of all suns and worlds down to the simplest forms of life, are not the products of mere chance, nor the result of blind physical and chemical forces. They are all the expression of preceding stages of evolution, directing the various forms of energy in certain well-defined channels of unfoldment.

May we then not assume that in the universe there is an intelligence superior to that of man? The human brain, which seems to us the highest organization of matter and energy, is but an expression of that all-pervading Divine Mind which embraces the experience of eons and of countless worlds, manifesting itself in the corpuscle as well as in the largest sun, in the plant as well as in man, always leading onward and upward to higher forms of life.

---

### MEANS OF BLISS

"Studying the *Vedas* (scriptures), practising austerity, the acquisition of true knowledge, the control of the organs of sense, avoidance of all injury, and serving the *guru*, are the chief means of attaining supreme bliss."—*Manu*.

# Meditations

*For Each Day in August, 1938*

By YOGACHARYA SRI KHAGEN

Monday, 1st. God is light.

Tuesday, 2nd. Every atom has sound and light vibration.

Wednesday, 3rd. As the sun's rays penetrate every corner of the earth, so the light of God penetrates even the darkest corner of our minds.

Thursday, 4th. Our mind is intelligent only when it shines with the borrowed light of God.

Friday, 5th. Mind is both objective and subjective.

Saturday, 6th. The power of mind is unlimited.

Sunday, 7th. Our individual mind is a part of the great Cosmic Mind. By right meditation and concentration, we shall break the barriers of our mind and be one with Cosmic Mind.

Monday, 8th. I shall constantly practice introspection so that my willing and feeling will be under my control.

Tuesday, 9th. The sensory instruments of mind—touch, sight, sound, smell and taste—should be properly developed by the power of will and concentration.

Wednesday, 10th. Our individual will is a part of God's will.

Thursday, 11th. Unless I use my will, God's will will not cooperate with mine.

Friday, 12th. The will is the greatest factor for success in human life.

Saturday, 13th. A man without will is like a ship without a rudder.

Sunday, 14th. It is the will of God that is responsible for all creation,—solids, liquids, gases.

Monday, 15th. Will and energy are one.

Tuesday, 16th. In the beginning of evolution, it is the will and energy of God that starts creation; at the

time of cosmic dissolution, this will and energy revolve back to God.

Wednesday, 17th. The will is the divine spark in man which enables him to escape mechanistic and environmental influences.

Thursday, 18th. The will is a great healer of body, mind and soul.

Friday, 19th. Will is intensified desire.

Saturday, 20th. My mind is a great storehouse of knowledge.

Sunday, 21st. There is no greater virtue than knowledge.

Monday, 22nd. Knowledge with discrimination is the ideal state of mind.

Tuesday, 23rd. Some seek the path of knowledge (*jnana yoga*) and some the path of action (*karma yoga*). Both are equally effective and both lead to liberation.

Wednesday, 24th. Knowledge is the inherent quality of the soul. It has been gathered by the soul through eons of time. There is nothing unknown to the soul.

Thursday, 25th. Knowledge destroys doubt and illumines the dark places of the mind.

Friday, 26th. God or Brahman is one. The main characteristic of the *Brahmin* or spiritual man is to see unity in all diversified objects.

Saturday, 27th. In Brahman lie the triune principles in One.

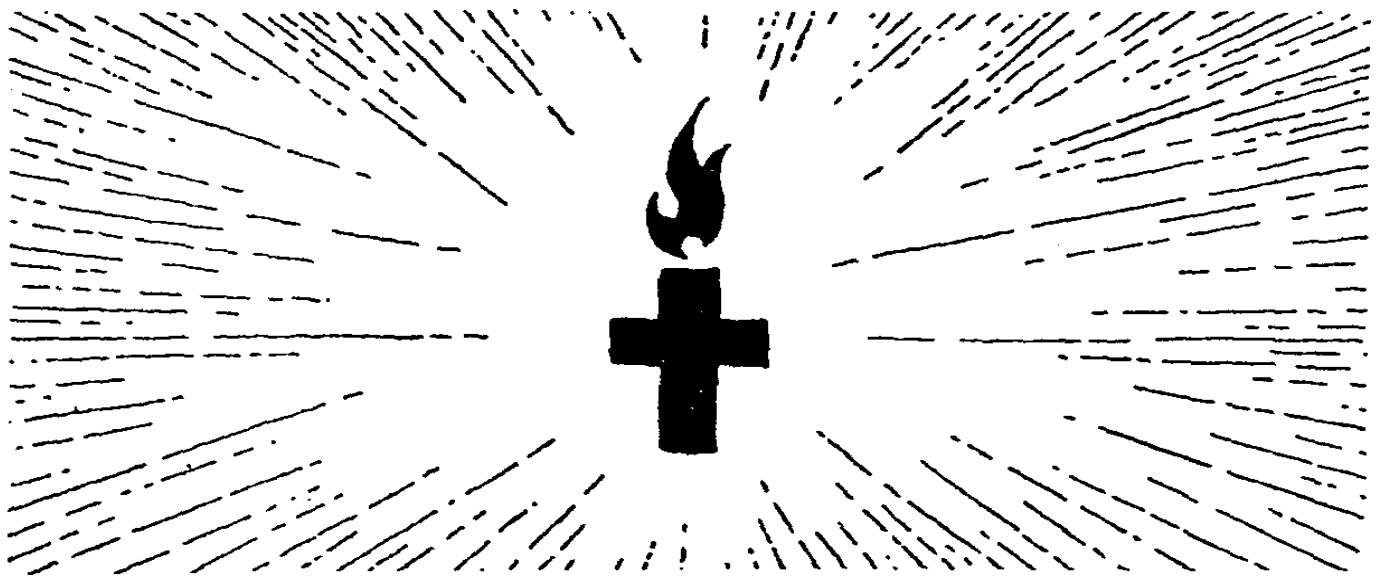
Sunday, 28th. It is One that has become many in the dream state, but in reality there is only One; the manifoldness is merely an illusion.

Monday, 29th. I shall destroy all delusion of matter and meditate on the effulgent light of the Self.

Tuesday, 30th. Christ-consciousness should be the goal of every human being.

Wednesday, 31st. We can attain the state of Christ-consciousness by purifying our body and mind.





## Second Coming of Christ

Steps Toward the Attaining of the Consciousness  
Which was in Christ Jesus

*"Let the Dead Bury Their Dead."—The Power of  
"Peace, Be Still."—The Foolish Gadarenes and their  
Modern Counterparts.—An Occasion when  
Jesus Authorized Publicity*

By PARAMHANSA SWAMI YOGANANDA

*And another of his disciples said unto him, Lord, suffer me first to go and bury my father. But Jesus said unto him, Follow me; and let the dead bury their dead.—Matt. 8:21-22.*

"Follow my living Spirit and everlasting life-giving teachings and let the spiritually dead bury your physically dead father. Since you are my disciple and have acknowledged God as your Father, you need not bury the dead body of your father which can be buried

by so many spiritually dead people."

Jesus had elsewhere quoted the divine injunction: "Honor thy father and mother," (*Matt. 15:4*); so he was not here teaching disrespect from a son to his father. Jesus said, "Let the dead bury their dead," to his disciple only because the disciple had changed his family relation and had been trained to be conscious of his real divine relation with Christ and humanity. Jesus was trying to remind the disciple, when he want-

ed to bury his father, that it was more important for him to be one with God by being in tune with his Christ-Consciousness than to waste time in the delusion that the burial of the father was necessary, when there were so many spiritually dead people ready to bury the useless dead body of the disciple's father.

### **The Universal Family**

In India it is the custom for the son to cremate his father or mother. He is the first one to put the fire in the funeral pyre where the dead relative lies. But a Swami, who leaves his personal family and becomes identified with God's universal family, is not allowed to cremate any of his dead relatives, because in this cosmic motion picture of the world, he no longer identifies himself with only one single little family. A Swami thinks that as he belongs to God's family and does not cremate the dead of all families, why should he cremate the dead who belong only to the family into which he was born?

Of course, spiritually it is not a sin for a Swami to cremate his own relatives, for even the founder of the Swami Order, Swami Shankara, went against the letter of the rule of his order, and cremated his own mother. In that case, Swami Shankara was not attached to his mother, but because there was no one else to cremate her at the time of death, he came to perform that duty. It is said that Swami Shankara produced divine fire to con-

sume the body of his mother. A Swami is not prevented from cremating any of his dead relatives if there is no one else to do so, but he is taught not to identify himself with the family in which he was born nor to follow its traditional rules, since he alters his consciousness from being a family member and becomes a member of the universal family.

Jesus was also teaching his disciple to consider God first and to spend every moment in God-contact, rather than put God-contact and meditation in the second place even when it was necessary to bury one's dead father. The Heavenly Father is the giver of the earthly father and therefore the greatest honor and attention should be given to the Heavenly Father at all times. Jesus especially asked his disciple to follow him in preference to burying his father because he was a disciple who had changed his family relation and had entered into relationship with Jesus and his divine family of the cosmos.

### **The Spiritually Dead**

It is also significant to note how Jesus emphasized that the physically dead are dead and the spiritually dead are also dead but do not know it. Jesus emphasized that the spiritually dead were greater objects of pity than the physically dead, for the physically dead having lost their earthly lives could not awaken themselves to the teachings of Christ or truth, but the spiritually dead could hardly

be pardoned for deliberately making themselves dead to the life-giving emancipating teachings of Christ.

Jesus also assured the disciple that by following him, who held the keys to the mysteries of life and death, the disciple could do greater service to the soul of his dead father by his spiritual good will than he could by merely burying his physical frame.

*Now it came to pass on a certain day, that he went into a ship with his disciples: and he said unto them, Let us go over unto the other side of the lake. And they launched forth.*

*But as they sailed he fell asleep: and there came down a storm of wind on the lake; and they were filled with water, and were in jeopardy. And they came to him, and awoke him, saying, Master, master, we perish. Then he arose, and rebuked the wind and the raging of the water: and they ceased, and there was a calm. And he said unto him, Where is your faith? and they being afraid wondered, saying one to another, What manner of man is this! for he commandeth even the winds and water, and they obey him.—Luke 8:22-25.*

Jesus, although apparently asleep, inwardly was one with God. The center of an individual's consciousness is in the conscious mind during wakefulness, the subconscious mind during sleep, and in superconsciousness during deep meditation. When an individual

is concentrated in the state of wakefulness, his subconsciousness and superconsciousness remain in the background. When he is asleep, his consciousness and superconsciousness remain in the background. But a master like Jesus, whose center of consciousness is Cosmic Consciousness, no matter whether his body is awake or asleep, is always awake in Spirit, able to watch his body sleeping, or working in the state of wakefulness, even as God watches all human beings equally whether they are asleep or awake. That is why Jesus had said, "Are not five sparrows sold for two farthings, and not one of them is forgotten before God?" (Matt. 12:6.)

### Present in All Space

As God's consciousness is omnipresent, He knows life and death, sleep and wakefulness, of all creatures present in Him, even as we know all our thoughts within our one mind. Even as a human being with his one life is conscious of the sensations of his body or of pain that may occur in any of the twenty-seven thousand billion cells of his body, so God's consciousness, being consciously present in all space, knows everything that happens even in any one of the tiniest atoms among all the countless creations in the cosmos.

Jesus questioned his disciples' faith because they did not realize that, even though he was asleep, his consciousness was one with the Father and was awake in the storm, in the boat, in the disciples



and in everything. If the disciples had had faith in the omnipresent consciousness of Jesus, they would have known his inner consciousness would protect them even though his body apparently slept.

So Jesus said: "Why are you afraid through ignorance, and have not faith in the all-protecting omnipresent power and consciousness within me?" With the sanction of the divine will to prove his omnipresent consciousness and power of God within Him, Jesus rose and commanded the forces of nature, winds and water, and addressed the sea:

"O ye boisterous sea and wind which are governed by cosmic forces and who are created and are active according to the will of the omnipresent God, the Father with whom I am One, I command you to change your vibration and be peaceful and quiet."

### **"Peace, Be Still"**

As soon as Jesus, with his omnipresent consciousness and the omnipresent will of God within him, vibrated peace, the God-guided forces of nature immediately followed his example. It seems to ordinary persons that the wind and ocean are working by blind forces without any plan. But it is evident that the harmony in nature, the routine of seasons and the mathematics of planetary order reveal an intelligent law and cosmic plan of God which governs them. The unthinking person ascribes the law and order in this world to chance and nature, but

the divine man who consciously perceives God in everything knows that everything, all planetary and stellar systems, are governed by the will of God.

Hence, Jesus, being a master, not through imagination but by self-realization being one with Spirit, had God-like powers. Even as God controls the elements of nature Jesus, being one with Him, could control the wind and the storm.

### **A Miracle of My Master Which I Witnessed**

I had the blessing of witnessing the controlling of nature by my great Master, Swami Sriyukteswarji. Once in Puri during a very hot summer day, when there was not the slightest prospect of rain or clouds, I had to participate in one of my Master's religious processions. So I went to him and remonstrated that it was almost impossible to lead the procession on the hot sands with bare feet in the city streets. The Master replied, "I will tell you a secret. Tell no one now. The Lord will send a cloud and drops of rain will cool the sand that you all may have the procession. So long as you will hold the procession God will keep the umbrella of clouds over your heads and sprinkle little drops of rain to keep your feet cool."

To our group's great astonishment, we noticed that as soon as we started with the religious procession the entire sky was filled with clouds as if by magic and very light rain fell, cooling off the

sands in the city streets. As long as the religious procession of the Master paraded in the streets, the clouds and comforting rain continued, but as soon as the procession came back to the hermitage the sky burned with the oriental sun, the sands scorched with the extreme heat, and the clouds and rain passed away as if they had not been. The Master remarked, "Did you see how God works for us? He works for all and responds to all, but few consciously realize when God consciously responds to their prayers. God is not partial to a few devotees but responds to all if they would have faith in Him. Human children ought to have implicit faith in the omnipresent power and kindness of their one Cosmic Father."

*And they arrived at the country of the Gadarenes, which is over against Galilee. And when he went forth to land, there met him out of the city a certain man, which had devils long time, and ware no clothes, neither abode in any house, but in the tombs. When he saw Jesus, he cried out, and fell down before him, and with a loud voice said, What have I to do with thee, Jesus, thou Son of God most high? I beseech you, torment me not. (For he had commanded the unclean spirit to come out of the man. For oftentimes it had caught him: and he was kept bound with chains and in fetters; and he brake the bonds, and was driven of the devil into the wilderness.)—Luke 8:26-29.*

Such madmen are also to be found in present times in the lunatic asylums, locked up in padded cells. All lunacy is not due to derangement of brains; sometimes brains are possessed by evil spirits who can be exorcised or driven out by men like Christ. When this lunatic saw Jesus coming, the evil spirit in him recognized Christ and in fear implored him not to dispossess it.

To this, Jesus said, "O thou disembodied soul and reflection of Spirit filled with unclean evil karma, you should give up your unlawful possession of this man's body; you have converted him into a lunatic."

### "Tramp" Souls

It has been explained before that a tramp soul is usually a disembodied soul of a murderer or a man who has committed suicide. Because of his disregard for life his own karma condemns him to an existence like a nightmare in the astral world. These souls, not finding much-desired rebirth, often possess demented minds with bad karma. Masters who can distinguish between spirit possession and ordinary brain derangement have the power to consciously command these tramp souls to depart from the human bodies they unlawfully possess.

*And Jesus asked him, saying, What is thy name? And he said, Legion: because many devils were entered into him. And they besought him that he would not com-*

*mand them to go out into the deep.*—Luke 8:30-31.

Jesus, being omnipotent, knew everything that was going on in the astral world where millions of good and bad souls remain after death. The evil souls are all controlled by Satan and they all have distinctive features and names. That is why Jesus asked the name of the spirit. The leader of the spirits replied that his name was Legion—that is, many devils, which signified that many wicked disembodied souls were crowding and disordering the one mental house of this madman. As many thoughts can remain in one mind, and various moods and various personalities can be displayed by the same actor, so various disembodied spirits, being subtle, can occupy and possess the same mind and the same body. Just as many people can live crowded in a room, so many disembodied souls can possess the same brain, crowding it.

These disembodied souls, being in the astral world, consciously knew the influence of Jesus Christ's consciousness in the astral world. They knew the power of Jesus over the evil spirits, so they begged him that they should not be commanded to roam again without the consciousness of physical bodies into the deep ocean of black space where they were tormented and choked with their own visions of a nightmare existence without a light to guide them.

## Meaning of "Deep"

These disembodied souls crowding the brain of the individual were highly delighted and ran riot, enjoying the sensations of sound, light, taste, smell, touch and the perceptions of a world full of definite objects through the brain of this possessed individual. That is why the disembodied spirits were afraid of being denied a further ride in the fleshly motor-car racing through a land of physical sensations and sceneries and of being thrown back into the Hades and nightmare of dark subconscious existence. That is what is meant by the word, "deep."

*And there was there an herd of many swine feeding on the mountain: and they besought him that he would suffer them to enter into them. And he suffered them.*

*Then went the devils out of the man, and entered into the swine: and the herd ran violently down a steep place into the lake, and were choked.*—Luke 8:32-33.

Since Jesus Christ, by his divine power, was compelling the unclean spirits to leave the body of the madman, therefore they wished to enjoy the lesser sensibilities in the bodies of a nearby herd of swine. These wicked disembodied spirits preferred a transition from the feeling of human sensations to the feeling of animal sensations in the animal bodies rather than suddenly be whirled back into the dark subconscious state of eternal space where they were condemned



to stay by the evil karma of their past lives.

Jesus permitted them to do so. The unclean spirits then left the brain of the possessed individual and entered the bodies of the whole herd of swine who, being possessed by these unclean disembodied spirits, began to act like maniacs and ran violently into the lake.

These evil spirits with great difficulty had found one wicked individual as their suitable medium and had crowded into his brain and tortured him by making him do things he did not want to do. They ran riot with his body and did not care what happened to it so long as they could enjoy life through its sensations. In trying to work out all their violent emotions through one brain they deranged it. Being denied by Jesus this much-desired, yet crowded dwelling-place of one brain, the disembodied spirits through the help of Jesus temporarily went to feel the joys of animal existence in the bodies of a herd of swine.

### Regions of Space

When the disembodied spirits entered into the bodies of swine, the animal brains became deranged; the evil spirits within them were so excited with animal pleasure that they did not know what they were doing and ran violently into the water and were drowned. The unclean spirits with the souls of the swine were driven back into the regions of dark space where wicked souls live with souls that have come out of animal bodies.

*When they that fed them saw what was done, they fled, and went and told it in the city and in the country.*

*Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid. They also which saw it told them by what means he that was possessed of the devils was healed. Then the whole multitude of the country of the Gadarenes round about besought him to depart from them; for they were taken with great fear: and he went up into the ship, and returned back again. —Luke 8:34-37.*

It was foolish of these ignorant people to be afraid of Jesus and not afraid of their own ignorance. Had they realized the all-redeeming power of Jesus, instead of being afraid of him they would have asked him how they could be free from being possessed by the devil of devils—ignorance. Even in modern times many educated people, seeing some master in ecstasy with God, with his body in a state of suspended animation, foolishly feel afraid of him as one who is under the influence of witchcraft or black magic and who may be teaching the art of unconsciousness or possession by disembodied spirits or who may be practicing self-hypnotism. Similar uncomprehending fears, about Jesus, were felt by the ignorant Gadarenes two thousand years ago.

## The Yogi Art of Death-in-Life

It must be remembered one has to die in order to separate his soul from his body. In ordinary death a soul is separated from its body so that the soul cannot reenter its own body again. But a master teaches how to conquer death by consciously taking the soul out of the body at will and putting the soul back into the body again. By this process, instead of going out in ecstasy into the after-death state and not being able to come back, a soul learns that the body is his material dwelling-place. He can remain there as long as he wants and after living in it enough he can quit it at will without suffering physical pain or mental pain due to attachment, and go to his omnipresent home in God.

But the ordinary person does not know that he lives in the body as a prisoner of his own past karma. Due to his long residence in the bodily prison, vulnerable to its accidents and death, he grows to like it and when his karmic term of bodily confinement is over and he is commanded to depart from the body by the compulsion of disease, the individual hates to leave the prison house of the body. Most people do not know why they come into the body or why they go out of it.

The yogis say that since the bodily confinement is due to the karmic term the soul should learn of its oneness with Spirit and by meditation get himself paroled from the dictates of karma and

have the power to go in and out of the bodily prison as he wants to by getting hold of the key of mystery of life and death by yogic meditation and art of self-realization.

So, no sane individual should foolishly fear a master or condemn his all-emancipating technique of meditation even as the men of Gadara were foolishly afraid of Jesus and instead of asking salvation from him commanded him to depart from their shores.

### Jesus Used Publicity

*Now the man out of whom the devils were departed besought him that he might be with him: but Jesus sent him away, saying, Return to thine own house, and show how great things God hath done unto thee.*

*And he went his way, and published throughout the whole city how great things Jesus had done unto him.*

*And it came to pass, that, when Jesus was returned, the people gladly received him: for they were all waiting for him.—Luke 8:38-40.*

It is remarkable to note how Jesus was without ego. He did not speak of his own powers of healing but of the divine power which manifested through him. He believed that the demonstration of divine power needed publicity through a living example that other afflicted souls might seek help from the unlimited divine power. When publicity is used for material gain it yields material

results. Publicity is useful to broadcast divine demonstrations for the guidance of afflicted souls, but self-laudation is pernicious and repugnant to the spiritual man.

---

### THE LOOKER-ON

"Old age and decay laid hold of the body, the senses, the memory, the mind, but never of the Self, the Looker-on. The Self never grows tired; only the body grows tired of supporting the Self. The Self never grows blind; only the windows of the senses become darkened with dust and rain. The Self never forgets; only the inscriptions on the memory fade, and it is well that much should be forgotten."

—A passage from the "Upanishads," quoted by Max Muller, translator of many Sanskrit texts, in a letter to Ralph Waldo Emerson on the occasion of his 77th birthday.

---

### REFLECTIONS

"There is only one thing with which death cannot interfere; death cannot interfere with our fulfilling, in each hour we live, the will of God—that we should love men.

"There is no time. There is only now, this instant. And in it, in this instant, lies our whole life. Hence one must put all one's strength into this instant.

"To make it easy to live with a man, think of what you have that is common to both of you, the same in both, and not of what you have that is separate and different."  
—Leo Tolstoy.

### HIS HANDIWORK

"Imagine a race of beings whose whole life has been spent underground among comfortable and well-lighted habitations embellished with statues and paintings and furnished with all the luxuries that belong to men of fortune, but who have never ascended to the upper earth; only they have heard in rumored story that there is a mysterious and mighty Deity.

"A time comes when the earth opens her jaws, and power is given them to forsake their unfathomable dwellings and to stand forth in regions tenanted by man. On a sudden they survey earth and sky and ocean; they mark the vast magnitude of the clouds and the mighty rushing of the tempest. They gaze upon the sun and mark his immensity, his beauty, and the marvels of the power whereby he fashions the day, flooding with light the illimitable heavens; then when darkness overshadows the earth, they behold the firmament decked and blazoned with constellations, the varying splendor of the waxing and waning moon, the rising and setting again of the starry host, and their courses ordained unchangeably through all eternity.

"Surely after spectacles like these they would believe that there is a God, and that all these marvels are His handiwork."

—Seneca.

---

"Light shall come again from the East."—Tyndall.

# NEWS OF THE CENTERS

## Swami Visits San Francisco And Yellowstone Park

Paramhansa Swami Yogananda, with his secretary, Mr. Ewing, and a party of seven, visited the San Francisco and Salt Lake City Centers in June and July. While in San Francisco he spoke to capacity houses on two nights at the Native Sons' Auditorium.

En route to Salt Lake City, he and his party stopped over at famed Yellowstone Park. "It is a unique spot of the world," Swamiji exclaimed. "If one wishes to see how the world looked in the beginning, he should visit Yellowstone and see its bubbling geysers, steaming grounds, and boiling pools of opal, sapphire and emerald. Tame bears and wild animals abound.

"I put some uncooked rice in a piece of cheesecloth, tied it to a stick and dipped it into one of the blue pools. In no time there was steamed rice, which we buttered and ate with enjoyment.

"The people who run the Yellowstone Park Lodge and cottages were most courteous and helpful."

### Salt Lake Visit

Due to numerous requests of old students and friends, the Swami talked over KSL radio station in Salt Lake City on two afternoons, and lectured to record crowds in the Newhouse Hotel for three

nights. He also gave lessons to an enthusiastic class of students. He returned home to a warm welcome at Mt. Washington in Los Angeles in late July.

Swamiji will resume the conducting of the 11 o'clock Sunday services at the Golden Lotus Temple at Encinitas on July 31st. Sri Khagen ably conducted the Self-Realization Fellowship services at Encinitas during Paramhansa Swami Yogananda's absence.

### Welcome, New Centers

During 1938, six new Self-Realization Fellowship Centers have been founded—one in distant South Africa, one in New Jersey and four in California.

Sri Das founded the Newark, New Jersey, Center; Yogacharya Sri Khagen founded the Gardena, California, Center; Dr. Roman Ostoja founded the Fresno and San Francisco Centers in California. A new Center in Bell, California, has also been started recently. Orpha L. Sahly, director of Center activities, has appointed Mrs. Elizabeth Schulman to take charge of the Johannesburg Center in South Africa.

### Boston News

The Boston Center welcomed Sri Das on a visit in June. He plans to return to Boston to lecture in late September. The beautiful



Ceremony of the Festival, with roses everywhere, was celebrated by the Boston Center on June 20.

### Ranchi, India

Swami Satyananda writes that the marble slabs, with the names of all American donors to the Ranchi School, have been completed and hung at Ranchi.

---

### Title of "Paramhansa" Given Swami Yogananda

During Swami Yogananda's visit to India in 1936, after fifteen years' spiritual work in America at the command of his great master, Swami Sri Yukteswarji of Puri, the latter honored him with the title of *Paramhansa*. *Param* means "supreme" and *hansa* means "soul". It is the highest spiritual title which a divine *guru*-preceptor can bestow on his disciple. It is never merely a title, given without reason or just in recognition of material service to others. The *guru* only bestows it on his disciple when the latter has reached a very high state of Cosmic Consciousness, Divine Joy, Wisdom-Bliss and God-contact in Self-Realization.

The English equivalent of *Paramhansa* is "Master."

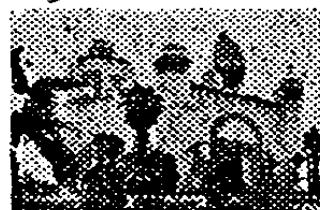
---

"Receive, O Lord, my entire liberty—my understanding, my memory, my will. From Thee I have received all things—to Thee do I return all things. Give me but Thy grace and Thy love; I ask not anything else of Thee."  
—*St. Ignatius*.

AUGUST, 1938

## Golden Lotus Temple Of All Religions

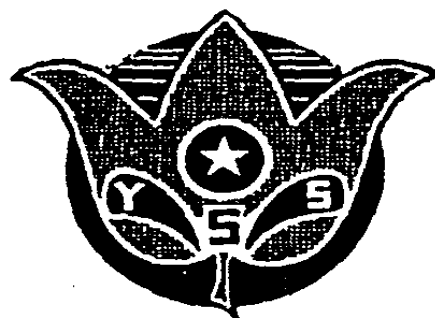
Self-Realization  
Fellowship  
at  
Encinitas, California



Unique Services  
By-the-Sea  
Every Sunday  
at 11 a.m.

•  
Non-Sectarian Services  
Conducted by  
**Paramhansa Swami  
Yogananda**  
and eminent speakers

•  
Communing with the  
Infinite Peace in  
Glorious Scenic Sur-  
roundings  
ALL WELCOME



# SCIENTIFIC DIGEST

## ILLIMITABLE UNIVERSE

"The most distant nebula, or star system, whose velocity has been measured is receding at the rate of 26,000 miles a second," said Milton L. Humason, associate of Dr. Edwin Hubble at the Carnegie Institution's Mount Wilson Observatory, recently.

"Each nebula, no matter where it is situated, is moving away from its neighbors. To illustrate, one can think of the surface of a partially inflated balloon upon which a number of colored dots have been placed. If the balloon is inflated still more, each individual dot will move away from all the others.

### *Velocities Charted*

"Since 1928, the velocities of more than 150 nebulae have been measured at Mount Wilson. The results confirm in every respect the linear relationship between velocity and distance derived by Dr. Hubble from the nearer nebulae, and show that for even more distant objects the increase in velocity is still sensibly proportional to the increase in distance."

The observations cover a range of 240,000,000 light years, a light year being 6,000,000,000,000 miles.

"Explorations have been pushed out to the limits of existing instruments," he said. "The radius of

the observable regions of the universe—the average distance of the faintest nebulae recorded with the 100-inch telescope—is about 500,000,800 light years.

"There is no thinning out. We see but a little way into the universe, which probably stretches on and on, far beyond the limits of our telescopes."

## PUTTING SOUND TO WORK

Dr. William T. Richards of the Rockefeller Institute reports to the Acoustical Society of America that sounds which are so high that we cannot hear them are used successfully to vibrate liquids and solids with astonishing results. Fogs can be dissipated, whiskey aged, cosmetics and photographic plates stabilized, milk sterilized, metals degassed. "But the electrical production of sound waves is appallingly wasteful," says Dr. Richards. He believes that mechanical devices will take the place of the electrical.

## ROVING EYE TESTS

Dr. Ward C. Halstead, experimental psychologist of the Otto S. A. Sprague Memorial Institute of the University of Chicago Clinics, has developed a "ticker-tape" method of recording eye movements while the lids are closed.

Though developed to study mental cases, it probably will find a wide application in preventing highway and industrial accidents.

Electrodes are placed on each side of the head at the eyes. The eye acts like a miniature storage battery with a strength equal to one-one-millionth of that of an automobile's and recorded by a pen on waxed ticker-tape. Every time the eye moves a current fluctuates ever so slightly in the circuit of which the electrodes and the head are part. The fluctuations are enormously amplified by tubes similar to those in radio receivers.

With this device it is possible to obtain trustworthy records of the direction and extent of eye movements while the subject is walking around a room. This flexibility, something not possible with other methods of recording eye movements, is important in studying mental cases, as well as aphasia, stuttering, amnesia, pseudo-hallucination and flighty imagination.  
—*New York Times*.

---

### A LIFE-TIME'S FOOD

American and German scientists have just made some intensive calculations to find out how much human beings eat in a life-time.

The amount of bread a man eats during seventy years of his life they find is 400,000 to 500,000 lbs.; eggs 12,000, meat about 340 cwts. (17 tons); fish 100 cwts. and potatoes 600 cwts.

As regards drink, taking water and spirits together as liquid, a hu-

man drinks over 500,000 pints of liquid.

The scientists have even calculated the amount of air a man breathes. They have based their figures on the assumption that a man uses up 17 cubic meters of air per minute, which means approximately five million cubic yards of air in a lifetime.

---

### LAW-OF-CHANCE TEST

#### *Mathematician's Findings Back Rhine's Clairvoyance Theory*

The work done by Dr. J. B. Rhine and his associates at Duke University has been severely criticized by some psychologists on the ground that the laws of chance may not be as rigidly true as the mathematicians insist. It will be remembered that students were selected for their clairvoyant and telepathic powers and told to call the order of the cards in a thoroughly shuffled, unseen deck. If they did no more than guess they would call one card out of five correctly, there being five identical suits in each pack. The selected students made much higher than chance scores. On a few occasions twenty-five out of twenty-five cards were called correctly. Scores of nine and ten were frequent.

Dr. Joseph A. Greenwood, a Duke mathematician, shuffled and matched 500,000 cards, carefully checked his data against errors and found that the law of average is correct.

The five cards of a suit bear pic-

tures of two parallel wavy lines, a plus sign, a rectangle, a star and a circle. Using shuffled packs of twenty-five cards with five such suits Dr. Greenwood matched each pack, card by card, against a random list of the same symbols. The average found in his half-million matchings was 4.9743.

---

## RADIOACTIVE MAN

The radioactive man is to make his first public appearance at the Golden Gate Exposition in 1939. He is to be set up by the University of California as one of the outstanding features of its \$200,000 exhibit in the Hall of Science to show how science can hang a headlight on every atom that he consumes and just where those atoms go.

The robot will be built out from a background panel in partial relief and will hold a big spoon. The pressing of a button will start the atoms up to the spoon and down the robot's throat. The atoms will be represented by varicolored wooden spheres. Other mechanism will distribute these through the body. Each sphere will contain a minute quantity of real radioactive substance—enough to be detected by a hypersensitive Geiger counter. Human guides and written legends will then disclose what the substance does.

As soon as the counter is placed in the general vicinity of the ingested substance, there will be a popping or clicking through a loud speaker. Then the onlookers will

know that the substance is busy in the heart, lungs or some other organ. For instance, they will both see and hear the march of radio-phosphorus on its way to the bone structures, either to detect or to prove the nonexistence of disease there. Or they will be able to detect the course of radio-sodium or radio-iron to other parts of the body to fight the rampant cancer cells or other diseased tissue.

---

## NERVES ALWAYS ACTIVE

It has been known for a century that electric charges follow nerve impulses, but it was only about ten years ago that it became possible to measure the equivalent action of the brain. The measurers found to their astonishment that even when no impulses are sent into the brain nerve cells nevertheless beat electrically just as the heart beats mechanically when we are asleep.

According to Dr. Ralph W. Gerard, associate professor of physiology in the University of Chicago, this discovery has revolutionized the conception of the nervous system. In the old days, meaning five years ago and longer, the nerves were supposed to stand idle until appropriate buttons were pushed, like a telephone exchange waiting for somebody to take a receiver off its hook. Now it is known that the nerves are always active.

Recent investigation shows that these spontaneous beats are affected by warmth (which speeds up the rate), by chemicals (potassium



is an accelerator, calcium a retarder) and by regular nerve stimuli such as the tap under the knee cap which makes us kick the lower leg involuntarily.

---

## LIFE ON VENUS

Life may exist on Venus, according to Prof. Knut Lundmark, director of the University Observatory at Lund, Sweden. He was a recent visitor at Lick Observatory.

Venus, with its dense atmosphere, he believes is capable of supporting many living things; and there are millions of earths similar to our own and just as capable of maintaining human, animal and vegetable life. The Swedish astronomer feels it is quite reasonable to suppose that many other planets are inhabited and that living organisms are "sewn" on them by meteors and the pressure of light.

Dr. Lundmark cites as one argument for the probable existence of life elsewhere that the ninety-two elements are evenly distributed throughout the universe and that thus life also should be evenly distributed.

---

## I. Q. THEORY DISPROVED

The intelligence quotient (I. Q. for short) is supposed by most psychologists to remain constant. Once a mental subnormal, always a subnormal. Measurements made of a boy at the New York Psychological Service Center and reported in the *Journal of Consulting Psychology*

disprove this supposition. At four and a half years this particular boy had an I. Q. of 70—so low that he was about to be sent to an institution for the feeble-minded. At 15½ it is 120, and the boy is in high school doing well.

"Would that it were possible to scotch for good and all the superstition that every one's intelligence is inborn and unalterable!" exclaims the *Journal*.

---

## AMERICA'S WEALTH

"The United States contains 6 per cent of the world's area and 7 per cent of its population.

"It consumes 48 per cent of the world's coffee, 53 per cent of its tin, 56 per cent of its rubber, 21 per cent of its sugar, 72 per cent of its silk, 36 per cent of its coal, 42 per cent of its pig iron, 47 per cent of its copper and 60 per cent of its crude petroleum.

"The United States operates 60 per cent of the world's telephone and telegraph facilities, owns 80 per cent of the motor cars in use, operates 33 per cent of the railroads. It produces 70 per cent of the oil, 60 per cent of the wheat and cotton, 50 per cent of the copper and pig iron and 40 per cent of the lead and coal output of the globe.

"The United States possesses almost \$11,000,000,000 gold, or nearly half of the world's monetary metal. It has two-thirds of civilization's banking resources."—*The Sphere*, Washington, D. C., October, 1936.

## GIVE THY SOUL LEAVE

When first thy eyes unveil, give thy  
soul leave

To do the like; our bodies but  
forerun

The Spirit's duty; true hearts  
spread and cleave

Unto their God, as flow'rs do the  
sun.

Give Him thy first thoughts then;  
so shalt thou keep

Him company all day, and in Him  
sleep.

When seasons change, then lay be-  
fore thine eyes

His wondrous method; mark the  
various scenes

In Heav'n; hail, thunder, rain-  
bows, snow and ice,

Calm, tempests, light and darkness,  
by His means;

Thou canst not miss His praise,  
each tree, herb, flower,

Are shadows of His wisdom and  
His power.

—Henry Vaughn.

## ZEST OF LIFE

"Among the ancients there were men who, living among caves and precipices, yet never suffered any diminution of their zest of life. In degenerate times, let a man even become Emperor by virtue of his great influence or power, yet every day he will be melancholy. The Sage sets no store upon governing others, but devotes himself exclusively to acquiring *Tao*; and the man who finds his delight in this acquirement lays no store in wealth and ranks, but devotes himself to Virtue and Harmony." — *Huai-Nan-Tsze*.

## PRAYER FOR A DWELLING

*From the Zend-Avesta*

"May the good and heroic and bountiful souls of the saints come here, and may they go hand in hand with us with the healing virtues of their blessed gifts as widespread as the earth, as far-spread as the rivers, as high-reaching as the sun; for the furtherance of better men, for the hindrance of the hostile, and for the abundant growth of riches and glory.

"May obedience conquer disobedience within this house; may peace triumph over discord here, and generous giving over avarice, reverence over contempt, truthful speech over lying utterance.

"In order that our minds may be delighted, and our souls be the best, let our bodies be glorified as well; and O Mazda, may we see Thee, and may we, approaching, come round about Thee, and attain to entire companionship with Thee!"

## LAW EVERLASTING

"There will not be one law at Rome, and another at Athens, one law today and another law tomorrow, but the same law everlasting and unchangeable will bind all nations at all times; and there will be one common Master and Ruler of all, even God, the Framer, the Arbitrator, and the Initiator of this law. And he who will not obey it will be an exile from himself."

—Cicero.

# BOOK REVIEWS

## THE YOUNGEST DISCIPLE

By Edward Thompson

(E. P. Dutton & Co., New York. 313 pp. \$2.50.)

The author has taken the core of genuine tradition and round it has recreated the life of the Buddha and his disciples, particularly the youngest disciple, Panchkori the herd-boy, who became Kana the self-realized ascetic. The story is beautifully and simply told. A few extracts, taken from the Buddha's talks, follow:

"The man devoid of thought, even though he knows and can recite a large portion of the *Vedas*, if he is not a doer of the doctrine, is but a cowherd who counts the cows of others but has none of his own."

"Now hear what ascetic adds glory to this forest! It is the monk who has returned from his begging round: having eaten his meal he takes his place on the hero-seat of meditation; his body is erect and unbending, his mind fixed and alert. Gathering his faculties for the conflict—as a cat that would spring gathers together all its power—so, well knit and watchful, he resolves: 'I will not rise from this seat till I have shaken from me all clinging to desire, and free from that clinging have attained deliverance!'"

"Kana my ascetic and Moggallana, these two are old friends. Yet Kana knows not all that passes in Moggallana's mind, neither does Moggallana know all that Kana has thought and endured. Each to each can speak indeed and say many things, some clear and simple and others hard to grasp! Yet each unto each lies silent, as a deep cave that gives no answer to the light outside. If you know not each other then (and you have voices and hands which can write down language), how little do you know of those other lives of beasts and bird which the Creator has set besides us! It is a fiend, and no man, that exults when the life which he does not understand lies dying in pain, in the eyes of deer or hare which he has struck down."

### *Youth's Fortress*

"Youth has a fortress of swift strong bones! The flesh and blood seem clean and pure! But within lurk age and dying, like robbers waiting their time! Last of all the fire will end all, save a few white bones bleaching and crumbling! And what joy is there in looking on those white bones—like gourd shells thrown on the rubbish pile when the housewife has taken their meat for her curry!

"The painted chariots of kings are destroyed. This body, Ascetics,

which men deck with such care,  
is itself a chariot bearing itself  
unpausingly to its own destruc-  
tion!

"Pleasure, the trout for which  
thou didst so vigilantly angle, has  
been borne away by an osprey thou  
didst not see! If it is for pleasure  
only that thou hast cared all thy  
life, thou art now like a feeble and  
aged heron, standing bleakly in a  
pond where no fish are!

"Then the man who has let de-  
sire sway him all the days of his  
youth and manhood will lie like a  
broken bow, sighing for the years  
that have gone—with death's wind  
whistling through its useless  
strings."

At the time of his death, "rais-  
ing himself, he looked on the high  
white mountains. They heard him  
sigh as with deep contentment and  
peace within him. He spoke  
the Hymn of the Shattered Dwell-  
ing:

"House after house has held me in  
its prison!

On endless errand sent,  
Birth following birth I ran a  
weary course—

Seeking still the Maker of this  
tent—

This tabernacle which from me  
falls!

Whose roof lets in death's rain.  
Dust are its walls!

Painful was birth! Shame and re-  
morse

Seized on me as I wandered!

An endless lore I pondered!

Birth and rebirth are passed!

Now is the captive risen!

Yes, Maker of this house! Thou  
hast been seen!

The rafters smashed, the roof-tree  
tumbled,

The mortised shell to powder  
crumbled,

Thou cunning Hider, I have  
gripped thee fast!

And never shalt thou raise again  
This body fashioned out of ig-  
norance and pain!

I reach the end of suffering and  
desire!

For all eternity dies out this fire!"

---

## MESSAGE OF THE GITA

By Sri Aurobindo

(Jupiter Press, 16 Semudoss St.,  
Madras, India. 281 pp. 6 rupees  
postpaid.)

A luminous exposition of the  
*Bhagavad Gita* by one of India's  
most famous thinkers and yogis. A  
few extracts from the inspiring  
commentary follows:

The peculiarity of the *Gita*  
among the great religious books  
of the world is that it does not  
stand apart as a work by itself, the  
fruit of the spiritual life of a cre-  
ative personality like Christ, Mo-  
hammed or Buddha or of an epoch  
of pure spiritual searching like the  
*Veda* and *Upanishads*, but is given  
as an episode in an epic history  
of nations and their wars and men  
and their deeds and arises out of  
a critical moment in the soul of  
one of its leading personages face  
to face with the crowning action  
of his life, a work terrible, violent  
and sanguinary, at the point when  
he must either recoil from it al-



together or carry it through to its inexorable completion. The teaching of the *Gita* must therefore be regarded not merely in the light of a general spiritual philosophy or ethical doctrine, but as bearing upon a practical crisis in the application of ethics and spirituality to human life.

### *Transition Period*

The *Gita* takes for its frame such a period of transition and crisis as humanity periodically experiences in its history, in which great forces clash together for a huge destruction and reconstruction, intellectual, social, moral, religious, political, and these in the actual psychological and social stage of human evolution culminate usually through a violent physical convulsion of strife, war or revolution. The *Gita* proceeds from the acceptance of the necessity in nature for such vehement crises and it accepts not only the moral aspect, the struggle between righteousness and unrighteousness, between the self-affirming law of Good and the forces that oppose its progression, but also between the human beings who represent the antagonistic powers.

A day may come, must surely come, we will say, when humanity will be ready spiritually, morally, socially for the reign of universal peace; meanwhile the aspect of battle and the nature and function of man as a fighter have to be accepted and accounted for by any practical philosophy and religion. The *Gita*, taking life as it is and

not only as it may be in some distant future, puts the question how this aspect and function of life, which is really an aspect and function of human activity in general, can be harmonized with the spiritual existence.

### *Symbolic Friendship*

The symbolic companionship of Arjuna and Krishna, the human and the divine soul, is expressed elsewhere in Indian thought, in the heavenward journey of Indra and Kutsa seated in one chariot, in the figure of Nara and Narayana, the seers who do *tapasya* (austerities) together for the knowledge. But in all three it is the idea of the divine knowledge in which, as the *Gita* says, all action culminates that is in view; here it is instead the action which leads to that knowledge and in which the divine Knower himself figures. Arjuna and Krishna, this human and this divine, stand together not as seers in the peaceful hermitage of meditation, but as fighter and holder of the reins in the clamorous field, in the midst of the hurtling shafts, in the chariot of battle.

The Teacher of the *Gita* is therefore not only the God in man who unveils himself in the word of knowledge, but the God in man who moves our whole world of action, by and for whom all our humanity exists and struggles and labors, toward whom all human life travels and progresses. He is the secret Master of Works and sacrifices and the friend of the human people . . . . .

### *Outward Seeing*

Mortal mind is bewildered by its ignorant reliance upon veils and appearances; it sees only the outward human body, human mind, human way of living and catches no liberating glimpse of the Divinity who is lodged in the creature. It ignores the Divinity within itself and cannot see it in other men, and even though the Divine manifests Himself in humanity as *Avatar* and *Vibhuti*, it is still blind and ignores or despises the veiled Godhead.

And if it ignores Him in the living creature, still less can it see Him in the objective world on which it looks from its prison of separative ego through the barred windows of the finite mind. It does not see God in the universe; it knows nothing of the Supreme Divinity who is master of these planes full of various existences and dwells within them;—it is blind to the vision by which all in the world grows divine and the soul itself awakens to its own inherent Divinity and becomes of the Godhead, godlike.

What it does see readily, and to that it attaches itself with passion, is only the life of the ego hunting after finite things for their own sake and for the satisfaction of the earthly hunger of the intellect, body, senses. Those who have given themselves up too entirely to this outward drive of the mentality, fall into the hands of the lower nature, cling to it and make it their foundation. They become a prey to the nature of the *rak-*

*shasa* (demon) in man who sacrifices everything to a violent and inordinate satisfaction of his separate vital ego and makes that the dark godhead of his will and thought and action and enjoyment. Or they are hurried onward in a fruitless cycle by the arrogant self-will, self-sufficient thought, self-regarding act, self-satisfied and yet ever unsatisfied intellectualized appetite of enjoyment of the lower nature.

### *Separative Consciousness*

But to live persistently in this separative ego-consciousness and make that the center of all our activities is to miss altogether the true self-awareness. The charm it throws upon the misled instruments of the Spirit is an enchantment that chains life to a profitless circling. All its hope, action, knowledge are vain things when judged by the divine and eternal standard, for it shuts out the great hope, excludes the liberating action, banishes the illuminating knowledge.

It is a false knowledge that sees the phenomenon but misses the truth of the phenomenon, a blind hope that chases after the transient but misses the eternal, a sterile action whose every profit is annulled by loss and amounts to a perennial labor of Sisyphus.

---

### **Other Books Received**

*LOVE CAN OPEN PRISON DOORS.* By Starr Daily. Enlarged 1938 edition. (Bruce Humphries, Inc., Boston; \$1.50.)

The true and inspirational story of a criminal who found the key to a new heaven and a new earth through the power of love and meditation.

**THE HEART-DOCTRINE OF SRI BHAGAVAD GITA.** (Sudha Dharma Mandalam, Mylapore, Madras, India; 2 shillings.) A learned and somewhat technical philosophic study of the immortal *Gita*.

**MAN AND THE ZODIAC.** By David Anrias. (Dutton & Co., New York; \$2.00.) An elementary astrological text-book with illustrations of the zodiacal types; also an unusual chapter on the relation of the 12 signs to the conscious, unconscious and subconscious minds.

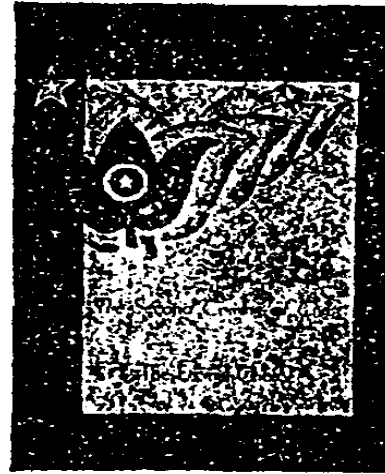
**WHERE PHILOSOPHY AND SCIENCE MEET.** Edited by D. D. Kanga. (Adyar Library Assn., Adyar, Madras, India; \$1.00.) Interesting chapters on Man and the Universe, Geology and the Secret Doctrine Compared, Archaeology, and The Meaning of Symbols.

**FOUNDERS OF VIJAYANAGARA.** By Prof. S. Srikantaya. (Mythic Society, Daly Memorial Hall, Bangalore City, India; 10 shillings.) A scholarly historical study of the foundation of the celebrated ancient Empire of Vijayanagara in southern India.

❖ ❖ ❖  
 "There are vast worlds all placed away within the hollows of each atom, multifarious as the motes in a sunbeam."—*Yoga Vasishtha*.

AUGUST, 1938

## Subscription Offer



New subscriptions to INNER CULTURE will be entitled to receive a FREE COPY of one of Paramhansa Swami Yogananda's inspirational books:

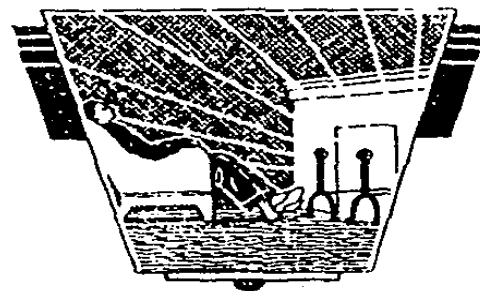
☐ **METAPHYSICAL MEDITATIONS**

or

☐ **SCIENTIFIC HEALING AFFIRMATIONS**

—◆—  
**Yearly Subscription Rates:**  
 \$2.50 (\$2.75 in Canada;  
 \$3.00 Foreign)

—❖—  
 A Worthwhile Gift  
 For A Friend



Page 43

# ★ Diet and Health ★

By TRUTH BURBERY

## **Milk**

It is better if the milk for the baby comes from a cow whose calf is younger than the baby.

The afternoon milk is richer than the morning's milk. The last milk in the udder of the cow is the richest in cream.

Stale milk often causes a sore mouth or acidity.

When milk curdles in the stomach and becomes indigestible, add limewater. Heat this together with milk. This will correct the acidity in the stomach in a short time.

Limewater is made by placing a tablespoonful of slaked lime into a pint of water. Let it stand overnight without stirring it. This water is used and the lime thrown away.

Milk should not be taken at meal-times together with solid food; it should be well mixed with saliva and taken between meals or before retiring.

Milk should be sipped slowly; never gulped down.

## **Buttermilk Drink**

Save the water in which young rice has been boiled and let it stand a day to ferment.

Use a pint of rice-water to a pint of buttermilk; add the juice of a lemon and a piece of rock-candy. This makes a cooling summer drink.

## **Soup to Correct Malnutrition**

1 small cabbage, 4 carrots, very tender; 4 parsnips,  $\frac{1}{2}$  lb. spinach, 1 stalk celery, 1 head lettuce, 1 small eggplant (unpeeled), skins of 6 potatoes.

Boil in 1 gallon water for 2 hours, strain, and drink frequently.

## **How to Boil Rice**

Measure a teacupful of brown rice to the person. Wash the rice and put it on the fire with plenty of cold water. Let it boil well. Test by squeezing a grain between the fingertips. It is done if there is no hard center to it.

When done take it off the fire and pour into a sieve or colander, letting cold water run through it. This will separate every single grain. Warm it up by steaming a few minutes. Do not use any salt in rice.

## **Borie (Bread)**

Moisten a cupful of garvanza flour or split pea flour with half a cup of water; beat it into a very fine dough. Use fork or fingers to beat with. Add a little salt and red pepper. Baking powder is unnecessary if the dough is beaten any length of time.

Drop in small spoonfuls into a deep pan of boiling oil or butter. Fry brown and serve with curried vegetables.

# BOOKS

By PARAMHANSA SWAMI  
YOGANANDA. A.B.

## Whispers From Eternity

3rd Ed. "This is the fountain of prayers for all religions—the most inspirational way of contacting God." Contains gems of pure Truth, which will penetrate the darkness of every-day existence. "Best Spiritual menu, which will nourish your daily spiritual life." With a Foreword by Madame Amelita Gallie-Curt. Cloth-bound, \$2.50 postpaid. Paper cover, \$1.50 postpaid.

## Scientific Healing Affirmations

This book has become a world-wide inspiration. The Swami has used these affirmations at Healing Meetings in many of the large American cities, and thousands have been liberated and healed of disease of the body, mind, and Soul. This book gives not only many beautiful and inspiring Affirmations to use for awakening your inner powers and thus freeing yourself from the consciousness of sickness, poverty, bad habits, and mental sloth, but it also EXPLAINS the scientific reason for healing through the power of thought, will, feeling, and prayer. Unique methods of healing for different types of mind. How to Contact the Curative Life Principle and Cosmic Energy. 50c.

## Science of Religion

Sixth Edition, with Frontispiece. Preface by the English poet and philosopher, Douglas Ainslie, who writes: "This small book is the clue to the universe. Its value is beyond estimation in words, since between these narrow covers is to be found the flower of the Vedas and Upanishads, the essence of Patanjali—foremost exponent of the Yoga philosophy and method, and the thought of Shankara, greatest mind that ever dwelt in human body—placed for the first time within reach of the multitude."

SELF-REALIZATION FELLOWSHIP

3880 San Rafael Avenue  
Los Angeles, California

AUGUST, 1938

## Inspirational Books on SELF-REALIZATION

by BRAHMACHARI JOTIN

The Universal Reality.....75c  
Realization of The Self.....35c  
Free Will and Divine Guidance..25c  
"Thine Is The Glory" .....25c  
Universal Truth—Our Belief....25c  
The Religion of Man.....25c  
Chintamani—Thought-Jewels ....35c  
Prayers of Self-Realization....  
.....Paper, \$1.00; Cloth, \$1.50

Order From

SELF-REALIZATION FELLOWSHIP  
1758 Columbia Rd., N.W.  
Washington, D. C.

### BOOKS BY

SRI RANENDRA KUMAR DAS

IN THE REALM OF THE  
INFINITE .....\$1.00  
IT CAN BE DONE—Law of  
Prosperity and Success.....\$ .50  
DIVINE TRUTH—  
Part 1 .....\$ .25 }  
Part 2 ..... .25 } \$ .60  
Part 3 ..... .25 }  
ORIENTAL INTERPRETATION  
OF CHRIST .....\$ .25  
LAWS OF SPIRITUAL  
SUCCESS .....\$ .20 }  
THE PHILOSOPHY OF } \$ .35  
YOGODA OR SELF-  
REALIZATION .... .20 }  
REINCARNATION .....\$ .30  
RESURRECTION AND IM-  
MORTALITY .....\$ .25  
HOW TO QUICKEN HUMAN  
EVOLUTION .....\$ .30  
HOW TO CONQUER DESTINY  
AND RENUNCIATION—One  
Booklet of two articles, .....\$ .25

Order From

SELF-REALIZATION FELLOWSHIP  
Pennsylvania Building  
38½ N. Pennsylvania Street  
Indianapolis, Indiana

Please do not send stamps. All the  
above books can be ordered from

SELF-REALIZATION FELLOWSHIP

3880 San Rafael Ave.  
Los Angeles, California



# Directory of Self-Realization Fellowship Centers

(Affiliated with Yogoda Sat-Sanga Society of India)

*Paramhansa Swami Yogananda, President*

## Los Angeles, California

**WESTERN HEADQUARTERS of THE SELF-REALIZATION FELLOWSHIP** (Yogoda Sat-Sanga Society), Founder-President, Paramhansa Swami Yogananda. Free public lectures when announced. Special meditation services on Thursdays, 8 p.m., 3880 San Rafael Avenue. Phone: CApital 9531.

**SECOND TEMPLE OF SELF-REALIZATION FELLOWSHIP**, 711 West 17th St. (Georgia and 17th Sts.) Sri Nerode, Director-in-Charge. Seva Devi, Associate Teacher. Teacher and student training classes. Services each Sunday at 11 a.m., and Wednesdays at 8 p.m. Sunday School for children each Sunday at 10:15 a.m. Daily meditation at 2 p.m. Phone: CApital 9531.

## Encinitas, Calif.

**Golden Lotus Temple of All Religions.** Sunday services at 11 a.m., conducted by Paramhansa Swami Yogananda and eminent speakers. All welcome.

Visitors who wish to see the grounds and ocean view are welcome at the Yogoda Hermitage at Encinitas on Sundays between the hours of 3 and 5 p.m.

## \*Santa Barbara, Calif.

Conducting Teacher, Yogacharya Khagen. Meetings held Thursdays at 8 p.m. at 39 Mihran Bldg., 17 East Carrillo St. Center open daily at 2 p.m. Associate Teachers, Mrs. Lloyd Briggs, residence address, 1740 Prospect Ave., phone 27984, and Mr. A. Van der Voort. Meditation class every Monday evening.

## \*Gardena, Calif.

Meetings on Mondays at 8 p.m. at G. V. T. A. Bldg. Thursday class meetings at 8 p.m. at 1331 166th St. Conducting Teacher, Mrs. Harriet Grove, 16425 Halldale Ave., Associate Teacher, Mr. W. Monnie. Secretary and Treasurer, Mrs. W. R. Canham.

## \*Fresno, Calif.

Dr. George H. Sciaroni, Conducting Teacher. Mr. Mihran Saroyan and Mr. Julius H. Miller, associate Teachers. Mrs. Claire Nutting Miller, Secretary. Meetings at Pacific Southwest Bldg. every Thursday at 8 p.m. Phone 2-5181.

## \*Bell, Calif.

Meetings each Tuesday at 12:30 p.m. at the home of Mrs. Minnie C. Reis, 4543 Santa Ana St.

## \*San Francisco, Calif.

664 Powell St. Phone Yukon 0186. Center is open daily for classes and personal consultation by Dr. Roman Ostoja. Sunday meetings are open to the public. All are welcome. Conducting Teacher, Rev. Alfred B. Pollard. Associate Teacher, Colin Campbell, D.D. Secretaries, Miss M. Moore and Miss Oleta Steager. Treasurer, Mrs. Emma Schouboe.

## Washington, D. C.

Brahmachari Jotin, Conducting Teacher. Sunday Service at 8 p.m. Thursday Class on Philosophy and Yoga at 8 p.m. The public is welcome. 1758 Columbia Rd., N. W.

## Boston, Mass.

First Center started by Paramhansa Swami Yogananda in 1920.

Conducting Teacher, Dr. M. W. Lewis, 26 Edgehill Road, Arlington, Mass. Assistant, J. Albert Simpson. Corresponding Secretary, Miss Ellen MacTwiggan, 158 Summer St., Somerville, Mass. Meetings every Monday evening at 8:15, at 543 Boylston St., Copley Square, Boston.

## \*New York City

Center at Carnegie Hall, 7th Avenue and 56th St. Studio 911, 7th Avenue entrance. Phone, Circle 5-6814. Sunday services at 11 a.m.

## \*Newark, New Jersey

Every Monday, free lecture at 8:15 p.m.; students' class at 9 p.m., at the

Helen MacHugh Studios, 37 Washington Street.

**\*Miami, Florida**

Conducting Teacher, Mrs. Olga Lade, 2120 W. Flagler St. Meetings at 8 p.m. on Sundays, Wednesdays, and Thursdays. Library.

**Cincinnati, Ohio**

Mrs. Bertha Shimler, Conducting Teacher. Weekly meetings at 5642 Bramble Avenue.

**\*Cleveland, Ohio**

Dr. P. M. Wherritt, Conducting Teacher. Mrs. Stella Jurjewicz, 1903 E. 70th St., Secretary and Treasurer. Meetings each Thursday at 8 p.m. at 10609 Euclid Ave.

**\*Canton, Ohio**

Mr. L. K. Wittemore, Conducting Teacher. Thursday meetings at 8 p.m., also Sundays at 8 p.m., at the home of Mrs. J. E. Bowen, 821 Harriet Ave., N.W. Phone 23129. Miss Erna Coleman and Miss Mary Singer, secretaries. Mr. E. Davies, President of Board of Directors.

**\*Dayton, Ohio**

Conducting Teacher, Mrs. Alma King, 730 North Main St. Telephone Adams 2835. Meetings each Wednesday at 8 p.m.

**Minneapolis, Minn.**

Wednesdays, 8 p.m., Inner Circle, at home of Mrs. E. W. Backus, 2201 E. Lake of the Isles Blvd. Public Sunday Services, 8 p.m. Monthly vegetarian supper, 25c, 6:30 p.m., last Sunday of each month. All services at Center, 433-34 Lumber Exchange Bldg., 5th St. and Hennepin Ave. Center open daily, except Saturday and Sunday, 11 a.m. to 5 p.m. Rental Library.

**St. Louis, Mo.**

U. Punditji, Conducting Teacher. Daily Meditation, 1:30 p.m., open to public. Sunday, 10:00 a.m., Sunday School; Morning Services at 11:20, Evening Services, 8 o'clock. Fridays at 8 p.m., Psychological Study and Question Class; all welcome. The Center is open each day after 11:30 a.m. Library and Center at Maryland Hotel, Room 840-42, 9th and Pine Sts.

AUGUST, 1938

**Milwaukee, Wis.**

Meetings every Thursday at 8 p.m., at the Republican Hotel, Room 53. Conducting Teacher, Miss Lillian Grabler, 3035 North Richards St.

**Indianapolis, Indiana**

Conducting Teacher, Sri Ranendra Kumar Das, 38½ Pennsylvania Street, Penn. Bldg., Rm. 408; Sunday services at 11 a.m. Class, Friday evenings at 8:00. Public cordially invited. Miss Meta Eckhardt and Mrs. Chas. Hoffman, Mentors; others when announced. Lending library.

**Denver, Colorado**

Conducting Teacher, Mr. Arthur N. Hilliard, 418 Fillmore St. Meetings are held in Room 209, Y. M. C. A. Bldg., 1545 Tremont Place, every Friday evening. Muriel Friend, Associate Teacher, Secretary and Treasurer, 429 Acoma St.

**Salt Lake City, Utah**

Conducting Teacher, Mr. M. W. Nabrotsky, 968 Blaine Ave. Joseph A. Reiser, Secretary. Meetings each Sunday at 6:30 p.m. at Hotel Newhouse.

**\*London, England**

Self-Realization Fellowship Center, Tobias Matthey Pianoforte School, 96 Wimpole St., W. 1. (Near Bond Street and Oxford Circus Tube Stations). Meetings each Monday at 8 p.m. and Sunday at 11 a.m. All Welcome. Conducting Teacher, Mr. Roland T. Hunt, 155 Gloucester Place, Dorset Square, W.C.1.

**Tukuma, Latvia, Europe**

Mr. Harry Dikman, Conducting Teacher; Zigfr. Meierovica iela Nr. 20. J. Vessel, Secretary.

**\*Johannesburg, South Africa**

Conducting Teacher, Mrs. Elizabeth Schulman, % Mabs, 14 Patleys Bldgs., Jeppe St.

**Calcutta, India**

Self-Realization Fellowship (Yogoda Sat-Sanga Society) and the Students' Home. Secretary: S. Majumdar, B. A.;

52A Vivekananda Road. Sailen Das Gupta, Superintendent.

Yogoda Girls' School and Yogoda Sat-Sanga Center (for ladies), 39 Raja Dinendra St. Manager, Tulsi Narayan Bose.

**Ranchi, India**

THE EASTERN HEADQUARTERS of YOGODA SAT-SANGA (Self-Realization Fellowship), SHYAMA CHARAN MISSION, with Ashram accommodations and departments for Fortnightly Instructions by Correspondence, and the Brahmacharya Vidyalaya, a Residential School for Young Boys, established 1917 by Swami Yogananda. Patrons: Yuvaraja of Mysore and Maharajah S. Nundy of Kasimbazar, Bengal. Swami Satyananda, Acharya-in-Charge. Prabhas Chandra Ghose, Vice-President. Prokash Das, Director.

Western disciples, guests, and visitors are welcome and will find hospitable and suitable accommodations.

**Puri and Serampore, India**

Self-Realization Fellowship (Yogoda Sat-Sanga) at the Kararashram, Puri. Swami Sebananda in charge.

Yogoda Sat-Sanga Ashram. Motilal Bhattacharya in charge, Bhaktashram, Chatra, Serampore.

**Midnapore, India**

Yogoda Sat-Sanga Ashram, Khukurda.

Yogoda Sat-Sanga Ashram, Gobardhanpur.

Yogoda Sat-Sanga Ashram, Handol.

Yogoda Sat-Sanga Ashram, Ejmalichak.

Yogoda Sat-Sanga Ashram, Ghatal.

**\*Bangalore, India**

Yogoda Sat-Sanga (Self-Realization Fellowship) Center, 52 Second Cross Road, Basavangudi. Yogoda Fortnightly Praecepta and Bhagavad Gita are read in the class. Meetings and prayer are held fortnightly.

*\*These Centers are newly inaugurated and will be acknowledged and ordained after three years' trial.*

## BOOKS WANTED FOR LIBRARY IN INDIA

A great library in India, for the Calcutta Students' Home and the coming World-City in Bengal and the Ranchi Headquarters of the Self-Realization Fellowship, is desirable. An appeal is hereby issued to all members and friends of the Fellowship in America to donate books with an educational value for this purpose.

Dictionaries, encyclopedias, reference books, books on science, philosophy, history, drama, art, religion, English language, mathematics, dietetics and health, also bound periodicals, maps, atlases, etchings, oils and busts will be welcome for this important library.

Please address such parcels of books to Self-Realization Fellowship, India Library Secretary, 3880 San Rafael Ave., Los Angeles, California.

## "HINDU DIETETICS FOR BODY BUILDING"

Including the Nervous  
and Glandular Systems

*Translations from Bengali*

A Unique and Valuable  
Recipe Book

**\$1.00 postpaid**

**TRUTH BURBERY**

**1769 Bush St.**

**San Francisco, Calif.**

# Golden Lotus Temple of All Religions

at Encinitas

Photographs

*In Three Colors*

of This Beautiful and  
Unique Meditation Temple

Suitable for Framing

25c each, postpaid

Self-Realization Fellowship  
Mount Washington Estates  
Los Angeles California

The  
Symbol  
of Trust-  
worthy



Unimpaired

**NATURAL FOODS!**

Sundried Fruits; Raw Sugar Confections; Fruit Juices & Jellies; Substitutes for Coffee, Tea & Salt; Breakfast Foods; Honey, Olive Oil, Nut Butters; Soya Bean Foods; Powdered Vegetables; Remedial Preparations.

*Direct Inquiries Welcome*

**Carque Natural Brands, Inc.**

4328 San Fernando Road  
Glendale, California

# BOOKS

By PARAMHANSA SWAMI  
YOGANANDA, A. B.

## Metaphysical Meditations

Ninety pages. Deepest meditations on the Infinite made tangible and practical for the beginner, whose thoughts run away during concentration, and also for the deep student in Metaphysics who is tired of vague spiritual realizations. Written in the unique diction of "Whispers from Eternity." 50c.

## Songs of the Soul

Fifth enlarged Edition. Intuitive Poems inspired through Spiritual Realization. For Chanting, Meditation, and Soul Revelation. "Exquisite imagery and psychological description of mystic experience." "Classical solemnity of thought with fascinating suggestiveness of modern inspired poets." "We mark in some poems the power of Milton, in others the imagery of Keats, and in all the philosophic depth of the Oriental Sages." With a Preface by Dr. Frederick B. Robinson, President of College of the City of New York. \$1.00 postpaid.

## Psychological Chart

Ninth Edition. This book gives a Chart for Analyzing Human Nature and Conduct. Practical understanding of inherent and acquired natures. Used with great practical success at Swami Yogananda's Residential Schools in India. 15c.

## Songs for Piano

(Sheet Music). "SONG OF BRAHMA," ancient Hindu Temple melody, 35c. "OM SONG," beautiful, inspiring, 35c. "IN THE TEMPLE OF SILENCE," 15c.

## Photographs

of Swami Yogananda. Unmounted, 75c. Prints, 25c. Post Card Picture, 10c. Prints of Swami Sri Yukteswarji or of Yogavatar Lahiri Mahasaya, 25c each. Prints of Golden Lotus Temple Of All Religions, 25c each.

**SELF-REALIZATION FELLOWSHIP**

3880 San Rafael Ave.

Los Angeles, California

# NUTRITIVE NUGGETS

**NUTRITIVE NUGGETS** are a most distinctive, delicious and beneficial food. They are very appetizing when served for breakfast, lunch, or dinner. Are rich in oil—helpful to the digestive tract, liver, and gall bladder. Are pleasant and nourishing, and although mildly laxative are not habit-forming. Children love them.

Those eating **NUTRITIVE NUGGETS** will like their fine flavor. The best qualities of meat without its harmful effects.

Pound Package, 50c;  
Half-Pound Package, 30c,  
plus postage.



**SELF-REALIZATION FELLOWSHIP**

Mt. Washington Estates  
Los Angeles California

# Or-mint ALFALFA TEA

**THAT AFTERNOON REVIVIFIER**

**ALFALFA TEA** is made from young, tender alfalfa leaves only harvested at bud to insure maximum chlorophyll content, and aromatized with the lasting fragrance of orange blossoms and mint. Moisture content only is removed, retaining maximum food values. **ALFALFA TEA** should be used by everyone—children, adults, and convalescents. Its delicious flavor and captivating aroma will please the most critical taste. Promotes sound sleep, builds health and energy. Rich in minerals and alkalinity.

Order a Package Now—  
50c per package,  
plus postage.



**SELF-REALIZATION FELLOWSHIP**

Mt. Washington Estates  
Los Angeles California

# INDIA INCENSE STICKS AND CUBES Containing Frankincense and Myrrh

AN INEXPENSIVE, BUT  
GREATLY APPRECIATED  
**GIFT**

**INDIA INCENSE** is now obtainable in several fragrant odors at 25 cents per package.

It will not smut the hands. It burns evenly until entirely consumed. Pleasing odors, each cube colored to represent the flower it typifies.

**Four Packages \$1.00**

(Wrapped 4 to a Package)

Order Through

**SELF-REALIZATION FELLOWSHIP**

3880 San Rafael Ave.  
Los Angeles, Calif.

Or any of its Branch Centers.

# INDIA NUT STEAK

**THE BEST OF ITS KIND**

Many people are enjoying this meat substitute and experiencing a general physical upbuilding. This new scientific food is delightfully different in flavor and is appetizing when served for breakfast, lunch, or dinner. It is a food that builds brains, muscles, and mind, invigorates the body—makes health lasting. **INDIA NUT STEAK** is good for those who find themselves physically depleted. It has the best qualities of meat

without its harmful effects. Order now. You will like it because of its nut-like flavor. **1-Lb. Can 50c**  
**1/2-Lb. Can 30c**  
Plus Postage



**SELF-REALIZATION FELLOWSHIP**

Mt. Washington Estates  
Los Angeles California



## India SPECIALIZED IN SOUL CULTURE

Each land has its distinct contribution to world-culture. America has specialized in industrial expansion, England in political science, Germany in mechanical science, France in art, Italy in music, Japan in agricultural science. But INDIA FROM TIME IMMEMORIAL HAS SPECIALIZED IN THE SCIENCE OF THE SOUL. Learn from her masters the divine soul-unveiling teachings that have kept India's culture alive through millenniums of vicissitudes. The Self-Realization Fellowship of America and India will gladly send to every inquirer a copy of its enlightening booklet, inspired by Paramhansa Swami Yogananda whose teachings are available to all sincere seekers in the western world.

### FREE BOOK



SELF-REALIZATION FELLOWSHIP  
Mt. Washington Estates  
Dept. ICX10, Los Angeles, Calif.  
Please send free book: "Highest  
Achievements Through Self-Realization." I am truly interested.

Name .....

Street .....

City..... State.....

Also to these friends:

Name .....

Address .....

Name .....

Address .....



# Breathe In Me

*By Paramhansa Swami Yogananda*



Breathe in me the way to love You,  
That I may learn to faultlessly love You.  
Pour me the wisdom-wine  
By which I become intoxicated with You.  
Whisper in my ears of silence  
The way to be with You always.  
Speak to my wandering senses  
And lead them back to Your sanctuary within.  
Call the marauding mind and counsel it  
How to retrace its steps unto Your home.  
With Your silent eyes, just look at me  
And I will know where to find You.

—o—

You may hide behind the ocean,  
You may hide behind delusion,  
You may hide behind life,  
You may hide behind dualities,  
You may hide behind theological conundrums,  
You may hide behind unanswered prayers,  
But You cannot hide behind my love  
For in the mirroring light of my love  
You are revealed.