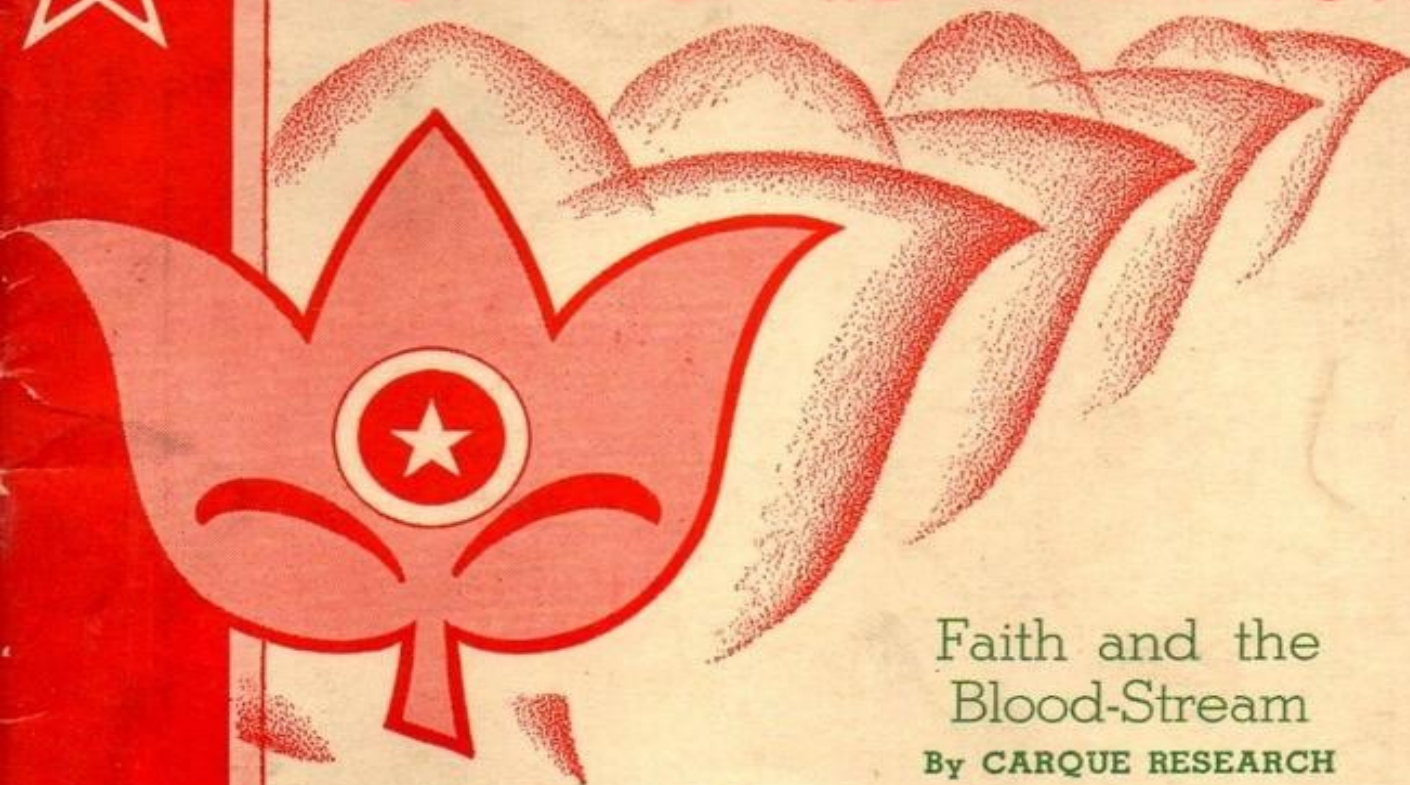


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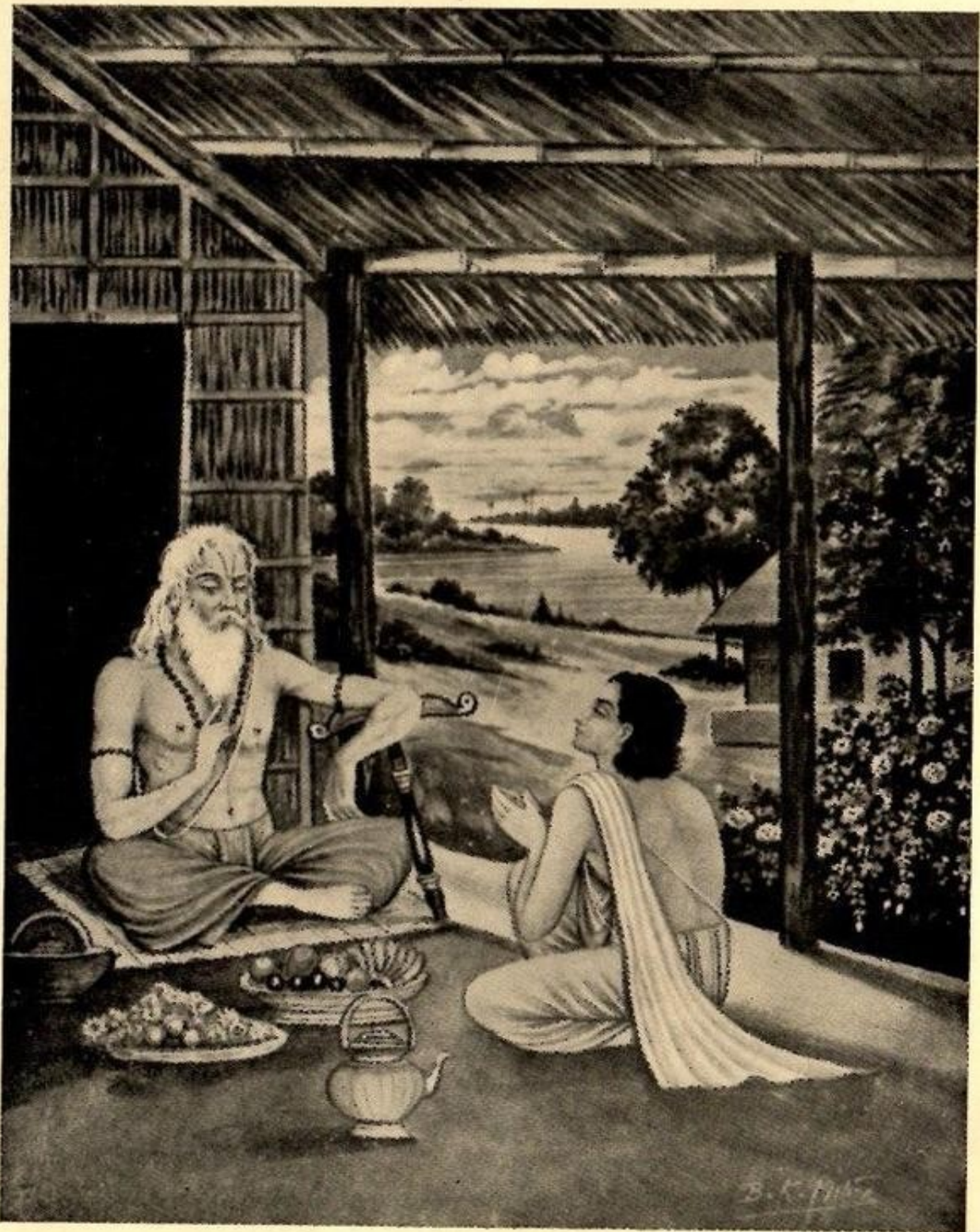
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The Brahman Who Wanted Wealth
By THAKUR R. S. SINGH

Who Was Jesus in
A Former Incarnation?
By PARAMHANSA YOGANANDA

Education in Ancient India
By R. K. TRIPATHI



—Kalyana-Kalpataru

GURU-PRECEPTOR AND DISCIPLE, IN AN INDIAN HERMITAGE

By B. K. Mitra

(See Page 35)

INNER CULTURE

FOR SELF-REALIZATION

IN THIS ISSUE

Guru and Disciple in an Indian Hermitage (<i>Picture</i>)..... 2 <i>B. K. Mitra</i>	Scientific Digest31
The Brahman Who Wanted Wealth 4 (A Story from the Mahabharata) <i>Thakur Ram Sumer Singh</i>	Indian Ideal of Guru and Disciple35
Rubaiyat of Omar Khayyam..... 8 <i>Paramhansa Yogananda</i>	Third Anniversary Celebration at Encinitas on January 7th.....35
Education in Ancient India.....11 <i>R. K. Tripathi</i>	Questions and Answers.....37 <i>World Freedom</i> <i>Does Unselfishness Pay?</i> <i>What Is Intuition?</i>
By Discrimination the Devotee Learns to Shun the Poisoned Honey of Sense Pleasures.....14 <i>Paramhansa Yogananda</i>	Recent Testimonials from Self-Realization Fellowship Members41
Faith and the Blood Stream.....17 <i>Carque Research</i>	Diet and Health.....43 <i>Carque Research</i>
Daily Meditations for December22	Healing Service45
Who Was Jesus in a Former Incarnation? Who Was His Guru?25 <i>Paramhansa Yogananda</i>	Directory of Self-Realization Fellowship Centers in America, Europe and India46
	Christmas Message52 <i>Paramhansa Yogananda</i>

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December, 1939

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The Brahman Who Wanted Wealth

Based on a Story from the Sanskrit Epic, Mahabharata

Rendered into English by

THAKUR RAM SUMER SINGH



In days gone by there lived a very poor Brahman. He had no desire for worldly enjoyments, but had a great longing to propitiate God by performing sacrificial rites. He undertook a great penance in order to acquire wealth for sacrifices; but his effort was not crowned with success. He was much worried on that score.

Lord's Mysterious Ways

Mysterious are the ways of Providence! To understand it is not given to ordinary folk. Sometimes God does not fulfil the desires of even great saints and yogis. It begins to appear that He is not merciful, and like a big worldly man

turns a deaf ear to people's requests. But it is not so. In fact, He lends His ear to all. But when He sees that the poor seeker who is standing before Him—the Repository of wealth and generosity—is asking only for a shell, He begins to laugh within Himself. In order to give the seeker something valuable, He denies him the simple favor he craves for. Those on whom He has showered His compassion understand this secret fully well, and are therefore invariably pleased with His seeming callousness.

That poor Brahman was suffering from a great anxiety. The All-Merciful Lord thought, "This man

neither wants Me nor My *darshan* (vision). He wants to worship Me through the performance of sacrifices; and he believes that this is possible only through money. He must, therefore, be disillusioned."

God directed a *Yaksa* (a demigod, an attendant of the potent God of Wealth) to the poor Brahman, who was very much surprised to see the demigod and thought the latter would surely fulfil his desire. The name of the demigod was Kundadhara: The Brahman honored and worshipped him with great devotion and sincerity of heart.

Kundadhara was pleased with the worship and thought within himself: "Even drunkards and murderers can get rid of their sins through expiation, but not an ungrateful person. This Brahman has worshipped me; therefore, I must do him good in return."

Visit to Different Regions

The night approached and the Brahman retired. Under the influence of the demigod, the Brahman saw in a dream that he had gone to a different region altogether. Many celestial beings were seated there. Their master Manibhadra occupied a great throne. In his presence celestial beings were bestowing wealth, kingdom and progeny on earthly performers of austerities, according to the severity of their penance.

Kundadhara, too, advanced and fell prostrate at the feet of Manibhadra. He was lifted up with great respect by Manibhadra, who asked

very politely, "What can I do for you?" Kundadhara said, "If all of you are pleased with me and wish to fulfil my desire, I request you to make this poor Brahman happy." Manibhadra said, "This is a trifling matter. This Brahman is a performer of austerities. Let him be given as much wealth as he wants. I give him this huge heap of precious stones."

Kundadhara thought this Brahman wanted riches and they, too, were supplying him with the same; but would this make the Brahman happy? The period of his life was limited. Wealth would not accompany him after death. All his wealth might be lost while he was still alive. Through pride of and attachment for wealth it was just possible he might leave the path of *Dharma* (righteousness). Therefore, to attempt to make him happy by supplying him with riches was futile. Real happiness lay in following the path of *Dharma*. He should therefore endeavor, he thought, to make the Brahman devoted to *Dharma*.

Kundadhara then, addressing Manibhadra, said, "O Lord of Wealth! It is very generous on your part to offer riches to my devotee; but I do not want to make him a master of riches. I shall not be pleased if he is given the whole earth with all its precious stones. What I desire is that he becomes a lover of *Dharma* (righteousness). Learning, physical charm, wealth, power, high birth, health, kingdom, heaven and even salvation,—all

these are achieved through *Dharma* and *Dharma* alone. Therefore, I desire that this Brahman should make *Dharma* the only center of his thought, that he should wholly devote himself to it, and that his life should become permeated by *Dharma* through and through. Let this be the reward of the worship he has done to me."

Temptation of Wealth

Manibhadra again offered the Brahman the temptation of wealth, but Kundadhara interceded by repeating his desire over and over again. All the celestial beings assembled there, including Manibhadra, were immensely pleased at this, and they gave expression to this pleasure by unanimously breaking out as follows: "He will certainly be a *Dharmatma* (a pious man). Henceforward *Dharma* will be the only center of his thought." Kundadhara was extremely pleased when he heard this. At this point the dream suddenly ended.

The Brahman then observed a *kaupina* (a small piece of cloth worn by friars in India) lying by the side of his bed. He welcomed it as a blessing from the celestial beings, bearing the message of renunciation. He put on the *kaupina* and entered a dense forest to perform hard penances. Offering fruits and roots to celestial beings and entertaining guests with fruits, he began to live on whatever was left behind. His faith in *Dharma* became deep-rooted. This faith purified his heart.

New Desire Arose in Him

But now a new desire cropped up in his mind, viz., that whatever he uttered must come true. If he wanted to offer wealth or kingdom to any individual, the latter must get it. For the attainment of this power he began to practise austerities again.

Kundadhara was constantly keeping a watch over his devotee, the Brahman. When he observed that the Brahman was possessed by a new desire, he appeared before the latter and said, "Look here, through your austerities your inner eye is open now."

The Brahman then actually began to see many regions spread out before him. He saw the scenes of hell, where many kings were passing their days in extreme misery. Pointing to them, Kundadhara said, "If by the power of your austerities you make a person rich or even raise him to the position of a king, what great boon do you confer on him? ? Even though his physical body is thereby made comfortable, the subtle body is miserable. The physical body survives only for a hundred years, but the subtle body survives for millions and millions of years. If for the sake of happiness to be enjoyed for millions of years, the hundred years of earthly existence be spent in misery, one does not stand to lose.

"You have established friendship with me, you have placed your faith in me, and yet if you continue to tread the path of misery,

what good have I done to you! The path of *Dharma*, the path of true spirituality, is obstructed by these *siddhis* (powers). When you make room for one shortcoming, you practically open the door for other shortcomings to follow. Thus anger, greed and pride all will come and flock about you. Without the help of celestial beings no one can safely advance on the path of *Dharma*. Do you crave for *siddhis* (powers)? Here I give you the boon! You may scatter wealth and kingdoms as much as you like."

Material Outlook Changed

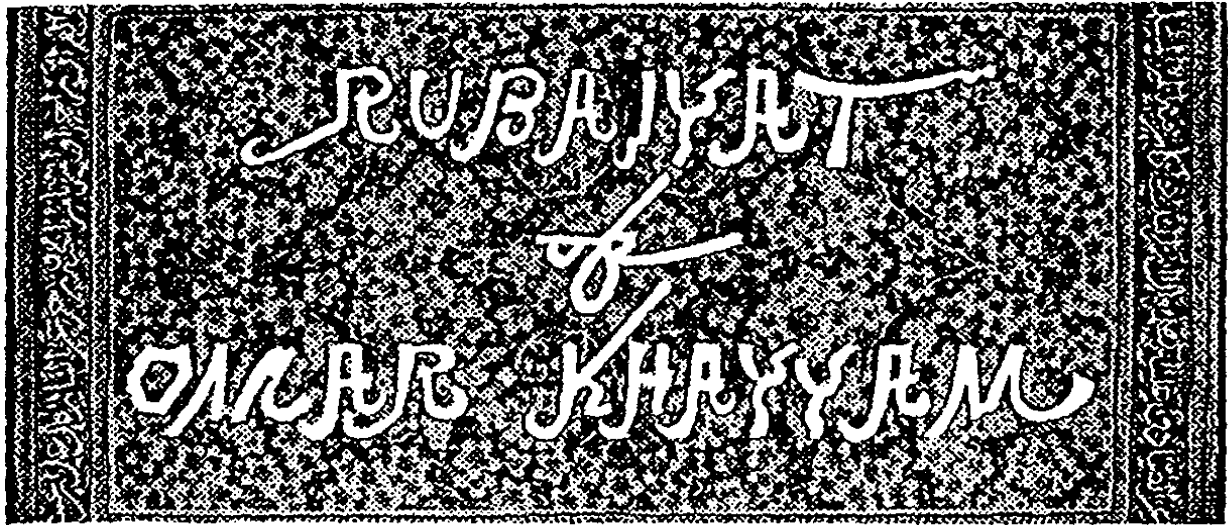
The Brahman fell down prostrate at the feet of Kundadhara and prayed to him, "O lord! you have shown great compassion to me. My outlook was grossly material. It was fixed on material wealth and earthly kingdoms. My heart was contaminated by worldly desires and attraction for *siddhis* (powers). I could not recognize your deep compassion, unmotivated affection and spontaneous love. You wanted to do me the greatest favor, but I thought you were trying to

get rid of me cheaply. Kindly excuse my unpardonable crime by exercising your natural compassion."

Kundadhara embraced the Brahman with deep love. He said, "Where lies your fault? It was but natural for you to be possessed by such desires. But if an expression of forgiveness on my part pleases your heart, here you have it." With these kind words Kundadhara vanished. The Brahman at once attained emancipation and realized true knowledge, the *summum bonum* of life.

Celestial beings and saints all worship *Dharmatma* (the person who embodies *Dharma*). They do not worship worldly people and men of desires. He who has developed firm faith in *Dharma* has achieved everything. Salvation lies within his palm, and God follows wherever he goes. *Dharma* is the supreme object of endeavor. *Dharma* is God. There is nothing worth while in this world except *Dharma* (righteousness) under which refuge may safely be taken. — *Kalyana-Kalpitaru*.





SPIRITUAL INTERPRETATION BY
PARAMHANSA YOGANANDA

RUBAIYAT OF OMAR KHAYYAM

Translated Into English Verse by Edward Fitzgerald

LI

*The Moving Finger writes; and, having writ,
Moves on: nor all thy Piety nor Wit
Shall lure it back to cancel half a Line,
Nor all thy Tears wash out a Word of it.*

Spiritual Interpretation:

"The 'Moving Finger' or Cosmic Law of Change governs the destiny of all life in the cosmos. That law maintains order in the universe. After fixing the course of certain changes in this world and all its creatures at one time, its actions carry on similarly in other cycles. The Cosmic Law also arranges our life according to the actions we have already performed in this life and in our prenatal existence. After the Cosmic Law, in co-operation with our Karma, thus concludes the sequence of events in our life, no moral living nor theological wisdom nor piteous tears can alter those decrees."

Applied to Daily Life:

This stanza does not emphasize the viewpoint that fatalistic, unalterable decrees govern man's destiny, but, by inference, warns ordinary people that they should acquire Self-realization through God-contact and thus control their destiny, rather than remain satisfied that a little morality or scriptural knowledge will suffice to alter undesirable decrees of destiny against which they might rebel and attempt to remove.

The above stanza does not imply the "Moving Finger" or Cosmic Law to be a whimsical tyrant who works without rhyme, reason or divine wisdom. In point of fact, the Cosmic Law only ordains those results which are already worked out by man according to his own past choice. Man has to reap the results of his own actions, unless he changes himself spiritually and remembers his own inner Self and thus frees himself from working out past Karma (results of actions).

Glossary:

1—*The Moving Finger*—The Cosmic Law which guides all activities and movement in this universe, fixing the destiny of all things and creatures according to their karma (law of cause and effect.)

2—*Having writ, moves on*—The cyclic law of spirally upward evolution.

3—*Nor Piety nor Wit*—Neither moral nor intellectual offerings can appease the Karmic Law. Nothing can change the operation of law in nature except Self-realization which alone is above nature.

4—*Nor all thy Tears wash out a Word*—Neither fear nor remorse is sufficient to overcome the just effects of past causes, set in operation by man himself. There is no way out except God-realization.

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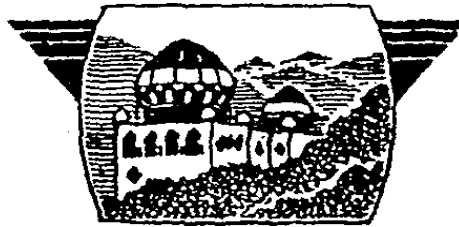
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Education in Ancient India

By PROFESSOR R. K. TRIPATHI



At a time when all thinking men are engaged in reshaping the existing machinery of education in its various states in response to the new needs in the changing circumstances of the world, it may be of some interest to consider briefly the various educational experiments made in ancient India and to see how far it is possible to get reliable hints for guidance at the present moment.

Two Educational Goals

The starting point of all educational efforts in those early days was the recognition of a clear distinction between the two directions of human endeavor and achievement. These two directions of human activity were the pursuit of the good and pursuit of the pleasant.

The pursuit of the good related to the attainment of the knowledge of the Self, of eternal life, and of eternal values, which, according to a well-known text in the *Upanishads*, is not obtainable by learning, by the recitation of texts

or even by listening to the experiences of others, but is entirely a matter of the individual's independent self-analysis or quest of truth.

In consonance with this spirit of ancient Indian thought, study of the old sacred texts and the philosophical works necessarily loomed large in all higher courses of study. Accordingly during the Vedic times and also during Buddhist times, the main purpose of education imparted in the schools was to teach Vedic lore and the priestly functions which were considered to be more important than strictly professional or practical education.

Both in Vedic times as well as later, there were good arrangements made for all stages of education: primary, secondary and higher university education, both for boys and girls. There is sufficient evidence to show that schools imparting elementary and secondary education existed in abundance all over the country.

Among the most important ancient Indian universities were those of Taxila, Nalanda, Vikramahila and Vallabhi. Of these, Taxila and Nalanda are most well-known. Full details are available with regard to their admission examinations, system of teaching, teaching staff, libraries, and the courses of study. The modern universities have much to learn from those Indian universities, at least as regards the way in which they avoided a good deal of waste of resources and effort by specializing in certain subjects instead of duplicating the teaching in the subjects which were taught at other universities.

The University of Taxila, for instance, continued to preserve its distinct identity by specializing in subjects like medicine and military science, and by providing particular facilities for princes and sons of the aristocracy in general.

Methods of Instruction

It is interesting to compare the great stress that is being laid on tutorial instruction in university education at the present moment with the great importance that was attached to it at the Indian universities. All available evidence goes to show that no teacher, as a rule, was placed in charge of more than fifteen students so that he could pay individual attention to every student and could come into an intimate contact with him with a view to proper guidance in his studies.

While teaching, the teacher used three methods: he would in most cases teach students as if he were talking to them. At times in order to stimulate the interest of the boys, he would start a discussion by putting before them a problem connected with the subject of teaching. Occasionally he would also make use of casuistry or sophistry to keep the students alert and set them thinking.

To supplement ordinary class teaching, there were from time to time general lectures also, or visits to other educational institutions were arranged. As regards games and sports many details are available. Tossing the ball, blowing trumpets, archery, marble shooting, sword play, horse riding, wrestling and boxing were some of the forms of recreation and exercise approved and practiced.

As regards literacy, the strongest evidence for it is supplied by the fact that from a very early age the *Upanayanam* ceremony was compulsory for every individual in all classes in the Aryan society; and from all accounts it appears to have been equivalent to an initiation into the alphabet. This means that everybody was required by the religious system of those days to go in for education, at least elementary education which began at the time of this ceremony.

Literacy High

At a later age when Buddhism spread widely in all parts of India and when there was a great intellec-

tual awakening, religious enthusiasm must have led to the growth of general educational activity among the masses. The existence of a large number of schools and colleges as testified by the Chinese travellers is an illustration in point.

Then the publication of Asoka's inscriptions in several vernacular scripts of the various provinces provides a further proof of high percentage of general literacy among the masses for whom his edicts were obviously intended.

As the demands of practical life in those days were so simple and limited the question of considering education as a means of employment did not present itself in that serious and baffling form in which it appears today. In the caste system of a simple agricul-

tural society of the times, the vocation or careers for *Brahmins*, *Khastriyas* and *Vaishyas* (priests, warriors and merchants respectively; the *Sudras* were the laborers) were predetermined, because all those who received education were easily absorbed in the social system in one way or the other.

—*—

HUMILITY

All my powers are but borrowed powers from Thee. No one is greater than Thee, O my Father. We cease to live and express without Thy wisdom and strength. Thou are so big; we are so little. Teach us not to be proud. Thou art the Guru-Preceptor, teaching in the temple of all souls. I bow to Thee at the feet of everyone.—*Paramhansa Yogananda.*

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Spiritual Interpretation OF THE ★ **BHAGAVAD GITA**

Discriminating Between the Poisoned Honey of Worldly Pleasures and the Nectar of Inner Joy, the Devotee Reaches the Haven of Bliss.

By PARAMHANSA YOGANANDA

Chapter II, Stanza 55

Literal Translation:

The Blessed Lord spoke: O Partha, when an individual completely relinquishes all the desires which enter the mind and is entirely contented in the Self only by the Self, then he is considered to be one settled in wisdom.

Poetic Rendition:

O Partha, when a soul completely casts away all the poisoned honey of human desire in the mind and remains satisfied drinking the pure honey of joy of the inner Self by the efforts of the outer self, then he is encircled by the ever-protecting halo of steady wisdom.

Spiritual Interpretation:

The spirit of God spoke to the questioning devotee through introspection: The soul coming in contact with delusive misery-making short-lasting pleasures of the senses stores up in the mind desires for impermanent pleasure. The wise man perceives that his inner Self contains within it all-satisfying, unending joy. By concentration he withdraws his outer ego and mind which are bent on sense pleasures and unites them with the unending joy within.

Such a soul whose mind is satisfied only with the complete joy of the inner Self, is spoken of as possessing steady wisdom. The

ordinary person is like a king who goes out of his palace and its superior pleasures to become engrossed in the inferior pleasures of the slums. Likewise the ordinary soul forgets the deep-seated, everlasting joys hidden in the inner Self and concentrates on the impermanent pleasures of the senses.

Once upon a time a mad lover was so identified with his beloved that he found happiness when his beloved ate while he was starving. This mad lover was so engrossed in the comforts of his beloved that he did not realize that being identified with his beloved's happiness and health he utterly ignored his own physical well being.

The Advice of the Gita

Most people do not understand why the *Gita* advises us to do away with sense pleasures. The *Gita* advises every soul not to be attached to sense pleasures because the pleasures of the flesh are not the pleasures of the soul except through delusive identification of the soul with the body, just as the mad lover, identified with his beloved, thought his happiness and health depended on her happiness and health alone.

Thus the man who is madly in love with his body and its pleasures forgets to taste the real lasting happiness in his soul. A man who is more and more identified with short-lasting pleasures of the senses becomes disillusioned and mentally restless after a period, unable to control and direct his wisdom to the permanent bliss of the soul.

Thus the *Bhagavad Gita* says that just as the above-mentioned king, forsaking the inferior pleasures of his subjects in the slums with which he has been identified, and concentrating on the superior joys of his palace, finds more happiness, so the sense pleasure-identified soul finds his wisdom forever present when he disconnects his mind from sense pleasures and keeps it united to the permanent ever-new joy of his inner Self. This is what is meant by the phrase, "contented in the Self only by the Self."

The body-identified soul or ego should not remain restlessly identified with impermanent sense pleasures but should keep its wisdom settled on the unending joys of his inner Self. The sign of an ignorant man is that he is constantly identified with sense pleasures, creating sense habits which in turn crave temporary satisfactions.

Body and Soul Are Different

The soul and body are different. The soul is the indweller and the body is the dwelling. If a man is completely identified with his house and goes on continuously rebuilding it, making it more and more beautiful, and forgets to enjoy it, he is in delusion. So man, the indwelling Spirit, must not concentrate on the impermanent pleasures of the bodily dwelling but should keep his wisdom and concentration forever settled on the permanent joys of the indwelling soul.

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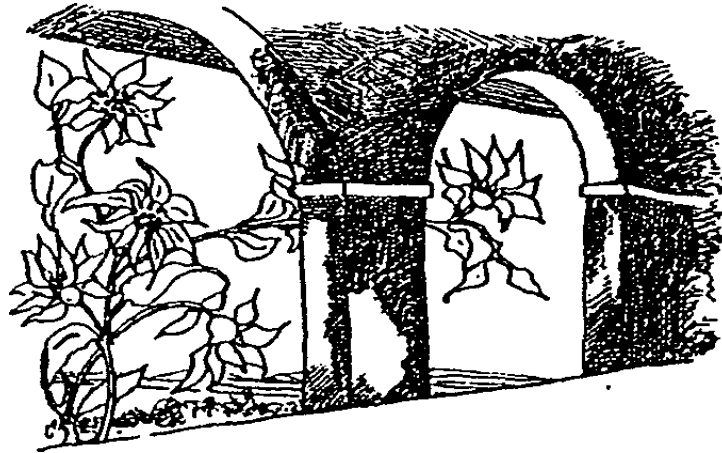
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Faith and the Blood Stream

Edited By
CARQUE NATURAL BRANDS RESEARCH FOUNDATION



Authorities on the physiology of faith and fear have observed numerous cases of sickly and melancholic people with poor circulation, pale skin and habitually cold hands and feet, whose circulation improved wonderfully when they simply cheered up. Faith, they tell us, contributes in a measure to preventing stagnation of blood (congestion) in any part of the body, and is therefore of indisputable value in relieving the chronic passive congestions which so frequently accompany many chronic diseases and functional derangements.

The Blood Is the Life

The blood is the life; any influence which is able to regulate blood movement indirectly is able to influence nutrition, metabolism and the entire life. When the mind

is dominated by faith and trust, the blood movement throughout the body is usually strong and exhilarated.

Ruddy checks and vigorous blood movement are the handmaidens of faith and courage. Viewed from every possible standpoint, optimism favors the production and maintenance of a healthy blood stream, while pessimism works steadily and continuously for the deterioration of the blood-making and the blood-moving processes. The brain requires its internal bath to be administered with clean, unpolluted blood.

There can now be little question that a vigorous, happy mental and moral state, by its influence on both the nervous and circulatory sys-

tems, tends to increase the defensive activity of the white blood cells. By favoring the healthy circulation of the blood, the white cells are protected from many influences which otherwise would depress and decrease their germ-destroying and life-saving activities. Fear depresses the circulation and favors the accumulation of metabolic acid poisons in the body, which conditions not only decrease the activities of the white blood cells in their work of destroying germs, but actually tend to increase their pernicious activities in the direct destruction of the bodily cells.

Influence of Faith

Faith, by its favorable influence upon the circulation, has a tendency to prevent certain forms of anemia. Eminent medical authorities assert that even that dreaded malady, pernicious anemia, is frequently brought on by prolonged worry and chronic fretting. In order to prevent internal congestion it is highly important that the skin should be kept constantly well supplied with blood. If the skin is allowed to become anemic, some internal organ will certainly become proportionately congested. A tranquil mental state favors an even and equal distribution of blood throughout the skin; this results in producing warm hands and feet. Fear, by its power to produce spasmodic contraction of the blood vessels in the skin, greatly demoralizes the circulation, disturbing the equilibrium of the blood supply, and al-

most invariably produces cold hands and feet.

It is now admitted by all advanced physiologists that the power of the blood to resist disease depends upon its degree of alkalinity. A well-planned improvement of the diet enriches the blood in the needful mineral salts and vitamins and aids the system in the performance of its physiological functions. Blood rich in alkaline salts makes the digestive juices stronger and more effective; thus more nutriment is extracted from a certain quantity of food than when the blood is in an acid condition.

A knowledge of the great virtues of unfermented and unsweetened fruit juices as protective foods—quickly and readily assimilated for use in remineralization, furnishing excellent sustenance for the formation of red blood corpuscles—may be regarded as a distinctly progressive contribution to rational dietetics. The effective uprooting of bodily poisons, with resultant internal cleanliness and regeneration of the blood-stream, inevitably follows their continued use.

Protective Fruit Juices

Fruits differ from practically all other foods in the fact that their nutritive elements exist in the soluble forms of organic sugar, dextrin and fruit acids, *which are found almost exclusively in their juices*. The dry pulp left after the expression of the juice contains almost nothing except cellulose and a little protein. Reference is here

made to the natural juices pressed from the fruit and practically unaltered in composition during preparation and preservation. The water contained in fruits is in an absolutely pure state, distilled in nature's own laboratory, and is therefore of great value in removing impurities in the body.

Fruit Acids Good

The popular idea that the acids of fruits are unwholesome for persons suffering from gout, rheumatism and other uric acid disorders is entirely without scientific basis and has wrought much mischief. Fruit juices preserve and increase the alkaline reserve in the blood stream; these alkaline elements, which are chemically combined with fruit acids, act as natural laxatives by promoting the action of the secretory glands. Fruit acids are always found in connection with the alkaline salts of potassium, sodium, calcium, magnesium, etc.; like carbohydrates, they are oxidized into carbon dioxide and water, and under normal conditions fruit acids always have an alkaline reaction.

It is gratifying to note that in many parts of Europe the so-called "grape cure" during the harvest has been very popular. It is used in many health resorts in southern Germany, Austria and northern Italy where people live on grapes exclusively for from four to six weeks, increasing the quantity from three to eight pounds daily, according to age and constitution. The cure is especially helpful in dis-

eases of the respiratory organs and kidneys, also in anemic conditions. The beneficial action of the grape cure is due chiefly to the simplicity of the diet, which furnishes the protein and carbohydrates in a most assimilable form, while the large proportion of alkaline salts, such as potash, lime, magnesia and iron, reduces the acidity of the blood.

Valuable Apple Juice

Many physicians consider pure apple juice one of the best of all fruit juices, even surpassing grape juice in therapeutic value. Malic acid is a milder acid than the tartaric acid of grapes and is more easily utilized by the body. Freely used, apple juice is a laxative and combats any tendency to acidosis. While the protein content of the apple is low, not averaging more than 0.5%, the sugar content varies from 10% to 15%, as in Baldwins and Spitzenbergens, if fully ripe. Malic acid is found in quantities of 0.3% to 0.6%. The mineral matter of apples is especially rich in potassium, sodium, magnesium and iron salts, which contribute to the building of blood and bone. A more or less exclusive diet of apples is claimed by dietitians as beneficial in cases of hyperacidity of the blood, as also in diseases of the liver and kidneys, especially diabetes.

Ancient Pomegranate Uses

Like the fig and olive, the pomegranate has been grown since ancient times. The fruit or its juice is the oldest medical remedy

recorded by history. The ancients consumed it with avidity, recognizing its wonderful value. Its beneficent properties are very rapidly being rediscovered, especially as an internal bodily cleanser, blood producer and regenerator, also energy producer. It is possessed of a singular delicate, fresh crispness of flavor almost unrivaled among fruits.

Orange juice, too, is a good blood cleanser. The adding of fruit juices, preferably orange juice, to the milk in infant feeding is not only beneficial, but actually essential to the baby when deprived of mother's milk. Orange juice is the best preventative of infantile diarrhea, scurvy and constipation. It is unnecessary to give fruit juices to normal breast-fed babies but mothers should partake freely of juices themselves. Numerous green vegetables have a nutritive value no greater than that of orange juice.

Famous for combating acidosis and colds is grapefruit juice. It is a natural antiseptic for wounds when used externally, exceedingly beneficial in all catarrhal conditions and liver troubles, also splendid for reducing weight.

The pure, unsweetened and unadulterated pineapple juice is an important source of Vitamins A, B and C. It may be used as a breakfast juice in place of orange or

grapefruit juices, as well as a base for fruit cocktails, punches, etc. Pineapple may be classed as a mild, natural digestive stimulant, containing as it does papain, a valuable digestive acid; it is moreover rich in chlorine which aids the digestion of proteins. It is indicated by Dr. Graves in his *Medicinal Value of Natural Foods* "for bronchitis, diphtheria, constipation, dyspepsia, sore throat, obesity, acidosis, goitre, tumors, catarrh, high blood pressure and arthritis."

Prune juice is a fine way of drinking a wholesome and gentle laxative. Its richness in natural fruit-sugar, combined with a generous supply of alkaline elements, its vitamins, malic acid and excellent flavor make it an ideal beverage for all ages. High in phosphorus, lime, magnesia and iron, prunes are exceptionally rich in bone and blood-building constituents. Some dietitians erroneously place prunes among the acid-forming foods because they contain a trace of benzoic acid, but the latter is readily neutralized and eliminated by the kidneys.

A nutritious fruit juice can be prepared from sun-dried black mission figs by soaking them for twenty-four hours and then carefully draining off the liquid. Black figs, too, are exceedingly rich in blood and bone-building elements and natural fruit sugar.





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Meditations

For Each Day in December, 1939

Extracts from "The Imitation of Christ" by Thomas A' Kempis

FRIDAY, 1st. When spiritual consolation is granted by God, receive it with thankfulness, and understand that it is from God's free gift, and not from your own merit.

SATURDAY, 2nd. When consolation is taken away, do not at once despair, but with humility and patience wait for a return of the heavenly visitation; for God is able to give you the next time fuller consolation.

SUNDAY, 3rd. No saint was ever so profoundly rapt or illuminated as never to have known temptation from first to last.

MONDAY, 4th. God alone is everlasting—the soul's solace, and the true joy of the heart.

TUESDAY, 5th. Thou art not more holy, though thou be commended; nor more worthless, though thou be found fault with.

WEDNESDAY, 6th. What thou art, that thou art; neither by words canst thou be made greater, than what thou art in the sight of God.

THURSDAY, 7th. To refuse to be comforted by any creature, is a sign of great purity and inward confidence.

FRIDAY, 8th. Thy Beloved is of that nature, that He will admit of no rival; but will have thy heart alone, and sit on His own throne as King.

SATURDAY, 9th. Did not Mary Magdalene rise immediately from the place where she wept, when Martha said to her, "The Master is come, and calleth for thee?"

SUNDAY, 10th. Happy hour when the Master calleth from tears to spiritual joy.

MONDAY, 11th. Love all for the Master, but the Master for Himself.

TUESDAY, 12th. In any case thou oughtest not to be dejected, nor to despair; but at God's will to stand steadily, and whatever come upon thee, to endure it for the glory of Christ; for after winter followeth summer, after night the day returneth, and after a tempest a great calm.

WEDNESDAY, 13th. He rideth easily enough whom the grace of God carrieth.

THURSDAY, 14th. A true lover of Christ, and a diligent follower of virtue, does not fall back on comforts, nor seek such sensible sweetness; but rather prefers hard exercises, and to sustain severe labors for Christ.

FRIDAY, 15th. For he is not worthy of the high contemplation of God, who hath not been exercised with some tribulation for God's sake.

SATURDAY, 16th. Be thankful for the least gift; so shalt thou be meet to receive greater.

SUNDAY, 17th. All desire to rejoice with the Master; few are willing to endure anything for Him, or with Him.

MONDAY, 18th. Many follow the Master unto the breaking of bread; but few to the drinking of the cup of His passion.

TUESDAY, 19th. Grace is ever rightly his who gives or returns thanks; and from the proud shall be taken away that which is always given to the lowly.

WEDNESDAY, 20th. The highest saints before God are those who are least in their own eyes; and the more glorious they are, the more humble they become in themselves.

THURSDAY, 21st. Be, then, thankful for that which is least, and you shall be worthy of greater gifts.

FRIDAY, 22nd. Let the least blessing be to you as a very great one, and a contemptible gift as one of special value.

SATURDAY, 23rd. If the dignity of the Giver be considered, no gift will appear small or inconsiderable; for that cannot be small, which is given by the Most High God.

SUNDAY, 24th. The love of Christ is never diminished, and the greatness of His propitiation can never be exhausted.

MONDAY, 25th. So great, so new, so sweet it ought to seem to you, each time when you celebrate or when you worship at the Holy Mysteries, as if on that very day Christ had first descended into the womb of the Virgin and been made man, or had hung on the Cross, and suffered and died for the salvation of mankind.

TUESDAY, 26th. If you intend and seek nothing else but to please God and benefit your neighbor, you will enjoy the feeling of inward liberty.

WEDNESDAY, 27th. A pure heart penetrates heaven and hell.

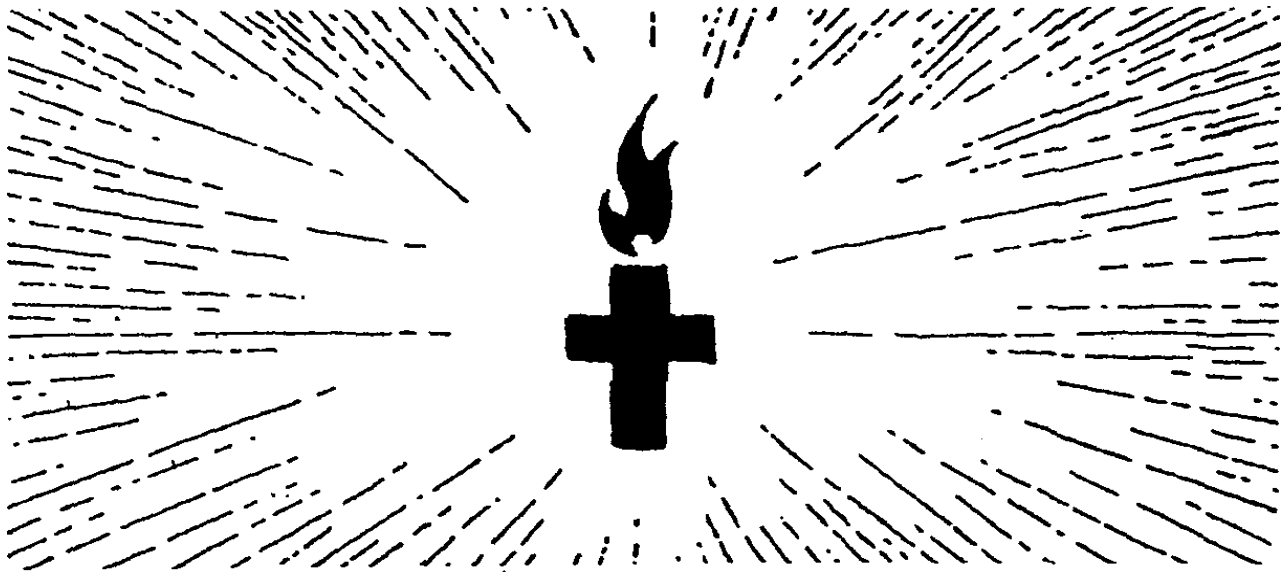
THURSDAY, 28th. There is no creature so small and contemptible that it cannot set before us something of the goodness of God.

FRIDAY, 29th. If there is such a thing as joy in the world, certainly the man who is pure in heart possesses it.

SATURDAY, 30th. If you cast away one cross, you will doubtless find another, and perhaps a heavier one.

SUNDAY, 31st. All that we have in soul and body, whatever we possess, outwardly and inwardly, naturally and supernaturally, are Thy benefits, and proclaim Thee to be beneficent, kind and good.





Second Coming of Christ

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

*Who Was Jesus in a Former Incarnation? Who Was
His Guru-Preceptor? These Interesting Points
Clearly Explained for the First Time.*

By PARAMHANSA YOGANANDA

Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it. For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?—Matt. 16:24-26.

“Let any devotee who wants to attain me or my Christ Consciousness rise by meditation above the consciousness of his physical self

and let him keep his attention constantly focused in his Christ peace even though he is daily crucified by restlessness and other trials and distractions. For whosoever will keep his life identified with the body and foolishly protect his body from the trials and restlessness felt in the struggle to meditate shall find that ultimately he will lose all the temporary joys of mundane life; but the devotee who is prepared to give up the pleasures of his physical life for the superior ever-new bliss of Christ Consciousness felt in deep meditation will certainly find his

life saved or endowed with eternal happiness of Spirit.

Preaches By His Life

"Any devotee who lives the Christ life and preaches about it through the vibrations of his divine perceptions and not through book reading and who foregoes all physical pleasures of life or the body itself will attain immortality. If a man gains the whole world it is of little profit to him, for he cannot use all the comforts of the world in one life and he has to lose the kingdom of the earth at death.

"Thus it is foolishness for a man to strive to gain the temporary joys of mundane life. A man who lives identified with material riches finds at the end of his life that he is without riches as well as without God Consciousness. A man, by the intoxication of his unspiritual life, loses the soul in the mires of ignorance. No earthly pleasures, however great, are good enough to buy back the lost immortal happiness of soul consciousness or superconsciousness felt in meditation. Therefore, no one should give up the joys of superconsciousness felt in meditation in preference to the joys of sense pleasures."

For the Son of man shall come in the glory of his Father with his angels; and then he shall reward every man according to his works. Verily I say unto you, There be some standing here, which shall not taste of death, till they see the Son of man coming in his kingdom.
—Matt. 16:27-28.

"When, to the Son of man, or in the body, the Cosmic Consciousness of the Father and the glory of its angelic joys and wisdom are revealed, then the devotee knows that everyone is rewarded according to his labors of meditation in reaping the plenteous harvest of God Consciousness. Every devotee according to the depth of his meditation finds the angels of different states of Self-realization revealed in his human consciousness (Son-of-man) through the ecstatic communion of Cosmic Consciousness.

Devotees See Angels

"Every devotee according to the law of cause and effect or the law of karma which governs his various degrees of meditation and all his actions finds himself farther or nearer to God. Advanced devotees through the light of Cosmic Consciousness perceive disembodied advanced souls in the shape of luminous angels. Any devotee who is ashamed to express the joys of Christ Consciousness and the words of wisdom springing from it to the body-identified, divine-bliss-deserting souls, will find a deterioration of his state of Christ Consciousness which he had contacted within his body due to the ecstatic revelations of Cosmic Consciousness and of the sacred angels of inspirations springing from it.

"Any devotee who forgets to be courageous and unselfish and does not try to share his ecstatic joys with body-identified souls will find his consciousness becoming limited within the confinement of his own

ego. He who tries to transmit his ecstasy to other souls will find himself expanding. A soul who feels his joy in other souls gradually feels himself as the Self of all and ultimately becomes identified with the omnipresent consciousness of God the Father.

"All devotees who contact Christ Consciousness in earth life but for fear of persecution or ridicule do not try to transmit their consciousness to their ignorant brothers will find, after death, a deterioration of their Christ Consciousness. Such selfish souls visiting Christ Consciousness in the after-death state are again sent back to earth to learn to share their spiritual attainments with body-identified souls who also are the sleeping children of God.

"Shall Not Taste Death"

"Verily I truthfully reveal unto you there are some devotees who are standing around me who shall first feel the all-powerful Cosmic Consciousness within their human consciousness before they make a transition from their present bodily existence to another plane."

And after six days Jesus taketh Peter, James, and John his brother, and bringeth them up into an high mountain apart. And was transfigured before them: and his face did shine as the sun, and his raiment was white as the light. And, behold, there appeared unto them Moses and Elias talking with him. Then answered Peter, and said unto

Jesus, Lord, it is good for us to be here: if thou wilt, let us make here three tabernacles; one for thee, and one for Moses, and one for Elias.

While he yet spake; behold, a bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him. And when the disciples heard it, they fell on their faces, and were sore afraid. And Jesus came and touched them, and said, Arise, and be not afraid. And when they had lifted up their eyes, they saw no man, save Jesus only.—Matt. 17:1-8.

Law of Materialization

It is extremely important to know the way by which Jesus transfigured himself, and how Elias and Moses materialized themselves and came to Jesus.

When a person is intently watching a picture being played in a motion picture house, he might be so engrossed as to think all the actors and players in the picture to be real. When he arouses himself and watches the pictures closely, he realizes they are caused by a ray of electrical light falling on the screen. Thus he beholds their true electrical nature and their unlikeness to real earthly forms and figures.

Likewise, most human beings are so busy watching the earthly motion picture playing on the screen of their consciousness and space, that they overlook their real nature. A

Master, one who has tuned his consciousness with God, realizes that the earth, with all its solids, liquids, gaseous substances, human beings, sky and stars, is nothing but the different forms of vibrations of electro-protonic rays playing on the screen of space.

Electrical Nature of Universe

Jesus was a great Master who had realized the electrical nature of his own body and the universe. When he was praying on the mountain top, consciously communing with Cosmic Consciousness, the delusive human consciousness in him and his disciples, which made the universe appear as matter, completely vanished. That is why the body of Jesus was shorn of the mask of delusion and the consciousness of solidity, and appeared luminous and ethereal.

Intensified prayer produces ecstasy or oneness with Cosmic Consciousness. A Master who has experienced highest ecstasy with God Consciousness actually sees his body and all the worldly forms as made of light. Such a one, also, can make his very advanced disciples behold all forms of matter as made of electrical energy. All liberated Masters, even though they merge in Cosmic Consciousness, retain their individuality so that by the mere willing they can come out of the Cosmic Ocean and materialize their forms in any way they want. Thus it is that Elias and Moses, being liberated souls, remained in Spirit, but materialized their forms and appeared on the

mountain top with Jesus according to divine ordinance.

Elias Was Jesus' Guru in Former Incarnation

It must be especially noted that the appearance of Elias on the mountain top with Jesus Christ was very significant. I have pointed out before that Elias or Elijah was no other than the Guru-Preceptor of Jesus in Jesus' former incarnation as Elisha (Eleseus). Jesus, himself, acknowledged that Elias had come already as John the Baptist. Thus it is significant and easily understood why Jesus asked the reincarnated Elijah or John the Baptist to baptize him, for it is the Guru who gives spiritual baptism to the disciple. When Jesus came to John for baptism, Jesus said, "Suffer it to be so: for thus it becometh us to fulfil all righteousness" (*Matt.* 3:15), that is, it is the divine law that all righteous individuals find liberation through divine union of souls, between Guru-Preceptor and disciple.

Liberated After Ordeal

It must be also carefully noted that the appearance of Elias (Elijah) on the mountain top where Jesus was transfigured, happened after John the Baptist was beheaded and by this ordeal found his complete liberation. The soul of Elias, after leaving the body of Elias, reincarnated in the body of John the Baptist. When the body of John the Baptist was beheaded, the soul of Elias became completely liberated in spirit. That is

why Elias appeared as Elias and not as John the Baptist on the mount where Jesus experienced his transfiguration.

Moses and Jesus Together on Mount of Transfiguration

It has been described before that the Guru-Preceptor is the highest messenger chosen by God to liberate a true devotee. The Guru-Preceptor and the true devotee form a pact of unconditional love and try to help each other through incarnations until the final liberation is reached. Elias and Jesus, both being highly spiritually advanced, had been in touch with each other in many incarnations, not known to man. That is why Elias appeared to Jesus Christ to give him his spiritual strength that he might without difficulty overcome the greatest ordeal of death on the cross.

Moses appeared with Jesus to show that both of them were inseparably connected in the spiritual path and had been connected in divine work in many incarnations. The modern Jews, therefore, should find and establish their brotherhood with Christians. Moses, the Master of the Jews, and Jesus, the Master of the Christians, having appeared together on the Mount of Transfiguration in divine glory, ought to be the inspiration of the Christian and Jewish people alike.

Moses and Jesus, being present in heaven now, with grief consciously watch the clannish differences that have arisen between the

Jewish and Christian children of God. Jesus Christ's body came from the Jewish race. The entire Jewish people are not to blame because a few wicked Jews were instruments in the crucifixion of Jesus. Jewish people should acknowledge the greatness of Moses because he appeared with Jesus on the Mount of Transfiguration.

Great Ones Unite

The united presence of Moses and Jesus on the Mount of Transfiguration was a divine beacon light installed in the dark past by God that it might shine through future ages to dissolve the dark differences of denominationalism which exist between His Jewish and Christian children.

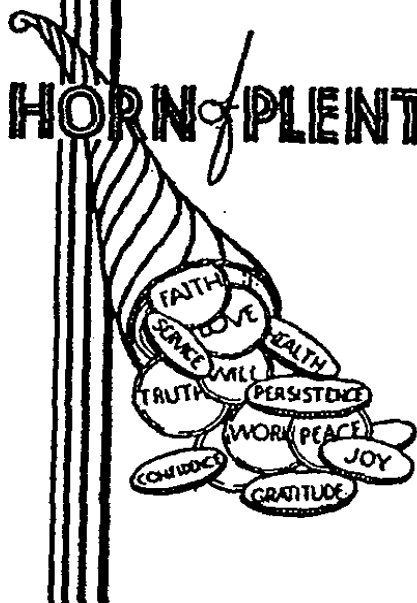
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By Paramhansa Yogananda

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SCIENTIFIC DIGEST

BEWILDERING VISTAS OPENED BY ATOM-SMASH- ING MACHINE

A project for the building of the most stupendous atom-smashing machine so far conceived by man, one that will shoot at will hails of atomic cannon balls traveling with energies of 100,000,000 to 200,000,000 volts, energies regarded until now as far beyond the reach of human design, was described recently before the annual autumn meeting of the National Academy of Sciences, America's leading scientific body, at Brown University, Providence, R. I.

It is confidently expected, members of the academy were informed, that the new colossus among atom-smashers, when it is completed, will make possible for the first time such a terrific assault on the nucleus of the atom, the inner temple of the material universe, that many, if not all, of the dark secrets of the structure and constitution of matter will at last be solved, bringing with it untold new riches to man, intellectually, spiritually and materially.

This new titan conceived by the brain of man will, it is expected, at last provide man with the long-sought-for philosopher's stone for the transmutation of base metals

into gold on a large scale, will produce limitless quantities of precious radium out of common salt and other cheap materials, and, most startling of all, will release the enormous, practically limitless, amounts of cosmic energy locked up tightly within the cores (nuclei) of the atoms of which the material universe is constituted.

Atomic Merry-Go-Round

The new machines for prying loose the secret of the cosmos was described by Professor Ernest O. Lawrence of the University of California, world-famed inventor of the atom-smashing apparatus known as the cyclotron, or *atomic merry-go-round*, the greatest weapon yet devised for penetrating into the *sanctum sanctorum* of the material world. (Dr. Lawrence has just won the 1939 Nobel Prize for Physics.)

The original apparatus designed by Professor Lawrence had as its principal part a giant electromagnet weighing eighty-five tons. In this apparatus, atomic particles of relatively low energies are made to whirl in the terrific magnetic field, receiving an electrical kick at definite intervals, each successive kick adding its energy to that of the preceding kick, the particles thus gaining more and more energy in the process of whirling, in the man-

ner of a child being pushed in a swing. In his original apparatus Dr. Lawrence was able to accelerate the energies of atomic bullets from an original 50,000 volts to 5,000,000 volts.

Not satisfied with these energies, in spite of the fact that they were the greatest at that time to be developed artificially by man, Dr. Lawrence, with the aid of the Rockefeller Foundation, the National Advisory Cancer Council and the Chemical Foundation, proceeded to build an apparatus with a magnet of 60 inches weighing 220 tons.

This gigantic apparatus, the largest in the world today, was just recently put in operation at the new William H. Crocker Radiation Laboratory of the University of California and has already produced results described by scientists here as veritable modern miracles—miracles which only yesterday, as it were, were regarded as impossible of realization.

32,000,000 Volts Attained

With an input of only fifty kilowatts to the radio-frequency oscillator of the new apparatus, Dr. Lawrence reported, cores of heavy hydrogen atoms (deuterons) were sent hurling out of the apparatus in a tremendous beam with energies of 16,000,000 volts, while nuclei of helium atoms, weighing twice as much as the deuterons, came out with the unheard-of energies of 32,000,000 volts.

Tremendous as these energies were, Professor Lawrence told the

academy, they were still not sufficient to catapult through the primordial electrical barrier that guards the citadel of matter (the nucleus of the heavy atoms) in a way to enable man to "shatter it to bits and mold it nearer our heart's desire."

On the other hand, Professor Lawrence stated, the performance of the newly completed giant has gone so far even beyond the most optimistic expectations as to have encouraged him to proceed with plans for another colossus that would, by comparison, dwarf the one just installed.

Probing Cosmic Secrets

The titan of titans among atom-smashers is to weigh 2,000 tons, ten times the weight of the recently completed machine, and will have a magnet ten feet in diameter, the greatest ever to be attempted by man. Capable of hurling atomic projectiles carrying energies from 100,000,000 to 200,000,000 volts, equalled in power only by the mysterious cosmic rays, it is expected that even the nuclei of the heaviest elements will be forced to yield up their enormous energies, as well as the essential cosmic secrets that have been locked up within them from the beginning of time.

The projected new "ladder to the Olympus of the material world" will cost \$750,000 and will take four years to complete. The emanations that it will give off and the energies that it will release will be so tremendous that it would be ex-

tremely dangerous for human beings to get anywhere near it.

For this reason it is planned to have this modern "challenger of Jove" placed on a California hillside far from human habitation, partly or wholly underground, to be operated from a distance by the pushing of buttons.

When this atom-smashing titan finally is completed on the as yet unselected hilltop, it was pointed out, there will be greater riches, in actual gold, and other even more important forms, than any gold ever found in the California hills or in South Africa or in the rivers of ancient Peru.

Release of Atomic Energy

For, Dr. Lawrence pointed out in an interview after his formal report, the time is past when the release of atomic energy and the transmutation of base metals into gold is to be regarded as a mere dream impossible of realization on a practical scale.

Until the 220-ton cyclotron had been put in operation, he said, we did not know whether such an apparatus would perform in accordance with theoretical predictions. Its performance, even in excess of what was expected of it when it was designed, he added, now left no doubt that a larger one, weighing 2,000 tons, could also be built with equal success.

The production of gold from base metals on a large scale, thus raising havoc with our present econom-

ic system, and the release of atomic energy, which would enable man to tap the same inexhaustible source of power that keeps the sun and the stars going, are not the only goals expected to be attained with the new man-made Prometheus, Dr. Lawrence pointed out.

Man has only scratched the surface of his universe so far, with his relatively small-sized tools, he said. He has no inkling of the treasures that lie deeply buried beneath the surface. There are things under heaven and earth not even dreamt of by our philosophers or scientists, and just as the original apparatus, built about ten years ago, brought to light many hidden facts about the constitution of the material universe, so the new apparatus will, no doubt, Dr. Lawrence declared, reveal striking new facts about the universe that will penetrate much deeper into the heart of things.

Until we cross the new frontier lying beyond energies of 100,000,000 volts, Dr. Lawrence stated, we do not know what riches lie ahead. But there can be no doubt that great riches will be found once the frontier is crossed.

All the tremendous scientific difficulties that stood in the way of constructing an apparatus of such magnitude, difficulties regarded until a few months ago as insurmountable, have been solved completely. The cost is the only obstacle that still remains to be surmounted. A considerable sum has already been promised and efforts

are now under way to provide for the balance.

Discussing the cost of the new apparatus, very moderate compared with the results it is expected to yield in the material and spiritual enrichment of mankind, several of the eminent scientists present pointed out that it would amount to only one-tenth the cost of one modern battleship, and no more than the cost of one bomber.

The original eighty-five-ton apparatus and the recently completed 220-ton atom-smasher have developed powerful neutron rays and hundreds of new radium-like substances that have already been placed in the service of mankind. The projected 2,000-ton colossus will, Dr. Lawrence stated, no doubt reveal new types of radiations and new forces of matter. The apparatus as already built is being used, in one of its applications, in pioneering new methods for the treatment of cancer.—*Wm. L. Lawrence in "The New York Times," Oct. 24, 1939.*

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IRRESISTIBLE TIME

"Time is indifferent to none. All are equally dragged by Time. Time causeth all creatures to grow and it is Time that destroyeth everything. When all else is asleep, Time is awake. Time is irresistible. Youth, beauty, life, possessions, health, and the companionship of friends and family, all are unstable. He that is wise will not covet any of these."
—*Mahabharata.*



Golden Lotus Temple

Encinitas, Calif.

Services Every Sunday

by

**PARAMHANSA
YOGANANDA**

at 11:00 a.m.

All Welcome!



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Adjoining the Temple
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Comfortable Rooms.

By Day or Month.

**UNUSUAL HEALTH
MEALS**

East Indian Recipes

American Dishes

IDEAL OF GURU AND DISCIPLE IN HINDU SCRIPTURES

(See Frontispiece)

The frontispiece of "Guru and Disciple in an Indian Hermitage" which appears in this month's INNER CULTURE illustrates the Hindu ideal of master and devotee. According to the ancient scriptures, a student can have many religious teachers, but only one guru-preceptor. The guru is the one who introduces the disciple to God. It is only when the devotee persistently sends a clarion call to God that He sends him a guru-preceptor. God uses the intuition and realization of the guru to teach and help the disciple until he is redeemed and freed from delusion. The guru is reborn with the disciple until the latter reaches emancipation. The guru can also appear to his advanced disciple in a vision.

The Hindu scriptures point out that if the guru is displeased with his disciple, even if the gods are pleased with him it will not help him, but if the guru is pleased with the disciple and the heavenly deities are displeased, the guru's protection will shield the disciple against all wrath of the gods.

When a truth-seeker wants enlightenment, he first finds inspiration in books and various teachers, but when he deeply and doggedly seeks God, He sends him His representative, the guru, to redeem him and protect him until he reaches his goal, the eternal kingdom of God.

THIRD ANNIVERSARY CELEBRATION OF S. R. F. HERMITAGE AT ENCINITAS ON JAN. 7TH

All members and friends of the S.R.F. are invited to attend the banquet celebration of the third anniversary of the founding of S.R.F. Hermitage at Encinitas and the second anniversary of the Golden Lotus Temple of All Religions at Encinitas, on Sunday, January 7th, 1940, at 3 p. m.

The banquet will be held at the Golden Lotus Hotel, adjoining the Temple grounds at Encinitas. Special Hindu dishes will be served, at 75c per plate; 50c for children. Please make reservations by phoning Encinitas 218 (or CCapital 0212 in Los Angeles), or by writing the Manager, Golden Lotus Hotel, Encinitas, California.

There will be a program of short talks by Paramhansa Yogananda and other speakers, and an unusual showing of motion pictures taken in India of the Taj Mahal and other famous scenes.

Paramhansa Yogananda will hold his usual Sunday morning services at the Golden Lotus Temple at 11 o'clock on January 7th. His subject will be "Reincarnation and Evolution."

Yogananda's Birthday

Paramhansa Yogananda's birthday, which falls on January 5th, will be celebrated next month with a birthday party at the S.R.F. headquarters on Mt. Washington in Los Angeles.

GOLDEN LOTUS HOTEL OPEN FOR GUESTS—CLASSES AND MEALS AT INDIA CAFE

The Golden Lotus Hotel, which adjoins the grounds of the Self-Realization Fellowship Hermitage and Golden Lotus Temple at Encinitas, California, has recently been acquired by the Fellowship. It has been newly painted and renovated. Improvements in the grounds include a pleasing palm tree grove.

Three very attractive features for guests are the Sunday services conducted by Paramhansa Yogananda at the Golden Lotus Temple, special classes in Self-Realization Fellowship instruction, and unique health meals which are fast winning an enviable reputation for the hotel, served in the India Cafe.

The climate of Encinitas is, according to Government weather records, the most healthful in the country. Guests at the hotel will also enjoy the glorious ocean stretches and the beach nearby. The hotel is only a few miles distant from famous Del Mar and San Diego.

Rates for transient and permanent guests are very reasonable. Special rates for S. R. F. students. Write for reservations to Manager, Golden Lotus Hotel, Encinitas, California.

ROOMS AVAILABLE AT L. A. HEADQUARTERS

The Western Headquarters of Self-Realization Fellowship on Mt.

Washington, twenty minutes from downtown Los Angeles, has available a few rooms for the use of members and those in sympathy with the S. R. F. ideals of life.

Those who have retired from business or domestic activities and who wish to spend the remainder of their lives in spiritual surroundings, and those who wish to devote themselves to spiritual development and service to all will be welcome to live at Headquarters. The requirements are that they must be healthy, upright in character, of peaceful, harmonious disposition, and financially stable. Rates are very reasonable.

Such persons will find the Headquarters a heaven of their dreams. Charming rooms with inspiring mountain views, enjoyable vegetarian meals, the company of spiritually-minded S. R. F. members, and class instruction and meditation periods, all contribute to the joy of living at this beautiful place.

The Headquarters is the most scenic, ideally located, healthful mountain resort in southern California. On clear days the ocean is visible over the hills. At night the Headquarters looks like an island swimming in the twinkling waves of myriads of city lights. There are twenty acres of grounds, with an orchard and tennis court.

Those interested are requested to write to Miss Orpha L. Sahly, Self-Realization Fellowship, 3880 San Rafael Avenue, Los Angeles, Cal.

Rooms are also available by the day and week.

Questions and Answers

By PARAMHANSA YOGANANDA

World Freedom

Question: What good will come of the present war in Europe?—
D. G. W.

Answer: Evil becomes the tool of good. In the chess-board play of warring nations God's subtle hidden virtue is winning its silent way.

It can be safely prophesied that Europe and the world will shake with periodic wars until the freedom of China, India, Egypt, Africa, Abyssinia and other downtrodden nations is accomplished.

As regards India, I believe that it is better for her to remain with England, under full dominion status. God forbid that any foreign dictator nation invade or occupy India. She cannot defend herself, lacking her own army.

If England gave India full dominion status now, she would win India's enduring friendship. Under such circumstances, trade agreements very advantageous to England over all European and American nations could be secured from India.

If England granted India self-rule now, it would have a very beneficial and dramatic effect on world opinion, and would secure India's good-will for centuries to come. If India secures independence with England's help, through Mahatma Gandhi's methods, it would be better than winning self-rule through force.

Wars are bound to go on in the world until the United States of Europe and the United States of Asia are evolved, to prepare the way for the United States of the World, with God guiding all nations through their realization of human brotherhood.

Does Unselfishness Pay?

Question: Does it pay to be unselfish and unattached?—R. S.

Answer: Let your supreme goal be to make others happy in order to gain happiness for yourself. Never think that you are acting unselfishly. Always think that you are doing things for your own pleasure, that you find your pleasure in

making others happy. You cannot teach the principles of unselfishness to others unless you first practice unselfishness in your own life.

Whatever you do attracts those conditions to yourself. If you set the example of selfishness, people will practice selfishness on you. Self-preservation is an instinct, but God gave you memory, intelligence and imagination to understand the difficulties of others. Find happiness in helping whoever crosses your path.

Avoid evil selfishness, which is the root of all troubles, whether individual or national. First came bows and arrows to protect one selfishness against another selfishness. Then guns were invented, then machine guns, and now poisonous gases to protect the selfishness of one group of people against the selfishness of another group. There will be more suffering before mankind realizes that national selfishness is just as evil as personal selfishness.

Good Will Our Only Security

Your greatest security is in the good will of others. If you are enthroned in the hearts of every one, that is the greatest kingship. If there are one hundred people in a town and each person is trying to take from the others, each one will have ninety-nine enemies, but if each one is trying to help the other, then each will have ninety-nine friends. Jesus gave up his body for all and yet he is enjoying eternal life. In being unselfish he was looking after his spiritual welfare.

Evil selfishness will cause you to lose everything of value in life.

World Family

You must remember that you are a part of the world family and cannot exist without it. You must think of others when thinking of your own needs. It is wrong to think just of yourself, excluding all others. A nation is built of small communities and they are built of individuals. Even if you have an enemy, you must remember that he is your neighbor. Everybody is our own, for God is our Father and we are his children.

If you think only of the welfare of your hands and feet and fail to look after your head, your brain will not serve you well. You must supply the needs of the entire body. So it is that the brains or capital of nations must work harmoniously with the hands and feet or labor of nations. If they are divided, there will be disorder and suffering.

We really do not own anything. We shall have to part with everything sometime, either by accident, or theft, or deterioration, or death. We are only given the use of things for a while. When something is given to you, you must know that it is only yours for a little while. You must not become attached to it. In time your loved ones will be taken away from you. They were just given to you that you might learn to sacrifice for others and share with others.

The true Self is the manifestation of Spirit within. Anything

that you do for the Self could be called "selfishness." Good selfishness consists of those actions by which the pure image of the Self within can be realized. Evil selfishness is that which you do for the ego, thus going against the true interest of the Self.

"Love God with all your heart," and "Love your neighbor as yourself." You will need no other commandments if you follow these two.

What Is Intuition?

Question: What is Intuition and how can I develop it?—E. Y.

Answer: Intuition is that directly perceiving faculty of the soul which at once knows the truth about anything. Unless you have the power of intuition, you cannot possibly know Truth. It is the knowing power of the soul without the help of the senses or the mind.

Intuition can give you knowledge about things which your senses and understanding can never give. Intuition does not depend upon any outside data whatsoever.

Intuition Means Soul-Perception

Intuition means "soul-perception." It shows the difference between true and false reasoning. Errors are made by people who fail to distinguish between a real "hunch" or intuition, and their convictions born of intellect, experience or blind belief.

Many books and courses of study are prescribed for students in

school, but nothing is taught them about concentration and the development of the sixth sense—the all-knowing faculty of intuition. Many people make mistakes in everything, from the study of health and business up to the study of philosophy and religion. Thousands of people make wrong investments and take wrong paths because their minds are not scientifically guided by intuition.

By the development of intuition one can outgrow the law of cause and effect in one's own life. Intuition tunes the mental radio so that it can intercept all vibrations of future happenings which otherwise are deflected by diverse currents.

Developing Intuition

Pure reason and calm feeling lead to intuition. Therefore, the first requisite in developing it is to *calmly reason* and *calmly feel* everything. Intuition is developed by exercising common sense, daily introspection and analysis, depth of thought and continued activity in one direction, calmness, and best of all, by meditation, holding to its calm after-effects. This is the only way. You then begin to perceive everything which is within as well as without.

If you can produce a perfect state of calmness in concentration and meditation, when you have a deep problem to solve, you will be able to solve it. If you hold to the calmness that comes after meditation, then you will be guided

aright. Intuition guides your reason. When you have developed intuition, you will stand firm in your knowledge, though the whole heavens and the universe rise up to defeat you.

Whenever you want to intuitively solve a problem, first go into deep meditation or silence. Do not think of your problem during meditation, but meditate until you feel that a sense of calmness fills the inner recesses of your body, and your breath becomes calm and quiet. Then ask God to direct your intuition so that you may know what you should do.

First, try to find out the truth about simple problems, then, when you find your intuition working infallibly, use it in finding the solution to big problems. For example, suppose two propositions are given you about a business matter; both propositions seem very attractive but both cannot be right for you. You are obliged to decide between them, and you can decide rightly by your intuitive sense. Supermen continually use their intuition in everything they do, and thus accomplish the seemingly impossible.

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JUDGE NOT

Let us not judge one another: but judge this rather, that no man put a stumbling-block or an occasion to fall in his brother's way.

The kingdom of God is not meat and drink: but righteousness and peace, and joy in the Holy Ghost. For he that in these things serveth Christ is acceptable to God, and approved of men.—*St. Paul.*

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Recent Testimonials From Self-Realization Fellowship Members and Inner Culture Subscribers

If there is any person in the world who has received more benefits than I have from membership in Self-Realization Fellowship, I would like to see and know that person. May God bless the hour when I became your member.—*F. T. S., Pennsylvania.*

I have never missed subscribing for Inner Culture Magazine for over 10 years. I find it impossible to get along without it. Things don't work out well if I don't keep in close touch with it. May God prosper and strengthen your great work.—*M. L., Calif.*

As I put your wonderful Teachings into practice in my daily life, I know that my greatest desire for God Consciousness will manifest in me from my earnest study of these inspiring Instructions. I received Paramhansa Yogananda's "Message" for October and have found great spiritual food in his ever-inspiring words.—*G. S. H., Vancouver, B. C.*

Thank you so much for your magazine and answer to my question which you published in your "Questions and Answers" column. You are doing a noble work and I am sure that thousands of people reading it will find a new incentive to live. I wish I could repay you in some way for the comfort you have brought into my life.—*A. W. H., Wisconsin.*

Reality at last! My dreams, my words, and my hopes from the past have finally been brought into manifestation. May Almighty God, the Father of us all, bless Self-Realization Fellowship for everything that has been done to hasten my growth.—*F. T. S., Pennsylvania.*

I wish I could do justice to your Teachings and inspiration. I feel that I have learned so much while studying these Lessons. It is truly an unusual, systematic, and wonderful course of study. I feel that it is impossible to study the Lessons without improving all phases of one's life.—*M. Z. W., Virginia.*

I have been so greatly helped by the practice of Self-Realization studies that I can hardly realize the change that has come over me. I am successful in everything that I undertake and it all comes through realizing God in everything, as taught in the Weekly Praecepta.—*R. E. P., Florida.*

I cannot tell you how much I have enjoyed reading the free booklet, "Highest Achievements Through Self-Realization" which you sent me. I have read it from cover to cover many times over. It is the most wonderful help I have come in contact with. Also, I shall never forget Paramhansa Yogananda's great help to me in his Sunday morning talks at the beautiful Lotus Temple of all Religions in

Encinitas, California. — R. E. H.
Minnesota.

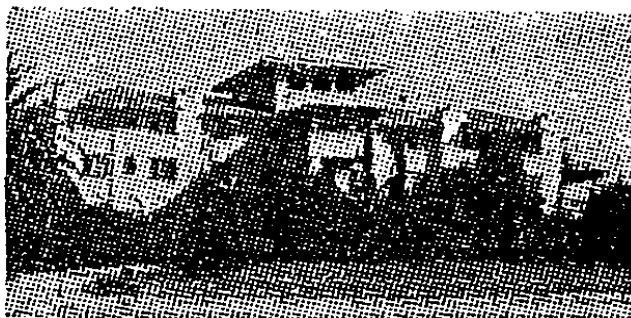
It was about a year ago that I began to practice your wonderful Teachings. In many ways it has been the happiest year of my life. I shall never cease to be grateful for being guided to this beautiful way of living.—D. C. T., *Minnesota.*

Enclosed please find a love offering of money for the beautiful work done by Self-Realization Fellowship for the Western civilization. We, in the West, do indeed need to practice the lessons of the East in order to really learn how to live.—L. K. K., *Wisconsin.*

The title of your free booklet, "Highest Achievements Through Self-Realization," appealed to me, so I sent for a copy. How happy I am that I did! I wish to climb to the top of the ladder. I feel that when I have finished with your Instructions I shall be equipped to fully serve in any capacity I desire. The reading of the booklet fired within me new inspiration and zeal. I shall go on! I shall achieve! —L. A. T., *California.*

These are troublesome times and it takes close vigilance to keep calm and retain poise, but the training I am receiving through your Teaching is a very wonderful help. —Mrs. E. D., *Washington.*

I am being bountifully helped along all lines since I have been studying the *Praecepta*. I am so happy to learn of these great Truths.—Mrs. J.D.P., *Florida.*



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Bean Croquettes

Shape cooked mashed beans into thick croquettes (oiling the hands or dipping them into hot water occasionally), coat delicately with oil or melted butter, heat in oven till beginning to crack a little, no more. Sprinkle with chopped parsley and garnish with lemon rings and parsley butter. See below.

Lemon Ring—Parsley Butter

Cream butter, add finely-chopped parsley and place paste in pyramids in the center of thick slices of lemon; serve with plain cutlets. Paste to be spread on hot cutlet and lemon squeezed over by each individual. Many enjoy a mince of green onions and garlic in the parsley butter. Dried powdered parsley, onion and garlic are easily blended into creamed butter.

Vegetable Cutlets

Grate carrots and steam in a waterless cooker or double boiler. Cut young tender string beans into small pieces and steam likewise. Now blend all with nicely seasoned mashed potato, add grated onion, a trifle of crushed or powdered garlic if relished, and chopped parsley and salt or salt substitute.

Shape into oblong cakes and dip in egg, bread crumbs or corn meal or flour. Pour a little melted but-

ter or oil over them in the pan and brown in a quick oven. Serve with cream sauce at once.

Scalloped Cabbage

Chop a nice head of cabbage or shave it fine and put into a baking dish with alternate layers of bread crumbs. Turn over it enough milk or soy milk, to which a little salt or salt substitute has been added, to half cover it. Soy bean milk may be made from dried soya bean milk powder. Let it boil up once and then set where it will stew slowly until the cabbage is tender.

Vegetable Pudding Omelet

Put hot creamed vegetables—asparagus, carrots, or any preferred compatible varieties—in bottom of pudding dish. Cover with omelet mixture, bake in moderate oven till eggs are just creamy and delicately browned; serve at once.

Vegetarian Chop Suey

Equal parts of shredded cabbage, celery and bean sprouts; a little chopped onion may be added if relished. Add mushrooms cut in quarters or eighths, dairy cream or nut cream (nut butter creamed with water to the desired consistency); salt or salt substitute; a little butter or oil. Blend and put all into a closed covered vessel in oven and bake for 25 to 35 minutes.

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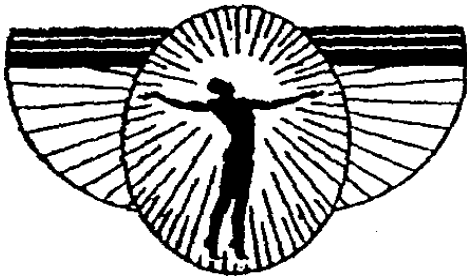
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Divine Prayer vibrations are sent out daily by Paramhansa Yogananda and a group of trained divine healers. Praecepta students, readers of *INNER CULTURE*, and friends of the Self-Realization Fellowship who desire help in solving problems of health, finance, or adjustment of personal and domestic relations may avail themselves of this help by writing to Self-Realization Fellowship, Personal Problems Department, 3880 San Rafael Avenue, Los Angeles, California, stating their name and address and the nature of their difficulties.

TITLE OF "PARAMHANSA"

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

The title *Paramhansa* supersedes the title of *Swami*. The followers of Yogananda's teachings now address him, in accordance with his Guru Sri Yukteswarji's wishes, as *Paramhansa* (or *Paramhansaji*. *Ji* is a term of respect in India and is always used when addressing a spiritual teacher, as Guruji, Yoganandaji, Mahatmaji, Swamiji, etc.)

The title of *Paramhansa* was bestowed on Yogananda when he visited his Guru in India in 1936.

BOOKS WANTED FOR LIBRARY IN INDIA

A great library in India, for the Calcutta Students' Home and the coming World-Colony in Bengal and the Ranchi Yogoda Sat-Sanga School 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 and 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.

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WESTERN HEADQUARTERS of THE SELF-REALIZATION FELLOWSHIP (Yogoda Sat-Sanga Society), Mount Washington Center, 3880 San Rafael Avenue. Phone: CApitol 0212. Founded by Paramhansa Yogananda in 1925.

Free Public Lectures by Paramhansa Yogananda every Thursday at 7:30 p.m. Take northbound "W" car, get off at Avenue 41, where autos will be waiting to take you up the hill to the Center, from 6:30 to 7:25 p.m. on Thursdays.

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GOLDEN LOTUS TEMPLE OF ALL RELIGIONS, (100 miles south of Los Angeles). Phone: Encinitas 218. Sunday services at 11 a.m., conducted by Paramhansa 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.

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Meetings each Thursday at 8 p.m. at Van de Voort Music Studio, 12½ W. Carrillo St. Meditation on Sundays at 7:30 p.m. Associate Teacher, Mrs. Lloyd Briggs, 1740 Prospect Ave. Phone 27984.

*Gardena, Calif.

Meetings on Mondays and Tuesdays at 7:45 p.m. at the home of Mr. E. C. Fredricks, 1630 W. 168 St. Conducting Teacher, Mrs. Harriet Grove, 16425 Halldale Ave. Associate Teacher, Ewald C. Fredricks. Secretary: Mrs. Blanche Fredricks.

*Fresno, Calif.

Conducting Teacher, Dr. George H. Sciaroni; Associate Teacher, Mr. Charles Klint; Secretary, Ellen Hinkle. Meetings at Pacific Southwest Bldg., 1060 Fulton St., Room 1410, each Wednesday at 8 p.m. Phone 2-5181.

*San Francisco, Calif.

Conducting Teacher, Yogacharya Sri Khagen, 450 Geary St., Room 206. Center is open daily from 1 to 3 p.m. Sunday services at 8 p.m. Classes on Tuesday, Wednesday, and Friday, at 8 p.m. Phone: PR. 6909. Secretary, Mrs. Roena M. Mathson; Assistant Secretary, Mrs. Helen Malnburg. Treasurer, Miss Lillian Houser; phone: OR. 8434.

Washington, D. C.

Brahmachari Jotin, Conducting Teacher. Sunday Service at 11 a.m. Wednesday Class on Philosophy and Yoga at 8 p.m. The public is welcome. Self-Realization Fellowship Temple at 4748 Western Avenue, N.W. Phone: Wisconsin 4748.

Boston, Mass.

First Self-Realization Fellowship Center in America, founded by Paramhansa Yogananda in 1920.

Conducting Teacher, Dr. M. W. Lewis, 29 Edgehill Road, Arlington, Mass. Phone: Arlington 2118J. Assistant, J. Albert Simpson. Corresponding Secretary, Miss Ellen Mac-Twiggan, 158 Summer St., Somerville, Mass. Meetings every Monday at 8:15 p.m. at Hotel Statler, Boston.

***New York, N. Y.**

Center at Carnegie Hall, 7th Avenue and 56th St., Studio 915, 7th Avenue entrance. Meetings every Monday at 8:15 p.m. Treasurer, Mr. John Fuerth, 804 W. 180th St., N. Y.

***Chicago, Ill.**

Conducting Teacher, Mr. Waldo Campbell Moe. Secretary, Miss Marie M. Schwarz, 360 No. Michigan Avenue. Meetings each Thursday at 8 p.m., at 431 So. Wabash Avenue.

***Miami, Florida**

Conducting Teacher, Mrs. Olga Lade, 2120 W. Flagler St. Associate Teacher, Mr. Fred Terry. Secretary, Mrs. Alice Bates. Meetings on Sundays, Wednesdays, and Thursdays at 8 p.m. Library. Phone: 25305.

AIN SOPH, Self-Realization Fellowship Church, 1034 N. E. 2nd Avenue. Conducting Teacher, Yogacharya Praetorius. Secretary, Lucille Andre. Services Sundays at 8 p.m. Classes on Wednesdays at 8 p.m.

***St. Louis, Mo.**

Meetings each Wednesday at 8 p.m., Y.W.C.A. Bldg., 1411 Locust St., Rm. 204. Secretary, Miss Esther Robinson, 5208 Delor St. Study Group established by Sri R. K. Das.

Cincinnati, Ohio

Conducting Teacher, Mrs. Bertha Shimler, 5642 Bramble Ave. Phone, Bramble 2078W. Classes on alternate Friday evenings at 8 p.m., at 403 Palace Theatre Bldg., 16 E. Sixth St. Open Forum on third Sunday of each

month, 8 p.m., at Liberal Savings Bank Bldg., 24 E. Sixth St., Room 700.

***Canton, Ohio**

Conducting Teacher, Miss Emma Coleman, 323 12th St. N.W., Apt. 3. Meetings on Thursdays and Sundays at 8 p.m., at the home of Mrs. D. P. Weber, 1213 14th St. N.E., Phone 2-3074.

***Dayton, Ohio**

Conducting Teacher, Mrs. Alma King, 732 North Main St. Telephone Adams 2835. Meetings each Tuesday at 8:30 p.m.

Minneapolis, Minn.

Meetings at West Hotel, Room 122, Sundays, 8 p.m., open to the public. Class on Thursdays at 8 p.m. Inner Circle Meditation Class at the home of Mrs. E. W. Backus, 2201 E. Lake of the Isles Blvd., Wednesdays at 8 p.m. Secretary, Miss Virginia Newhall, 335 Loeb Arcade. Associate Teachers: Mrs. Martha Jaeger and Mrs. M. Peterson. Treasurer, Mrs. Gertrude Hirschfield.

***St. Paul, Minn.**

Meetings each Monday evening at Y. W. C. A. Chapel, 123 W. 5th St. Secretary, Miss Sadie T. J. Woll, 1011 Hastings Ave.

***Belleville, Ill.**

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Christmas Greetings

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Christ sends this message of Christmas inspiration, through me:

“As the husband and wife sacrifice for each other, as parents sacrifice for their children, as families sacrifice for their country, so should each country sacrifice for the United World Family of all humanity.

“Let this Christmas season be one of joyous sacrifice for one another. Deny yourself many things that others may have the necessities of life. I will accept those gifts as personal offerings to Me, made in the temple of loving appreciation.

“Celebrate this Christmas by being with Me on Christmas eve, in meditation, and on Christmas day in festivity.

“Though I was born so many centuries ago, I am born anew in the cradle of your love, whenever you call on Me with ceaseless devotion. I am with you at Christmas and in reality at all times, if you call Me in the secret depths of your heart.”

256