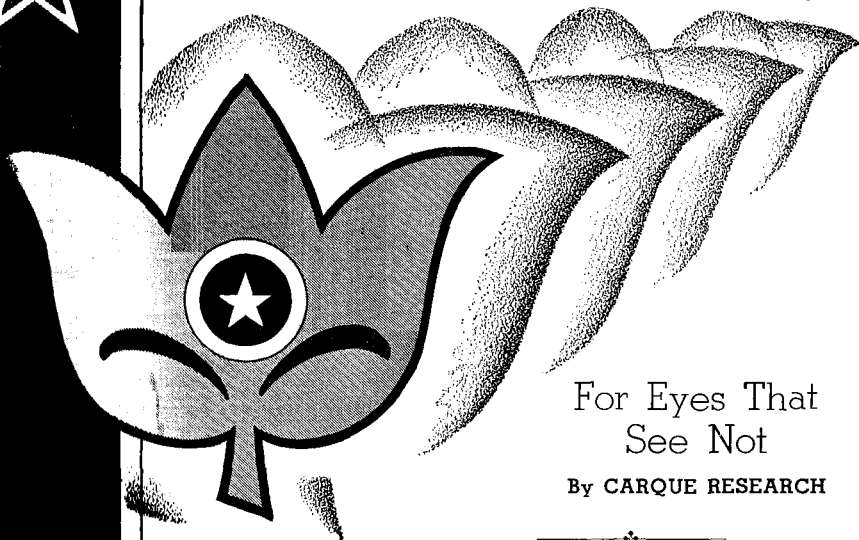


INNER CULTURE

FOR SELF-REALIZATION



For Eyes That
See Not

By CARQUE RESEARCH

— ♦ —
Teachings of Jesus on the Law
of Reincarnation

By PARAMHANSA YOGANANDA

— ♦ —
"AE", Ireland's Great Poet-Seer

By ARTHUR E. MASSEY

Happy New Year to All



JANUARY

1940

Price, 30 Cents
Vol. XII, No. 1

New Year's Message

By Paramhansa Yogananda

With the coming of the New Year, I want each of you, every day, to mentally broadcast the following message of my heart to the leaders of the world, a message which I have already cabled to the heads of nations abroad. It will do much good if you all also write a letter to each national leader, along the following lines:

"Our beloved brothers, President Roosevelt, Prime Minister Chamberlain, Mr. Churchill, M. Daladier of France, Stalin of Russia, Hitler of Germany, Mussolini of Italy, Franco of Spain, Mahatma Gandhi, Viceroy of India, Emperor of Japan, General Chiang Kai Shek of China, the Pope of Rome, and heads of all nations and races, may your souls be guided to understand that we—all nations—are physically and spiritually one—physically one, because we are the descendants of common parents, the symbolic Adam and Eve, and spiritually one, because we are the immortal children of one Father, bound by the eternal links of universal brotherhood.

"Thus let us pray in our hearts to establish a League of Souls and a mental United States of the World. Let us all remember that no matter how we are divided by race, creed, color, class and political prejudices, still, being the children of one God, we should first establish brotherhood and world unity in our souls, that we may pave the way for the creation of an United States of the World in which every nation will be a cooperating part of the Kingdom of the World, guided by the messages of God through our own enlightened conscience.

"Even though some of our brother nations are at war due to misunderstandings, nevertheless, in our hearts, we can all learn to be free from hate and the misunderstandings which cause war. Let us all pray for a speedy cessation of the war and for the unity of all nations, marching hand in hand in spirit through the gate of a new civilization until we reach the kingdom of our Father and become One there."



Kalyana Kalpataru

Lord Krishna, the Divine Flutist, whose soul-piercing melodies enrapture the maiden Radha (symbolizing the created world under Maya or Delusion) and reveal to her the immortal nature of her being.

INNER CULTURE

FOR SELF-REALIZATION

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"AE", Ireland's Great Poet-Seer

By ARTHUR E. MASSEY



Many years have elapsed since one memorable evening in London when I was introduced to a vivacious young man whose transcendental qualities were unmistakable. "AE" (George W. Russell) was then Editor of *The Irish Theosophist*, in which his own contributions of prose and poetry were the chief attraction.

He easily recalled incidents which occurred in his previous incarnations, and related wonderful psychic experiences of his everyday life. I met him again at a Convention in 1896 held in Dublin. One never could grow weary of his company, he simply radiated his own deep spirituality everywhere.

Few are aware of his genius as an artist. Many splendid mystic and symbolic paintings produced by

him were passed on to intimate friends for love, "without money and without price". Today they must be of immense value.

Early Poems

A copy of the poet's earliest production, *Homeward Songs by the Way*, I carried about with me until it was completely worn out. In later years, in a bookseller's advertisement, five pounds were offered for the same edition. In that little volume of his inner spiritual experiences he wrote: "I know I am a spirit and that I went forth in old time from the self-ancestral to labors yet unaccomplished."

There was positively no egoism about the man; unpretentious, unassuming, he was a free and untrammelled soul, and by choice still

labors, liberated from the limitations of the flesh, in the illimitable ocean of Spirit, in which he believed there were things to be accomplished for humanity again and yet again, until like Ulysses the soul has reached beyond the sunset, and there to touch the Happy Isles, and then onward and upward to higher manifestations where there are still greater worlds to be conquered before it has attained that glory which to all in due time will be revealed.

Sometimes I think his postponement of liberation and complete realization of God was a deliberate choice on his part, for he lived and functioned in the Spirit—"in the world and yet not of it".

Agricultural Expert

"AE" was by no means another St. Simeon Stylites, for although so absorbed in the spirit he was not only a poet and a writer of fascinating prose, but a worker in agricultural co-operation, entering whole-heartedly into all manner of schemes for the betterment of his country. For many years he edited the popular agricultural *Irish Homestead*.

I always found the poems of "AE" so very thrilling and inspiring because he sang of the Many-Colored Land which lies just beyond this "decadent world" of the senses; within the infra-red and ultra-violet rays of the spectrum, so to speak, where he had penetrated by means of patient and unremitting concentration. Very few

have given as much as a thought to the possibility of such a supra-world.

William Blake was undoubtedly the forerunner of "AE" and as a kindred mystic depended upon vision for his poetical inspiration. He also contended that the visible universe is shut away from men's sight, and that nature in appearance is a false reality. "AE" held the same view in maintaining that the material universe is *maya*, that is, illusion.

"AE" was truly the *Avatara* of Beauty, and the last in a line of mystics which included Plotinus, Boehme, Swedenborg and Blake.

He found the world at large cold and unresponsive to his message, excepting the comparatively few with whom he came into actual contact. "Love of Beauty", he said, "was the first-born between soul and body".

Beauty to its lover means happiness, so heaven is beauty, and hell is ugliness, as was this world to him, where people are condemned to labor in dismal factories of gloomy, depressing, industrial architecture, and manacled as it were to a mechanical world. We are unfortunately condemned to live in an Iron Age, as the poet wrote:

"And then the dragon-croak of
the city smote my ears,
Harsh with the screech of wheels,
the rasp of brakes. And I
Was again in the iron time. An
unassailable sky
Above, and darkness before us for
blind unaccountable years."

"AE" was intensely fond of children, and they give expression of gaiety to his poems. I have him in a group photograph of the Dublin Convention, proudly holding a delegate's baby. He took great pleasure in describing the dancing children at an outdoor entertainment, illustrating their movements, so perfect and so natural—natural was the word, as it carried out the rhythmic law which pervades the whole of physical nature.

His poetry needs to be studied and *dwelt with* to be properly appreciated. By a system of meditation and concentration he had arrived at an inward illumination normally unapprehended by the great majority, and entered on a state where the being is musical.

But instead of having found expression in an artistry of sweet sounds, the poet had in melodious words brought notions of spheric depths, amid the Oversoul; the divine principle forming spiritual unity throughout the Cosmos. The music and beauty of color displayed in so many of his poems are distinctly associated with other planes of being.

"AE" had in ecstatic moments glimpsed into states of being where he beheld scenes of unimaginable beauty by what he had termed "The Candle of Vision", and found inspiration which brought many votaries to his shrine.

He felt it essential that soul-experiencing matter, and being a servant of the body, needed the comfort and healing dew of the ancient Mother Earth:

"Why does this sudden passion
smite me?
I stretch my hands, all blind to
see:
I need the lamp of the world to
light me,
Lead me and set me free.

For here the ancient Mother lingers
To dip her hands in the healing dew,
And lave thine ache with cloud-cool fingers
Till sorrow die from you".

And again:

Now when the spirit in us wakes
and broods,
Filled with home yearnings,
drowsily there rise
From its deep heart high dreams
and mystic moods,
Mixing earth-loves with its own
native skies.
Clothing the vast with a familiar
face.
Reaching its right hand forth to
greet the starry race.
Wondrously near and clear the
great warm fires
Stare from the blue, so shows
the cottage light
To the field the laborer whose
heart's desires
The old folk by the nook, the
welcome bright
From the house—wife long parted
from at dawn—
So the star villages in God's
great depths indrawn,
Nearer to Thee, not by delusion
led,
Though there no house fires burn
nor bright eyes gaze;
We rise, but by the symbol
charioted

Through loved things rising up
to Love's own ways;
By these the soul unto the vast
has wings
And sets his seal celestial on all
mortal things."

Here is carried out the thought that the soul, whilst serving in the body, is acquiring the purest of earthly affections, as in this case, so that it may have the power to rise in the same order by which it descended.

Exploring the Soul

Engrossed and enchanted as we are by this pitiful dream we call life, it never occurs to us that this world is *maya*, or illusion, where all things being unsubstantial must fade away, so there is little desire to explore the river of the soul, or from whence or in what order it has come.

"Oh be not led away,
Lured by the color of the sun-rich
day.

The gay romance of song
Unto the spirit-life doth not belong.
Though far between the hours
In which the Master of Angelic
Powers

Lightens the dusk within
The holy of holies, be it thine to
win,

Rare vistas of white light,
Half-parted lips through which the
Infinite
Murmurs its ancient song."

The spirit of men which is one with the Logos, the Holy Breath, inhabits the soul in the bodily clay, the tomb of the body. Plato called it the body, the tomb. The body is part of the Mother Earth; whilst the

soul is in the body it is in the womb of Earth:

"And day by day the dawn or dark
enfolds
And feeds with beauty eyes that
cannot see
How in her womb the mighty
mother moulds
The infant spirit for eternity."

Light dawns in many brilliant passages, such as:

"That ancient imagination of the
seers
Of a profundity of all that was,
Or ever shall be, *glows and
breathes in an Eternal present.*"

The consciousness of his being only a sojourner on earth for an infinitesimal period, to return again and again, was ever-present. So here is his farewell to death:

"I look on wood and hill and sky,
Yet without any tears
To the warm earth I bid good-bye
For what unnumbered years.
So many times my spirit went
This dark transfiguring way,
Nor ever knew what dying meant,
Deep night or a new day.
So many times I went and came
Deeper than thought it knows
Unto what majesty of flame
In that wide heaven it goes."

"AE" taught that our highest aspirations are sacrifices, and these are transfigured and made whole and returned to us, and the psyche sinks back into the body once more:

"The offerings arise
Hazes of rainbow light,
Pure crystal, blue and gold,
Through dreamland take their flight
And mid the sacrifice
God moveth as of old.

In miracles of fire
 He symbols forth His days
 In dreams of crystal light
 Reveals what pure pathways
 Lead to the soul's desire
 The silence of the height."

Mirror of Deity

By a system of deep concentration extending over a long period "AE" had, as he stated, reached an apex which he called "the burning point of consciousness", and then to him nature appeared so ethereal that it was "the perfect mirror of Deity". It seems as if he had seen the infra-red and ultra-violet unknown to normal vision, and this would explain his beautiful poem, "The Great Breath:"

"Its edges foamed with amethyst
 and rose,
 Withers once more the old flower
 of day:
 There where the ether like a diamond
 glows
 Its petals fade away.

A shadowy tumult stirs the dusky air;
 Sparkle the delicate dews, the distant
 snows;
 The great deep thrills, for through
 it everywhere
 The breath of Beauty blows.

I saw how all the trembling ages
 past,
 Molded to her by deeper and deeper
 breath;
 Neared to the hour when Beauty
 breathes her last
 And knows herself in death."

The *Atma* of Sanskrit literature he identified with the dreaming soul which like *absolute* music addressed itself to the whole being. Like Blake he saw with intellectual

vision, as in a Great Deep, the Eternal:

"When the breath of twilight blows
 to flame the misty skies,
 All its vaporous sapphire, violet glow
 and silver gleam
 With their magic flood me through
 the magic of the eyes;
 I am one with the twilight's gleam."

As a mere child he awakened to the love of color, the sense of harmony and contrast, and felt that the harmonies which had delighted him then had been chosen by a deeper being, and he regarded it as the first meeting of soul with body.

Children of Light

"AE" realized that he had been one of the children of light in some ancient paradise, and he also had visions of gods and immortals very similar indeed to the Wordsworthian conception of *Intimations of Immortality*, from which he often quoted.

His philosophy was cosmic; he knew that mind, energy and substance, the three constituents of the Cosmos, are invisibly linked and that one "cannot move a flower without troubling of a star." To him each human being is the microcosm of the macrocosm which is the Cosmic Whole. As he wrote, "the Universe seems involved in the simplest motion of mind."

"To bring this loveliness to be,
 Even for an hour, the Builder must
 Have wrought in the laboratory,
 Of many a star for its sweet dust."

In addition, the poet maintained that as the entire universe is harmony, and music a creative force

to which our senses are not attuned, it is impossible for us to hear these distant sounds as we perceive distant objects; yet there were, as he said, certain mystics who used to speak of traveling up the "Jacob's ladder of sound to the Logos" which is the fountain of all beings; and the *Aeon* or earth-spirit is of the Logos.

The word-melodies of "AE" belong to higher spheres which lie beyond our present senses. He is now one with the Great Deep, as he named Eternity, and views with eyes of the soul the Everlasting.—*Kalyana Kalpataru.*

REGAINING PARADISE

By Lillian R. Carque

Trees inspire us because they are an object lesson of highly organized forces, more stable and permanent than those of surface crops. The love of country and orchard is the one abiding memory of an almost forgotten paradise.

How beautiful is the sight of an orchard with its blossoming trees sending their roots deep down into the soil, drinking in the heavenly light, with its millions of blossoms bringing forth the luscious fruits in which the hidden treasures of the earth and the life-giving forces of the sun are so wonderfully combined! Man, after all, will cling to the land; he will see that it is the earth which nourishes him best; like the giant Antaeus, he will ever have need to touch it, to feel it beneath his feet, in order to re-

new his strength. The first steps towards civilization were in the displacement of the uncertainties of nomadic life by concentrated efforts in agriculture and in tree planting.

Paradise Lost

The Biblical allegory of the Garden of Eden—exemplified symbolically by many writers as our long-lost paradise or Golden Age—appears to have historical background. Mankind's cradle was doubtless located in the tropics, where vegetation is most prolific and where, with little effort, an abundance of fruits, nuts and succulent plants can be procured throughout the year. Thus in a climate of eternal spring, when snow and ice were unknown, primeval man lived, for ages, and the tropical forests provided lavishly and in endless variety all the necessities of life. These paradisiacal conditions came to an abrupt end with the beginning of the glacial period, and man was compelled to pass through the school of want and deprivation.

Evidence accumulates to support the contention that man has lived on the earth for untold ages, and that natural cataclysms and not evolution developed the change from a frugivorous to an omnivorous diet. It is quite probable that the so-called glacial period—the latest of these being the Quaternary Ice Age, which began perhaps 700,000 years ago—subjected organic life to altogether new conditions. This was caused by a shifting of the poles or a change in the earth's

polarity. At the height of this frigid period, one-fifth of the total earth's surface was covered with ice, burying and destroying vegetation and forest, bushes and vines, and thus depriving man of the natural foods on which he had subsisted for many thousands of generations.

Return of Eden's Glory

Might not man's loss of his early paradise be interpreted as a necessary step in his progress? For when nature drove our early ancestors from their primeval forests and condemned them to earn their bread by the sweat of their brow, she merely afforded them a larger opportunity to develop their latent intellectual powers and opened to their vision new and grander fields of activity. Such seemingly adverse conditions put man firmly on his feet; they taught him the free use of his arms and hands and perfected his ingenuity and cranial capacity in the struggle with the forces of nature.

Governed and sustained by love in a universe of order and justice, man will regain Eden's glory. Slumbering in the roots of the great cosmos are still imprisoned tremendous potential energies, awaiting a transformation of character, a purity of heart and mind, efficiency in unselfish service and adherence to correct principles to unlock them for the common good of all.



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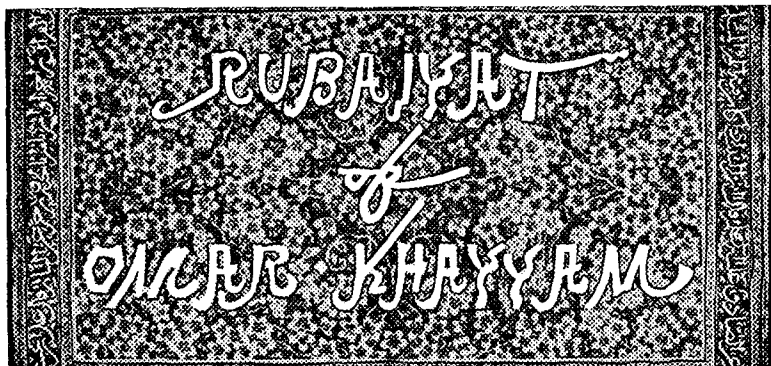
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SPIRITUAL INTERPRETATION BY
PARAMHANSA YOGANANDA

RUBAIYAT OF OMAR KHAYYAM

Translated Into English Verse by Edward Fitzgerald

LII

*And that inverted Bowl we call the Sky,
Whereunder crawling coop't we live and die,
Lift not thy hands to It for help—for It
Rolls impotently on as Thou and I.*

Spiritual Interpretation:

"If you implore help from the blue heavens or guidance from the circling stars, you are foolish, for the heavens themselves are performing their exact movements in conformity with the decrees of cosmic law, the law by which your own Karma (past actions) ordained the self-same planets to shed their specific influences on you. Not the stars, but your own efforts to contact God, the Creator of the stars, will be effectual in changing your mortal destiny."

Applied to Daily Life:

The stars are symbols of the governing or restraining influences of our own past Karma. We should seek for help only from Almighty God and our own will power, unceasingly striv-

ing to surmount our difficult material, mental and spiritual problems.

Stars and human lives alike are governed by the cosmic law of cause and effect. Thus it is foolish for us to wait for destiny to change its mechanically operating, unalterable decrees. By adopting, in the present, the antidotes of our past, baneful actions, and by the unlimited help of God through meditation, we can destroy the decrees of our past deeds. What we have already done we can undo, or at least modify by special acts of our will and by meditation, whereby our consciousness becomes suffused with a Higher Power.

Since stars symbolically influence our lives according to a certain pattern drawn by our consciously initiated past deeds, the best course we can pursue is to consciously adopt actions which will counteract the evil effects of our past misdeeds.

A great many people become foolishly fatalistic and think of doing nothing until the planetary positions change. While it is not unwise to initiate good projects in astrologically auspicious hours, nevertheless it should be fully remembered that if anything is done with full faith in God it will be blessed with more auspicious influences than can ever be given by the favorable aspects of the stars.

Glossary:

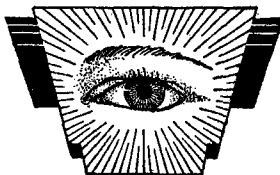
1—*Inverted Bowl we call the Sky*—The celestial canopy limited to a shape like all created things.

2—*Lift not thy hands to It for help*—Do not wait for astrological influences to aid in changing your destiny. The symbolic planetary pattern of your birth was drawn by your own hand by past actions. Call, not on any outside or environmental power, but on the Maker of the heavens and earth, for deliverance and true freedom.

For Eyes That See Not

Edited by

CARQUE NATURAL BRANDS RESEARCH FOUNDATION



In his book, *Normal Sight Without Glasses*, Dr. W. D. Bates gives a detailed account of his experiments and researches extending over a period of thirty years, in the field of optics. He claims that defective vision is *not* due to *permanent* changes in the shape of the eye, but to *mental strain*. This condition gives rise to a corresponding physical strain upon the eyes, their muscles and nerves, which in time causes the eyeball to change its contour.

Bates is inflexible in his contention that a highly nervous temperament, with a tendency to mental tenseness and rigidity of thought, is the cause of most cases of serious visual deficiency. The lesser defects he attributes chiefly to strain upon the mind due to overwork, worry, fear and anxiety, with avoidable degeneration of the brain and nervous system following in its wake.

Relaxation Essential

In pursuance of this theory, Bates concentrated all his efforts upon methods of treatment which, by means of systematic eye exercises, help to relieve the condition of mental strain. The keynote of the "Bates Method" is relaxation, for it is only when the complementary condition of mental and physical relaxation has been achieved that perfect vision is possible.

Laudable and beneficial as the Bates System is, as is evidenced by its success with thousands of sufferers, many patients have acknowledged failure in its application. The reason is, that the cultivation of poise, self-control and mental and emotional relaxation must be acquired by probing deeply into the interior recesses of our spiritual consciousness. The condition for the attainment of mental poise lies in the positive refusal of the mind to entertain sense-gov-

erned, self-limiting, or unbrotherly emotions.

A large part of the world's nervousness is due to collisions between what we consider individual rights and universal rights; between personal advantages and communal advantages. Most people choose to visualize man as an isolated, self-centered unit; they do not want to see man as an integral part of a universal, all-embracing interdependent brotherhood.

Isolation Destructive

There is nothing more fatal to nervous poise and mental peace than to regard one's self as a detached wheel in the great social or cosmic machinery. Hence isolation, separation and estrangement of the individual units that constitute humanity lead to the same disorder and disaster as would the detachment in a machine shop of each of the interacting wheels and levers,—the same clash of movements and eventual smash-up of structures and combinations. For it is by a closing-up of the channels of objective or centrifugal functioning, and a corresponding opening of the subjective or centripetal, that the dissipation of energy is restituted and equilibrated.

The wonderful affinity between the iris of the eye and the rest of the body is the result of a marvelous network of intercommunication between the nerves of the eye and the cerebro-spinal nervous system. For the optic nerves start

from the "eye single", that All-Seeing Eye—the eye of Providence that slumbereth never—which is situated in the center of the head, called the "optic thalamus," signifying "light of the chamber."

That able author, Inez Eudora Perry, writes: "Nature and Nature's God now demand an expansion of consciousness in man. Disorganization, disruption and spasmodic reaction take place in the bodies of persons chemically starved in those 'mothers' or materials (mineral cell-salts) which Father Spirit demands at this time.

"Each human being is a battery, an aggregation of cells, and the law governing its *charging* is exactly the same as that with which electricians are familiar. It *must* have the necessary *material to attract electricity*, the proper *kind* and the right *quantity*. Spirit is never deficient. The trouble lies with the human battery. The only material which is so constituted that it has the power to produce light or fire is potassium-phosphate," a basic mineral cell-salt. Potassium-phosphate abounds in all protein foods (the first substance), occurring naturally in all grains, nuts, legumes, seeds, flesh foods, fish and dairy products, providing also foundation-building material for all fruits and vegetation.

Vitamin A for Sight

Modern science has labored to discover a food substance that will insure an adequate supply and prop-

er regeneration of the visual purple—the coloring matter of the retina of the eye—so essential to normal vision, especially at night. Vitamin A has been found as the nutrient principle that provides efficiency of visual adaptability to changing intensities of light. The body utilizes Vitamin A best in conjunction with Vitamin D, in the proportion of 7 to 1 International Units.

A deficiency of Vitamin A affects the normal function of the retina; it may produce changes in the cornea and affect vision by interference with the refractive apparatus. The most readily recognized symptom of Vitamin A deficiency, even when slight, is visual difficulties similar to those characteristic of night blindness.

Experiments Abroad

Cases of an eye disease, xerophthalmia, occurring among children in 1904 in Japan, at a time of food shortage, were cured by feeding the children chicken liver, liver being rich in Vitamin A. An abundance of Vitamin A likewise is found in fish liver oils, successfully prescribed by physicians in Roumania and Vienna in cases of children suffering from eye trouble. Children of the Danish poor, similarly afflicted in 1917, satisfactorily responded to the feeding of foods rich in A-vitamin, including cod liver oil, whole milk and butter.

Vitamin authorities designate the following foods as rich in Vitamin A: Green-leafy vegetables, toma-

toes, alfalfa, oranges, grapefruit, apples, carrots, sweet potatoes, squash, yellow corn, green peas; also butter-fat, egg yolk, coconut, green (not bleached) asparagus, cucumber, green shoots of turnips, green string beans, brussel sprouts, green peppers, broccoli, horseradish, apricots, cherries, nectarines, peaches, prunes, cheese, milk, some fish and liver.

Cereals are conspicuously poor sources of Vitamin A. Less than one unit per gram is found in almonds, filberts, brazil nuts, butter-nuts, walnuts and peanuts.

Helpful Foods

Vitamin G foods are also helpful in nerve and eye troubles. Some of these foods apples, asparagus, avocados, bananas, prunes, beet roots and leaves, buttermilk, cabbage, carrots, cauliflower, watercress, eggs, grapefruit, lettuce, oranges, fresh peas, pears, potatoes, salmon, spinach, tomatoes, turnips, wheat germ, yeast, milk and rice bran.

Sufferers from defective vision often have stiff and contracted neck muscles. This is because the nerves from the head contact or cross at the base of the brain, serving as a connecting link between the pineal (spiritual) gland and the pituitary (animal) body. So long as the window (eye of the soul) is still covered with dust of animal desires or delusions, there is interference with circulation, and the special nerves involved in this function are unable to bring nutri-

tive blood to the center in sufficient quantity, or to carry away the waste products. In time the muscles, instead of being soft and pliable, become contracted or infiltrated, setting up a mechanical obstruction that impedes the direct free flow of nerve or soul force relayed from the sympathetic nervous system to the eyes.

For the right and left sympathetic systems, located at the upper portion of the spine in the back of the neck, are prodigal sons, impoverishing the All-Seeing Eye of its soul fluids.

Curative Methods

Spinal manipulation to relax contracted neck muscles is valuable in cases of eye trouble. The increased drainage of bodily waste induced by a fast and a strongly eliminative feeding regime have the effect of dissolving and expelling hardened or caked stores of accumulated waste matter which have been clogging the muscles and blood-vessels surrounding the eyes, and as a result the muscles become more relaxed and vision improves.

WITHOUT DISSIMULATION

Let love be without dissimulation. Abhor that which is evil; cleave to that which is good. Be kindly affectionate one to another with brotherly love; in honor preferring one another. Not slothful in business; fervent in spirit; serving the Lord. Rejoicing in hope; patient in tribulation; continuing instant in prayer.—*St. Paul.*

SONGS OF THE SOUL

By Paramhansa Yogananda

In this beautiful collection of poems the author dedicates his work to God, the all-pervading Spirit of Love that governs the universe and works through all nature and the soul of man. These poems are the expression of one who has explored his own soul through deep meditation and now tells us his spiritual experiences. A delightful little book of inspiration and beauty, which will lift you from materiality into the realm of the Soul. Send for it NOW.

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METAPHYSICAL MEDITATIONS

By Paramhansa Yogananda

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Spiritual Interpretation OF THE ★ **BHAGAVAD GITA**

*The Distinguishing Marks of a Wise Man—He Who
Does Not Confuse His Identity With
The Body.*

By PARAMHANSA YOGANANDA

Chapter II, Stanza 56

Literal Translation:

He whose consciousness is not shaken by anxiety during sorrow nor by attachment to happiness and who is free from worldly affection, apprehension, and wrath is certainly a *muni* of steady discrimination.

Poetic Rendition:

He whose soul is unshaken by somber sorrows, who does not drown in the waters of happiness, and who can swim in the sea of calmness far away from the storms of affection, apprehension and anger, is indeed a *muni* or master-mind of unwavering wisdom.

Spiritual Interpretation:

The meditation-perceived Spirit reveals, to the introspective devotee, the behavior or marks of a wise man: The *muni* or man of wisdom is he who has withdrawn his mind from the senses and dissolved it in the soul. Such a superman finds the searchlight of his wisdom steadily thrown on the kingdom of his inner everlasting joy.

Such a divine man, finding the nature of his own soul different from the nature of the body, does not become inwardly ruffled when trouble invades the body, nor unduly elated when happiness overtakes it. Such a soul is not in any way identified with the impermanent bodily affections.

As fear is caused by a sense of impending bodily harm, the wise man, unidentified with the body, does not allow himself to be ruffled by fear. Anger results from the non-fulfillment of a bodily desire. Hence the wise man does not permit himself to be angry.

Withdrawing The Mind

The body-identified soul allows himself to be disturbed by delusive affection, fear and anger which arise in connection with the body. By withdrawing the mind from the body and its sensations the soul suddenly finds itself steadily united with the everlasting joy of the inner Self. Thus he finds himself disengaged from all the intimate emotions and sensations pertaining to the body.

The ordinary man does not differentiate between the permanent joys of the soul and the impermanent pleasures of the senses. Thus he goes on pursuing the will-o-the-wisp false pleasures, never concentrating on his real inner happiness.

As it is impossible, by continuously feeding a beloved friend, to satisfy one's own hunger, so it is also impossible, by continuously indulging in sense pleasures, to satisfy the soul's craving for true happiness.

More or less, every soul is born identified with the body. Due to family, social and world environment he learns to cultivate his impermanent bodily pleasures, forgetting to cultivate the ways of tasting the permanent joys of the soul.

By meditation the wise man contacts the permanent happiness of the soul and forms the habit of tasting such pure happiness in preference to sense pleasures. Such a soul, tasting the superior joys of the soul, becomes uninterested in the impermanent joys of his body. Thus he finds his wisdom steadily united to the everlasting joys of the inner Self.

Notes Differences

Every wise man notes the difference in the sorrows and pleasures of the wakeful or conscious state, when the soul is usually identified with the body, and the pure calm of sleep in the subconscious state, and the unending joy of the superconscious state in meditation. Thus everyone should cling more to the joys of the soul felt during meditation and not to the delusive pleasures of the body felt during the period when the soul is identified with the physical temple.

HEALING

And the prayer of faith shall save the sick, and the Lord shall raise him up: and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.—*St. James.*

Remember me, O Lord, with the favor that Thou bearest unto Thy people: O visit me with Thy salvation; that I may see the good of Thy chosen.—*Psalms of David.*

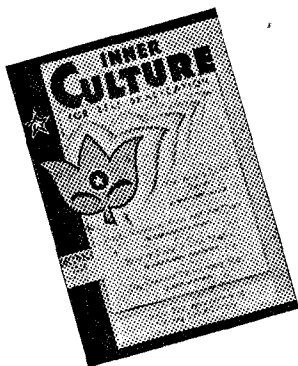
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Meditations

For Each Day in January, 1940

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

MONDAY, 1st. Render most abundant thanks to the Heavenly Goodness, which treats you so graciously—visiting you mercifully, enkindling you fervently, sustaining you powerfully, lest by your own tendency you sink down to the things of earth.

THE LORD SPEAKS:

TUESDAY, 2nd. Attend to My words, which inflame the heart and enlighten the mind; which prick the conscience, and soothe in manifold ways the wounded spirit.

WEDNESDAY, 3rd. Never study for the purpose of appearing more wise or learned; but strive to mortify your evil passions, which will be a greater benefit to you than the knowledge of many abstruse matters.

THURSDAY, 4th. When you have read and learnt much, you will have ever to revert to the one First Principle.

FRIDAY, 5th. I am the One Who teaches men knowledge, and I impart to little ones a clearer knowledge than can be taught by man.

SATURDAY, 6th. He to whom I speak will soon become wise, and wax strong in spirit.

SUNDAY, 7th. Woe be to them who seek to know many curious things from men, and who care little to discover the best way of serving Me.

MONDAY, 8th. The time will come when Christ, the Master of masters, the Lord of angels, shall appear to hear the tasks of all, that is, to examine the consciences of every one.

TUESDAY, 9th. And then will He 'search Jerusalem with candles', and bring to light the hidden things of darkness, and silence the strife of tongues.

WEDNESDAY, 10th. I in a moment can lift up the humble mind, and make it enter more deeply into the principles of Eternal Truth than if one had studied ten years in the schools.

THURSDAY, 11th. I teach without the sound of words, without the strife of opinions, without ambition of honor, without the contention of controversy.

FRIDAY, 12th. I teach man to despise earthly things, to grow weary of the present, to seek and to taste already the things eternal, to shun honors, to suffer reproaches, to place all hope in Me, to desire nothing out of Me, and above all to love Me with an ardent love.

SATURDAY, 13th. For one, simply by loving Me intensely, learnt Divine mysteries, and gave utterance to them.

SUNDAY, 14th. He made more progress by forsaking all things, than by studying subtle questions.

MONDAY, 15th. But to some I reveal ordinary things, to others I speak more particularly; to some by types and shadows I show myself sweetly, to others in the full light I reveal mysteries.

TUESDAY, 16th. The voice which comes from books is one, but the meaning it conveys is not equally comprehended by all; for I am the internal Teacher of truth, the Searcher of hearts, the Discerner of the thoughts, the Mover of the actions, distributing to every man as I think right.

THE DISCIPLE SPEAKS:

WEDNESDAY, 17th. O Lord, what is my hope which I have in this life, or what is my greatest comfort which I have from all visible things under heaven? Is it not Thou Thyself, O Lord my God, whose mercies are without number?

THURSDAY, 18th. When was it ever well with me without Thee? Or when could it be ever ill with me, when Thou wert present?

FRIDAY, 19th. I would rather be poor for Thee, than rich without Thee.

SATURDAY, 20th. I would choose rather to be a pilgrim on earth with Thee, than to possess heaven without Thee.

SUNDAY, 21st. Where Thou art, there is heaven; and where Thou art not, there is death and hell.

MONDAY, 22nd. Thou art my desire; and therefore I must sigh and cry after Thee, and call earnestly upon Thee.

TUESDAY, 23rd. In short, there is none whom I can fully trust in, to bring me the help which I need in my times of trial, but Thou alone, my God.

WEDNESDAY, 24th. Thou art my hope, my confidence, and my comforter; and most faithful art Thou in all things.

THURSDAY, 25th. All seek their own advantage: Thou aimest at my salvation and my advancement only, and turnest all things to my profit.

FRIDAY, 26th. And if I am exposed by Thee to various temptations and trials, Thou orderest all things for my good, for Thou in a thousand ways art wont to prove Thy beloved servants.

SATURDAY, 27th. In which trials Thou oughtest no less to be loved and praised, than if Thou didst fill me with heavenly consolations.

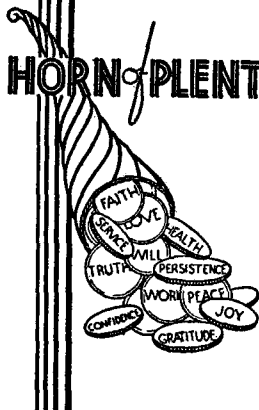
SUNDAY, 28th. In Thee, therefore, O Lord my God, I place my whole trust and refuge; on Thee I cast all my tribulation and distress, for I find everything weak and unstable, which I behold out of Thee.

MONDAY, 29th. For neither do a number of friends profit us, nor can strong helpers assist, nor prudent advisers give useful counsel, nor books of learned men console, nor any precious substance redeem, nor any place, however secret, protect, unless Thou Thyself assist, help, strengthen, comfort, instruct, and guard us.

TUESDAY, 30th. For all the things which seem calculated to bring peace and happiness, without Thee are nothing, and bring no true happiness at all.

WEDNESDAY, 31st. Thou, therefore, art the end of all good, the highest life, the deepest wisdom that can be uttered; and to trust in Thee above all is the strongest comfort of all Thy servants.

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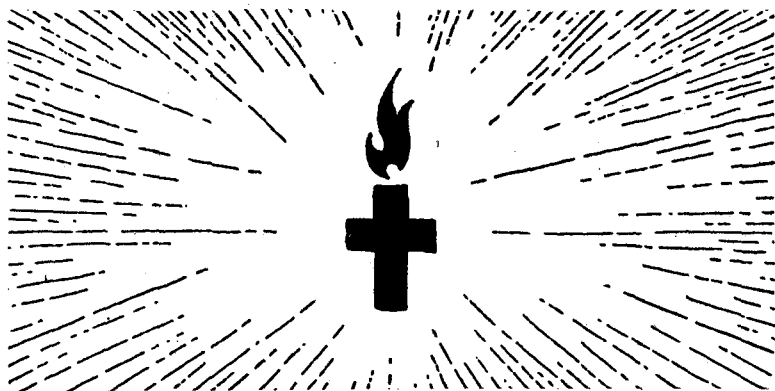
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PSYCHOLOGICAL CHART

By Paramhansa Yogananda

This chart will be very helpful in indicating the good and bad qualities that govern your life. By Analysis and Introspection you will learn to know yourself through this chart, and the knowledge of how to improve will follow naturally. 15c.



Second Coming of Christ

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

*Did Jesus Believe in Rebirth?—His Teaching on the
Subject of Reincarnation.*

By **PARAMHANSA YOGANANDA**

(Continued from last issue)

The vibrating voice of the Father and the celestial cloud which enveloped the three Masters and the disciples of Jesus on the Mount of Transfiguration distinctly reveals that the Heavenly Father had a special message for the world through the united liberated lives of Jesus, Moses and Elias.

The appearance of Elias with Jesus on the Mount of Transfiguration also establishes the fact that all truth-seeking souls, including great Masters like Jesus, cannot find liberation through themselves or by following a blind teacher, but by tuning in with a God-sent Guru-

Preceptor. Jesus said: "None can come unto me, unless the Heavenly Father draweth him." That is, only when a devotee intensely prays to God to know truth can he be sent a true Guru-Preceptor for guidance.

Every devotee should remember that in order to find a true Guru-Preceptor, he must constantly pray to God. And if the devotee thoroughly believes and continuously prays, then God will surely send him a true Guru-Preceptor. God, Himself, teaches the eager devotee through the words, thoughts, wisdom, and intuitions of a true Guru-Preceptor.

Jesus Explains That John the Baptist Was Formerly Elias

And as they came down from the mountain, Jesus charged them, saying, Tell the vision to no man, until the Son of man be risen again from the dead. And his disciples asked him, saying, Why then say the scribes that Elias must first come?

And Jesus answered and said unto them, Elias truly shall first come, and restore all things. But I say unto you, That Elias is come already, and they knew him not, but have done unto him whatsoever they listed. Likewise shall also the Son of man suffer of them.

Then the disciples understood that he spake unto them of John the Baptist.—Matt. 17:9-13.

Old Testament Prophecy

The disciples did not understand what Jesus meant about "rising again from the dead". The last paragraph of the Jewish scriptures, the *Old Testament*, said that "Elias shall truly first come and restore all things" (*Malachi* 4:5), and it was about this prophecy that the disciples questioned Jesus.

That John the Baptist was the incarnation of Elias (Elijah) is explained in the first chapter of Luke, where the angel appeared to Zacharias to foretell the birth of a son, "and thou shalt call his name John" (verse 13); "and he shall go before him in the spirit and power of Elias . . . to make ready a people prepared for the Lord" (verse 17).

Jesus said: "It has also been writ-

ten in the Scriptures how the son of man or my physical self would suffer many trials and find resistance from the people he would teach. By the Christ Consciousness in me I know and declare unto you that Elias has already come before me, reborn as John the Baptist, who has already been beheaded and received back into heaven in the state of final liberation as Elias whom you saw with me on the mount where I was transfigured. So Elias has already come in the body of John the Baptist but the people did not recognize him and they have already killed him. I prophesy that my body also will suffer like John the Baptist's at the hands of the ignorant people."

In the above words of Jesus is the great answer to all Christians as to whether Jesus believed in reincarnation or not. Some of the prophets of the *Old Testament* who predicted the reincarnation of Elias knew and not merely believed that reincarnation was based on the law of cause and effect governing all lives.

Did Jesus Believe in Rebirth?

It must be remembered that the doctrine of reincarnation is very ancient. Two hundred million people of India, five hundred million Buddhists in China and Japan and India, the ancient Druid priests and eminent philosophers of the East and West have believed and do believe in the doctrine of reincarnation.

Without the law of reincarnation no one can explain why some

people are born blind or why some are born rich and some are born poor and others are born wicked and some are born good. The premature death of people also shows that when they die in an imperfect state they could not find liberation; necessarily they must reincarnate on earth in order to get an opportunity to perfect themselves. If this life is the beginning and the end then it clearly reveals the injustice and partiality of nature and God in making some people good and well and in making others evil and sick.

Jesus said before, "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." All souls after death, on their arrival in the astral world according to the cosmic law emanating from Christ Consciousness, find themselves judged according to their works or karma while they lived on earth.

Karma—Cosmic Law

Thus the cosmic law liberates the very advanced souls into God. They, having overcome material desires, become pillars, or immortal entities in the omnipresent mansion of God, and they need go out no more through reincarnation on earth.

"Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out" (*Revelations* 3:12).

But other souls, according to their various material desires and good or evil activities, are born in-

to various kinds of good or bad families on earth. If we are the tools of destiny and if we have to live according to the predestined laws of God then the endowment of freedom of will becomes meaningless to us. We are endowed with free will and act as we like, thus accumulating good or bad seeds of actions which govern all our future lives. Having free will we are the architects of our own destiny.

Lack of prenatal memory does not prove that a man did not reincarnate before, for a man does not remember his life at birth or the first year of his existence. Great saints who can keep their consciousness and memory intact during death and after, remember who they were before they died, and remember their former lives after they are reborn. Since Jesus knew what John the Baptist was before—Elias (Elijah)—so he also knew that he himself was Eleseus (Elisha), the disciple of Elias.

An earthly judge has sense enough to pronounce the term of imprisonment of a criminal according to the nature of his crime. So also the greatest of all judges, the Cosmic Law, helps people to reap their rewards or punishments according to their karmas or actions on the earth plane. A million incarnations of sin committed by a soul could attract a million years of vile incarnations but no more. A soul, being primarily and essentially made in the image of God, even if responsible for a million years of sin, could not attract eternal

damnation. Finite acts could not reap infinite results.

Man Is Image of God

Then comes the question, how can a man by virtuous actions of one or more incarnations, become eternally liberated? It must be remembered that man being made in the image of God is always eternally good, and becomes only temporarily deluded. This temporary delusion leads a man to think he is mortal. So long as he thinks he is mortal so long must he suffer.

This mortal consciousness in a soul may extend to few or many incarnations, but through self-effort and law of God the prodigal soul finds wisdom. As soon as a prodigal soul is illumined he remembers the eternal image of God within him and returns to his home of Cosmic Consciousness. Then the Father serves him with the fattened calf of eternal wisdom and liberates him forever.

Delusion Is Temporary

Man, being made primarily in the image of God may misuse his free will for a time and consider himself mortal, but that temporary delusion can never erase from within him the mark of immortality and God's image of perfection. Hence, souls being made in the image of God can never by means of temporary delusion be essentially changed into eternally evil entities.

A baby who was never baptized and prematurely dies cannot possibly have used his free will to be

either virtuous enough to be liberated or vicious enough to be damned. Nature must bring the baby back to earth to give it a chance to use its free will to work out the past karma for which it met death, and to perform enough good actions to liberate itself. So all souls made in the image of God, after a number of incarnations of delusive earthly living, by self-effort and awakening of wisdom ultimately merge in their eternal abode in Spirit.

If an immortal soul does not work out his delusion in one school of life he has to have another or more schoolings before he returns home in Cosmic Consciousness by remembering his immortality. Ordinary souls usually reincarnate being compelled by their earth-bound desires; great souls come on earth partially to work out their karma but principally to act as noble sons of God to show lost children the way to their heavenly Father's all-liberating home.

And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water. And I brought him to thy disciples, and they could not cure him.

Then Jesus answered and said, O fatherless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me.—Matt. 17: 14-17.

"O, ye generation of people filled with ignorance and without self-realization of Spirit, I have been so long with you and you have not appreciated me, and how long shall I suffer beholding your agonies and also for taking your evil karmas on myself? Anyway, bring your son to me."

Great Souls Can Take on the Karma of Others

In the above Jesus expressed sorrow for constantly overburdening himself with the evil karma of others. Great souls by their will power can work out the sufferings of others in their own souls and thus relieve them, as a rich man might save a criminal from imprisonment by paying his fine. But it must be remembered that this happens only to repentant souls who, by their good karma, happen to meet a Master who can partially minimize their sufferings. The forgiving of sins and working out of karmas by another will be discussed more fully later on.

Jesus knew that by accumulating the evil karmas or sinful actions of others he would ultimately have to 'pay in the shape of the crucifixion of his body. Jesus gave up man's dearest possession, his body, for working out the karmas of others by his crucifixion.

While Jesus let his body be crucified through the sins of others yet by superior soul force he resurrected his body and proved his victory over all karma of himself and of others. Realizing the ter-

rible ordeal which he would have to go through for taking on the karma of others, he said, "How long shall I suffer for you and stand for the impositions of your karma on my soul?" Even though Jesus realized he would have to carry much evil karma by healing the possessed son of the man still, due to his infinite compassion, he agreed to heal the boy.

And they brought him unto him: and when he saw him, straightway the spirit tare him; and he fell on the ground, and wallowed foaming. And he asked his father, How long is it ago since this came unto him? And he said, Of a child. And ofttimes it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do anything, have compassion on us, and help us. Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou my unbelief. When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him.

And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead. But Jesus took him by the hand, and lifted him up; and he arose. And when he was come into the house, his disciples asked him privately,

Why could not we cast him out? And he said unto them, This kind can come forth by nothing, but by prayer and fasting.—Mark 9: 20-29.

A person who believes in his own power and in the power of God continuously without doubt can accomplish everything, spiritual or material, whatever he wants. It must be remembered that people must not expect to accomplish all results by a moment's belief.

How to Cultivate Faith

There is a way to cultivate belief until it becomes faith or absolute conviction. Belief is the initial recipient attitude of the mind necessary for the seed of a desire to be planted. When the soil of belief is continuously watered with belief in Self and a Master then it sprouts into faith or absolute conviction that the desired result will be accomplished.

As a person learns the laws of planting for a good harvest so a truth-seeking individual must learn how to cultivate belief so that it may yield the desired result. Jesus knew the laws of truth; he was equipped with all-mighty God-consciousness and knew that any one who believed in his words would create a channel through which the Christ-Consciousness could easily be transferred to him. All spiritual teachers could not say what Jesus said because they themselves are not always convinced of the all-accomplishing power of divine will and intuition-born faith or conviction.

Jesus said: "O thou wicked, disembodied soul, thou hast been deaf and dumb in the astral world because of thy evil karma. Instead of working out thy evil actions why art thou piling more evil actions in your soul by possessing this child before me? O evil spirit, because you have been deaf and dumb that is why your obsession has caused the loss of speech and hearing in the child before me. I command you to come out of his body and do not possess him any more."

In the above Jesus evidently hints that there are deaf and dumb spirits who try to possess earthly souls in order that they might hear or speak but due to their evil karmas, even when they unlawfully possess an individual, they are still unable to hear or speak and in that way destroy the vocal chords and the auditory nerves of the possessed individual. Such spirits, being condemned by their own karmas to be deaf and dumb cannot hear or speak even when they possess other bodies. Such is the immutable law of karma or cause and effect which governs all life.

Charged by Cosmic Energy

Due to this boy being possessed by the evil spirit since childhood his nervous system was completely exhausted. Thus, even when the evil spirit left him, the boy appeared as dead. But Jesus took him by the hand and charged Cosmic Energy in it and lifted him up. From that hour the boy was cured.

Jesus said to his disciples: "To

cast out the evil spirit long lodged in that boy required steady faith. When you failed to heal him by one or two attempts you disbelieved and because of your unbelief he was not healed. I declare unto you through my Christ Consciousness that if you have meditation-born intuitive conviction, even as little as a mustard seed, then you can tell the mountain of difficulties to disappear and it will do so. It is the cosmic conviction of God which is all-powerful and has created stars, planets, human beings. God knows that He is all-powerful; He intuitively feels He can do anything so whatever He thinks He can do, He does.

"So souls by deeper and deeper meditation can ultimately acquire the almighty intuitive conviction of God. When souls possess this intuitive conviction they will understand that all cosmic vibrations of matter and its manifestations are controlled and guided by God's intuitive conviction. Realizing that, a soul can transfer a mountain from one place to another. When advanced souls find their convictions in tune with God's convictions then they realize the relation of intuition and matter. Thus an advanced soul by the power of his intuitive conviction can create anything in matter.

"All the figures and forms in a dream are controlled and manifested by the imagination of the dreamer. The imagination of the dreamer can create any changes in the dream he perceives. So a person

who can dream at will realizes he can create anything or any changes in the dreamland. Likewise the cosmic dream is sustained by God's consciousness and I, Christ, being in tune with that consciousness can create any changes in the cosmic dream-manifestations. That is how I healed the obsessed son of that father.

"But remember, I am not telling you that if you mentally imagine a mountain to go from one place to another, it will. It is only when you have developed your faith by God-contact that you can accomplish anything. When you have acquired this God-consciousness which controls all the dream forms in the cosmos, then through that consciousness you can create any changes in the universe. But I strongly warn you again that this power to accomplish anything by faith cannot come by doing nothing or by mere belief. It comes by constant demand for Cosmic Consciousness in meditation (prayer) and by remaining away and aloof from the body-consciousness by occasional fasting."

Not By Imagination

It is inspiring how Jesus says that people cannot achieve wonderful results by imagination but must commune with Cosmic Consciousness in prayer and by not stimulating the body-consciousness by constant eating. Those who meditate deeply, fast often and stay away from the body-consciousness ultimately develop their intuition

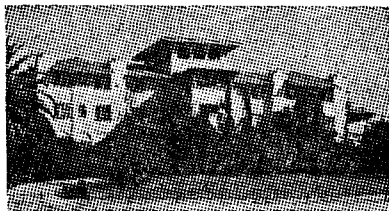
and all-accomplishing power of conviction or faith. Jesus says that even a little intuitive power can accomplish wonders, more than great power of imagination. He emphasizes that this power of faith or intuitive conviction does not come by a mental belief or intellectual conviction but by regular, deep prayer or meditation and by subjecting the body to the discipline involved in fasting and moral living. Thus as the consciousness of the devotee is finally united to Cosmic Consciousness, he realizes that he can create any changes in the cosmic dream which is sustained by that Cosmic Consciousness.

HE IS MY DEFENCE

O, truly my soul waiteth upon God: from Him cometh my salvation. He only is my rock and my salvation; He is my defence; I shall not be greatly moved. In God is my salvation and my glory: the rock of my strength, and my refuge is in God.—*Psalms of David.*

Beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day. The Lord is not slack concerning his promise, but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.—*St. Paul.*

It is good for me to draw near to God: I have put my trust in the Lord God, that I may declare all His works.—*Psalms of David.*



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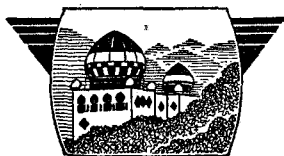
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VALUE OF MEDITATION



If you practice daily meditations, they will yield much fruit. No matter where you turn a compass, the needle always turns toward the north pole, so, no matter what your body is going through, the needle of your mind must always be on God. Then you will realize in your body the presence of the Imperishable One. You will realize that your responsibility lies not only to your family and to the world, but most of all to God, for the Self must redeem the Self. Many of the great Masters of India have demonstrated that they have found the existence of Self beyond the destruction of the body.

Do not let the kingdom of your immortality be shrouded by the mortal senses. When you have conquered the delusive senses, when you have established your immortality, then you will find that this world was but a dream. Keep your mind on God all the time. You are to remain here only for a little while at the longest. When you find God, you will be in tune with your family, your country, and the world. Don't fight God; fight ignorance. Make your mind the temple of God and you will find Him there. You will be one with the Sustainer of the Universe.—*Paramhansa Yogananda.*

Hindu Prayer Beads

Made in India

★ ★ ★ ★ ★

These RUDRAKSHA or "Eye of Shiva" Beads are used by devotees in India in prayer and chanting. They have been specially imported for S.R.F. students.

Each bead has Five Sections representing the Harmonious Vibration of the Five Elements—Earth, Water, Fire, Air and Ether.

The Ancient Yogis claimed that Rudraksha Beads, on direct contact with the body, convey helpful astrological values to the wearer. They are considered the holiest of all beads in India.

\$1.00 Each, Boxed

A few strings of Sandalwood Beads, and Tulsi Wood Beads, have also arrived from India. **\$1.00 Each, Boxed.**

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SCIENTIFIC DIGEST

CYCLIC CHANGES

Admiral Byrd says that he found evidence of coal and iron deposits under the ice in Antarctic. This presupposes that at some period the climate was moderate enough for the growth of vegetation. One speculates on how such a change in climate came about, perhaps by a tilt of the earth's axis.

Sir Hubert Wilkins told us that the ice formation over Antarctica is so prodigious that if melted it would raise the tidal water over the earth many feet and be a very serious matter.

The Sahara Desert was once the bed of a sea and in all probability the withdrawal of water from this and other vast areas affected the earth's axis.

Nature seems to have a scheme of redistributing water ever so many centuries by accretion in the form of ice at the Poles and then its release through the overpowering weight of the ice altering the axis.—**QUERIST**, Brooklyn, in *The New York Times*.

RADIOACTIVE MAN

Dean George B. Pegram and Professor John R. Dunning, recently gave a demonstration at Columbia University of modern alchemy in which platinum was transmitted into gold by means of radium,

and common table salt was made artificially radioactive by subjecting it to Columbia's powerful atom-smashing machine, the sixty-five-ton cyclotron.

Professor Dunning thrilled a distinguished scientific audience by swallowing a quantity of artificial radium dissolved in water and becoming as a result a radioactive being. The emanations from his finger-tips and the rest of his body were magnified through a loud speaker and could be heard in loud clicks. They could be seen as brilliant flashes.—*The New York Times*.

TRAP SUN'S HEAT

Massachusetts Institute of Technology engineers recently announced they planned to trap some of the sun's heat and "hoard" it away for possible use in the Winter house heating, Summer air conditioning and power generation.

Professor Hoyt C. Hottel, a leader of the institute's solar energy program, declared a new laboratory house had been completed with equipment designed to catch the heat as it falls on the roof, and then shoot it to the basement for storage in a large well-insulated water storage tank.

The building's heating system consists of a method of forced air

circulation so arranged that the flow of air can be either over the hot tank surface or through coils of a refrigeration system. This refrigeration system, operating on an absorption principle, will utilize sunlight as its heat source.

"Depending on the size of the tank," said Professor Hottel, "water can be kept hot from a few weeks to a half year by this method," and, he added, experiments would be made with a "tank large enough to hoard an entire Winter's supply of heat."

Explaining that there is a possibility of using the sun's energy in the production of power—during the Summer an acre of land receives from the sun heat equivalent to burning 250 tons of coal—Professor Hottel said the power aspect would receive special study in Tech's research.—*A. P.*

FESTIVAL CALENDAR

(Published by *The Shrine of Wisdom, Brynbugelydd, Harlech, N. Wales. 2 shillings postpaid.*)

This interesting Perpetual Festival Calendar gives religious, mystical and philosophical anniversaries, month by month.

Among the famous birthdays of all ages assigned in this calendar are those of Cicero, Jan. 3rd; Solon, Jan. 5th; Ramanuja, Jan. 12th; Kalidas, Jan. 14th; Zoroaster, Jan. 28th; Hesiod, Feb. 7th; Gorakhnath, Feb. 13th; Brother Lawrence, Feb. 14th; Ramakrishna, Feb. 18th; Mira Bai, Feb. 27th; Tulsi Das,

March 8th; Mencius, March 19th; Ovid, March 20th; St. Benedict, March 21st; Lao Tsz, March 24th; Walt Whitman, March 26th; Meister Eckhart, March 27th; St. Teresa, March 28th; Emperor Asoka, April 6th; Patanjali, April 16th; Thomas Vaughan, April 17th; Shankaracharya, April 22nd; Shakespeare, April 23rd; Lord Buddha, May 1st; Robert Browning, May 7th; Dante, May 8th; Chaitanya, May 13th; Thales, May 16th; Plato, May 21st; Hermes Trismegistus, May 24th; Emerson, May 25th; Venerable Bede, May 27th; Solomon, May 28th; Sir Edwin Arnold, June 10th; Orpheus, June 17th; Vyasa, June 18th; John Wesley, June 18th; Homer, July 5th; Kabir, July 19th; Pythagoras, July 24th; Archimedes, August 8th; Manu, August 12th; Mohammed, August 20th; Iamblichus, August 27th; Goethe, August 28th; Pindar, Sept. 4th; Rumi, Sept. 30th; Euripides, Sept. 30th; Keats, Oct. 29th; Jacob Boehme, Nov. 18th; Paracelsus, Nov. 26th; Saadi, Dec. 11th, and Christ, Dec. 25th.

* * *

I will take pride in being humble. I will be honored when chastised for God's work. I will rejoice for the opportunity of giving love when hated.—*Paramhansa Yogananda.*

'Tis to have drunk too well
The drink that is divine,
Maketh the kind earth waste,
And breath intolerable.

—*Francis Thompson.*

Questions[?] and[?] Answers[?]

By PARAMHANSA YOGANANDA

Question: What can be done to prevent war?—M. N.

Answer: There will be war until people live up to the standards of God, who has no race hatred, no color prejudice, no political differences. We are the children of God. We must gather our forces together and live up to the ideal of God. Wars are the result of ignorance. Man should be able to settle all differences by spiritual force instead of brute force. It is God alone with His knowledge of the conditions of the people of the world who can decide who is right and who is wrong.

Gandhi's life is an example showing that spiritual power can conquer brute force. He has gained more advantages of all kinds for India by overcoming brute force with spiritual force than anyone ever gained before in the annals of any country. So spiritual force does work, even in a political sense.

Never be afraid to sacrifice in order to preserve an ideal. Did Jesus fight for one nation to the exclusion of all others? No, he fought for Truth, which belongs to all.

Jesus fought for the Truth that is true for all times. What was his motto? *To love your enemies*. You cannot conquer your enemies by brute force. You must use love. Even if your enemy does not yield to love, you will have done your part. If you surround your enemy with hatred, his hatred for you will increase and he will never understand, but if you do what is right with great firmness, yet with love in your heart, your good deeds will not go unnoticed by God.

Duty to God is Paramount

Your nation did not give you life. God gave you life, so your duty to Him is paramount. Throw your life at the feet of God and win immortality. We are all made in the immortal image of God, but being encased in the body, we have to test our immortality through mortal temptations.

When the drama of hate and killing and lust for blood becomes monotonous to the ignorant hearts of nations, then they will think of peace. Then the whisper of God through conscience, now drowned beneath the roar of can-

non, will resound through the hearts of nations and they will come together in brotherhood.

If you do a wrong to your family, you are answerable to your family. If you do a wrong against society, then society demands restitution. If you do a wrong to your country, your country sits in judgment on you. But if you work against the world, Truth will demand an answer for your actions. Your actions must find approval in the eyes of Truth and God.

In a war, each side expects to win. The fruits of victory are often worthless. Once there was a lion and a bear who fought for a stag which had been killed. In the fight the lion killed the bear, but the lion was so weak that he could not get to the stag. A jackal came along and took the stag away. So in war, the victor and vanquished alike lose.

What is True Contentment?

Question: What is meant by being contented but not satisfied?—
T. H.

Answer: Contentment has in it an element of cheerful renunciation. It also includes a keen realization of the possession of things that are really worth while. We attain contentment; we are not born with it. To be content does not mean passive resignation to evil, nor unnecessary and unproductive sufferings that might be cured, nor does it mean dumb submission to pain and injury, nor an expressionless existence.

Contentment and satisfaction do not come with the possession of things, neither does prosperity consist in the possession of wealth. The possession of and the care for things can become a real burden. On the other hand, the relief in the realization that we are no longer responsible for material possessions is often very keen. The perception of one's powers and limitations is in itself a source of contentment.

Habitual Wants

A created want becomes a natural want in time through habit. Whatever the want may be, it gives pain. The more wants we have, the greater the possibilities of pain, for the more wants we have, the more difficult it is to fulfill them, and the more wants that remain unfilled, the greater is the pain.

If desire finds no prospect of immediate fulfillment, or finds an obstruction, then pain immediately arises. Why do we desire and long for things? Why do we yearn for states of mind, of feeling, of soul qualities and attainments? It is because we remember that once we were perfect, and it is for that long-lost perfection that we yearn. We are all children of God.

Purpose and aim are the qualities which make or mar an individual's life. If we have a driving purpose in life, we can tap the resources of the Infinite for power, and if that stirring purpose is in tune with the oneness of all Creation, we shall come to find life

growing richer and wider. Such motives build the eternal things of the Spirit and they never fail.

You Have Not Failed

If you fail while putting forth your best, your utmost cheerful effort, you have not failed. Get up and march on. You must be patient and persevering. Nothing is accomplished by those who are impatient or easily discouraged.

You may have every legitimate wish fulfilled in this life and may enjoy all your possessions, provided you have them and enjoy them with the consciousness of God. Supreme knowledge is within us. No outside agency can bring it to us or take it away from us.

We can begin to know God by first knowing ourselves, and as we grow in our knowledge of God, we will advance in knowledge of ourselves. It is the nature of God to express His perfection through man, but when man's mind is so filled with the outer things of life there is no time or place for the inner Real Self to come forth.

Since the attainment of health, success and happiness by material methods is limited and uncertain, you must learn how to receive health and energy from Cosmic Energy, how to receive the power to create at will the things you need by learning the art of super-concentration as taught by Self-Realization Fellowship, and how to receive happiness from the actual contact of the Supreme Inner Being and Force.

JANUARY, 1940

What Is True Happiness?

True happiness can come only from being in tune with the Infinite, just as lasting prosperity can come only by knowing the law governing prosperity. However, prosperity may be swept away in an instant, but no power can disturb your inner poise and knowledge once it has been attained. We gain strength by tuning our thoughts with the vibrations from God, until at last, like the wave that has become one with the ocean, we have become one with all Infinitude.

The yearning for our lost perfection, the urge to do and be the noblest, the most beautiful of which we are capable, is the creative impulse of every high achievement. We strive for perfection here because we long to be restored to our Oneness with God.



SONG OF DAVID

The heavens are Thine, the earth also is Thine: as for the world and the fulness thereof, Thou hast founded them. The north and the south Thou hast created them:

Thou hast a mighty arm: strong is Thy hand, and high is Thy right hand. Justice and judgment are the habitation of Thy throne: mercy and truth shall go before Thy face.

Blessed is the people that know the joyful sound: they shall walk, O Lord, in the light of Thy countenance:

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NEWS OF THE CENTERS

Christmas Celebration at Los Angeles

The spiritual significance of Christmas was observed by an all-day chanting and meditation service on December 24th at the S. R. F. Headquarters in Los Angeles. Seven hours of continuous chanting and prayers to the Lord passed like seven minutes of joy to the many devotees gathered to celebrate the glorious birthday of the Master Christ 2000 years ago.

"I was very happy that many of those present received a vision of Jesus Christ," Paramhansa Yogananda said. "One of the most encouraging signs of a spiritual rebirth in America today is the increased willingness of Christians to observe the birth of Christ by these long meditation and chanting meetings. Let December 25th be the day of social festivities, but the day before Christmas should be religiously set aside for continuous remembrance of the Lord."

Several of the S. R. F. Centers in the East also held meditation services on December 24th.

Christmas Day was one of great rejoicing and fellowship at the Headquarters. After a delightful banquet in the afternoon, Paramhansa Yogananda gathered his family of Mt. Washington Cen-

ter workers around the glistening Christmas tree and distributed beautiful presents to all.

Among those who visited the Headquarters for Christmas were Dr. and Mrs. M. W. Lewis, leaders of the S. R. F. Center in Boston; Sister Bhakti from the St. Louis Center; Mrs. Mary Paul from the Salt Lake City Center; Mrs. Marie Boettger from Peoria, Illinois; Dr. and Mrs. W. E. Bal-singer of Los Angeles; Rev. Dr. and Mrs. Arthur Porter and their family from Willowbrook; Dr. and Mrs. Lloyd Kennell and their family from San Diego, and Mr. H. R. Eckhart of Minneapolis.

Linen Shower

A Christmas Linen Shower for the benefit of the Mt. Washington Headquarters in Los Angeles was generously contributed to by the S. R. F. Centers in San Francisco, Salt Lake City, St. Paul, Milwaukee, Chicago, St. Louis, Cincinnati, Indianapolis, Kansas City and Miami. The Headquarters expresses its sincere appreciation to these Centers and to Mrs. F. F. Downs of Los Angeles and Mrs. Mary Paul of Salt Lake City for their beautiful gifts of linen.

New Bus Line

A new bus line running from 10th and Hill Streets to Highland Park in Los Angeles now brings a speedy 15-minute service to those wishing to visit the Mt. Washington S. R. F. Headquarters. The northbound bus can be boarded anywhere on Hill Street. Get off at Avenue 39 and Figueroa Street, where Headquarters automobiles will be waiting every Thursday from 6:30 to 7:25 p.m. to take up the hill those who wish to attend Paramhansa Yogananda's weekly public meetings. Those who desire to visit Headquarters at other hours will please telephone first to arrange for transportation up the hill (CApitol 0212).

Encinitas Anniversary

The third anniversary celebration of the S. R. F. Hermitage and the second anniversary of the Golden Lotus Temple of All Religions will be celebrated with a banquet at the Golden Lotus Hotel at Encinitas on Sunday, January 7th, at 3 p.m. Special Hindu dishes will be served.

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 in Encinitas at 11 o'clock on January 7th. His subject will be: "Re-incarnation and Evolution". All are welcome.



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Lettuce Rolls

Blend well with cashew or almond butter (thinned with water to a nut creme dressing) diced cucumber, minced celery, minced green pepper and Pacific Ocean Kelp or any other powdered vegetable. Grated cabbage and/or carrots may substitute for any vegetable out of season. Roll mixture into large leaves of romaine lettuce; cut into one inch strips or longer and serve on a bed of endive or watercress. Garnish with green pepper rings, placing a canned ripe olive or sprig of parsley in each ring.

Carrots a la Washington

1 qt. sliced or diced carrots
1 cup to 1 pint sliced onions
 $\frac{1}{4}$ cup strained tomato
 $\frac{1}{2}$ tablespoon browned flour
 $\frac{3}{4}$ to 1 teaspoon salt or substitute

1 tablespoon raw nut butter if relished.

Cook all together in a small quantity of water until carrots are tender and well dried out.

Mint Sauce

1 tablespoon chopped spearmint;
1 tablespoon unrefined sugar; 2
tablespoons lemon juice; 2 table-
spoons boiling water. Pour boiling

water over mint, add lemon juice and sugar and stir until sugar is dissolved. Do not heat sauce. Proportions of mint, sugar and lemon juice may be varied and water may be omitted.

Sour Salad Dressing

Cream with two-thirds cup of water two slightly rounded table-
spoons of any preferred raw nut
butter, to a smooth consistency.
Let this nut cream simmer for a
moment over the fire. Remove
from stove, add one-half tea-
spoonful of celery salt and two
tablespoonfuls of lemon juice.
Cool, and it is ready for use.

If too thick, it may be thinned
with a little more lemon juice and
water. By using a scant cup of
strained stewed tomato in place of
the water in the above, we have
another palatable and very attrac-
tive dressing.

Rice Gruel

(For Invalids and Children)

To 1 quart of cold water add
three tablespoons of natural brown
rice; cook slowly for one-half hour,
stirring occasionally to prevent it
from adhering to the vessel. Then
strain through a coarse cloth or a
puree colander, pressing the rice
with a spoon to extract the fluid.

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"The Hindu Teaching to my way of thinking is the finest and highest teaching of all. INNER CULTURE is one of the finest occult magazines on the market. Wish it could reach every home."—*J. S., Arkansas.*

"This Teaching has done more for me than any other study I ever followed; it has helped me to decide that this work will be my life work, and I expect to continue in this study. I use all material in my lecture work and consider it invaluable."—*M. R. I., Minnesota.*

"INNER CULTURE is a most interesting magazine. I have been able to pass on copies to several people who have been very much impressed by the articles contained in it and especially in the invaluable hints given by Paramhansa Yogananda, whom I should like to meet and personally thank and congratu-

late upon his interpretation of Omar Khayyam."—*L. E. P., England.*

"I am taking this opportunity to tell you how happy these enlightening *Praecepta* have made me. May this work keep spreading and eventually it will bring eternal happiness to all mankind."—*W. S., Illinois.*

"I enjoy the study of the Weekly *Praecepta* very much. To my delight I am really improving. My mind and understanding are becoming illumined. I am very happy because the Lessons are so inspiring. My progress is increasing daily."—*L. T., California.*

"The Fellowship is carrying on a wonderful work which I know will be the means by which many people will find that 'peace which passeth all understanding', which cannot be described in human terms, for it is of the Spirit."—*H. A. F., Colorado.*

"I am deriving a great deal of benefit from the *Praecepta* Instructions and INNER CULTURE. May your work be continually blessed and increased for the benefit to all."—*I.M.T., Los Angeles, California.*



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.

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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, Mahatmajji, 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

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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 Mainburg. 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 MacTwiggan, 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.

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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.

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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, Mr. L. K. Whittemore, 415 Wells Ave., S. W. Phone 3-6912. 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.

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Conducting Teacher, Sri Ranendra Kumar Das, 38 1/2 Pennsylvania Street, Penn. Bldg., Rm. 408; Sunday services at 11 a.m. Class, Fridays at 8 p.m. Lending Library. Associate Teachers, Mrs. Chas. Hoffman and Miss M. Eckhardt.

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Self-Realization Fellowship Center, Conducting Teacher, Mr. Roland T. Hunt. London headquarters till further notice, residence of Mr. W. A. Johnson, St. Mary's Mount, Bexley, Kent.

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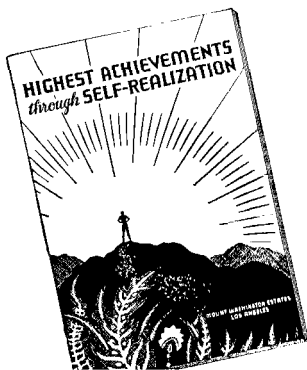
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