

INNER CULTURE

EAST-WEST MAGAZINE



Meat Eating Versus
Vegetarianism



Psychological War

A P R I L
1 9 3 5
Price 25 Cents
Vol. VII., No. 6

*A Magazine Devoted to the Healing
of Body, Mind and Soul*

RESURRECTION

THE Spirit of life—call it by what name you will—has inspired the mind of man to coin many wonderful words, words that express something of the good, the beautiful, and the true, as those qualities are manifested in the material, mental, and Spiritual realms. At a moment's notice any thinking, feeling being can recall a great number of these wondrous words, among some of the best known ones being "heaven," "home," "God," "beauty," "truth," "honor," "joy," "light," and "glory." However, with the possible exception of the magical little word "love," which is all-embracing, it is doubtful if any word is so thrillingly expressive, so inspiring, so conducive to hope and faith and lofty aspirations as the word "Resurrection."

Resurrection! How the word challenges the mind and lifts the Soul! How the very sound of it pierces the ear and the heart of even the "unbeliever!" There is no escape from that wonderful word, which causes man to dream of the Beyond, regardless of his doubts. However, to the believer, to him who has awakened from the slumber of Ages, the utterance of the word opens up a vista of beauty that makes him bow in adoration before that Being who lives eternally in all beings and in whom all beings live.

To be sure, "resurrection" implies death, a death from which man hopes to be raised into life. However, that "death" is a relative, not a positive condition. Only life is positive and absolute; death is but a partial, and very limited expression of life.

To be sure, "Resurrection" implies death, a death from which illogically, that that which IS can become that which is NOT, that light can be conquered by darkness, that discord is more potent than harmony, that the clouds can blot out the sun, and that a lie is stronger than Truth. It is not so. Nature says it is not so, revelations of great teachers tell us it is not so, the rational mind says it is not true, and the spirit of man, transcending objects, time, and space, sings always only of life and never of death.

No, the specter of Doubt is not to be believed. Only Faith and Love and Life are to be believed if man would find peace unto his Soul. Not from "death" to life do we go, but from life to life, from resurrection to resurrection, from sentiency to life forever more abundant.

—By James M. Warnack.

INNER CULTURE

EAST-WEST MAGAZINE

Master Minds of the East and the West are contributing their best efforts to this magazine, dedicated to the super-art of living.

Copyright, 1935, All Rights Reserved.

Published monthly by Self Realization Fellowship (Yogoda Sat-Sanga Society), 3880 San Rafael Ave., Los Angeles, California. S. Yogananda, President. Entered as second-class postal matter, April 6, 1934, at the Post Office in Los Angeles, California, under the Act of March 3, 1879.

VOL. VII.

Printed in U. S. A.

No. 6

CONTENTS

Resurrection	James M. Warnack ...	Cover	2
After Doubt, Faith and Belief	Louis E. Van Norman		2
Meat Eating Versus Vegetarianism	S. Y.		3
THE SECOND COMING OF CHRIST—			
Steps Toward the Attaining of the Consciousness which was in Christ Jesus	S. Y.		5
Resurrection in Love	Starr Daily		7
Expanding Consciousness	Elisabeth Hinckley		8
Psychological War	S. Y.		9
Meditations for April	S. E. M.		11
Begin It	Orpha L. Sahly		13
Scientific Digest			14
How to Pray to Have Prayers Answered	Sri Nerode		15
Health, Intellectual, and Spiritual Recipes	Merian Javné		17
Each in His Separate Star	Louise Elizabeth Colwin		19
Universal Political Ideals	K. R. Samras, M.A., Ph.D.		21
Echoes of a Song	Dr. Fred Valles		23

Yearly subscription, \$2.50; Canada, \$2.75; Foreign, \$3.00. Single copies, 25c.

Manuscripts should be addressed to "The Editors," not to individuals. Please enclose a stamped return envelope.

INNER CULTURE is the official organ of the Self-Realization Fellowship of America, founded in 1920 by S. Yogananda, A. B. Published Monthly by the Self-Realization Fellowship (Yogoda Sat-Sanga Society), 3880 San Rafael Ave., Los Angeles, Calif.

Changes of address should be sent to INNER CULTURE two weeks before the date it is to go into effect. Both the old and new address should be sent. We cannot be responsible for copies lost due to the subscriber's failure to notify us in time of his or her new address.

Meat Eating

Versus Vegetarianism

By S. Y.



THE problem of meat-eating and vegetarianism is a very complicated and controversial subject, hence I shall present the various arguments offered by the followers of the meat-mongers and vegetarian cults, ultimately adding my own views, if possible, about them. What I shall say will be governed by present-world needs, and I believe that no absolute view can be given which would be good for all times and all peoples.

THE ORIGIN OF MEAT-EATING

In the fact that the big fish eats the little fish, and the new-born lizard jumps upon and swallows the little worm, and the strong tiger and the lion prey upon little animals, man saw the index finger of Nature and started eating the meat of animals that suited his taste.

The elephant and the rhinoceros are equally as strong as lions and tigers, and still they are vegetarians. Man learned to eat vegetables and develop the vegetable-eating instinct from Nature's vegetable-consuming children.

As in Nature, we find more carnivorous animals than vegetarian animals, so we find that more people subsist on meat than on vegetables alone. Many people say that meat eating produces cancer and shortens life. I believe that overeating of meat tends to produce more disease than overeating of vegetables.

The elephant and the tortoise, who live on vegetables, live a long time. Cows live on vegetables, yet they die early, and dogs live on vegetables, but mostly meat, and they are short-lived

also. Yet the crocodile lives sparingly on meat and fasts for long periods of time, and lives to be 600 years old or more. Some Yogis, who have lived on vegetables, and who have known the super-art of living, are said to have lived longer than 600 years.

Longevity depends not only upon proper eating, but also upon breathing less, not overworking the heart, proper elimination, control of sex-force, and proper recharging of the body from the Divine Source.

THE INTERDEPENDENCE OF LIFE

In Nature we find that the vegetables eat the earth chemicals, and the birds, beasts, and human beings eat the vegetables and animals. The vegetables like a meat fertilizer, such as the dried blood and bones of the putrified bodies of animals, while animals eat human flesh. Human beings eat the animals, vegetables, and earth chemicals through food and medicine, and the grand old earth is always hungry and is cannibalistic, since out of its womb all the chemicals composing living organisms came, and into its all-devouring stomach all vegetables, animals, and men must return. This shows that the greedy earth, the vegetables, the animals, and human beings are both vegetarians and carnivorous.

THE DIFFERENCE BETWEEN VEGETABLES AND MEAT

Vegetables and animals are different only in the degree of manifestation of life. Prof. J. C. Bose, of India, has proved that vegetables have a nervous system responding to favorable stimuli through pleasure and to unfavorable

influence through pain. They have heart-beat, circulatory system, sap-pressure, and a central life in certain cells in the roots—the brain of the vegetable. Cut off a finger and you do not die, and cut off a limb and the plant does not die, but cut off the human brain and the body containing it will be dead, just as when you cut the roots the plant dies.

Just as animals respond to certain caretakers, so vegetables grow abundantly under certain benign human vibrations and wither or grow stunted when cultivated by people with wrong vibrations. A plant can be chloroformed, made to feel pleasure and pain, or can be poisoned and killed. You chop off the head of the cauliflower the same as you chop off the head of a lamb. Fine instruments developed by Prof. Bose tell us of the pangs of pain and the throes of death of tortured or dying plants. A piece of tin may feel pleasure and pain, and can express its emotions through a man-made sensitive instrument. The slaughtered cauliflower can only express its pre-death agonies through Prof. Bose's instruments. The tortured metals and plants cannot talk. Some fish express their agonies through squeaks. Birds and beasts manifest their troubles through different specific sounds. Man takes advantage of the fact that he does not know the language of animals, and he kills them against their willingness.

Civilized man has no right to kill animals or savages just because he does not understand their language. But, from the standpoint of appeal in response to pain, man is the most sensitive manifestation of life. Next to man, from the standpoint of sensitivity, come the different grades of animals, fish, plants, and minerals. The lamb and the chicken, when being killed, suffer less than the resisting, resenting bull or pig. Most fishes give up quickly when being killed.

There is no doubt that man has the most sensitive nervous system, through which he can keenly receive and respond to stimuli in the form of pain and pleasure. The animal is far less sensitive and feels much less pain than man dur-

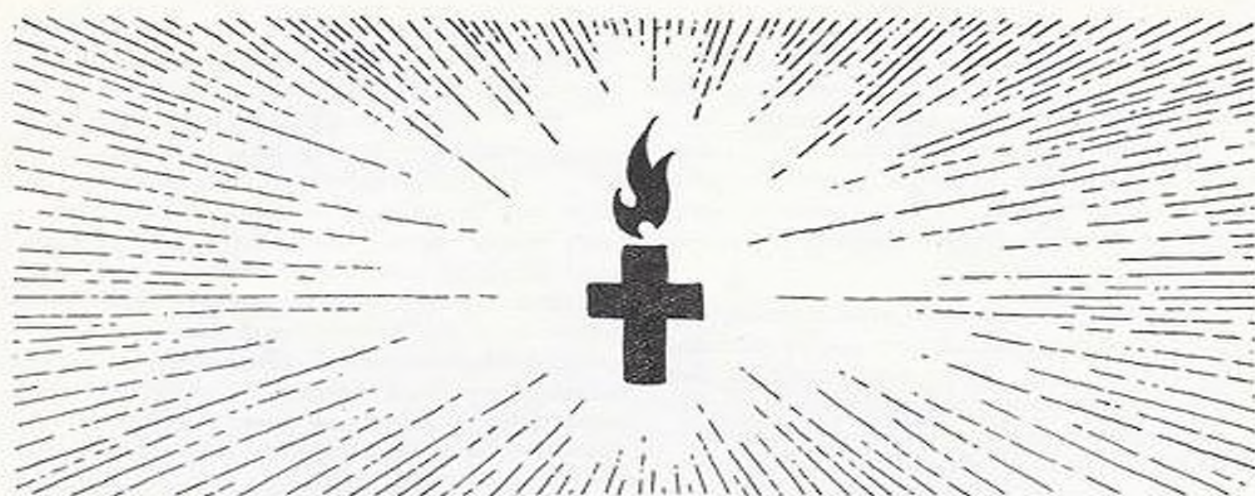
ing death. The plant nervous system is much duller than the nervous system of animals. Minerals are less sensitive to stimuli than plants. A hammer blow will kill a plant, an animal, or a man, but cannot easily expel the Life Force from the tenacious, less sensitive metal. By repeated pounding, however, even metals lose their tenacity or living worth-while qualities. Therefore, from the standpoint of expression through noise and sensitivity of nervous system, it can rationally be said that man suffers most when killed; that the ox, under the ax suffers more than the lamb or chicken, that the fish, under the knife suffers less than the lamb, and that the vegetables, when pared, suffer much less than the fish, animals, or man.

Cannibalism exists not only in man but also exists among plants, birds, and animals. Wolves eat wolves. The Jivaro Indian eats his prisoners of war and saves the cost of maintenance and the expense of buying meat. He shrinks the heads of his enemy prisoners to the size of tennis balls and saves them as war trophies, just as hunters mount the animals they have killed.

Meat eating cannot, of course, be condemned from the standpoint of killing, for all eating of vegetables and fruits involves the taking of life, only it is palpable that our conscience and human sensitiveness are roused much more by the killing of animals than by the slaughtering of vegetables and the skinning and munching of fruits. Most beef and steak eaters would desist from eating beef if they had to kill to get their meat, but no vegetarian would mind peeling vegetables and chopping off the heads of carrots, or dressing any vegetables. The spilling of blood and the administering of pain in the killing of animals clearly testifies that the animals are our kinsmen and are approaching near to human beings in the scale of evolution.

Extraordinary comparisons about the above two topics will be offered later, from which the reader will be able to draw his or her own conclusions.

(To Be Continued)



The Second Coming of Christ

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

By S. Y.

"And Simon's wife's mother was taken with a great fever; and anon they tell Him of her; and they besought Him for her. And He stood over her, and rebuked the fever; and He came and took her by the hand, and lifted her up; and immediately the fever left her, and she arose, and ministered unto them.

And at even, when the sun was setting, all they that had any sick with divers diseases brought them unto Him; and them that were possessed with devils; and He laid His hands on every one of them, and healed them, and all the city was gathered together at the door."

("Walks and Words of Jesus,"
by Rev. M. N. Olmsted.)

ALL disease germs have a dormant intelligence and are directed by the misguided Archangel of God, Satan. All evil has some intelligence, for it works itself into the minds of the people through false reasoning. Vice takes the cloak of virtue and fools the gate-keeper of reason, and thus enters the forbidden sanctum of virtue. Fever is caused by the evil actions of man as well as by disease which is intel-

ligently controlled by Satan. Whenever a person transgresses physically, mentally, or spiritually, a portal for a specific disease is opened, according to the nature of the transgression, to enter the body. Jesus knew all the evil forces which create havoc in people and was able, through His all-powerful Cosmic Consciousness to talk in the language of the fever and command it to get out of the body of the stricken woman. That is what is meant by Jesus "rebuking the fever."

About the laying on of hands, a great many explanations are necessary. The body is surrounded by intelligent Cosmic Energy and this energy recharges the original vitality of the body when it becomes depleted due to hard work. Food is the distilled water of the body battery, but the inner life of the body battery depends upon the Cosmic Energy which is drawn into the body through the mouth of the medulla (antennae) or by the tuning power of the human will. All the energy derived from the Cosmos through the ether, and the energy derived from food, becomes concentrated in the head and is poured into the entire body battery

through the six sub-dynamos in the spine. The brain and the six Centers in the cerebro-spinal axis send energy into the hands, feet, eyes, lungs, heart, liver, spleen, and all body parts. So, from each body part, namely, eyes, hands, feet, heart, navel, nose, mouth, and every projection from the body, there emanates current.

Since we use our eyes and hands constantly, they radiate more nerve-current than other parts. The right side of the body is a positive pole and the left side is a negative pole. The right side is stronger than the left side because more attention is paid to it and more use and more exercise develop it. The left side, by use and attention, can be developed into the positive pole, as is shown in left-handed people.

However, this Life Force passing through the hands, is more or less powerful, according to the power of the will. Masters, like Jesus, who have infinite control of their will, can radiate the all-creative healing Ray through any organ, especially through the hands, feet, or eyes. Simply laying on the positive and negative poles the hands, which carry energy from the body battery, does not heal. It is the power flowing through the hands which is the real cause of healing. This Life Force creates, integrates, disintegrates, crystallizes, metabolizes, and produces the complex body out of the cells. This Life Force is intelligent but is out of control in weak, ego-identified minds. Those who have identified themselves with their Souls know that the intelligent Soul controls the intelligent creative Life Force.

One who knows his Soul knows how to work miracles through the master of life and death, the Life Force, by sending it down through the hands like a healing X-Ray, to burn out disease germs in any stricken person.

The Spirit of Jesus had control over Cosmic Energy. He commanded His will to connect Cosmic Energy with the energy in His brain and send it down through His hands in ever-flowing, germ-burning rays to the body of the diseased person.

"And devils also came out of many, crying out, and saying, 'Thou art

Christ, the Son of God.' And He, rebuking them, suffered them not to speak: for they knew that He was Christ. That it might be fulfilled which was spoken by Esaias, the prophet, saying, 'Himself took our infirmities, and bare our sicknesses.' And in the morning, rising up a great while before day, and when it was day, He went out, and departed into a solitary place, and there prayed. And Simon, and they that were with Him, followed after Him. And when they had found Him, they said unto Him: 'All men seek for Thee.'"

(*"Walks and Words of Jesus,"*
by Rev. M. N. Olmsted.)

As has been said before, Satan, the Cosmic Evil Intelligence, has his satellites in those Souls who have lost in the moral and Spiritual battle. Satan works through such lost Souls on earth while they are living and also through those Souls that are roaming in the Astral world. As evil-possessed Souls do mischief on earth, so these Satan-obsessed Astral Souls do all kinds of mischief in the Astral world as well as in the physical world. They launch themselves into evil Souls through their evil vibrations. They intelligently possess and punish earthly evil Souls according to the term of Astral punishment which arises from specie transgressions in worldly life. Jesus, being omniscient, knew how Satan and his evil forces worked in torturing human Souls. That is why, when Jesus commanded the spirits in the possessed bodies to depart, they knew who Jesus was.

In regard to the prophecy of the prophet Esaias: "Himself took our infirmities, and bare our sicknesses," there is an important explanation. Powerful Souls like Jesus could only wipe away the effects of evil in an individual according to the law of cause and effect, which governs Karma (action). If anyone, through wrong eating, is carrying a load of poison in his body, a counter-acting medicine can destroy the virus in the system. So Jesus, by His powerful consciousness, could counteract the evils acquired and accumulated in Souls, but no one, not even Jesus, can break the law of cause and effect created by

(Continued on Page 24)

Psychological War

By S. Y.

BHAGAVAD GITA

Chapter II Stanza IV



ARJUNA said: "O destroyer of foes, O slayer of Madhu, how can I, in this war, battle with arrows against Bhishma and Drona, who should be worshipped."

Self-Control spoke through intuition: "O slayer of the demon of ignorance and of psychological temptations, how can I, in this psychological war, fight with the arrows of my determination against my psychological grandparents, Ego and Past Habits? These venerable parent-tendencies, originators of my present mental states, how can I destroy them by Spiritual indifference and by the arrows of renunciation.

ELABORATE SPIRITUAL INTERPRETATION

During meditation, the Life Force and the mind are withdrawn internally. This partially withdrawn state of Self-Realization is spoken of as the "Arjuna state," or state of self-control. The different characters mentioned in the Bhagavad Gita are the various psychological states with which a devotee is identified. When the Ego is identified with inner self-control, this state is called the "Arjuna state." When the devotee is identified with the mind, he is spoken of as being in the "Durjodhana state." "Durjodhana" signifies the restless mind, which is very difficult to control. The state resulting when the devotee is concentrated upon the human instinct and pre-natal tendencies born of pre-natal habits, is said to be the "Bhishma state." When the devotee is concentrated upon the Ego, it is also termed, in the Bhagavad Gita, the "Bhishma state."

The devotee, as he withdraws his mind within, finds himself pulled toward the vastness of his Soul. He begins to develop his sixth sense, intuition, and begins to lose sight of all mental and physical boundaries. At this time, the devotee begins to be afraid, like a person who leaves the boundary walls of his castle and soars into the wall-less ether in an airplane.

When he has only half climbed the ladder of inner perception, he is afraid to look at the roof of infinity, toward which he is headed. He loses sight of his physical Ego consciousness. This does not signify the loss of all consciousness, but only the forgetting of the limitations of the human Ego. Finding this, the devotee begins to be afraid of losing all human traits. This state signifies the killing of the venerable psychological relative, the Ego, or grandfather of all mental tendencies, and is the "Bhishma state." Then again, the devotee, in the inner meditative state, finds himself rising above all pre-natal tendencies, seeking mundane happiness. This is the "Drona state," or state of pre-natal tendencies.

The Spiritual aspirant does not relish the above occurrence, as he does not comprehend the ever-new joyous state of Spirit, except in thinking how he can destroy the Ego and all the sprouting active tendencies which constitute his human personality. He begins to perceive a conflict between inner involution and exterior evolution. Involution conflicts with evolution when the Ego is identified with sense-pleasures. Metaphysically, sense-pleasures are not considered pleasures at all, since they produce only the delusion of happiness and ultimately end in sorrow. Very few people understand why sense-pleasures

are not true pleasures, and why Soul-pleasures are real happiness.

In order to convince the Soul that it is extremely necessary to know that, first of all, the sensations of beauty, melody, fragrance, taste, and touch are not experienced on the skin surface, but in the brain. The sensation of the taste of a strawberry is felt in the brain as a mental reaction, evolving from the contact of a strawberry with the surface of the tongue. When the mind begins to be identified with the sensation of strawberry flavor, it begins to like it. However, the taste of strawberries and olives were at first very unpleasant to me, and I had to acquire a taste for them. I like them now because I have seen Americans like them. Therefore, no one can say generally that the sensation of strawberry flavor is pleasing. Likewise, some people are engrossed in sex vibrations and are slaves to them, whereas others detest living on the sex plane. Sensations of burning, or physical blows, produce uncomfortable sensations and thoughts in the body and brain, and therefore they are painful sensations. All other sensations, which are not painful, are not necessarily pleasurable.

All sensations which are harmonious to our sense-organs are called soothing sensations—like soothing music and soothing fragrance. But no sensation of touch, smell, or taste should be luring enough to enthrall and enslave the mind. It is when the mind becomes attached to a sensation that it develops a correspondingly pleasing idea in the brain. This pleasant idea about a sensation causes an individual to repeat his experiences with that sensation. When a sensation is constantly repeated, it causes a repetition of its corresponding pleasing idea and this liking-idea becomes grooved in the brain and clinched in the mind as a mental habit. This mental habit, formed by repeating a pleasing idea which evolved from a sensation, is what causes the attractiveness of sensations. Just as everybody is more or less in love with his own ideas about things, whether they are right or not, so also, the mind likes certain mental habits accruing from repeated sensations. The mind can only contact sensations through thoughts. There is no

actual contact between sensations and mind except through thought.

In the ultimate analysis, we find that sensations are nothing but relatively different thoughts about God—thought things. The enjoyment of encountering the sensation of ice cream is purely mental. The ice cream sensation in a dream is nothing but an idea which is pleasurable enjoyed by another idea of tasting the ice cream. The taste of ice cream in a dream is reacted upon by another idea of pleasurable enjoying it.

We find by subtle analysis that the consumer of ice cream, the mental reaction, the sensations involved in eating the ice cream, the consciousness of a dream mouth and palate tasting the ice cream, and the pleasure involved in eating the ice cream in dreamland are all made of nothing but relative ideas. Hence, it cannot be assumed that the sensation of ice cream in dreamland is pleasurable, except that it is an idea which is like another idea of eating the ice cream in the dream.

In a dream, with a dream body, one would experience a dream fire as burning the dream body, if the dream body happened to contact the dream fire. Likewise, a dream poison, dream accident, dream evil odor, dream inharmonious music, and dream fire would cause unpleasant dream sensations in the dream body, and dream ice cream, dream health, dream fragrance, dream melodious music, and dream bathing would produce harmonious sensations in the dream body. This conclusively shows that sensation-producing objects are materialized ideas of God, which produce the ideas of pleasure or pain in our minds. We should stop being fooled into thinking that the sensations of touch, smell, taste, sound, and sight have pleasure in themselves except as we react favorably and pleurably toward them.

By mental training, the so-called most pleasurable sensations can be made very repulsive to the mind, and the most painful sensations can be made pleasurable. Some people in India love to bask in the scorching rays of the sun, which, I am sure, would kill any western brother by sunstroke.

(Continued on Page 20)

Scientific Digest

In Memory of Luther Burbank

THIS year marks the sixtieth anniversary of Luther Burbank's coming to California. For 50 years he was a human cornucopia of fruits and flowers upturned upon California and the world.

He was not satisfied with ordinary garden truck. Officiating as high priest of the plant world, he wedded the melon and cucumber. The casaba is his child. Literally he made the earth blossom as a rose—the Peachblow, the Burbank, and the Santa Rosa roses. Indeed, he put the rose into Santa Rosa, his home town. Then he flung in the Shasta daisy and amaryllis for good measure.

He brought ten potatoes from Massachusetts with him to California in 1875, and from them he developed the Burbank variety. Usually, unconsciously, his fame is spoken in every market and fruit and vegetable stand in the United States every hour of the day.

Not content with filling the ground with his name, he climbed the trees and hung new kinds of prunes, plumcots, and apples upon the branches. Even then he would not let Nature rest. He made the cactus put up its arms and yield itself for food to the cattle of California.

New Radio Wave

A REVOLUTIONARY development in radio communication that will make it possible to link all large cities throughout the world for instantaneous transmission of messages and pictures through the air is being launched by the research engineering division of the Radio Corporation of America.

Micro-waves are the messengers of the new air era, on which engineers can flash 20 pictures a second. Tiny impulses measured in inches from crest to crest, the micro-waves reach only as far as the horizon, but they are static free and are not influenced by fading. These qualities enable engineers to operate by means of the micro-waves at terrific speeds.

"Facsimile Radio" is the name engineers have given the new process which, they say, opens the gateway to television. Not only will the new system increase to an almost incredible speed communication between points in all parts of the world, but engineers think that it will scrap the Morse code and supersede many telegraph and wireless devices now in use. Since the micro-waves disappear at 40 miles, in transmitting over them for longer distances a series of booster stations will be used.

Mr. David Sarnoff, president of the Corporation, declared that his faith in the future of radio science was "geared to Facsimile."

"The Facsimile is the gateway to television," he continued. "The first logical step, of course, is to transmit 'still' pictures and print. That is Facsimile Radio. The next step will be to send moving pictures. That is television. But before all this could be done, a speedy medium of communication had to be found. Marconi discovered it in micro-waves, tiny waves in an ethereal spectrum unaffected by static and fading. And on the wings of those ultra-short waves we can attain tremendous speed.

The problem of Facsimile transmission has not been merely one of circuits and terminal apparatus. Typewriters and high-speed recorders have been available, but we needed a successful track to link the transmitter and recorder. This we have in micro-waves

(Continued on Page 20)

as what others expect us to think and feel and be. We follow the mode like so many sheep—in our dress, our manners, our customs, and our habits.

Everywhere in Nature we find expressed infinite variety, unity, individuality—from the blade of grass we trample beneath our feet to the rare and exquisite orchid we choose for its Soul-satisfying grace and delicacy. In human nature we find that much individual charm and usefulness is sacrificed in the struggle for fashion and social position, for prestige and power.

Our individual heritage is a great privilege and responsibility. Do we accept it as such, rejoice in it, and make the most of it? Or do we dissipate our energies, bemoaning our present lot and striving to be like some one else or to secure a place or position that rightfully belongs to another? There is so much to be done by each one of us. Why not perform well what is ours to do? Then we shall have no time to find fault with others, or to attempt to displace them.

(To be Continued)

Psychological War

(Continued from Page 10)

The Soul itself is not imposed upon by an idea or by sensations, as the mind is by physical sensations. The Soul is self-born and contains some natural bliss-producing qualities. Contentment, ever-new joy, omniscience, omnipotence, and omnipresence are not acquired qualities, but are a part of the Soul. Hence, the devotee, who is engrossed in those Soul qualities, is enjoying real lasting pleasure belonging to his own true Self.

As there is a difference between the self-born contentment of your own mind and the happiness issuing from beholding a long-lost dear friend, so also, the happiness of meditation is self-born, whereas the Ego's enjoyment of a sensation is due to identification with it.

In this Stanza the devotee, through meditation, is described as being filled with the memory of the vanishing Ego and pre-natal instincts. He is afraid

Page Twenty

to use the darts of his controlled mind and his inwardly retiring Life Force to destroy the memory of his so-called pleasurable, egotistical, pre-natal sense-habits in order to gain the naive, but deep pleasures of Soul expansion.

To take the mind from the senses by meditation involves a psychological war in which the retiring Life Force and concentration act as arrows to destroy the venerable, ignorantly-worshipped physical Ego and pre-natal tendencies in the state of delusive ignorance.

Scientific Digest

NEW RADIO WAVE

(Continued from Page 14)

and in short waves such as those used to span the sea and continent. Now we have the micro-wave for inter-city communication.

I am certain that progress will be extremely rapid. We are already building stations for a domestic Facsimile service and the oversea channel has already proved its value in flashing news pictures between Europe and America. Today we see radio stepping into a new field of expansion—the Micro-Wave Facsimile, and I believe that the day is not so far distant when radio will dip into the mailbag."

Health, Intellectual and Spiritual Recipes

(Continued from Page 17)

Sweet Dream! Giving way to actualities of house-cleaning, spring wardrobe, epidemics of fever, and witch's brew of sulphur and molasses. Spring Fever? Usually overworked Livers! Brain fag, worn-out nerves, depressed spirit, and congested internals respond beautifully to a canned tomato juice spree; inexpensive, and procurable wherever food is sold.

Inner Culture

35. The indifferent are better still; those without any material ties have an equal, balanced, pure mind, subtle, and of rapid vibrations.

36. Their senses converge toward the inner man, and not to the things which surround them.

37. Want of desire puts at a distance the objects which were the motive there, although it does not kill them, and they remain latent.

38. The supreme vision puts at a distance and kills latent passions.

39. The voice of the senses compromises the heart.

40. The outward dumbness of them finds no earthly echo.

41. The Supreme has no material sense, nor should that which fuses in the Supreme have material sense.

42. Attachment makes desire, and this becomes disordered appetite, much as one who drinks salt water becomes more thirsty as he drinks.

43. So is born illusion, and from this forgetfulness of other things; thence the loss of discernment. Therefore, one lives in a world without comparison, and as there is no knowledge, man perishes.

44. On the contrary, be the former, who has authority because of the superior "I." He is each day more master of himself and of his real life.

45. The Supreme Peace is an enemy to all suffering, and in this serenity, discernment is well balanced and OMNI-JUST.

46. If the instrument is not well tuned, there is no room for the sweet tunes nor the harmony of sound. And so it is when concentration is impossible there is no peace, and happiness is not possible.

47. A ship without a course is like a compass which has lost its magnet; or an individual with erratic senses and with no will; the things around him knock him about, and make a toy of him to its means. He is not master of the situation, but quite the reverse. He is a slave to his sensations.

48. He who has a will and a goal goes forward firmly and serenely.

49. The more the physical body sleeps, the more that which is not dense matter lives.

50. Real peace knows no desires, for these are the foundation of pain.

51. Kill egoistic desires and you will be free, and if you march by the light, toward the light, and in the moment of death persist firmly in your place, you will be eternally happy.

The Second Coming of Christ

(Continued from Page 6)

God, but Jesus could stop the impending result of an evil action by astrally taking the result of the evil action upon Himself, and thus sparing the person guilty of the evil action. You will ask how that can be. Well, if you angered John, and he suddenly raised his hand to beat you, and I suddenly came between his fist and you, then you would be spared the hurt and I, being stronger, might not be affected at all by the fistic display of John.

So, also, when an evil action was perpetrated by Peter, according to the law of cause and effect he had to suffer, but, if a powerful Soul like Jesus wanted to save Peter, he could deflect the havoc caused by the evil action and work it out and spend its evil force within himself. Some Saints have been known to actually take into their own bodies the diseases of wicked persons, and thus cause the sufferers to be relieved. This does not mean that every healer has to suffer if he wants to heal someone by Spiritual law. Only extraordinary Christ-like healers can take on the sufferings of others resulting from mental disease and Soul sickness, and work them out in their own bodies.

The sins of the disciples, and many other Souls, according to the law of cause and effect, were powerful enough to deal death to the evil doers, so Jesus took their sins upon Himself and let His body be crucified. But this crucifixion could not touch Jesus, for He had said long before His physical death:

"Destroy this temple and I shall build it again in three days."

Jesus prayed in the morning and went to a solitary place for prayer. This shows the way people in general should learn to pray. There is a time for everything. We eat three times a day at certain hours. This nourishes the perishable body. People work eight hours or more a day to make money to maintain themselves and others who are dependent upon them. In childhood, eight hours a day, plus a few hours at home, are spent in nourishing the mind. Mental education gives each individual at least the common sense by which he knows what methods to adopt in order to uniformly perform all the physical, mental, and Spiritual duties calculated to bring real happiness.

That education is fruitless which makes an individual one-sided, either intellectually or spiritually. No duty should be performed by starving out other duties. One-sidedness brings unhappiness. Those who follow health laws usually enjoy good health, but if one spends all day long in the pursuit of health and neglects to be prosperous or Spiritual, he will encounter the miseries arising from poverty and ignorance.

Of course, if you are naturally healthy and rich due to an inheritance, you should spend all of your time in cultivating your Spiritual life. Also, the rich do not realize their Spiritual poverty and, as a result, foolishly spend their unique opportunity in indulging in the most insecure happiness of the senses. The rich should spend their time exclusively with God. That does not mean that one has to be rich before being Spiritual, or before knowing God. Anyone who performs the highest duty of knowing God automatically has performed all other lesser duties, for God, once attained, makes one rich with imperishable life and eternal riches. So it is right to seek God first by ignoring everything else. Only, it is disastrous to seek prosperity at the cost of health or to seek health by entirely forgetting to strive to be prosperous. Since God is the source of all power, it is all right

to seek Him first by ignoring all other duties, for, with God, health and prosperity are added, but with the acquirement of health and prosperity alone, God cannot be attained. Besides, the prosperity gained by human effort is perishable, whereas the prosperity which comes after the attainment of God is imperishable.

Man should use the proper time and the proper place for performing his different duties. Just as sleep is performed in a quiet bedroom from 6 to 8 hours, and as business is carried on in an atmosphere of business from 8 to 10 hours, and just as intellectual studies are carried on in the morning or at night in a quiet library, so, meditation, or contact of God, should be performed in a quiet, solitary place, at early dawn or late in the evening before retiring, for an hour or longer.

Resurrection in Love

(Continued from Page 7)

Purity of Thought, High-Selfishness, Generosity. There are many of them, each one capable of being used by the Ego to generate a vice; each one capable of being used by Soul to generate a virtue. Patience, for instance, can be a deadening vice when the Ego employs it as a means of yielding to inertia when duty summons.

But when they are virtues, these qualities are the component parts of love, and love being the greatest thing for which we can yearn and labor, they are worth cultivating. It would seem an impossible task to attempt to condition one's life to such a large array of abstractions; but love being generous has so contrived things that the task becomes easy. For we have only to set about conditioning our lives to one of them, any one of them, and the remainder become ours automatically and simultaneously.

None of them can be acquired by hate or indifference. When hate and indifference and egotism die, then it is that these things are resurrected. And it is these things that give us the one thing that is eternal—LOVE.

LAURIE PRATT

Author, "Astrological World Cycles"
(in preparation)

Co-Author, "Cosmic Creation," 50c

ASTROLOGER

Hindu and Western Methods Used

Full Life Reading, \$5.00
Required: Date, Place, Hour of Birth

Box 187, Atlanta, Ga.

"We build our future thought by
thought,
Or good or bad and know it not,
Yet so the Universe is wrought.
Thought is another name for fate;
Choose then thy destiny and wait,
For love brings love and hate brings
hate."

—Ella Wheeler Wilcox.

The Horn of Plenty Bank

WE wish to be of greater service to our readers and students and have developed this method of helping you to demonstrate in your life the abundance and success which are yours by Divine right.

Until you realize that you and the Father are One, and that "All things whatsoever the Father hath are mine," until you know this in your mind and soul, you cannot manifest the abundance, health and happiness which you desire.

The purpose of the Horn of Plenty Bank and prayer practice is to help you to get the right attitude of mind firmly established through the daily practice of right prayer and right habit, and thus to help you to demonstrate in your everyday life the things you are only vaguely wishing for now.

As your mind is changed and renewed through right thinking, through persistently knowing that your good is yours now, the way opens for you to receive it.

The Horn of Plenty Bank is a beautiful reminder to keep the idea of abundance always present in your consciousness.

This plan helps you practically in a number of ways. First, it shows you how to think correctly and encourages you in doing so through inspiring you to daily affirmation and prayer.

It helps you to realize and develop faith in the one unending source of supply, which is God, through the practice of a short prayer and meditation which is to be held in mind each time a coin is deposited, whenever a negative thought appears, and at as many other times during the day as possible.

It helps by supplying an easy method of saving for subscriptions to "Inner Culture" Magazine, for spiritual books or for offerings to the Mother Center to help carry on the holy work of spreading God's message to suffering humanity.

It helps by giving you the opportunity to supply your friends with gifts of spiritual literature. In this way you put into practice the command: "Give and it shall be given unto you."

It helps by giving you, along with the little Horn of Plenty Bank, a special lesson outlining the Divine Law of bringing desires into manifestation. Faith and prayer and work are the most important steps. Wishing and ineffective prayer get you nowhere. This method teaches you how to pray correctly and then how to do your part in bringing about your desire.

It also helps by giving you the service of trained workers who pray for your success, health or happiness from the moment your request reaches us for a Horn of Plenty until the contents which you have saved are sent in with your order. You will wish to have one of these beautiful banks with you always once you have started your prayer drill and have found how effective it is.

Complete instructions in the use of the bank and also a lesson in demonstration are sent with each request for a Horn of Plenty.

Fill in the blank below and let our workers help you to bring into manifestation the super-abundant good which is yours now.

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

Name

Street

City State

SPECIAL NOTICE! Important Announcement!

We want to warn all our students and friends that only authorized representatives are to do any work for the Self-Realization Fellowship. This announcement is of particular importance, and we caution everyone against making any contributions to anyone who cannot indisputably prove that he or she is a specially authorized representative of the Self-Realization Fellowship. We do have bona fide teachers who have the endorsement of the International Headquarters, and we want you to give them every consideration. They have certificates signed by S. Yogananda, and only they are entitled to your attention. Remember this next time anyone comes to you, claiming to be from the Self-Realization Fellowship. True representatives can prove their identity.

LISTEN TO S. YOGANANDA

*In Immortal Self-Illuminating Stories and
Spiritual Talks*

ON STATION KNX

*Every Sunday at 4:15 P. M.
Pacific Time*

NUT MEAT LOAF IS DELICIOUS!

BETTER THAN REAL MEAT LOAF DELICIOUS—TASTY

India Nut Meat Loaf is better for you, and more delicious than real meat loaf. It is free of meat poisons, and it is just as nourishing as meat. India Nut Meat is made of the finest, selected nuts, prepared in spotless kitchens, under the most exacting conditions. It has a very high nutritional value, so abundant in nuts. Buy a can today and try these delicious recipes:

NUT MEAT LOAF

To a 1-lb. can of Nut Meat well mashed, add $\frac{1}{2}$ teaspoonful of powdered sage, 1 medium-sized onion, and 1 green bell pepper chopped fine or grated, and 2 well beaten eggs. Also add 1 cupful of cooked tomatoes, or 1 small can of tomato puree, and 2 slices of bread, crumbled fine. Put in a baking dish; cover with a thin layer of bread crumbs and plenty of butter. Cover and bake in a medium hot oven, 350 F., for 45 minutes. Serve with tomato sauce or gravy.

NUT MEAT STEAK

Cut Nut Meat into slices and fry in butter or other fat until nicely browned on both sides.

SELF-REALIZATION FELLOWSHIP
Mt. Washington Estates, Los Angeles, Calif.
Dept. IC

H E L P !

us reach the persons to whom we would like to send our fascinating book: "Highest Achievements Through Self-Realization," going into detail regarding the aims and purposes of Self-Realization Fellowship. You can aid us by sending us the names of five spiritually-minded persons. Use the lines below.

SELF-REALIZATION FELLOWSHIP
MT. WASHINGTON ESTATES
LOS ANGELES - CALIFORNIA



SUBSCRIBE

Self-Realization Fellowship,
Mt. Washington Estates,
Los Angeles, California.

I am enclosing remittance for a subscription to Inner Culture Magazine for one year in order that I may become familiar with the beneficial teachings of Self-Realization Fellowship. I understand that if I decide to become affiliated with the Fellowship within ninety days after this date, the amount enclosed herewith will be applied as part payment on the Five Dollar registration fee for membership.

NAME

STREET

CITY

STATE



BIDHILIP EPHEMERIS

Daily position of every planet for 80 years (1860 to 1939) complete in 8 volumes, each volume containing 10 years' planetary positions. Price \$1.50 per volume, excluding postage.

SPECIAL FEATURES

English, Bengali, and Hindi dates mentioning Sambat, Shak, and Bengali years. Daily Sidereal time and Tithis, Latitude, Longitude, and Declination of every planet. Ayanamsha for every month, etc., etc. Directions for use in English, Bengali, and Hindi. PRINTED IN ENGLISH.

FIRST VOLUME (1860 to 1869). \$1.50, will be out soon.

BIDHILIP GRANTHA-BIHAR

Booksellers & Publishers,
50, Haldarpara Road, Kalighat,
Calcutta. (INDIA).

Good NEWS for HEALTH SEEKERS

Dr. Benedict Lust's Famous Book
"Naturopathic Treatment of Disease"
given free with each one year's subscription to

NATURE'S PATH To Health and Power

Here is good news! Each and every issue of NATURE'S PATH alone is worth the subscription price of \$1, for it brings to you the priceless knowledge of the latest natural health building methods discovered and used in the United States and Europe.

Under the fearless and competent guidance of Dr. Benedict Lust, N.D., D.O., D.C., M.D., director and owner of "Yungborn" Nature Cure resort, Butler, N. J., and Tangerine, Fla., commissioned by Father Kneipp of "Nature Cure" fame to carry on the work of Nature Cure in this country, NATURE'S PATH champions the cause of Nature Cure and natural living the world over.

And now, for a limited time only, NATURE'S PATH will give you, with a year's subscription (\$1.00) the famous and practical book "Naturopathic Treatment of Disease."

NATURE'S PATH, Dept. E-W.
236 E. 35th St., New York City.

Enclosed is \$1.00 (Canada and Foreign \$1.50). Please send me at once my free copy "Naturopathic Treatment of Disease," by Dr. Benedict Lust, and enter my name for one year's subscription to NATURE'S PATH.

Name

Address

City State

Easter Awakening

THE little wavelet of Christ Life played helpfully over the bosom of the Cosmic Life for a while, and then it vanished within the ocean's tenderness, not to die, but to be fed with eternal Ambrosia, and to come back again to declare the immortality of its tiny existence. The ocean of God throbbed once more in the resurrected Prince Jesus.

Flowers fade never to return, but Jesus only slept to obey the sweet command of Nature, and woke again to declare His mastery over Her.

Jesus has silenced the laughter of unbelieving eyes and the audacious poetic assertion that no traveller has ever returned from death's bourne, by coming back from the place from which no one ever returned before.

With the return of Jesus to this mundane domain, a hope was resurrected in the hearts of a thousand million mortals—the hope that they, too, could wipe away the sting of death from their breasts of everlastingness.

Christ hid Himself again to show that He could not only resurrect His eternalness in the body of Jesus, but also in every blossom, and in every living Being that would ever smile in the garden of Creation through endless aeons.

Christ was resurrected not only on Easter Morn, but He reanimates Himself in the dawn of each Soul's awakening. Our Souls die every day, whenever we are buried in the tomb of ignorance, and we resurrect ourselves again in Cosmic Wisdom.

Banish the death-consciousness perceived during the sleep of delusion, and resurrect your Soul in the ever-reigning Light of Immortality. Let this be your Easter Awakening.

—By S. Y.