

INNER CULTURE



EAST-WEST MAGAZINE



What Is Heaven?



The Silver Thread

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

AUGUST
1 9 3 6
Price 25 Cents
Vol. VIII., No. 10

APPRECIATION

NARROW vision causes mental perturbation during the expectant period of delay. Scooped up in the prison cell of one thought, man loses sight of the vaster perspective of Life, and what he wants to possess, and what God in His Super-Wisdom withholds from him, loom so large in his vision that all other precious and rare gifts of the Almighty escape his mental observation. His mind becomes so one-pointed on what is unrealized and unreaped that he does not see the thousands of hopes which have been fulfilled ever before his asking.

This lamentable short-sightedness is due to the lack of culture of his finer susceptibilities and subtler sensibilities. His cruder senses may be awake, but his subtler senses are dead to the appreciation of divine blessings. In his divine blindness, he receives as a matter of right all that comes to him unasked. Free goods of God's nature he does not appreciate. The gorgeous sunrise and glorious sunset, life-instilling sunlight and peace-bestowing moonbeam, God's life-giving air and life-sustaining water, earth's soft grassy bed and the rose's Elysian perfume, do not arouse in him a sublime feeling of gratitude and appreciation, even though they are given so lavishly and so abundantly.

Culture your finer sensibilities and in no sense will you think that you are unnoticed by God, whose all-seeing eyes are myriads of love-annointed laws, ever-working and ever-operating for our mundane existence. Once awakened, your eyes will see and appreciate the finer touches of the animated nature-life, its glory and its beauties, so long unobserved and ignored by your half-blind unobserving eyes. You will find the Divine-Presence in everything around you. The love of your mother, the care of your father, the affection of your brothers and sisters, the concern of your relatives and friends, which you accept unconsciously as a matter of fact, will at once impress you with the unbounded concern that the Boundless feels for you. The man with less sensibility does not appreciate the beauty and grandeur of Niagara Falls nor the Himalayan Ranges to the extent that a man of finer spiritual refinement does. To the former, the Personal is so real and concrete that he can never see anything beyond the boundary line of his own hopes and despairs, whereas the latter will revel in the beauty of the Impersonal, which transcends the narrow world of the Personal. As water always seeks its own level, so does the action of man always rise to the level of his own consciousness. Raise the height of your consciousness by heightening the quality of your thoughts and emotions.

—By Sri Nerode.

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.

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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.

SALOME E. MARCKWARDT, Managing Editor.

VOL. VIII

Printed in U. S. A.

No. 10

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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 Church of America, founded in 1920 by S. Yogananda, A. B. Published Monthly by the Self-Realization Fellowship Church (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.

Words

THE language of some of the tribes of American Indians is surprisingly limited. One word suffices for numerous articles. Any candy, for instance, of which we have dozens of varieties, goes by the one word. Also one word is used to signify anything made of flour: a do-nut, bread, cake, pastry, biscuit—all will be given one name, which means "flour." Increased vocabulary means advance in civilization, but does not always mean advance in spirituality.

By watching the words which come most frequently to our minds, and occasionally our conversations, we will find an interesting key to our thoughts. For it has been said that the average man thinks always in terms of common nouns, such as house, book, table, box, hat, etc.; while the above average individual thinks most frequently in such terms as courage, loyalty, kindness, beauty, etc., while the great saints have dwelt with the concepts of nouns such as immortality, eternity, God, Spirit.

Every business has its own complete vocabulary of words which are as necessary to it as pots and pans are to cooking. To the business man there are invoices, orders, files; the mechanic, his pliers, welding torch, etc.; the housewife, her curtains, linens, rugs; and on indefinitely in every phase of life; the paint and brushes of the painter; the lenses, camera, films, of a photographer. The lawyer will have legal terms which may be unknown to the textile expert, and the engineer will be familiar with words which the doctor may seldom have occasion to use.

Words pertaining to our line of work must be used during the hours of work, but we can try to get away from them at other times. For whatever our work, we can make God, and thoughts, so much a part of some time of our day that the words will become deeply etched in the physical brain.

There is in everyone the need to know and remember the words which take our minds from finite things, from mortal, perishable things, to the immortal realities which belong to every man.

We become companions to those who talk and think about the same things which we do—those who have similar interests. So we may become companions to the great men, and the poets, when we drop for a time our usual vocabulary, and think in the great terms which carry men in thought far beyond time and space, into Immortality.

By MARY ISABEL BUCHANAN

What Is Heaven?

By S. Y.

RELIGION, science, and spiritual experience have indicated the existence of a Heaven. The religious Heaven consists of a psychological, astral, and metaphysical Heaven. Mentally, one can be troubled enough to create an inner place hotter than Hell. Likewise, the durably, qualitatively, all-round happiest mind may be called Heaven. The happiness, like that of Christ and Joan of Arc, which does not lose its poise even during the tortures of death, is Heaven indeed. If the soul is immortal, then its mental Heavenly peace, acquired by psycho-physical discipline throughout life and retained during the phenomena of death, must, according to the law of cause and effect, follow to the eternal state of the soul. Hence, all souls who live all through life with an unshakable peace, find psychological Heaven on earth, and also enjoy the same state after passing through the portals of temporary change, or death, to changelessness.

The Astral Heaven consists of the land of electrons, while the material Cosmos consists of certain vibrations of electrons. The inner Cosmos consists of luminous counterparts of every outer manifestation. A piece of finger in the Astral world is a thousand-mile long river of electrons. In the mansion of eternal space, the astral counterparts of material objects exist as huge or small electrical shadows, the size being controlled by the operating will of souls, just as motion pictures can be made larger or smaller.

Jesus said that the world of light lies behind the darkness of closed eyes. Our eyes are blinded by material light vibrations, and the absence of it seems to be darkness, but behind the darkness

of closed eyes lies the electrical Heaven, where astral bodies after death resort and enjoy temporary freedom from the tortures of mortal life.

The Bible says that God created Heaven and earth and divided them by the firmament. The firmament is space which is the pearl-white boundary of Heaven. (God called the firmament "Heaven.") Behind the spatial wall lie the finer electrical forces, the astral planets, astral gardens, and vibration's sphere, where there is no collision of solids, liquids, and gases, and where souls, with their astral bodies, eat light, like the recharging of a battery, and move and have their being in light, as players in super-moving pictures, true to sight, true to hearing, and especially true to touch.

Below space, the subtle vibratory elements are gathered together and condensed into the earth. Science tells us that all matter is nothing but condensed electrical vibrations. The limitation of our senses excludes the vision of the astral electrical Heaven. By developing the eye of intuition, which sees beyond the senses, one can tunnel through the pearly gate of space and behold the Astral Heaven, which is right before our eyes, but seeing, we see not.

All matter is indestructible, changeable electricity, and some day, by opening the Spiritual Eye, we shall behold this unseen Heaven. It is Heaven because, unlike the earth, all desired changes in astral planets or astral bodies can be effected by merely willing it. Earth-man has not learned the mental, biological, and electrical connection, and that is why he cannot change his sick body at will. In Heaven, a sick, pale astral body is made well by making it more luminous—by pouring more electrons into it by will power. By tens-

ing and willing, we can also energize our physical bodies to a limited extent now. By pressing the eyes with the fingers, one can see particles of astral current, which proves the existence of the astral world. No dead man can see stars when hit on the head.

The Psychological Heaven on earth may not be lasting, and the Astral Heaven lasts until Cosmic Dissolution of atoms, or Noah's flood, when solids are melted into liquids, and liquids into nebulae and electrons. Space is swallowing matter. God's materializing will condenses energy into Cosmos, and when He withdraws His will power, all things will melt back into Him. The law of change contaminates the Astral Heaven.

The Metaphysical Heaven consists psychologically in combining all human love with the love of neighbors, races, animals, and all creatures, and transcendently, in beholding the sphere of eternity and feeling the changeless, ever-new bliss, everlasting Omnipresent-

Existence. One who can actually, by meditation, (not by imagination) feel God's Consciousness in everything, attains the Metaphysical Heaven.

Heaven on earth lies in a self-controlled mind, in an unshakable, ever-new peace attained by Yoga concentration. Heaven is in the electrical Cosmos and consists in seeing the electronic Cosmos with the Astral Eye or by the to-be-discovered super-fluoroscope.

The Metaphysical Heaven lies in the ever-increasing peace felt in deep and deeper meditation, and is found in a limited way in the individualized spirit, or self-concentrated soul, and in an unlimited way, Heaven is perceived in the expanded soul or spirit in everlasting omnipresent, omniscient, immortal, ever-new Bliss.

True Heaven is found in uniting the little life with all life, in extending sympathetic understanding to all, in uniting human consciousness with Cosmic Consciousness, and in blending human joy with the pure joys of all hearts and the joy in all Creation.

The Rose

THERE is the rose—its petals, perfumed gloriously with the perfume of the Soul, behind the veil. Behind the veil of petals, we find Beauty; behind the veil of perfume, we find the suggestion of some attractive Secret; behind the color, the resplendent color of some hidden Beauty.

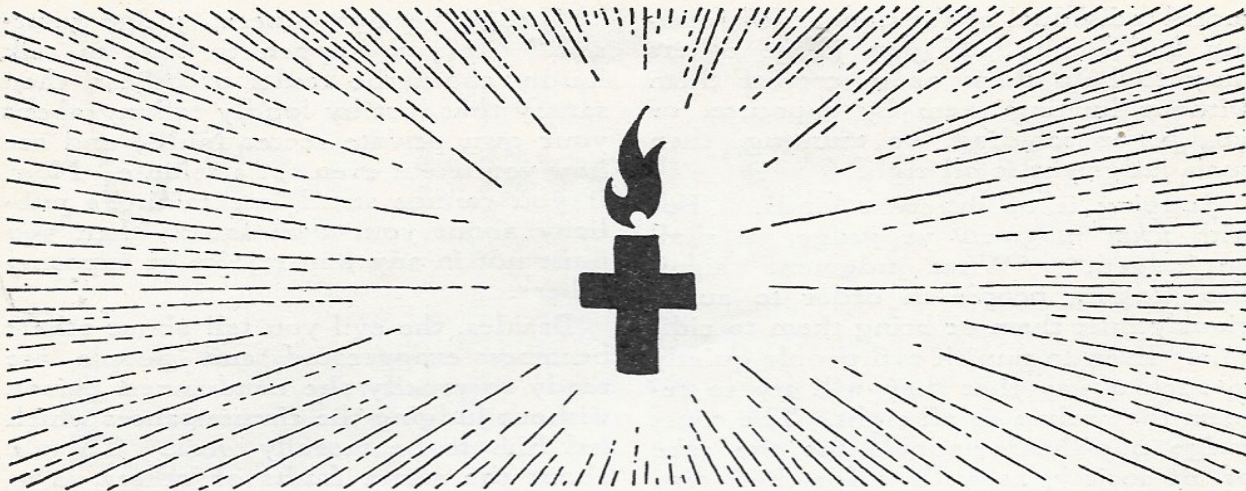
The rose came, born of the great Beauty—the rose died, melting into the Great Beyond; the rose is the language of the hidden Soul; the rose is soft, tender, alluring, everlastingly a giver of joy, and as such the rose will not fail to give joy to all those millions of human beings who are to come in the future; the rose has charmed and pleased millions of Souls who have gone beyond; the rose is still charming millions of Souls that are here now; the rose is the preacher of **eternal Joy**; the rose is a bringer of pleasure; the rose is the Window of Eternal Beauty; the rose is a reflection of the kindness of God; the rose is sweet—because the God in it is sweeter still.

Love the rose, but love the Maker of the rose more, much more, for without His beauty the rose could not manifest in its resplendent beauty; the rose is visible, visibly alluring, but the beauty behind the rose is invisible.

So, with vision behind the mortal veil of the rose, watch the Invisible Beauty, which is the home of all roses, all flowers, all beauty, all life.

—By S. Y.





The Second Coming of Christ

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

By S. Y.

Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye.

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

JUDGE not, that ye be not judged," does not mean that if you overlook the crimes of other people that your criminal activities will be overlooked. It is contrary to human legal law for one to conceal knowledge of the criminal activities of others, such as robbing or murdering. You are held liable for helping criminals to evade punishment.

Jesus refers here mostly to sex immorality, which is due to bad pre-natal or post-natal habits, or to bad company. There is a compulsion of the physical sex force by which people are led astray. However, because some persons habitually have no sex desire, that does

not make them saints, for they may have a very wicked, insincere heart. Some individuals struggle day and night against the sex compulsion due to evil heredity, to bad karma of past lives, or to adhesions or congestion in the sex region. Such sufferers should consult a physician and should practice the technique given by a Guru-Preceptor in order to get rid of this abnormal sex craving.

A man who can match his will power against sex compulsion and win, and who can convince the mind that the peace of self-control is greater than sex indulgence, is a greater man than the one who is good because he doesn't have any sex desire to overcome. A man who is innocent because of lack of experience may succumb to temptation whenever it first comes to him. Of all evils, beware of the habit of remaining on the sex plane in thought or action, for it is one of the most difficult sense desires to be controlled, regulated, and subjugated.

Therefore, if you are suffering from immorality, you have no right to judge other immoral people. To judge does not signify that you should not warn an innocent person or a slightly im-

moral individual of the dangers of forming bad habits. If you judge others only to help them or to correct them without hurting them by exposure, or gossip, or scolding, or taunting, then such judgment is all right.

Judging is of different kinds. "For with *what judgment* ye judge, ye shall be judged." "What judgment" signifies judging people in order to audaciously hurt them or bring them to ridicule. Even to punish evil people quietly in such a way that they will try to reform themselves, is all right. The court judge punishes criminals for the sake of all society, as well as for their own good, so that they will not perform greater and greater crimes. But, to punish people just to satisfy wrath, or for any other wrong purpose, is evil.

Most modern newspapers are un-Christian in their attitude because they are not healers of immorality, but instead are only scandal mongers. The newspapers usually love to pickle gossip or to spice up scandals in order to sell their papers to gossip-loving people and satisfy their degraded taste.

Whenever you talk against another person for the love of gossip or in order to satisfy your talkative instinct, remember, you will be judged by your Heavenly Father in the same way, for whatever you give out, the same will you attract. If you peddle the weaknesses of others, the Divine Law will mysteriously bring about the publicity of your own inner faults.

Gossip, either for pleasure or through force of habit, never heals the person talked about; it only ruffles him, makes him mad, steeped in despair, ashamed, and strengthens his determination to continue to be evil. There is a proverb which says: "The one who has lost one ear goes through the village at the side, showing the villagers his best ear, and hiding the lost ear. But he who has lost both ears, goes through the center of the village, because he cannot hide from anyone."

Any person whose moral errors are unduly exposed, becomes desperate and shameless, like the man who lost both ears, and thus he makes no effort to be better. That is why you must not judge with an evil intention or judge in a way to harm the person judged.

"Judge ye not others; judge yourself." If you happen to love to talk loudly about the faults of others, then satisfy that lust by loudly talking about your own private secret faults, and see how you like it even for a minute. Now, if you cannot stand one minute's publicity about your own faults, then you must not in any way rejoice in exposing others.

Besides, the evil you tell about others becomes exaggerated and people are ready to crucify the condemned person without judging the circumstances which led him to be morally weak. To talk about the secret faults of others, is to make them lose the desire to be good. Of course, in rare cases, the fear of publicity keeps some people good, but publicity about a person's fault makes him desperate and makes him lose the desire to be good. Also, a little weakness in a person, through publicity, often becomes big and universally known, whereas people with far greater weaknesses, because of not being detected, go unchecked.

If there is plenty of mental dirt in your own inner home, get busy and clean it out and do not waste time in talking about the mental dirt existing in others. Those who are self-elected critics, and who judge others, are the ones who usually forget to scrutinize their own inner weaknesses. They think that they are all right because they can perceive the faults of others. Do not hide behind such an erroneous mental smoke screen. Unless you are free from fault yourself, you have no right to waste your time in telling others how to be free from the self-same faults which haunt you.

Why behold the mote in your brother's eye if the same trouble exists in you? Before you aspire to take the mote from your brother's eye, you should first take it out of your own eye. If you want to make others moral, you must remove all immorality from your own life. Jesus knew that some immoral people are extremely weak in flesh, though mentally they want very much to get rid of their moral weakness. Jesus said to help such helpless mentally sick people by wisdom and love instead of increasing their troubles by unkind carping criticism.

The Silver Thread

By MARIE DAILY

IT is quite certain that no artist had ever painted a more beautiful picture, nor one with more meaning, gentle faith, and calm yet forceful purpose.

The woman was old in years, but her spirit was as young as that of the golden-haired little girl on her lap. You did not have to inquire to know that the old lady was the child's grandmother. There was something psychic about them that conveyed this information. Nor were you mistaken in your intuitive judgment that beneath the old lady's serene poise and tranquil air lay years of harsh experience—ups and downs made smooth by a firm trust in Almighty God, the inherent goodness of man, and an unfailing belief in the ultimate triumph of Love in the hearts of men and women everywhere.

She was the kind you did not criticize, for she did not express her opinions directly in words woven together on the loom of preachment. You felt that in her presence words were unnecessary. You just wanted to sit and feel her vast tolerance and imagine that you could smell the perfume breathed from the soul of her, like a breath from the hidden heart of a rose.

The child looked up into her face with frank and open-eyed wonder. And yet this child and this old lady seemed to have all the important things in common. It was only years that separated them, and the strange experiences those years had accumulated. These years formed a gap over which the questioning eyes of the child would bridge.

"Grandmother," she said, "tell me another story."

They were seated before the open hearth, in grandmother's old rocker.

Pom-Pom, a beautiful Persian and as black as a moonless night, lay at their feet, as though she had poured herself upon the floor. The evening lamps had not been lighted. Dark patches shifted about them, often tracing out weird designs along the walls, and again the whimsical play of firelight turned the room into a stage where fairie-forms and elfin-shapes appeared in lively animation, whose fleecy lightness and joyous dance-steps could be interpreted only in terms of an unspoiled imagination.

To the child this world was real. So it was to the old lady. To the child its reality was taken for granted. To the old lady it needed the touch of philosophical explanation. She spoke in quiet tones.

"I'll tell you a true story," she said. "One you must always remember."

"Does it have any games in it, grandmother?" the child asked eagerly.

"Yes, child, it is all a game. And it has many wonderful prizes for the player who plays fair and doesn't quit when the game gets hard."

"I like hard games, grandmother. Tell me about it, and the wonderful prizes."

"There is a silver thread," grandmother began, "and tied to the end of it is a golden key so tiny that it can hardly be seen. Yet that tiny key can open the biggest and strongest doors, and show you the things that for those who do not find the key must remain as dreams.

The name of the silver thread is Faith. The name of the golden key is Love. Now let us see where the silver thread will lead us. You must hold to

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True Culture

THERE are all degrees of proficiency in knowledge of the world. It is sufficient, to our present purpose, to indicate three. One class live to the utility of the symbol; esteeming health and wealth a final good. Another class live above this mark to the beauty of the symbol; as the poet, and artist, and the naturalist, and man of science. A third class live above the beauty of the symbol to the beauty of the thing signified; these are wise men. The first class have common sense; the second, taste; and the third, spiritual perception. Once in a long time, a man traverses the whole scale, and sees and enjoys the symbol solidly; then also has a clear eye for its beauty, and lastly, whilst he pitches his tent on this sacred volcanic isle of Nature, does not offer to build houses and barns thereon, reverencing the splendor of the God which he sees bursting through each chink and cranny.

The world is filled with the proverbs and acts and winkings of a base prudence, which is a devotion to matter, as if we possessed no other faculties than the palate, the nose, the touch, the eye and ear; a prudence which adores the Rule of Three, which never subscribes, which never gives, which seldom lends, and asks but one question of any project—Will it bake bread? This is a disease like a thickening of the skin until the vital organs are destroyed. But culture, revealing the high origin of the apparent world, and aiming at the perfection of the man as the end, degrades everything else, as health and bodily life, into means. It sees prudence not to be a several faculty, but a name for wisdom and virtue conversing with the body and its wants. Cultivated men always feel and speak so, as if a great fortune, the achievement of a civil or social measure, great personal influence, a graceful and commanding address, had their value as proofs of the energy of the spirit. If a man lose his balance, and immerse himself in any trades or pleasures for their own sake, he may be a good wheel or pin, but he is not a cultivated man.—From Emerson's Essay on "Prudence."

O living always—always dying!
O the burials of me, past and present!
O me, while I stride ahead, material, visible, imperious as ever!
O me, what I was for years, now dead, (I lament not—I am content);
O to disengage myself from those corpses of me, which I turn and look at where
I cast them!

To pass on, (O living! always living!) and leave the corpses behind!

—From Walt Whitman's "Leaves of Grass."

The Christ Personality of Jesus

By SRI RANENDRA KUMAR DAS

JESUS' great desire, as was explained in the last number, was to be held not as a God-man, but as a brother to all men.

Humanly speaking, he was tempted and tried, suffering the same crosses with which each and every soul is harassed, nor was he possessed of a fairy wand that easily made him the master of his trials.

His only weapons were the spiritual truths which he clearly understood and which were knit into the very fiber of his being. He was convinced of their reality, and because of their reality he proved their efficacy for all human ills for, as has been said, "Truth is mighty to the tearing down of all strongholds of error." And still more, he at all times had the courage of his convictions, which is ever the test of the truly great.

As a brother, he sought to explain to the people of his day those spiritual truths which were capable of being so lived by each one. He taught by precept and example, and molded his life each day in accordance with these truths.

The fact that Jesus was a man acquainted with grief unites us more closely to him, making his humanity more real to us. We become conscious of the divinity of his humanity, not by his experiencing grief, but by his overcoming that grief in the demonstration of the superiority of the human soul in the human body. "The kingdom shall be given to him that overcometh; not to him that undergoeth," Jesus said.

On this battleground of life, with its false pleasures, ceremonies, and rituals standing ground, he pointed the whole

artillery of divine truth against them and stressed the development of the Christ in each individual as against the worshipping of the Christ in one individual—Jesus. The highest attainable place opens its door to the humblest seeker aspiring to that eternal life through the birth of Spirit in his own soul which shall develop into a divine life or a Christ.

As the son of man reaches his hands upward to the Christ to gain a foothold, the Christ in Jesus reaches down to humanity. Thus joining hands, man becomes conscious of spiritual freedom and supremacy, a glorious liberty for God's children.

We can but admit that all conditions of life and death were mastered by Jesus, the Christ, that he held sway over the forces of the physical world. But he taught in a positive way, "Verily, verily, I say unto you, He that believeth on me the works that I do shall he do also, and greater than these shall he do, because I go unto the Father." This translates itself into the understanding that the same power lies latent in all men and, in consequence, is possible of fulfillment by all. Logically concluding then, the manifestation of the Christ in one man satisfies the likelihood of a like manifestation in all men.

Jesus, as the Christ, preached the gospel of life and truth to the poor, not in worldly goods, but the poor in spirit. The broken-hearted found comfort in his word and example. Those held captive by worldly honors were set free. He restored sight to those blinded from looking so long into the shadows.

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"How Can Youth Develop Cooperative and Harmonious Relations Among the Races of the Earth?"

First Prize Paper in the Fifth International Competition offered to the youth (up to the age of 30 yrs.) of Africa, Australia, Canada and New Zealand by The New History Society, 132 East 65th Street, New York, N. Y., United States of America.

By WYCLIFFE MLUNGISI TSOTSI
Blythwood Institution, Buttersworth, South Africa

Age: 21

I—RACIALISM.

HISTORY may adequately be defined as the story of the adjustment of the relations between man and man. From time immemorial, the gregarious instinct has bound men into a society designed to promote the interests of the group. From the time when primitive men formed the hunting pack to modern intricate social organizations, we see man, as it were, groping in the dark in his attempt to adjust himself to the rest of his fellows. The way is sodden with blood, and foggy with the smoke of cannon, the din of which seems to echo and re-echo through the ages in mournful reverberations. Notwithstanding the material progress which man has made, there still lingers in him something of the spirit which Hobbes attributes to the State of Nature. Mutual fears, mutual suspicions, mutual hatreds—these are the forces which have banded men into hostile groups since the beginning of time. Based on these foundations, since the cannon balls of Napoleon Bonaparte roared at the gates of Madrid, Moscow, Berlin, Vienna and Rome, have emerged the nations of Europe. As might have been expected from the very nature of their foundation, they have developed a parochial spirit, incapable of tran-

scending the barriers of national prejudices into that land wherein the human race is one.

Yet with all the defects which characterize it, nationalism, or better still, nationality, has its good points. It has formed a unit around which man has been enabled to express his highest self. Potentially, it is the stepping-stone to internationalism. But there has appeared of late years a veritable Gorgon, a hydra-headed monster, which threatens humanity with utter destruction. Racialism, while it contains all the evils of nationalism, has none of its redeeming features.

Despite the barriers which they erect against one another, the Nations of Europe realize their essential oneness and equality. A nation which has more deadly weapons than another is regarded merely as a *primus inter pares*. Not so with races. Nowadays we are told that the greatest trust to civilization is the continued domination of the Nordic race "with its capacity for leadership and fighting." By virtue of their innate superiority, the white races must be judge and jury all in one, in the affairs of the yellow races, which are doomed to labor eternally under the stigma of inferiority. Modern scientific knowledge

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Meditations for August

By S. E. M.

Sat. You have the divine spark in you. Why not kindle it into a blazing flame of glory? There can be no more wonderful and daring adventure in life. The search for your Self is all-absorbing, fascinating, satisfying.

Sun. God needs you as you need Him. God needs your mind to think His thoughts. He needs your lips to speak words of encouragement and inspiration to His suffering, ignorant children. He needs your feet to run His errands of mercy. He needs your hands to give loving service wherever you are. He needs your eyes and soul to see Eternal Truth as the essence of all creation. He needs all of you for the complete expression of His life. Have you consecrated and offered up your whole being to Him?

Mon. Try looking at the world with a free mind and with new eyes, as if you had never seen it before. Try draining each instant of all the sweetness and pain that it holds, for here lies understanding. You miss all of livingness because your mind is wandering away back in the junk heap of the past, or floating dreamily in some fantastic vision of the future which will never be. The richness of life is flowing past you and through you NOW. Do not miss it.

Tues. You must live life for yourself. You must experience the wonder and beauty of it now, this instant. The future never comes. Beauty, joy, intense awareness are for you now. Wake up and be!

Wed. How much love, understanding, kindness and gratitude are you expressing in your thoughts, words and deeds toward conditions and people? Such expression is the way to open your channel to the inflow of Divine Power and Love in your life.

Thurs. In reality there is only the One. Let go of your illusions long enough to try to realize what this means for you. You are not an isolated speck of dust which must battle an antagonistic universe for its existence. You are an integral and necessary part of this One. You are not helpless and alone. The power which created you and which sustains all life cares for and protects you.

Fri. Within yourself is completeness, life, eternal happiness, enlightenment. Have you a burning desire to realize it? How much intelligent effort are you willing to make to find the way and to overcome the difficulties on the path to this inner kingdom of understanding, peace and beauty? It is yours for the choosing and the persistent effort. God reveals Himself to the ones who can carry on in the face of adversity and soul-crushing experience.

Sat. Would you enter the Kingdom? Then today be a little kinder, a little more forgiving, a little more understanding, a little more sympathetic and tender, a little more generous and charitable, a little stronger in the face of temptation, a little more peaceful, a little more joyous and serene. Your test is in action. Of what use is your religion unless you can translate it into livingness?

Sun. Desire, faith, interest, enthusiasm, constant alertness
Aug. 9. and steadfastness of purpose are required to obtain that most desirable goal of superconscious awareness. These qualities can be cultured through reading and associating with great and enlightened minds, through exercising constant discrimination and striving to attain, and through regular contemplation and meditation. You must keep your goal ever in sight and your purpose single no matter what distractions tear at your attention.

Mon. If you have harmony within yourself, you can live
Aug. 10. through any conflict and be able to create harmonious conditions around you.

Tues. The possibility of realizing
Aug. 11. the state of supreme awareness, wondrous beauty, divine loving companionship, freedom, joy, peace, and complete satisfaction exists within YOU. No one else can take you there. It is for you to remove the barriers of wrong thinking and wrong feeling—the hindrances in your own mind—and for you to claim your birthright. You are God's perfect child NOW.

Wed. Is your bodily temple
Aug. 12. clean, beautiful, alive, disciplined, strong, and active? Is your mind cultured and are your emotions refined, purified and controlled? Is your heart filled with courage, loving-kindness, compassion, reverence and gratitude? Is your soul attuned to receive the Holy Ghost? Have you made it possible for the One within to reveal Himself through your physical expressions?

Thurs. If your mind is filled with
Aug. 13. one kind of thoughts, it cannot be filled with a totally different kind at the same time. It is

for you to choose the company of thoughts and pictures which your mind entertains.

Fri. You are not your mind
Aug. 14. and you can control it. Stand aside mentally and watch it for awhile to see what it is doing. You are free to decide how it shall occupy itself and your will has the power to carry out your decision. Your mind is your tool or servant. See that it serves you well.

Sat. The test of your attainment is the amount of joy,
Aug. 15. truth and power which radiates from your very being. Words mean nothing unless radiance, love and glory shine forth in all your expressions.

Sun. If you have attained complete understanding and enlightenment, your very presence breathes forth healing power, gladness and peace. You need not worry about helping others. When you have purified yourself, you will automatically help and heal everyone who comes near you.

Mon. Your only problem lies in
Aug. 17. building your own consciousness and character. Draw close to God if you would bring others to Him.

Tues. Your impulse toward good,
Aug. 18. your act of compassion, your expression of love and understanding—these are a prophecy of the coming Christ in you. Every difficulty rightly overcome, every act of kindness, every gesture of gratitude, every friendly word—all these bring the blessed One nearer to you.

Wed. Throw off your burden of
Aug. 19. negation, illusion and materiality and, through meditation, climb the exalted spiritual heights until you become One with Him. To attain this complete understanding, this loving companionship, is the purpose of your existence here. Therefore, concentrate all of your attention and effort on this attainment. Nothing else is really important.

Thurs. Today lived spontaneously,
Aug. 20. joyously, and in loving-kindness in accordance with spir-

itual law, means that tomorrow can bring nothing but peace and happiness.

Fri. You say that you believe
Aug. 21. in God and in Jesus, who was the supreme artist of living, and yet how much have you molded yourself after the master pattern, and how much of the divine nature of love, tenderness, wisdom, tolerance and goodness have you built into your life and character?

Sat. Have you freed yourself
Aug. 22. forever from jealousy, hatred, fear, greed, envy, criticism, condemnation, pride, and rancorous and embittering thoughts? How much of the radiant, joyous spirit of the Lord is being revealed through you this day?

Sun. What does it matter if you
Aug. 23. are wounded and suffer if that is the only way to wake you up? You cannot get inspiration, or strength, or enlightenment by sitting and wishing for it. It is necessary to live, to act, to experience and to think. The Great Power works through you and can do so only when you are doing your part in thought, feeling and action.

Mon. The One Power, the one
Aug. 24. essence of life animates every created thing—every flower, every animal, and every man. All things and all people can help to give you understanding if you are alert and interested. There is a lesson for you in every experience.

Tues. When you criticize other
Aug. 25. people or talk about their undesirable qualities, and when you read and dwell on details of criminal deeds, you lend your power of visualization to these ideas, you identify your mind with them, and then you wonder how so much trouble and confusion is drawn into your life.

Wed. You are free to choose
Aug. 26. from the stream of consciousness the pictures and ideas which shall enter and find shelter in your mind. And you are free to decide what words and thoughts shall go forth into the world to represent you. They

may carry joy, peace, courage, and inspiration or they may be messages of destruction. What is your will?

Thurs. You cannot run away from
Aug. 27. experience. It will follow you and reappear in some form or other until you have learned the lesson it is intended to teach—until you have freed yourself from all elements which correspond to it. When evil no longer finds a correspondence in you, you cannot be aroused to anger, hate and so forth no matter what the outer condition.

Fri. Therefore, face each situ-
Aug. 28. ation and see it through to completion and understanding so that you will be finished with it then and there and not have a lot of unfinished lessons turning up continually to plague you with unpleasant experiences and to call attention to faults which you have not corrected. Learn your lesson, pass your test now and be free.

Sat. If you are continually
Aug. 29. critical and suspicious, you create an unwholesome, repelling atmosphere around yourself and attract negative and unworthy individuals to you. It is your duty to increase the hope, courage, enthusiasm and understanding in this world.

Sun. When you are dissatisfied
Aug. 30. with yourself, when you feel that you are a no-good failure, remember that God made you and that He doesn't make mistakes. If your health, your affairs, and your thoughts do not seem perfect, the mistake must be in your own mind. It will pay you to wake up and find out the glorious truth about yourself.

Mon. Why not come to under-
Aug. 31. standing and freedom now by realizing that you have never been separated from your source; that you are now, and always have been, identified with the Infinite Creator of all manifestation; and that you have access to all the wisdom and power you need to live life victoriously, splendidly, creatively? You have this power now and every problem or seeming difficulty is only a test—a call for you to release the power which you already possess.

Scientific Digest

Wear Hat in Sun

SCIENTISTS are unanimous in advocating sunlight as the greatest curative power in the world. Children and adults should take frequent sun baths. The power of the sun's rays attacks and destroys disease germs, stimulates the blood corpuscles, and benefits the human system in many ways.

At the same time, scientists are equally agreed that sunlight pouring the actinic rays upon the brain is extremely dangerous, and especially so for all children and for those adults who have fair hair and complexions. The actinic rays bombard the skull with a sort of microscopic shrapnel, penetrating the brain and injuring that organ's tissues.

In Africa, where the sun's rays are the most powerful, the natives have developed extremely thick and oily black hair and black skin, and these in a measure protect them from the harmful influence of the actinic rays. However, this protection is not complete, so we find that the Africans, even with their black hair, allow it to grow long and pile it up on the head, mixed with tallow or other heavy grease, as a protection against sunlight.

For the above reasons, the present fashion of going bareheaded during the daytime, under the mistaken idea that it is good for the hair and for the general health, is an extremely harmful procedure. When out-of-doors, a hat should be worn, and it should not come off until the sun goes down.

Heart Disease in Youth

BOYS and girls who stay up late at night, drinking and smoking and carrying on, are likely to come down with heart disease. Dr. Howard B. Sprague, of the Massachusetts General Hospital, Boston, made that statement before the American Heart Association.

"Coronary heart disease," he said, "is increasing among the youth of today as a result of the faster tempo of the life they are leading."

The apparent increase in other forms of heart disease, he said, "is really due to the longer life periods of human beings as a result of modern advances in medicine."

He warned against taking exercise "in leaps and bounds."

"It is foolish," he added, "to play 36 holes of golf one day and then wait three months before going to the course again. If unused to exercise, the individual should not take on a program too heavy for his abilities. There is, however, no such thing as athlete's heart. What is generally referred to as athlete's heart is really a nervous disorder which causes the heart to beat more quickly."

You Can't Live For Yourself Alone

Methuselah, who, the Bible tells us, lived to the ripe old age of 969 years, must have been an old bore, Rt. Rev. George Craig Stewart, Protestant Episcopal bishop of Chicago, told a meeting of Rotarians recently.

"What did he do?" the bishop asked. "He probably sat around boasting of how old he was. The Bible tells us he begat Lamech—not much to show for a sojourn of his years on earth."

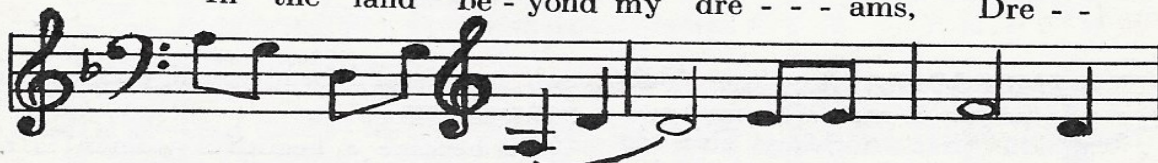
In order to "live all your life," Bishop Stewart said, you must accomplish something. He said it was not so many years that matter, but the way a person spent those years.

"No one has begun to live until he has given his life to some Cause," he said. "One can't live for himself alone. The proper spirit should be 'forget me; watch the team.'"

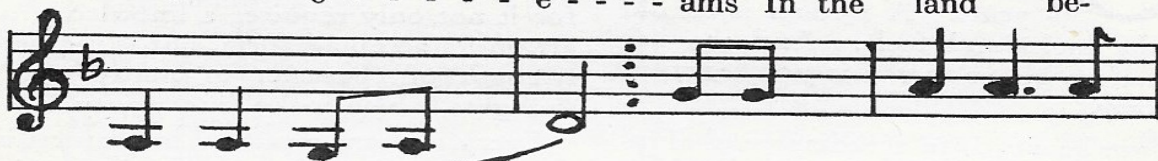
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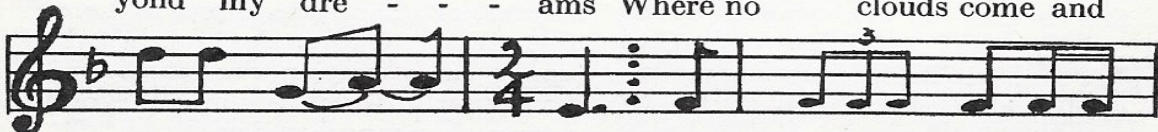
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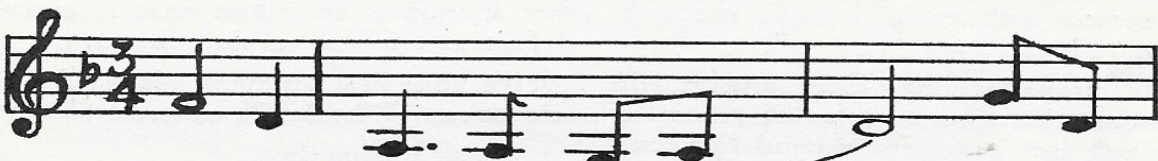
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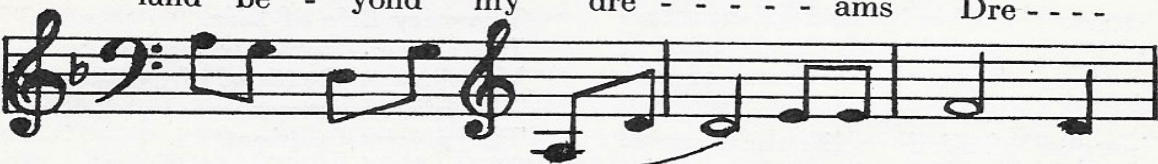
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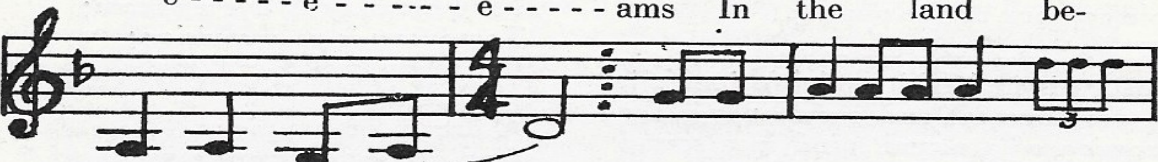
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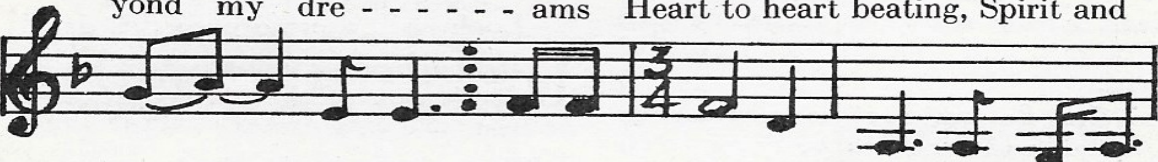
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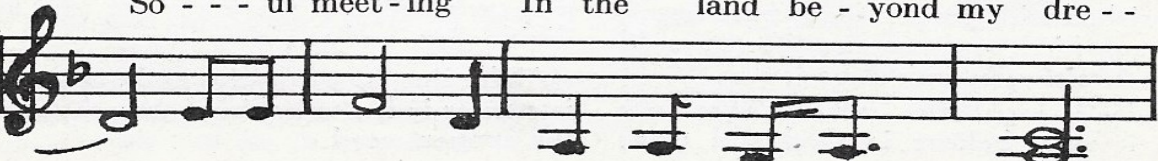
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yond my dre - - - - ams Heart to heart beating, Spirit and



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True Beauty

By DR. ELIZABETH HINCKLEY

AMERSON says: "We don't count a man's years until he has nothing else to count." Man is as old as his years. A woman is as old as she looks and feels. And she has herself to blame if she is not beautiful at forty.

True beauty is in a radiant soul shining through a pliable expressive body—and this beauty is encouraged in its growth, as we cultivate beautiful thoughts and unselfishness. Repose always lends a charm.

Character expresses itself upon the face and form by the vibration of nerves connected with each thought through the emotions.

Sensations of joy, love, and mirth stimulate the nerves so that the muscles lift, and facial muscles expand horizontally, and soften perpendicularly.

Depression, ill-will, and discouragement allow muscles to sag, causing heavy lines from the corners of the mouth.

Thoughts of mirth so lift the muscles from the chin that they change the whole contour of the mouth.

"Thoughts pencil the face."

Beauty is in health and life itself; it is in development and growth; it is the expression of a sound mind in a sound body.

Each feature and form attains its own perfection, and makes a beautiful woman.

As the flowers require nourishing, soil, water, and sunshine, to bring forth color and beauty, so must our bodies be nourished with proper food, pure water, air, sunshine, and exercise, if we would have healthy, beautiful bodies.

"Life is worth the living! Therefore live it well; believe in God and man;

and health and beauty will then crown your efforts."

To become a beautiful woman is to become one of the greatest of artists, for it not only requires a knowledge of art, in its accepted form, but it requires strength of character to control one's thoughts, which make true beauty.

Every woman, beautiful in feature, in thought, and consequently in bodily expression, has opened up to herself a marvelous opportunity for good, for uplift, for education, for refinement, the limitation of which is almost beyond the power of comprehension.

Who shall describe true beauty? The fact that it is so subtle that it eludes definition lends an added charm.

Live your best on every plane of consciousness. Why be ill, or grow old?

"Look to this day,
For it is Life,
The very Life of Life.
In its brief course lie all the
Verities and Realities of existence.
The bliss of growth,
The glory of action,
The splendor of beauty.
For yesterday is but a dream;
Tomorrow is only a vision;
But today, well lived, makes every
yesterday
A dream of happiness,
And every tomorrow a vision of
Hope.
Look well, therefore, to this day."

Life counts for more when we keep the habitation of the real—the soul—at its best.

We are open books. Each gesture and movement reveals the inner life, the individuality, and the character.

"The lips may lie—the body cannot," is a truer index to habitual thought than the spoken word.

Diet and Health

By ELLEN EASTON, B. Sc.

DINNER MENU

Melon cocktail
Cold tomato soup
Stuffed cucumber salad
Baked wax beans
Corn on cob
Baked peppers with cheese stuffing
Lemon or lime ice cream
Ora-mint tea or coffee substitute

COLD TOMATO SOUP.

1 can or 1 lb. ripe tomatoes
1 bay leaf
1 onion, chopped
2 cloves
1 peppercorn
1 teaspoon whole wheat flour
 $\frac{1}{8}$ teaspoon ginger
1 cup sour cream
1 hard-cooked egg
3 cups water

Combine tomatoes, bay leaf, onion, seasoning and water, simmer for 25 minutes and strain. Mix the flour with a little cold water and add to tomato liquid. Cook one minute more and then cool. Chill soup thoroughly in refrigerator and serve with 2 tablespoons of sour cream and 1 slice of hard-cooked egg in each plate.

STUFFED CUCUMBER SALAD.

3 cucumbers
2 ripe tomatoes
mayonnaise
 $\frac{1}{2}$ cup chopped celery
1 tablespoon chopped onion
mineralized salt

Cut chilled cucumbers in halves lengthwise and remove pulp. Cut tomatoes in cubes, drain and mix with cucumber pulp. Add celery, onion and salt and moisten with mayonnaise. Fill cucumber boats with mixture and arrange on romaine lettuce. Garnish with mayonnaise and parsley or cress.

LEMON OR LIME ICE CREAM

$\frac{1}{2}$ cup raw sugar
 $\frac{1}{2}$ cup honey
2 eggs
 $1\frac{1}{2}$ cups milk
 $\frac{1}{4}$ cup lemon or lime juice
1 teaspoon grated lemon rind
1 cup cream, whipped

Beat eggs thoroughly. Add sugar gradually and continue beating. Then add other ingredients, except the cream. Pour into freezing tray of artificial refrigerator and when almost firm remove to a chilled bowl and beat until light and creamy. Fold in whipped cream. Return to tray and finish freezing. Stir once after half an hour. An ordinary freezer may be used if more convenient.

HEALTH

Hydrogen is another element which is absolutely necessary to the body. It is required for its activity in the processes of elimination, perspiration, salivation, blood circulation and digestion. It helps to prevent inflammation and acts as a solvent in all physiological functions of the body. "Without hydrogen, there would be no elimination, no perspiration, no salivation, no procreation, no growth, no circulation of blood and no digestion."

DIET.

Some hydrogen is contained in all natural foods. The best hydrogen foods are lemons, limes, grapefruit, oranges, fresh pineapples and peaches, all fruit juices, liquids, vegetable juices and water.

BAKED WAX BEANS.

Wash fresh young beans and cut in two lengthwise. Put them in a casserole, sprinkle with mineralized salt and smolin (smoked seasoning), add a little boiling water. Cover and bake until tender. Season generously with melted butter and serve.

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The Silver Thread

(Continued from Page 7)

this silver thread of Faith, not in your hand, but in your heart. And when you seem to get lost from it, and everything seems dark and confused, you must stand real still and ask in your mind, believing, that your silver thread be returned to you. And it will be, for it was there all the time, because it was you who got lost from it, and not it from you. And you must never forget the greatest prize of all—the golden key which is attached to the end of the silver thread.”

So grandmother continued, the child listening intently, interjecting a question or comment only on occasion. To a lesser soul than grandmother, such a story would have remained untold to a child so small and inexperienced. But grandmother was wise and child-like in spirit, and she knew that the spirit of a true story can reach a child's soul, even though the words in which it is clothed do not reach the mind.

First, you must begin to follow the silver thread, winding it as you go along. To begin is the hardest part in this game. But once you determine and set yourself to it, you are given the first prize, **WILL**, and the inner knowledge that what you firmly **WILL** to do you have the power to accomplish. Thus do you add works to your silver thread of faith.

Sometimes your thread will become a tangled skein; but you will remember the key at the end of it; so you will not allow the knots and tangles to defeat your purpose to reach the key and possess it. Thus, as a reward for your determination, you will be given the second prize, **PATIENCE**.

Take care lest you break the precious thread, for it is delicate and difficult to mend once it has become broken. If you are to find your heart's desire, you must keep it whole and intact as you wind it on the spool of the past.

Wind on now and follow the thread. It will lead you through dark and dreary places. Strange sounds will assail your ears; and stranger sights unpleas-

ing to your eyes will flash and linger before your vision. But if you hold fast to your silver thread through this part of your testing journey, you will receive the third of your great prizes, **COURAGE**.

Now for a moment your silver thread of Faith will lead you into a quiet valley, where all nature is in repose, and where all conflict seems to have been left far behind, and here for the first time you will get to feel, for a time, the fourth prize, **PEACE**.

But continuing to wind and follow the thread, (for you must never stop winding and following) you will notice that it is leading you out of the level and quiet valley toward the foothills, where it leads upward higher and higher on the stony hill, the side of which is covered with dense underbrush and sharp brambles. Here there will be no chance to rest by the wayside, for if you yield to the temptation to rest, your limbs will become stiff and they will find many excuses for you to give up, throw away your spool and return to the peaceful valley below. But if you keep moving upward, you will receive your fifth prize, **ACHIEVEMENT**.

Once you have conquered this hill and have received the reward of achievement, it will seem that you can almost see the end of your silver thread and the tiny golden key of your desire at the end of it. But still you will also seem to know that it is far off. So you must continue to follow and wind.

Now, as you start down hill, your eyes will be upon your goal and your head will be erect. But, unfortunately, with your head in the sky you will not notice the path beneath your feet, and you will stumble and fall. Many times you will forget to watch your path down the hill, and many times you will stumble and fall. But holding on to your silver thread, you will come to the bottom of the hill, bruised and bleeding, and here you will receive the sixth prize, **JUDGMENT**.

Stiff and sore you follow on and your thread brings you to a dusty road. Beneath the sun you grow hot and thirsty,

(Continued on Page 26)

The Source of Victory

By EL KAY

ONCE upon a time a fellow named Caesar began a book by saying: "All Gaul is divided into three parts." The conscious knowledge of man is like that also. The greater part of man's conscious knowledge on which his attention is mostly held is concerned with his physical and material environment, the world outside himself. He knows a very little about his own body and mind and almost nothing of that Real Divine Self which he is.

The degree of unfoldment of the consciousness of an individual may be measured according to the relative proportion of awareness which that individual has of these three parts of his conscious world.

The degree of enlightenment of mankind in general may be measured according to the degree of its acceptance of the fundamental teachings of the Seven Great Avatars whose lives have marked the epochs of unfoldment of the human consciousness.

First, Rama unfolded the concept of Duty. Krishna came and added to that the concept of the Divinity of Man and the Immortality of the Soul. Hermes added to these the splendor of Wisdom and the possibility of attainment of conscious knowledge of Duty, Divinity, and Immortality through Self - Mastery. Then came Orpheus adding Rhythm and Beauty to Man's concepts. Added to these Zoroaster established the teachings of the Opposites in Nature and in Man and through these pointed out the Purity and Oneness of the Absolute God. Buddha further enlightened the consciousness of his time and established forever the possibility of approach to Divine Wisdom by the Balanced Eight-Fold Path of Purification, and finally the Master Jesus revealed the greatness of Unselfishness through His teaching

of the wonders of Love and Service to all Mankind.

When Another Great Avatar should appear on the world stage of Cosmic drama it would seem to me that His Message would be to Live Without Fear through conscious determination to keep the Feelings in Harmony. Fear is truly the Destroyer of Humanity, and, itself a feeling, it is the supreme creation of discordant feelings. Man *must* learn to live without Fear, for it is that which throttles all expressions of love and service and generates misunderstanding, suspicion, anger and hatred.

Out of fear grows worry and in these lies the genesis of all wars and misgovernment and man's own ignorance, nakedness, illness, poverty and hunger. The degree of ignorance of the laws of Light which dispel fear and worry is the reciprocal of the degree of conscious knowledge which a human being has attained concerning his Real Self. The Great Statement of the Bible for this Age is "Fear not! for lo, I am with you always."

Conscious knowledge of the real truth concerning anything removes from that thing, whatever it may be, all concepts of fear and destroys its power over us, for Fear is a psychic creation and has no basis in fact. Security is the demand of the Human consciousness and strangely enough it seems to be always the security of man's outer physical world, his body and its environment *that holds his attention.*

The Great Mountain Peak of Fear in this day is the Fear of Death. This means both the fear of suffering and the end of suffering. The great Fear of Earth today and the thing which continually agitates government is the fear of war, and this means particularly the fear of

(Continued on Page 24)

WE BUILD BY HELPING OTHERS

Many are afraid to uphold the Truth
And share their good counsel with
others,

Fearing they may be reminded of
Their own imperfections.
Ideas and good thoughts were given us
To release for the help of others.

We ourselves may fall by the wayside
occasionally,

As it is human to do.

But, we should continue to help others,
Through words of encouragement—

If that is our medium—

And, in helping others,

We build greater strength within our-
selves.

—By Katherine Maurine Haaff.

WILL O' THE WISP.

Once on a Summer's afternoon
I sat alone and waited,
Quite listlessly I jotted down
A thought that came belated,
I whispered it; "Pray stay a while
And fix your gauzy shimmer."
Her glance revealed a fading smile,
The thought grew dimmer, dimmer.

I pointed to a sylvan bough
And proffered her my posies,
I offered her a wicker seat
Beside a bed of roses—
Of no avail—I could but fail
For, like a soul that's banished,
I could not hope to stay her flight,
For she had all but vanished.
Disconsolate, I sat and strove
To capture the impression,
But halting words that changed their
form

Would yield to no expression,
And as I gazed across the space
To distant mountain ranges,
There came a voice which seemed to say:
"I am the soul of changes."

—By Charles N. Gaskin.

INCREASE OF PILGRIMS IN INDIA

Railroad fares indicate that India is becoming more religious, pilgrim traffic to the "kartiki mela" festival held at Garhmukteswar having been 184 per cent higher this season than last, while 60 per cent more pilgrims attended the "magh mela" at Allahabad.

THE SNAKE-CHARMER

Blow on, blow on, Thy charming pipe
and enchant all the snakes of carnal
thoughts within me, O! My Snake-
Charmer!

The fascinating tuneful lucid sounds
of pipe have overswept the banks of the
stream of my heart.

Ah! How greatly hast Thou enrapt-
ured me!

Oh! My vacant mind is now full of
an unknown bliss, as if I were free from
all sorts of passionate desires!

What a mystic sensation awakes with-
in me! I know not, who has brought
it in my very heart!

It tells me a tale of some visionary
land. It whispers in my ears
a dreamy language!

It pictures a beauteous picture
before the vision of my eyes.
Blow out, blow out, the unceasing
charming tunes from Thy pipe,
Oh! Charmer! Oh! The Charmer
of the snakes of my passions!

The silent sky has become
enraptured and the flow of Thy
intoxicating lay has made me dive
into the depth of my dreamy thoughts.

It brings into my mind,
how many, how many sad memories
of the past! I know not, what a lustrous
lightning flashes before my sight,
and the flute of my heart sings out
automatic songs and I have become
spellbound.

Blow, blow on again Thy enchanting
pipe, Oh! Master!

Sing, sing on, once more Thy
charming songs, Oh! Charmer!
Oh! Make me dance! Oh! make me
smile!

Oh! Make my eyes bedewed with tears!

Ah! Make me intoxicated once more
by blowing out Thy fascinating pipe!

Smiles and tears, pleasure and pain,
simultaneously fill the heart!

Oh! Drive away all my sham
thoughts! Oh! Make me dive deep
into the depth of Thy songs.

I shall bend my head and
receive Thy lay in the deep, deep,
dreamy silent night!

—By Bibhuti Bhuson Sarkar.

“How Can Youth Develop Cooperative, Harmonious Relations Among the Races of the Earth?”

(Continued from Page 10)

is invoked to establish the fundamental superiority of the white races—Biology, Anthropology, Psychology and the rest of that grim band which seems destined to effect the euthanasia of the human kind.

II—CAUSES OF RACIAL ANTAGONISM

Before we attempt to avert the danger to humanity, we must diagnose its causes:

1. Economic

The initial settlement of the continents of Asia, Africa and America by Europeans was mainly due to economic considerations. These countries being undeveloped afforded vast fields for exploitation. The Europeans fought and annihilated or subjugated the original inhabitants of these countries. Where the aborigines persisted, they were turned into the hewers of wood and drawers of water for the white man. Hence arose the anomaly of White Capital and Colored Labor which has far-reaching psychological effects. The relation of white and colored became that of master and servant. In South Africa, for instance, there are types of work which are labelled “Kaffir jobs,” which it is *infra dig* for any white man to discharge. Laws detrimental to the progress of the non-Europeans have been passed to bolster up the economic interests of the white man. The educated non-European smarts and chafes under these restrictions which have for their basis color, not ability; and is finally turned into an agitator.

The effective Westernization of Japan has tended to elicit the suspicion of Europe and America, who feel the pinch of economic competition. In several countries economic barriers have been set up against Japan, where goods are produced comparatively cheaply. Consequently a vague sense of impending danger from the Far East resulting in hatred for the Japanese as individuals,

is preying upon the public mind of the West.

Barriers which meet the public approbation have been set up against Japanese and other Oriental immigration in Anglo-Saxon communities. Similarly, the wholesale expatriation of Jews from Germany, including such a benefactor of humanity as Dr. Einstein, can be traced to economic causes.

2. Political

On the moral principle of trusteeship for their backward neighbors, the conquering and resident European Communities generally assumed the sole political direction of the destinies of state in their new homes. But this trusteeship has of late years been interpreted to mean permanent tutelage amounting to servility on the part of the natives. Modern democracy gives each able and qualified citizen a say in the administration of the state by means of the vote. Its criterion is ability and achievement, not skin pigmentation. But the governing white communities are loath to extend the franchise to deserving natives. As I write, the South African government is in a turmoil regarding the advisability of retaining or abrogating the native vote. Owing to the fear of the “Black Menace” an unnecessary conflict has been created between the principles of democracy and trusteeship.

India is at present making insistent efforts to free herself from the apron-strings of the British government, and to become mistress in her own house. It seems she will eventually reach the goal of her endeavors. If so, it will be after a hard fight in which racialism has been rampant.

3. Social

Dominant European communities have created social barriers against their colored neighbors. Intercourse between the various groups is assiduously discouraged. In South Africa, for instance, Europeans and non-Europeans cannot dine in the same restaurants, nor can they rub shoulders in trains. Public halls and public libraries are the exclusive monopoly of the whites. Miscegenation is strictly forbidden by law. A powerful section of the Europeans advocates territorial segregation. Needless

to say, this lack of contact has resulted in a profound ignorance of each other on the part of the racial groups—an ignorance which intensifies racial ill-feeling.

4. Psychological

Economic, political and social discriminations have produced a superiority complex in the European, who scorns equality of treatment with the non-Europeans. Hence legislation which represses the non-European as a class generally elicits no disapprobation from the white public. Especially is this so when scientific knowledge is exploited to prove the inborn cultural and mental superiority of the Europeans.

III—HARMONIZING RACIAL RELATIONS

How should we develop cooperative and harmonious relations among the races of the earth?

1. We must convince public opinion that there is no inherent difference between the various classes of humanity. Noticeable differences are largely environmental, not biological. The world must learn to appreciate the similarities and not to exaggerate the dissimilarities of the human kind. We can achieve our goal by:

(a) Employing properly qualified persons to expose through the radio, the press and public platforms the falsity of the claim for racial discriminations on scientific authority.

(b) Carefully examining Intelligence Tests, so as to eliminate insofar as possible all traditional and environmental influences.

2. We must divorce the racial element from economics. Public opinion must be moulded to abhor any legislation which gives an economic bias to one racial group. Barriers to free trade must be razed to the ground. The distribution of the products of industry must be delegated to an international cooperative organization, the watchword of which will be "Each according to his ability; to each according to his needs." All races and classes must be taught the dignity of labor; and any legislation which is calculated to associate a certain type of work with one racial group and

not with another must be erased from the statute books. The economic interdependence of races and nations must be preached, and all forces which tend isolate man from man must be strenuously opposed.

3. The principle of political equality for all races must be established. Citizenship must be determined not by color, but by education and ability. This standard will ensure that the destinies of state are entrusted to the best minds, whose chief aim will be to maintain a high degree of civilization. All dictatorships, or governments, the administration of which depend on one man or one group of men, must be curtailed in order to make certain that individual rights shall be preserved. Democracy must be purged of all rationalizations which justify different treatment of races as such.

4. A revolutionary reconstruction of the social relations between white and colored will be necessary. All social barriers must be nullified. Theories which preach racial purity merely on sentimental grounds must be exploded. Love usually defies physical characteristics. No artificial obstacles, therefore, must be thrown athwart its path. Inter-marriage must positively be encouraged. Cultural variations are accidents of environment. They are superficial when compared with the fundamental unity of the human race.

5. All forces which tend to perpetuate a racial psychology must be eliminated. Statements which aim at intensifying racialism must be publicly denounced. All books and films which preach racial domination must be boycotted; and those which demonstrate the advantages of cooperative action must receive a wide circulation. Competitions must be arranged for the entire world, and prizes given for those essays, novels, dramas, etc., which reflect human beings irrespective of their color, strutting and fretting their hour on the stage of life and getting along together usefully and happily. Pen-friendships, such as conceived by The New History Society of New York, must be encouraged between the youth of different countries and colors. Where possible actual contacts between pen-friends should be fostered.

For this purpose governments should be persuaded to facilitate communications between various races and nations. Each government should create a special "Department for Promoting International and Inter-racial Contacts." In consultation with similar departments of other countries, expeditions composed of the educated youth could be sent at cheap cost to all parts of the world.

6. More use than heretofore might be made of the institutions with the principles of which racialism is at variance:

(a) RELIGION: Christianity has had a profound influence for good in human relations; but hitherto it has often wavered in order to accommodate sectional propensities. The failure of European Christians to unite in opposition to the Great War revealed the fact that there were loyalties which exacted stronger demands than those of religion. Racial domination is sometimes justified as the ordination of God, and the curse of Ham is brought to witness. It is incumbent on youth to break the fetters of tradition and to unite in creating a universal religion, in which all men are sons and daughters of the living God. Religion shall then not remain merely a personal thing. It shall be a living force adjusting the everyday relationships of men.

(b) UNIVERSITIES AND COLLEGES should be open to all, irrespective of color. Social contacts, including common accommodation, and common sports grounds between the racial groups should be the rule. Subjects like His-

tory, Sociology, Psychology, etc., should be taught with a view to discovering the essential unity of mankind rather than its stratifications. All people must receive a sound education.

(c) INTER - RACIAL COMMITTEES, such as the "Joint Council" in South Africa, must be encouraged. Their scope must be widened to embrace all spheres of activity.

IV—THE CREATORS OF HARMONY

For the work of reconstruction nothing short of the enthusiasm of youth is necessary. That force that has always made it foremost in battle, must now be sublimated to nobler purposes. Having thrown aside the fetters of dead tradition, youth must unite, organize and achieve. There should be a central and controlling Executive, clear in its principles, which should scatter these noble seeds through branches planted all over the globe. Its watchword will be "Mankind is one big family," and its slogan "No more war." Its policy must be destructive and constructive, revolutionary and evolutionary. Youth will have to be bold and venturesome, not in war this time, but in the adventure of pacifying the world, which has an infinite store of fascinations and allurements. Youth! The future happiness of humanity depends on you. Strike now! Undaunted by the threatening bombshells of blood-thirsty governments, go forthwith about your business, which is no less than to create a new humanity . . . "The Universal Community of the Loyal."



The Source of Victory

(Continued from Page 19)

wholesale death by poison gases rained from the skies. Probably mankind's next greatest fear is of the suffering of cancer. But both the fear of poison gas and the fear of cancer may be cast entirely out of conscious knowledge by the unfoldment of those harmonious laws which govern the frequency of vibration of that which we call energy and light.

There is an absolute oneness of harmonious continuity of the laws governing the physical world and the realm of the spiritual. The laws of the universe are one.

Harmonious activity under these laws betokens, besides absolute fearlessness, also absolute precision and accuracy, musical rhythmical perfection and thereby Perfect Peace, both within the inner Consciousness and in its relation to the outer environment.

Herein lies the beauty of the approach to reality through science, that which seeks to know the fundamental

truths concerning the operation of the laws of the universe in perfect rhythm. Chaos and discord are the antithesis of precision and rhythm and the chaos and discord today in finance, in government, in international relations and in the restless thoughts of man are the result of Fear. The endless varieties and expressions of fears on every hand are the evidence of chaos in the mental realm of mankind.

The inner significance of harmonious activity is this: it evidences the full recognition by the human consciousness of the constant inseparable nearness of the Real or Divine Self. Having recognized this Perfect Divine Presence, the next step in the unfoldment of the human consciousness is to function in harmonious rhythm and unison with It.

When this is accomplished, the human consciousness becomes aware of the fact that it functions Absolutely Without Fear with Absolute Precision and in Perfect Peace.

The Life of All Life

God manifests Himself through the hidden intelligence in all material transformation. We can, by looking behind the veil, see Spirit, the Life of everything. The glorious God, the God who is the Beauty of all beauty, the Life of all life, the Heart of our souls, and the Breath of our Being. He is with us so near, yet so far—nearest of the near to those who love Him, honor Him, and worship Him through love and through meditation; and farthest of the far to those who receive His gifts and ungratefully deny them. Many persons in this world receive His gifts but forget the Giver.

—By S. Y.



News From India

EXCERPTS FROM A LETTER OF C. RICHARD WRIGHT

Royal Hotel,
Bombay, India,
June 2, 1936.

Sorry that time does not permit my long tale of our terrific motor journey from Delhi to Bombay along the edge of the vast Rajputana Desert—but that must await our return, as must many other anecdotes.

At the present moment I am relaxing in the more moderate climate of Bombay, not relaxing exactly, for I am arranging a three-day campaign in Bombay, while Swamiji has returned to Calcutta.

Constantly he remarks on the loyalty and devotion of his little nucleus back in America, and it is the cooperation and steadfastness of all in the West that will finally lure him away from the eager clutches of the Eastern devotees. (Wish I could bring home several for companions.)

So, all in all, it is a trifle empty and quiet in Bombay, with Swamiji off in Calcutta, but he will be here in time for his lectures on the 8th, 9th, and 10th of June.

Bombay is the cleanest and most Westernized city in India, full of activity, both modern and ancient—beautiful buildings of grand architecture with elaborate decorations and trimmings in a setting of shady trees and palms—wide boulevards twist about the island or peninsula on which rests Bombay, and the “Champs Elysees” of Bom-

bay is Queen's Road, which skirts the bay and beach and climbs atop Malabar Hill, where is seen a glorious panorama of Bombay by night, with its multi-colored neon-lights and flickering signboards and fire-fly auto lights weaving about the maze of streets.

The city proper is a whirlpool of activity, with large department stores, small shops, street peddlars, horse-drawn, four-wheeled buggies (quite dignified), trams with trailers, double-decker trams, rubber-tired buses, bicycles, and the latest and best automobiles in all India—a progressive city in a retarded India, with much wealth apparent. And Bombay enjoys the best climate of all India's large cities; Calcutta at 105 degrees, Delhi at 109 degrees; Lahore at 115 degrees, Benares at 107 degrees, with Bombay at 97 degrees, and the monsoon is expected to burst here next week, and then things will be cooler, and, of course, wetter. But India suffers greatly just before the monsoon, but is somewhat more bearable thereafter. All in all, Bombay is rather appealing in its way, and the same is true of all Indian cities—in their own way they attract.

Well, the blue of the night has settled about us, with a fresh sea zephyr kissing the leaves and cavorting in our room in ecstasy under the fan, so there is not much else to do but pray that you are all well, and assure you that we are the same.

Infinite Rhythm

I disconnected the rays of my mind from the little territory of the senses and switched them on in the land of the Infinite. The aurora of my attention spread in all directions, embracing Infinity.

Ordinarily our thoughts are veiled behind our flesh and appearances, but when I delved into the Infinite I stood in the land unveiled and found the streams of rushing, glistening thoughts. I felt the rippling thoughts of millenniums, born and unborn civilizations. All futurity danced in me the Infinite Rhythm.

—By S. Y.

Diet and Health

(Continued from Page 17)

BAKED PEPPERS WITH CHEESE STUFFING

- 3 large green peppers
- 1 cup cooked brown rice
- 1 cup whole wheat bread crumbs
- ½ cup grated American cheese
- 1 tablespoon chopped onions
- 1 tablespoon chopped celery
- ½ teaspoon mineralized salt
- 1 egg
- 3 tablespoons butter

Wash peppers, cut slice off top, and remove and discard seeds and pulp. Mix other ingredients and stuff peppers. Stand them in a small pan. Pour ½ inch of water in pan and bake in a moderate oven for 30 minutes. Baste several times.

The Christ Personality of Jesus

(Continued from Page 9)

He taught men to live nobly, truly, grandly.

The whole life of Jesus demonstrated the absolute freedom of Spirit and the impossibility of making it subject to forms. He sought to explain that any and all of his utterances sprang from a fountain of wisdom and power whose source was in consequence, purely spiritual. All men, likewise, he explained, have potentially the same power to live in their higher and divine selves, their God-selves.

Thus we can but recognize Jesus, the Christ, as a glorious shining example for all men, a teacher of a method by which both physical and spiritual perfection were attainable and, in addition, a living personal power in the spiritual life of man, for all time to come.

The Silver Thread

(Continued from Page 18)

and suddenly you realize what it means and what it costs to gain WILL, PATIENCE, COURAGE, PEACE, and ACHIEVEMENT.

But you have gone too far now to turn back, and even if you wanted to you could not do so, for back of you is the steep hill down which you have just come. You can no longer seem to see the end of your silver thread. So there is nothing to do but hold fast and follow and wind. When it looks as if you cannot make another step, and that you must fall in your tracks, you come to a sharp turn in the road, and your thread leads you into the doorway of a very humble little cottage. Here you are met by a kind old lady who gives you water to drink, who cools your feverish wounds, and who shares with you her crust of bread. And now you have found the golden key at the end of your silver thread, the golden key of LOVE, which combines all the other six prizes you have gained along the way. Forever after you will give water to others, and share with them your crust, and by so doing you will know God and have all the good things in His vast Kingdom.

"Were you the old lady who gave me water, grandmother?" asked the child, searching into the grandmother's face with sleepy eyes.

"She was our Divine Mother," came the reply. But the golden head had fallen against the old lady's shoulder, leaving only the listening soul to receive the answer.



Letters of Appreciation

Dear Friends:

Enclosed find \$5.00 for the Center to spread the Message.

I was late in starting my bank as I had another obligation that came up before I received my bank.

I want to thank all for the kind help. My husband's business is better and he is making money again. Best wishes for the Center.

Yours in Truth,
E. M. T.,
San Antonio, Texas.

Dear Friends:

I am very glad to report that I have some little change in my present economic condition. I consider it as a help from your Horn of Plenty Bank. I thank you. Please send me another Bank.

Sincerely yours,
J. E.,
Long Beach, Calif.

Gentlemen:

I am sending you herewith P. O. Money order for \$2.50 which I saved in my Horn of Plenty Bank, and request you kindly to place same as my fee for subscription for another year to the Inner Culture Magazine. I must indeed say that since I am using the bank I have been more successful. May God bless you. Please send me another bank.

I remain, yours truly,
C. C. C.

Dear Gentlemen:

We both enjoy the Horn of Plenty Bank as it has taught us how foolishly our money was being spent. The amount we are sending is not as much as we hoped for, but next time I am sure it will be more.

Our luck has reached a turning point for the better; since receiving the Horn of Plenty Bank, my husband's pay was raised unexpectedly. I feel that it was due to your earnest prayers and help that our good fortune came about. Please send another bank so we may continue our savings. Thanking you in advance,

Yours truly,
Mr. and Mrs. A. S.,
Sommerville, Mass.

Dear Friends:

The teachings of these Lessons have become a part of me, and I look forward to them with great pleasure. There are no words for me to express my appreciation for all you have done and are doing for me. Please know that I am a different person in many ways since studying with you. Life holds unlimited possibilities. There is so much to live for, so much we can do. With deep appreciation always, I am

Very truly yours,
J. C., Pennsylvania.

Dear Friends:

I am happy to state that Mrs. and I have found the Instructions very helpful. Already we have seen practical results. We thank you ever so much.

Sincerely yours,
C. S., Pennsylvania.

Dear Sirs:

I am appreciating more and more the Weekly Praecepta. I feel that they are having a decided influence on my nature. The review Praecepta are very beneficial. They explain many of the passages that I pondered over at times. I am particularly thankful for the exercises for headaches and constipation.

Wishing the Society and its Masters God's richest blessings.

Respectfully yours,
E. E., Jamaica, B.W.I.

Back Issues of "EAST-WEST" (Inner Culture) Magazine Wanted

January-February, 1926
March-April, 1926
July-August, 1926

July-August, 1927

September-October, 1928

March-April, 1929
July-August, 1929
September-October, 1929

May-June, 1930
September-October, 1930
November-December, 1930

January-February, 1931
March, 1931

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

Center News

By ORPHA L. SAHLY
(Director of Center Activity)

COMPLETED *thought is action.* They are one and the same thing. If thought is not completed in action, it degenerates into impotent day-dreaming, or becomes an injurious reversal of force. God is Action—ever-new, ever-renewing, ever-becoming, ever-creating; and Man is made in His image. There is no stagnation in Being. God-contact in meditation must necessarily result in right action. If you do not *seem* to find it so, there is something wrong; you have let negation take place instead of alertness, or you may be letting some inharmonious *feeling* turn the flow of good action from its channel.

No matter what situation or condition you may find yourself in, if it is unsuitable and unpleasant for you, *there is something you can do about it*, no matter how hopeless the matter may seem to be. It has been proved that "Love Can Open Prison Doors." Though you be in chains, there is still something you can do about it. But you have to get right down to fundamentals, and deal with causes. And the causes are within yourself.

Now, remember this: Intelligence and Love are in essence one of the same thing. They must be. Crystal-clear intelligence, uncolored by human qualities, expresses in loving and right action. Likewise, pure love expresses itself *intelligently*. If you are not expressing intelligently and lovingly, find out what is preventing you from doing so. What thought or feeling are you holding

which is incompatible with intelligence and love? Do you see how *aware* you must be every moment?

Now, *do something* about your immediate problem. Don't look too far into the future, so that the obstacles look too gigantic for your strength. Take a general inventory, see things as a whole, and then *do the first thing first*, and *do it now*. Even if that first thing, and even the second, is only a smile, a pleasant word, a gesture, or a straight *fearless* look. Do something definite and constructive. THINK, ACT, and you will find that "God helps those who help themselves," but *you* must make the first move, and *keep on moving*.

* * *

The St. Louis Self-Realization Fellowship students and friends enjoyed an outdoor picnic on Sunday, June 21, at Hollywood Beach, near St. Louis. A variety of Hindu delicacies were served by Punditji, Conducting Teacher. Outdoor evening services were held, with a discourse by Punditji on "Vibratory Healing."

On Thursday evening, June 25, Guru's Night, special services were held by Yogoda initiates. There was a practice of Exercises by assembled devotees, Blessings of Guru, and invocation to the Divine Preceptor, Lahiri Mahasaya, harbinger of Yoga in Bengal. There was chanting, Hindu organ music, and dedication with flower and fruit offering. Prasada refreshment was served.

Directory of Self-Realization Fellowship Centers

(Yogoda Sat-Sanga Society)

Ranchi, India

New EASTERN HEADQUARTERS of YOGODA SAT-SANGA (Self-Realization Fellowship), SHYAMA CHARAN MISSION, with Ashram accommodations and departments for Fortnightly Instructions by Correspondence, and the Brahmacharya Vidyalaya, a Residential School for Young Boys. Patrons: Yuvaraja of Mysore and Maharaja S. Nundy of Kasimbazar, Bengal.

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

Puri, India

Self-Realization Fellowship (Yogoda Sat-Sanga) at the Kararashram.

Calcutta, India

Self-Realization Fellowship (Yogoda Sat-Sanga Society) and the Students' Home. Secretary: S. Majumder, B.A.; 293 Upper Circular Road, Calcutta, India.

Tukumā, Latvija

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

Los Angeles, Calif.

Headquarters of THE SELF-REALIZATION FELLOWSHIP (Yogoda Sat-Sanga Society), founded by Swami Yogananda. Free public lectures when announced. All sincere Souls are welcome to come and meditate and read at any time in the day. Address, 3880 San Rafael Avenue, Los Angeles, Calif. Phone CApitol 9531.

Self-Realization Fellowship Church, 711 West Seventeenth Street. Seva Devi, Assistant Leader-in-Charge. Services held every Sunday at 11 a.m. Phone: CApitol 9531. Other speakers when announced.

*Santa Barbara, Calif.

Mrs. Lloyd Briggs, Conducting Teacher. Self-Realization Fellowship Center meetings held each Thursday evening at 8 p.m., at 227 E. Arrellaga Street. Phone 3384 or 27984.

Boston, Mass.

Dr. M. W. Lewis, Conducting Teacher, 29 Edg-hill Road, Arlington, Mass. Meetings on the 1st and 3rd Monday evenings of each month, at 8:15 p.m., at 543 Boylston St.

*Des Moines, Iowa

Meetings held every Thursday afternoon at 1:30, at the home of Mrs. Flora M. Lucas, 1428 W. 46th Street.

*Akron, Ohio

Sri Ranendra Kumar Das, Conducting Teacher. Miss Holley Long, Secretary, 201 Everett Bldg. Telephone, Blackstone 4956. Office open daily from 9 a.m. to 5 p.m. Telephone secretary to learn time and place of meetings.

*Dayton, Ohio

Conducting Teacher, R. K. Das. Secretary, Mrs. Florenceada Woditsch, 65 Pinehurst St. Phone: Ta 1155. Center meeting each Wednesday evening at 8 p.m., Gibbons Hotel.

Cincinnati, Ohio

R. K. Das, Conducting Teacher, 2917 Sander St. Phone: University 1631 J. Several weekly meetings, held in Parlor A, Sinton St., Nicholas Hotel.

*Topeka, Kansas

Meetings the first and third Thursdays of each month at the Y.W.C.A. Building, until further notice. Mr. Roy H. Clark, chairman, 532 Kansas Ave.; Mr. A. E. Seal, teacher, 2732 Wisconsin Ave.; Mrs. Alta M. Redmond, Sec. and Treas., 1908 N. Kansas Ave., North Topeka.

Milwaukee, Wis.

Meetings every Thursday evening at 8 p.m., at the Wisconsin Hotel, North Third Street, Room 157. Conducting Teacher, Miss Lillian Grabler, 3035 North Richards St.

Denver, Colorado

Friday weekly meetings in Room 303, Y.W.C.A. Building, 1545 Fremont Place, at 8 p.m. Fredrick H. Wadley, Conducting Teacher, 3428 Colfax Ave. "A." Miss Dorothy J. Ladwig, Assistant Teacher and Secretary, 1536 Willow St. Study Class every Tuesday evening at 429 Acoma St., at 7:30 p.m., Mrs. J. Leo Friend, Teacher and Treasurer. Inner Culture Magazine on sale at Daniels and Fishers, and the Publication Book Store.

Minneapolis, Minn.

Sunday evening services held in Pioneer Hall, Lumber Exchange Bldg., 5th St. and Hennepin Ave. Mondays, open class at Center, 7:30 p.m. Tuesday, closed class at 8 p.m. Wednesdays, Inner Group, for all students, at the home of Mrs. Elisabeth Backus, 2201 E. Lake of Isles Blvd. Course No. 1 taught by Miss Ednah Hall, Conducting Teacher. Consultation by appointment, 2215 Colfax Ave. South. Phone: Kenwood 0643. Noon meditations at Center, 12:15 to 1:00 p.m. every day except Saturday and Sunday. Yogoda monthly supper, 25c, last Sunday of each month, 6:30 p.m., Pioneer Hall, before services. Self-Realization Fellowship Center, 433-34 Lumber Exchange Building. Rental Library.

Salt Lake City, Utah

Mr. B. J. L. Merck and Alyce Gubler in charge. Self-Realization Fellowship Center Meetings held every Sunday evening at 7 o'clock in the Newhouse Hotel.

St. Louis, Mo.

U. Punditji, Conducting Teacher. Daily Meditation, 1:30 p.m., open to public. Sunday, 10 a.m., Yogoda Sunday School. Morning Services, 11:20 a.m. Evening services, 8 p.m. Each Friday at 8 p.m., Psychological Study and Question Class, free and open to all. The last Thursday of each month is observed as Guru's Night, and the "Higher Art of Realization" is practiced by the Initiated Group. The Center is open every day after 11:30 a.m. All are welcome to visit the library and Center at 825 Maryland Hotel, 9th and Pine Sts.

*Indianapolis, Indiana

R. K. Das, Conducting Teacher; Sunday School, 10:30 a.m. Sunday Services held at 11 a.m. and 8 p.m. Thursday, 8 p.m.; new and advanced Yoga Philosophy Class Friday. Open class in applied Psychology, 8 p.m. Reading room and lending library open to the public daily from 10 a.m. to 4 p.m. Noon meditations at 12:15. All services are held at the following address: 38½ N. Pennsylvania Street, Pennsylvania Building, Rooms 408-409, Indianapolis, Indiana.

Washington, D. C.

Brahmacharee Jotin, Conducting Teacher. Several meetings weekly at 1758 Columbia Road, N.W.

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

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," and 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 encourage you in doing so through inspiring you to daily affirmation and prayer.

It helps you to realize and develop faith in the one unfailing 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.

Page Thirty

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 Bank, 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 _____

Inner Culture

Books . . . By S. YOGANANDA, A. B.

WHISPERS FROM ETERNITY. Third Enlarged Edition just off the press. "This is the fountain of prayers for all religions—the most inspirational way of contacting God." Contains gems of pure Truth, which will penetrate the darkness of every-day existence. "Best Spiritual menu which will nourish your daily spiritual life." With a Foreword by Madame Amelita Galli-Curci. Clothbound, \$2.50 postpaid. Paper cover, \$1.50 postpaid.

METAPHYSICAL MEDITATIONS. 90 pages. Deepest meditations on the Infinite made tangible and practical for the beginner, whose thoughts run away during concentration, and also for the deep student in Metaphysics who is tired of vague spiritual realizations. Written in the unique diction of "Whispers from Eternity." 50c.

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

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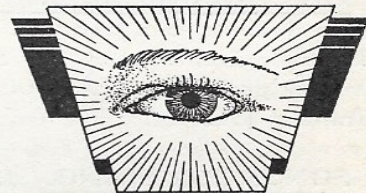
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What Is This Life?

LAY on a bed of blossoms and dreamt that all was beauty. My head was cushioned on the lap of tall, thick, green grass which fanned me with a fragrant breeze. Then, suddenly, I touched the flesh of my hands and body and wondered who made it, and why; when I was so sure of myself in it, did it have to be thrown into the fire of cremation in the end. Ah, the flesh which is so cold, pale, and mute at death, and yet so alive, a play of a hundred sensations—the garden of a million thoughts and sextillion fancies when it lives.

This flesh is the stage, where the mystery drama of life is played, where smiles are born and the tragedy of death is unfailingly enacted. Here, in the ugliness of flesh, bones, blood, and entrails, hidden behind the mask of a beautiful skin, is the hound of disease and hell. Here, beneath the flesh, lies somewhere, secreted, the Temple of Heaven.

Certain it is that my body must melt and die when the master leaves this homestead forevermore. And why not, if the luminous Master, tired of living in the cottage of slimy matter, bound with strings of nerves which need constant care, prefers to build a home somewhere in the land of Immortality—a home in Omnipresence, where the musk of ever-new Joy blows anon? Why not? The immortal plays the drama of life and death with an immortal smile and then departs for his immortal home.

Why should the audience stay forever in the picture house when the show is over? They must go home. Souls come on earth to enjoy this movie-dream life. They depart—they come again. They love to watch the play, and when they become tired of all the shows that in all their fancies they dreamed about, they go back to rest forever in the home of Eternal Immortality.

—By S. Y.