

INNER CULTURE



EAST-WEST MAGAZINE



Acquiring Happiness



That Ocean of Light

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

Money and Metaphysics

A Message of the New Age

IT OPENS and becomes a part of each and everyone who will not deny. The cause of all things lies within and is the Self. That which occurs to you was brought about by you. That which you are, those things which you have or do not have, are brought or withheld by you. There is but one cause of that which occurs to you and YOU are that cause. This is a just law, and if you are just, you will accept it. You are unconscious of how you bring about many of the greater things of your life; nevertheless, even in unconsciousness you are the Master; not only during an eternal past, but, above all, right NOW.

Every condition that confronts you in the world of daily life relates to, is complementary of, and arises from some deeper state or condition lying within your own being. This means the conditions which you know as your supply of money or worldly things, as well as your health and happiness.

Money is the symbol and correlative of material things. Material things are the product of and correlate with things of Spirit. Spirit is reached by man through his deeper mental attitudes. God made the earth and earthly things. God manifests matter through Spirit. Money represents matter and natural needs.

The Law of God is and must be the law of man, for there is but one Law, and the cause of its operation always rests in Spirit.

In order to reach all things, or any one desirable thing, one must reach Spirit. One must properly relate with the inner states of being in order to unite with (have) the things of outer or expressed Life.

The science of Metaphysics includes the why of things, the natural or spiritual means to any end, also the operations of mind, and the movements of spiritual freedom; all of these things, but more particularly as they relate to the fulfillment of life. The newer (American) Metaphysics consist specifically of the theory and practice of the use of the mind and of the Higher or Soul faculties to and for the production of desired ends in daily life; that is, to the production of health, harmony, and supply in the individual's life.

The Principles of Modern Metaphysics.

Law: There is no action without a cause. There must be and is one definite starting point for everything, for every condition that exists, and for every event that happens. That is, there is law, order, and sequence throughout and in every part or department of human life, whether natural or spiritual. All the activities of life move from some definite place or condition to another definite place or condition with true and precise correlation.

Knowledge concerning the Law is open. That which causes a given incident, event, or condition can be ascertained and is knowable. This law of sequence, cause and effect, can be reduced to conscious knowing by any individual who seeks and wills.

How to Know the Law: The unseen movement from cause to effect may be designated and known as natural law, Spirit, vibration, or Mind; either or all of these. The fact is, that this series of activities which links and binds cause to effect, and the law governing it all, is Intelligence, or Knowing, and this universal consciousness itself can be made the consciousness and the knowing of any and every individual who will accept it as a part of himself and his consciousness.

—By Elisabeth Hinckley.

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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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SALOME E. MARCKWARDT, Managing Editor.

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Meditation

Spirit Revealed

I journeyed through space for a million of miles,
Through an ocean of crystal blue ether,
Where a peace, and a calm, and a love for mankind
Flows on like an infinite river;
From a million of miles I looked on the earth,
A speck in its cycle progressing,
And knew that that speck in the space of His Mind,
A thought in His Wisdom expressing.

I wondered why man in his chrysalis there
Could dream himself bound of negation,
When millions on multiplied millions of miles
Are one, in the soul of Creation;
I knew myself wrapped in an Infinite Love
Where words could but beggar the telling,
For throughout Infinity ever anon
Is the presence of Spirit Indwelling.

For Spirit is Wisdom, and Spirit is Will,
And thus is Divine Inspiration,
For all that we know and all that we are
Is Spirit in manifestation.
It heals every wound, and it calms every fear
Through its millions of miles on the ether.
There is nothing or nowhere where Spirit is not
As it flows like an Infinite River.

—By Charles N. Gaskin.

A Word From Nature

THERE stand those trees, tall and majestic, raising their heads toward the high skies. I am an eager Soul, hungry for new knowledge. I ask them: "Tall trees, what message have you for me?"

Answer the tall trees: "Dear friend, we love the fresh air and fresh ozone, drinking them deep into our fibers. We draw our life-juice from the moist soil and our life-blood flows from the electrons of the sun. We cast cool shade over the sidewalks and highways, spreading our leafy branches where homeless birds find shelter at night.

So, my friend, feed your body cells daily with the ozone of the open air, and let your naked skin bathe in the graces of the laughing sun. Eat the fruits and tubers that come out of the heart-blood of the mother earth, while treating your mind with the thought-forces that vibrate in the high ether.

Spread the shadow of your loving heart over the poor and the sorrowful and let the homeless and the friendless find a God-led friend in your God-like Self. And, like ourselves, raise your Soul-point so high that you may almost reach up to the high heavens."

—By Sri Nerode.

Acquiring Happiness

By S. Y.

WE CAN never be happy unless we are progressing and seeking satisfaction in doing so, and unless we are guarding our happiness from all the influences which destroy it. Happiness comes, not by helplessly thinking, but by living it in all the moods and actions of life. No matter what you are doing, keep the undercurrent of happiness, the secret river of joy, flowing beneath the sands of various thoughts and the rocky soils of hard trials. Learn to be secretly happy within your heart in spite of all circumstances, and say to yourself: "Happiness is my greatest Divine birthright—the buried treasure of my Soul. I have found that at last I shall secretly be rich beyond the dream of Kings."

Do not make unhappiness a chronic habit, for it is anything but pleasant to be unhappy, while it is blessedness for yourself and others when you are happy. When it is so easy to wear a silver smile, or to pour sweet happiness through your voice, why be grouchy and scatter unhappiness around you? It is never too late to learn.

Happiness grows by what it is fed on. Learn to be happy by being happy all the time. John said: "If I get money, I shall be happy." He became wealthy, then he said: "I shall be happy if I get rid of my acute indigestion." His indigestion was cured, but he thought: "If I get a wife, I shall be happy." Then bedlam started, for he married a nagging, tongue-lashing woman. He divorced this wife, and after many years married again; but the second wife was worse than the first one. Then he thought that he would be happier if he divorced his second wife, so he did, but at the age of seventy he thought: "No, I shall never be happy

unless I can be youthful again." In this way people try, but they never reach their goal of happiness. They are like the man who raced in anger to bite his own nose, but never could, of course.

Ignorant people, like animals, do not heed the lessons which accompany pain and pleasure. Most people live a life checkered with sadness and sorrow, for they do not avoid the actions which lead to suffering, and do not follow the ways which lead to happiness. Then there are people who are always consciously over-sensitive to sorrow and happiness when they come. Such people are usually extremely crushed by sorrow, and are overwhelmed by joy, thus losing their mental balance. There are very few people who, after burning their fingers in the fire of ignorance, learn to avoid misery-making acts.

Many people wish to be happy, and yet they never make the effort to adopt the course of action which leads to happiness. Most people keep rolling down the hill of life, only mentally wishing to climb the peak of happiness. They sometimes wake up if their enthusiasm for happiness survives the crash to the bottom of suffering. Most people lack imagination and never wake up until something terrible happens to arouse them from their nightmare of folly.

Stagnant people are unhappy and extremely ignorant people scarcely know how it feels to be either happy or unhappy. They are unfeeling, like the stones. It is better to be unhappy about your own ignorance than to die happily with it. Wherever you are, remain awake and alive with your thought, perception, and intuition, ever ready, like a good photographer, to take pictures of exemplary conduct and to ignore bad behavior. Your highest hap-

pininess lies in your being ever ready in desiring to learn, and in behaving properly.

People seeking happiness must avoid the influence of bad habits which lead to evil actions, for evil actions produce misery sooner or later. Misery corrodes the body, mind, and soul like a silently-burning acid, and cannot be endured long. That is why it should be strictly avoided.

Cure yourself of evil habits by cauterizing them with the opposite good habits. If you have a bad habit of telling lies, and by so doing have lost many friends, start the opposite good habit of telling the truth. It takes time to form a good habit or a bad one. It is difficult for a bad person to be good, and for a good person to be bad, yet, remember that once you become good, it will be natural and easy for you to be good; likewise, if you cultivate an evil habit, you will be compelled to be evil, in spite of your desire, and you will have to pray: "Father, my Spirit is willing, but my flesh is weak." That is why it is worth-while to cultivate the habit of being happy.

The man sliding down evil paths finds no resistance, but as soon as he tries to oppose his evil habits by the adoption of spiritual laws of discipline he finds countless temptations roused to fight and foil his noble efforts.

Do Not Judge Others.

Your individual happiness depends to a large extent upon protecting yourself and your family from the evil results of gossiping. See no evil, speak no evil, hear no evil, think no evil, feel no evil. Most people can talk about other people for hours and thrive under the influence of gossip like the temporary influence of intoxicating poisonous wine. Isn't it strange that people can smoothly, joyously, and with caustic criticism talk about the faults of others for hours but cannot endure reference to their own faults at all?

If you do not like to talk about your own faults, if it hurts you to do so, you certainly should feel more hurt when saying unkind, harmful things about other people. Train yourself and each

member of your family to refrain from talking about others. "Judge not, that ye be not judged."

By giving publicity to a man's weakness, you do not help him. Instead, you either make him wrathful or discouraged and you shame him, perhaps forever, so that he gives up trying to be good. When you take away the sense of dignity from a person by openly maligning him, you make him desperate.

When a man is down, he is too well aware of his own wickedness. By destructive criticism, you push him still farther down into the mire of despondency into which he is already sinking. Instead of gossiping about him, you should pull him out with loving, encouraging words. Only when aid is asked should spiritual and moral help be offered. To your own children or loved ones you may offer your friendly, humble suggestions at any time and thus remove their sense of secrecy or delicacy.

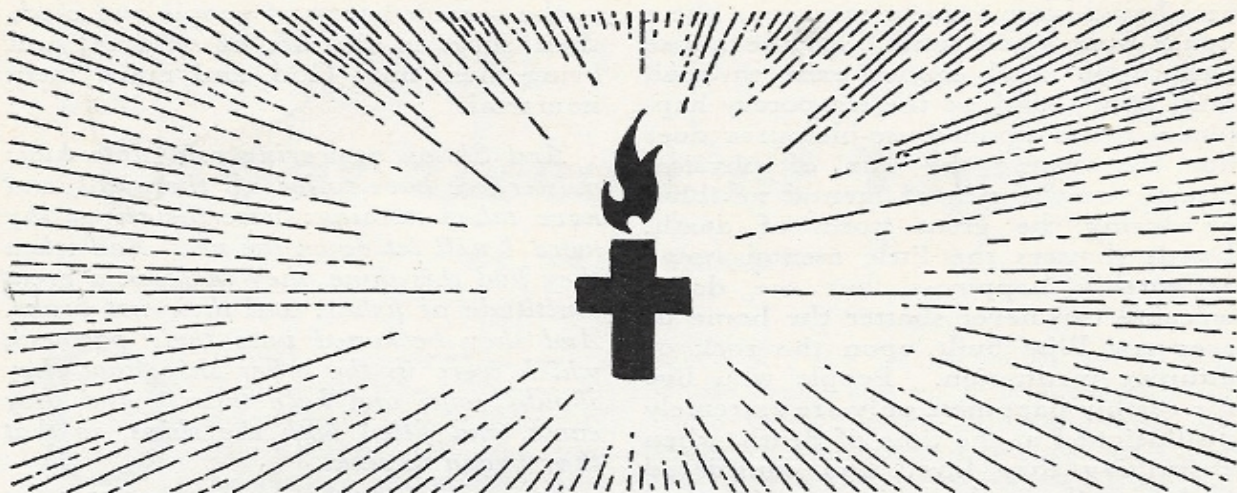
Smile and Be Happy

Make your home a valley of smiles instead of a vale of tears. Smile now and never mind how hard it has been for you to do so. Smile now. All the time remember to SMILE NOW, and you will SMILE ALWAYS.

Some people smile most of the time, while beneath the mask of laughter they hide a sorrow-corroded heart. Such people slowly pine away beneath the shadows of meaningless smiles. There are other people who smile once in a while, and they may also be very serious at times, yet beneath the hard, beautiful outer appearance there may be gurgling a million fountains of laughing peace.

If you enjoyed good health for fifty years and then were sick for three years, unable to get healed by any method, you would probably forget about the length of time that you enjoyed good health and laughed at the idea of sickness. Now your reaction should be exactly the opposite. Just because you may have been sick for three years is no reason for thinking that you will never be well again.

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The Second Coming of Christ

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

By S. Y.

Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: and the rain descended and the floods came, and the winds blew, and beat upon that house: and it fell not: for it was founded upon a rock.

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

HE WHO listens to the advice of Jesus Christ, and lives it, is settled in the home of lasting Bliss, founded on the rock of eternally intuitive wisdom. Such a wise man's spiritual Bliss is never destroyed by the rain of difficult spiritual trials or the advent of the flood of accumulated sorrowful events, or the mighty wind of death. The soul's house of Bliss, built on the lofty rock of meditative intuition, can outlast all the rain of trials, floods of miseries, and even the storm of death. The Bliss acquired by meditation becomes a permanent mansion of the soul, which not even the most-dreaded death can destroy.

The Bhagavad Gita says: "Not even the direst suffering can shake the

equanimity of the wise man. He stands unshaken amidst the crash of breaking worlds." So, do not establish your happiness on the temporal pleasures of life, for it will soon be blown away by the trials of life, but instead, found your happiness in God as perceived in meditation, and your joy will be everlasting.

And everyone that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: and the rain descended, and the floods came, and the winds blew, and beat upon that house: and it fell: and great was the fall of it.

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

Everyone who reads the Christian Bible on Sunday mornings only, but leads a careless life patterned after the dictates of his impulses throughout the rest of the week, is like the man who built his house on sand. If anyone tries to feel security in financial acquirement and in temporary sense-pleasures, he will lose his happiness during the trials of disease, the changes of fortune, and at the advent of death. Happi-

ness based upon sense-pleasures is like a house built upon sand. As the house built upon sand cannot exist through rain, flood, wind, so the temporary happiness based upon sense-pleasures does not last during the rain of physical disease, or the rain of mental troubles, or during the great storm of death. Death shatters the little mental home of earthly happiness, but the dance macabre can never shatter the home of ever-new Bliss built upon the rock of intuitive meditation. People who live for earthly happiness only are extremely disillusioned at the time of death, when everything they loved and considered to be everlastingly their own, is taken away from them.

And it came to pass, when Jesus had ended these sayings, the people were astonished at his doctrine: for he taught them as One having authority, and not as the scribes. When he was come down from the mountain, great multitudes followed Him.

And it came to pass, that, as the people pressed upon him to hear the word of God, he stood by the lake of Gennesaret, and saw two ships standing by the lake: but the fishermen were gone out of them, and were washing their nets.

And he entered into one of the ships, which was Simon's and prayed him that he would thrust out a little from the land. And he sat down, and taught the people out of the ship.

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

Throngs pressed upon Jesus as He stood by Lake Gennesaret. He saw two ships anchored while the fishermen had gone out to wash their nets. He boarded one ship to ask Simon to move the ship a little way from the shore, but He sat down and taught the people from the ship. Then He stopped and said to Simon:

Launch out into the deep, and let down your nets for a draught.

Jesus told Simon to go into the deep sea and cast his net. He wanted to demonstrate to Simon the abundance in God, and to show that even the fish obeyed the Divine Command. Besides this, Jesus wanted Simon to go deep in-

to the oceanic hearts of people and catch their souls in the net of wisdom, and bring them unto God, and make them immortal.

And Simon answering said unto him: master, we have toiled all the night, and have taken nothing: nevertheless at thy word I will let down the net. And when they had this done, they inclosed a great multitude of fishes: and their net brake. And they beckoned unto their partners, which were in the other ship, that they should come and help them. And they came, and filled both the ships, so that they began to sink.

When Simon Peter saw it, he fell down at Jesus's knees, saying: depart from me; for I am a sinful man, O Lord. For he was astonished, and all that were with him, at the draught of the fishes which they had taken: and so was also James and John, the sons of Zebedee, which were partners with Simon.

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

Simon did as he was told by Jesus even though he had no luck in hauling fishes after a whole night's toil. So many fishes filled Simon's net that it broke. The partners from the other ship, James and John, were called to help with the catch. They came and filled both ships, so that they began to sink. At this sign of the power of Jesus, Simon Peter fell down at the feet of Jesus, repenting of his sins. James, John, and all the others were astonished at the haul of fishes, and Jesus said unto Simon:

Fear not, from henceforth thou shalt catch men.

Though Jesus advocated fishing for food, as the people's lives depended upon the sea food, still He brought out a great truth in the miracle of hauling fish, which He performed. He told Simon Peter to learn how to cast the net of wisdom and to take the soul-fishes roaming in the poisoned waters of delusion, and let them loose in the immortalizing sea of God-wisdom.

The question might come to the mind of the ordinary reader: "Why did Jesus ask Simon to be a teacher when he had

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That Ocean of Light

By SRI NERODE

DURING the growing years of your soul, you are eager to get to THAT OCEAN OF LIGHT wherein you can plunge and soothe your life and also forget the cares of the hot days. That ocean is very near to you although it seems to be so far off. It appears to be a distant dream because you cannot see it with your tear-stained eyes, much less can you enter into its overflowing joy. If you can approach with your naked soul, free of all entangling desires, and with eyes closed to the changes of fleeting matter but open to the inner universe, you will find that you will suddenly stumble on that ocean of light. It is your Path and, strangely enough, it stretches out from your own self.

No doubt, your senses cannot touch its placid waters and comfort. To feel it you have to be more and more senseless and more and more soul-full. Your senses are so much more outgoing than ingoing that they can hardly register the pure vibrations of that light-ocean. Your mind is so much enwrapped in the sense pleasures and consequent sense worries rather than in sense moderation and sane living that your mind is a subject of pain instead of being the master of your life processes. So you do not see the ocean of light.

Why not seek true happiness by closing your eyes for higher wisdom, when with open eyes you have missed it all through your life? As soon as you close your eyes, you will see the trail that leads to the shore of that light-sea. This light is made of purer substance than the electrons are made of. Even thoughts are not as pure and subtle as the light of that ocean of light. When you plunge into that light—sea, body, and soul—with no consideration or re-

serve but the desire to be in it, your whole being will be so soaked with this light that a pure understanding and inner knowledge and purpose of things will drip from your light-soaked soul. Your ill health will transform into good health, and your pain will burst forth into sunbeams.

This light-ocean is neither blue nor white, although it seems to be so at the beginning of your approach. As your soul marches through the seven solar colors of the visible cosmos, it will come face to face with a brilliant light-sea that outdoes all solar colors, and the effect of which will be a transfiguration of your whole life. The moment you open your eyes, you will think that this outside light is so dark, and even its whiteness will appear to be black in comparison. That inner light produces an ecstasy and contentment that this outer light never does. That exquisite sense of self-knowing that is left behind this experience, can in no way be perceived through the outer light or outgoing senses. It effects healing on all planes. It gives dominion over the forces which were not under your control so long, may they be physical, mental, or otherwise. Things would seem to move on your way because you are moving toward light-way or God's own way. There will come a sense of surety, certainty, and clear seeing that you can hardly possess by any other way. It brings something more than wisdom. It adds teeth to the wisdom. Wisdom becomes vocal, all-seeing and penetrating. You become light and light becomes you.

As you try to see the outer world with your eyes open, so try to see the inner world of light with your closed eyes. Never for a moment think that

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All This is God

By OMAR C. GARRISON

WHAT is it that is so clear and immeasurable in the simple eloquence of an East Indian sadhu, that is manifestly lacking in the jejune expatiations of the occidental philosopher or moralist? I have turned this question over and over in my mind without arriving at any satisfactory conclusion. Possibly there may be something in the assertion that simplicity is the inevitable concomitant of greatness; or perhaps the Western sage vitiates the expression of his thought by too much rhetorical elaboration. Whatever the reason may be, the fact is that the lucid prelections of the sadhu carry a conviction and intelligibility that the most learned discourse of our college professor does not. The holy man speaks and his words are refreshing; we relax and, as it were, let them flow over our restive, overheated minds, experiencing a soothing quality in them. Because of their poetical formation, we remember them with ease. I can recall, ad verbum, almost every conversation I ever had with the advanced religious thinkers of India.

So, I remember the words of my Guru that last night in the village of Nasik. The three of us, he, Dayananda and I, were seated, oriental fashion, beneath the ample boughs of a neem tree in the Ashram. The Master had told me that I was to return to America, a behest which I found at once disappointing and difficult to understand, for in India I had come nearer to the goal of my life-long seeking than anywhere else in the world. To leave it so soon, before I could have an opportunity of realizing further the joy of its fullness, was an action in which I saw very little wisdom.

"But Sadhuji" I persisted, "in the West there are too many distractions, too much activity and greed and hate. It is hard to find God there."

"Not so, my son. This world, East or West, is a great white page upon which are written the innumerable notes that compose the symphony of life. If, in its interpretation, you hear only a fatuous discord, remember that the harmony is perfect in itself; it is the player who reads it wrongly, or whose instrument is at fault. Within you is the Divine; place does not matter. Are not birds plain in the air and fishes caught in the sea? Whether you abide here or there, is not your destiny the same? Too, you must realize that you cannot attain to bliss alone; there is race Karma.

Your country needs religion, needs love; it needs the healing power of the Spirit for its wounds of materiality and its pain of illusion. Carry that love to your people. Look not upon your brother with the eye that measures and criticizes. Long for his awakening instead; pray for it. Many years ago it was written: 'When others are learning the truth, I will rejoice at it as if it were myself. When others are without it, I will mourn the loss as my own. We shall do much if we deliver many; but more if we can cause them to deliver others. So shall the healing word embrace the world, and all who are sunk in the ocean of pain rise up and be saved.'

Your path is Bhakti Yoga. It is love. Follow it until in the face of your brother you no longer see greed, nor hate, nor sin, but only God. God everywhere. You will say: 'Here is God manifesting himself as avarice; here is God in the form of hate. But, Sarvam Khalvidam

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Why Do We Fail?

By SRI RANENDRA KUMAR DAS

THIS is a question which has baffled the minds and imaginations of people all through the ages. Various explanations and solutions have been afforded to show the real causes of the failures in people's lives.

We fail because we "Will to Fail," is the answer to this query. Some readers perhaps might think that it is ludicrous and even unbelievable to think that any human being wants or wishes to fail. To establish their argument, they refer to the writings of the philosophers who have proven that human beings, from ages immemorial, have willed to live, and willing so, they have lived. They possessed the "Will to Power," so they have conquered all hazards and dangers, trials and tribulations, and have risen to power.

In the primitive days, our forefathers found that their very existence depended upon the finding of shelter and food. To that end, they sought shelter in caves or built houses. For further protection from the wild animals that beset them, they fashioned clubs. Rude types of armaments as they were, they were evidence of their powers. With all these as possibilities for mankind, how can it then be true that people "Will to Fail?"

Let us analyze one characteristic of man in particular. In this day and age of enlightenment, there are many people who are fatalists in belief. They continue to blame the stars for their failures. There are others who lack the necessary power of judgment and precision to put things over. This class will claim that they were doomed to fail and nothing could prevent it.

Let me illustrate my point with a personal example. Recently, on my way

to address a meeting in the evening, some of my friends were driving me. We started a little late through the fault of no one but ourselves. The sunset happened to be a most beautiful one, the type that would enchant all poetic and mystical souls. By sheer coincidence, there happened to be a lake near by. We could not resist the temptation of seeing the sunset on the lake. In consequence, we were late in our arrival at the Lecture Hall. In this instance, we might say that we were not destined to get to the meeting in time. It was not our fault. Perhaps I might not have made a favorable impression upon my listeners and they probably would not come again.

This may seem to be a very trivial incident, but the same principle can be applied in connection with the seeking of a position or to other important events of life. If failure comes in this way, then it is our fault that we fail. So, we find that we fail, not exactly because we want to fail, but through wrong judgment and lack of precision we have caused failure to cross our path of life.

When failure so comes, let us not console ourselves by feeling that this event has turned out for the best, but analyze our actions, thoughts, and conduct. Of course, there are times when, through coincidence, we find that a failure has proven beneficial, but there may be many other instances when it has not. We have a tendency to remember only the former events and forget the latter ones. Failures should indicate to us that we have used our energy in a wrong direction. This is contrary to the popular belief that only the lazy and indolent fail. Those who use their energy do not fail. Yet, in a glance over the panorama of life, we see that many people, in spite of a close appli-

cation of their energies to their problems, have failed. The successful person likely uses the same amount of energy as the person who has failed, the only difference being in the fact that one has willed to fail, whereas the other one has willed to succeed. So, the cause of failure is not laziness or lack of ambition alone, but misdirected energy and wrong thought. Thus, hard and conscientious work is not alone sufficient to bring success. Properly directed energy must be added.

Various examples can be cited from every-day life in support of failures through misdirected energy. There are the cases of people possessing inferiority complexes, who feel that they do not possess any power toward worth-while accomplishments; that they have no likeable qualities; that they are not capable of performing any constructive work. In another class are those who console themselves by saying that they are doing their best but the circumstances and situations are all against them; so they cannot succeed. They cannot see that they are not living up to their fullest capacity.

Then there are other people who undertake to do things haphazardly, having been spoiled by wealth. These undertake many works, but in failing, blame destiny, when it was undoubtedly their own fault. Again, there are those who spend their time making plans that

will round up success, but they never get under way. Their whole life is wasted in preparing. They forget that they must start, and the sooner the better. Many people have the desire to write, but never follow up that desire by actually beginning. They must realize that a beginning of merely a few lines a day, irrespective of what is written, is an initial step toward becoming a successful writer.

Lack of time is often broached as an excuse by those who would like to improve themselves, but fail. Bridge parties, cocktail parties, theater going, wrestling matches—all these absorb their every spare moment. They are showing plainly that they are willing to fail.

Spending so much time upon the unreal things of life, we can readily see that these people fail because they will to fail. They spend their time on secondary works, leaving no time to accomplish successful work and bring into expression the real powers from within. Each individual in this universe is endowed by the all-kind, all-giving Father with the Will to Succeed, with powers and energies which, when properly used, will bring forth success. So there is no reason for anyone to fail.

The article for next month will explain how success can be insured through the following of only Three Laws.

Song of the Self

"If a man die, shall he live again? All the days of my appointed time will I wait, till my change come. Thou shalt call, and I will answer Thee; Thou wilt have a desire for the work of Thy hands."

A human being is singing. This is the Cognizant Self. "Not for always," it sings, "will I be as I seem. Now, I submit to the prison of flesh, to the crucifixion of death. Yet will I wait until I appear in my own Resplendence and Glory. Thou shalt call, and I will answer Thee. Thou shalt love and desire the beauty and Reality that is my Self, that is like Thee, that is the patient work of Thy hands. Yet shall I conquer this flesh prison, yet will I open the Doors of it with my own Ingenuity, yet will I be Free. Thou shalt call, and I will answer Thee."

—By Mrs. J. H. Cochran.

Meditations for November

By S. E. M.

Sun. Every thought is dynamic and creates according to its own kind. Each thought which you project into the infinite adds
Nov. 1 either to your success or failure, to your peace or distress, to understanding or confusion. It is well to know where your thoughts and emotions are leading you and to insist that they take you where you will to go.

Mon. An idea persistently held in mind becomes a magnet or
Nov. 2 center for the attraction of all the elements necessary to bring it into outer manifestation.

Tues. If you are in harmony with Infinite Love and Wisdom, your
Nov. 3 very presence will emanate cheer, healing and confidence.

Wed. The power which flows through you is God's Power and
Nov. 4 therefore no person, condition or thing can resist it. It conquers all seeming obstacles and brings beauty, health and success wherever it is directed.

Thurs. Today is the day to change your mind—to discard all nega-
Nov. 5 tion and prejudice and to think constructively. Now is the instant to realize the beauty, wonder and mystery which surround you. Now you have the precious gift of life. Are you fully aware of it? Now is the time to live abundantly. Now—each instant of now—is all the time you can ever be conscious of. Wake up and live fully and completely now.

Fri. Are you alert to recognize your good, which comes to you
Nov. 6 in some form from every person you contact? Each one carries a message from the Great Teacher or a lesson for you to learn and all the people you meet are working for your ultimate good whether they are aware of it or not.

Sat. Stop criticizing and condemning other people. Mend your
Nov. 7 own ways, overcome your own faults, clean up your own life so that you may live joyously and radiantly. Your happiness, understanding and kindness will furnish the best help and best example that you can give to anyone else. You are responsible for the way you live your own life and you are your only enemy. See that you live intelligently and effectively.

Sun. Do not longer resist the problem which is troubling you—
Nov. 8 but surrender it now to Infinite Wisdom for solution. Know that if it is in accordance with the Divine Plan, it will work itself out successfully. If it is not so planned, it will dissolve and disappear of itself when you stop holding it by your resistance—when you let go of fear and worry, and trust the One Intelligence and Power to "bring it to pass."

Mon. If you have harmony, serenity and understanding in your own heart no outer discord can touch you.
Nov. 9

Tues. There is a center of peace and poise, a sanctuary, a spiritual home within you "where truth abides in fullness," where nothing can touch you, where you may retire at any time and commune with the Presence. Here lies your source of power, of energy, of understanding, of realization, of truth, and beauty.
Nov. 10

Wed. To attain peace and perfection and to become a fit instrument for carrying out the will of God, read daily the words of inspiration written by those great souls who have already attained enlightenment; strive to live each moment as the Master lived; and retire into your own chamber of silence for meditation each day.
Nov. 11

Thurs. Your thoughts build the world in which you must live. If your conditions and environment do not please you, look to your own mind and heart. What you have thought yourself into you can think yourself out of again.
Nov. 12

Fri. You have to live in the company of your own thoughts. What kind of companions are they? Are they interesting, inspiring, gay, happy, radiant, kind, appreciative, loving, powerful, intelligent, vibrant, and charming? You are free to choose these, your constant companions. You can walk with beauty, wonder, glory, and the wisdom of the ages if you so will.
Nov. 13

Sat. Your every activity is God in action. You cannot move, you cannot speak, you cannot breathe, you cannot think without using power derived from the Source of your being. Of yourself you can do nothing.
Nov. 14

Sun. God in you is your life. This life is abundant, full of energy, vitality and joy. It can never be weary or depleted, and you can always draw on this, your eternal source, for sufficient power and energy to meet any emergency and to live your daily existence with radiant vitality.
Nov. 15

Mon. How can you be sad when you realize the presence of Infinite Love and Joy within you, and when you recognize that same Presence in everything you see?
Nov. 16

Tues. Faith increases with understanding. Learn about the spiritual law and then "prove the Lord" in your own experience. You do not need to accept the word of another. You can know for yourself.
Nov. 17

Wed. What you cease to think about ceases to exist for you, and what you hold in mind is real and near to you. You are free to remove from your mind all destructive thoughts and you are equally free to fill it with thoughts and pictures of beauty, health, abundance, friendship and whatever else you desire.
Nov. 18

Thurs. Thoughts of truth are thoughts of love, health, abundance, joy and peace. Such thoughts make your body a fit temple for the living God, and make your words and deeds carry His light and wisdom to all the souls you contact.
Nov. 19

Fri. The love of God enfolds you and His power sustains you. Go on your way in quietness and confidence. There is nothing for you to fear, for the light of the Christ will reveal the way to you.
Nov. 20

Sat. Nothing outside of yourself can disturb or cause you to lose the center of power within you. Practice retiring to this inner shrine of silence where you will find perfect peace, perfect wisdom, and perfect joy. From here you can draw the energy and understanding to master any situation.
Nov. 21

Sun. You can never be alone and forsaken, for divine love and guidance are always near. As you meditate and develop an ever increasing faith and confidence, you will be more and more aware of the Holy Presence.
Nov. 22

Mon. No person or thing has power over you. There is nothing for you to fear. You are a divine child and have the spiritual power to master any situation. The divine Presence is in you and about
Nov. 23

you and nothing can resist the power of God.

Tues. If God can swing the
Nov. 24 planets through space in such exact rhythm that their positions can be calculated to the second, years ahead, do you think He cannot bring your good to you when it is needed? Can you imagine the sun limping up in the heavens a couple of hours late some morning? As surely as you know that that can never happen, know that you are also looked after with infinite care. God is never too late.

Wed. Life may be a glorious ad-
Nov. 25 venture on the way to perfect understanding. Each moment may be intensely interesting and exciting. There is so much of beauty and wonder in every day if you will but open your eyes and become aware of it.

Thurs. Be thankful for this new
Nov. 26 day, for the fresh opportunities, for the tests and responsibilities, for the dreams, for the miracle of life, and for the evidences of truth and divine order which await your recognition. May you be keenly alive and may you always be aware of the Father's presence within and around you. This is a day of fulfillment. May God's will be done through you this day.

Fri. Your body is made of di-
Nov. 27 vine substance; the One Life and Energy flows through it;

it is permeated with Spirit. You have been given a perfect instrument or machine to work with. See that you govern it perfectly and that you keep it in perfect order.

Sat. Get out of your mind the
Nov. 28 idea that misery, sickness, or failure have to endure one moment longer than you allow. You can command your mind and your conditions. Get in harmony with spiritual law and live victoriously, happily, usefully. Let go of that which you do not want and claim that which you desire.

Sun. The life in you is God in
Nov. 29 you. The power by which you move is God's power. The air you breathe is God. The mind you use is God's mind. Your whole being is condensed spirit. The life of God is omnipresent—it is both within and without you. It is impossible for you to be in reality anything but a perfect being living a peaceful, secure and happy life.

Mon. The ideas which you hold
Nov. 30 habitually are the ones which manifest in your life. Good results do not come from thinking a true, constructive thought during meditation and then counteracting it with negative thoughts and actions all through the rest of your working moments. Get the rubbish cleared out of your mind and think only the thoughts which will make your life what you want it to be.

A Prayer to Om

O Cosmic Sound of Om,
Be with me this day
If my footsteps falter
And from Thee I stray.

Guide me back to peace and joy,
Then lead me on to bliss,
O Cosmic Sound of Om.
Let me not Thy beauty miss.

When the shadows fall
May my battles all be won.
And the day is done,
O Cosmic Sound of Om,

—By Mrs. W. G. Inman.

The Higher Octave of Freedom

By CHARLES N. GASKIN

HAVE you ever realized that freedom, like other states of being, is a gradation of steps by which we can ascend to the very portals of God's Love, and that one attribute of the Absolute has a certain relation to all other attributes, and as many as we cognize in our finite capacity are ours through the consciousness of one? When we speak of all the attributes, we needs must speak in terms of finite mind, which is our instrument of present expression, but as the Absolute is infinite and all, so must His Attributes be. And so we are given steps of freedom, each one higher than the preceding one, that as free moral agents we may express this freedom to the degree of our understanding.

Slowly, as we approach the source of our Spiritual Being, we have less need of the ties that bind us to physical identity. Why is it that men who have expressed a measure of greatness are so often spoken of as great souls? It is because we have slightly glimpsed that which is above the physical identity of those individuals.

What are these degrees, or rather, units of bondage to be laid aside that we may live in this higher octave of freedom? They are creed, caste, color, race, family, name, and nationality. This seems like a large order, but one by one they can be laid aside or transmuted into the higher spiritual oneness. In this higher octave, where values are not established by creed and dogmatism, or dominated by worldly wealth, there is little need for physical identity, as spiritual law governs all. There, no one needs to know John Smith as John

Smith, or Mary Jones as Mary Jones, where the higher laws, which are impersonal, govern to the exclusion of physical identity, which is personal. In this higher octave, who is who or why, never enters into the fruition of justice and judgments—Spirit knows, a law unto itself, hence to all mankind.

A transgressor of the law, with many aliases, attempts to conceal his identity in an effort to secure a precarious safety. Spiritual identification can never be misconstrued. We must be willing to lay aside these weights of bag and baggage, as their requirement becomes less and less in the transforming process. Awareness of the new day more readily prepares us for it. Jesus said: "It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of heaven." And how absurd for us to think that anyone could establish physical riches in the kingdom of heaven. The riches of the Kingdom are established; these we possess as we enter, by surrendering the ties that bind us to the plane of physical necessities.

The Love Master's teachings, also, plainly show us the futility of earthly ties, as when He said to His mother: "Woman, what have I to do with thee," and again, when told that His mother and brothers awaited Him outside the temple, asked: "Who is My mother and who are My brothers," then answered Himself by saying: "They that do the will of My Father, the same is My sister, My brothers, and My mother."

Today, as of old, the higher octave is a discovery to each of us as we chart

(Continued on Page 24)

Polestar of My Life

The musical score for 'Polestar of My Life' is written in 4/4 time on a single treble staff. It begins with a key signature of one sharp (F#) and a common time signature (C). The melody consists of eighth and quarter notes, with some measures containing beamed sixteenth notes. The lyrics are printed below the staff, aligned with the notes.

I have made Thee Polestar of my life Though
my sea is dark and my stars are gone still I see the path of
Thy mer - cy, I have made Thee Pole - star of my life I
have made Thee Polestar of my life, Tho my sea is dark and
my stars are gone Tho my sea is dark and my stars are gone.

Om Brahma

The musical score for 'Om Brahma' is written in 4/4 time on a single treble staff. It begins with a key signature of one sharp (F#) and a common time signature (C). The melody is a simple, repetitive sequence of eighth and quarter notes. The lyrics 'Om Brahma' are repeated six times, each aligned with a measure of the melody.

Om Brahma Om Brahma Om Brahma Om Brahma Om Brahma Om Brahma
Om Brahma Om Brahma Om Brahma Om Brahma Om Brahma Om Brahma
Om Brahma Om Brahma Om Brahma Om Brahma Om Brahma Om Brahma

Mother Nature Am I

By JULIA BROWN CALVERT

Mother Nature am I!

Mine are the laws beyond all laws man-made.

I will be avenged of man's atrocities.

Out of my bosom is yielded sustenance as freely as the mother yields the flow of her breasts to her sucking child.

Like hers, my bosom aches and yearns with its abundance.

That abundance man has caused to be trampled beneath the feet of beasts, that in their turn he sacrificed lest they serve as food for those with hunger, and decrees the profits of the rich.

To this end has he lessened my productions; given my meat and drink to the flames;

Poured back into my soil the flow from the udders of my kine.

My little ones has he starved of body and of mind, that their progeny may become his serfs;

Rendered them homeless and left them naked in the streets.

Fathers and mothers has he robbed of my substance, named them "Indigents;"

Made them, amid the riches of my yieldings, beggars for bread.

Out of my bosom comes all things material.

My gold has he hoarded and my gems confiscated.

He has closed the doors to Youth's opportunities, dammed up the avenues of expression, and made him idle of hand and brain.

He has rendered his education valueless and scoffed in the face of his helplessness.

He has trained young manhood for battle, that at the call of his greed, he may sacrifice his kind.

In the seats of the mighty he has fattened on blood.

Like ancient kings he is guilty of the slaughter of the Innocents.

The demands of my people he has silenced with threats of violence.

They rebel to face the guns of his artillery.

"Peace! Peace!" he has cried when the downtrodden appeal for Justice, but peace there is none.

Mother Nature am I!

Within me are laws beyond all laws man-made.

I will be avenged of man's atrocities.

I will send hot winds and burn up the fruits of his planting.

I will lift the soil from his fields and waft it to the winds.

For long years will I render that soil barren and voiceless of my singing.

For every grain of wheat and of corn needlessly fed to the flames will I refuse a further yielding.

For every animal needlessly slaughtered, will I bring about a dearth of meat.

For every plant of cotton needlessly trampled beneath the feet of his beasts, will a cry go up for garments with which to cover a child's nakedness.

For every drop of milk cast upon the ground will a babe draw upon a mother's withered breast in vain.

In return for his desecration of another's land, will I lay waste his own fields.

All the plagues of ancient days which man's knowledge has laid low, will I resurrect from out his fields of carnage and visit them upon him.

The black magic of his science will I turn upon those who have produced it for another's hurt.

Mother Nature am I!

Mine are the laws beyond all laws man-made.

(Continued on Page 18)

Diet and Health

By ELLEN EASTON, B. Sc.

MENU

Corn Chowder
Jackstraw Salad
Nut Roast
Sweet Potatoes with Apples and Chestnuts
Brussels Sprouts and Grapes
Scalloped Onions
Date and Fig Cream

CORN CHOWDER

1½ cups ripe tomatoes (skinned and diced)
2 cups corn
¾ cup okra, ground
2 teaspoons vegetized salt
Smoein—smoked seasoning powder
1 quart boiling water
2 tablespoons butter
Simmer all ingredients for 20 minutes.
Add cream if desired.

JACKSTRAW SALAD

8 oz. Swiss Cheese cut in thin strips
2 tart apples—shredded
3 cups shredded cabbage
2-3 cup mayonnaise
1 teaspoon vegetized salt
Mix all ingredients together lightly and serve on crisp lettuce. Garnish with capers.

NUT ROAST

4 cups whole wheat crumbs
½ cup chopped parsley
½ cup chopped onions
2 tablespoons butter
1 cup tomato sauce
juice of 1 lemon
2 cups chopped celery
2 eggs
1½ cups chopped nut meats
1 can tomatoes, No. 2
1 teaspoon vegetized salt
Mix all ingredients, except tomato sauce, and put in a well buttered baking dish. Bake in a moderate oven for 1 hour. Serve with tomato sauce.

DIET AND HEALTH

IT IS an accepted fact by all nutrition experts today that, for the promotion of proper growth and development of the young, and for the maintenance of health, vitality and the characteristics of youth, the daily diet must contain a sufficient supply of all of the vitamins, the mineral salts (which have been discussed at length in previous issues of Inner Culture Magazine), and complete proteins.

In experimenting with animals it has been conclusively proven that a diet deficient in any way always produces abnormal results "such as enlarged joints, defective teeth, general runtness, poor quality of the hair, nervousness, abnormal fear, etc. The special symptoms depend upon the nature of the dietary defect." If the diet is not sufficiently defective to cause stunting of growth, it may still fail to support normal fertility. The defects in the diet may show themselves principally in nervousness and irritability, and a tendency to grow old at an earlier age than is necessary." (Dr. E. V. McCollum of John Hopkins University).

There is no longer any excuse for feeding families on diets lacking in any of the required elements. Intelligence and care in the selection and preparation of foodstuffs are all that is necessary. Reliable information is free to all who will take it, and an adequate diet may be provided with the most inexpensive foods.

SWEET POTATOES WITH APPLES AND CHESTNUTS

2 cups boiled sweet potatoes
1 cup sliced apples
1 cup brown sugar
1 lb. boiled chestnuts
½ cup butter

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Mother Nature Am I

(Continued from Page 16)

I will be avenged of man's atrocities.
I am the medium through which man evolves.

Obeys me and I will lead Godward.
Obeys me and I will lead to that which is beyond all law.

He who strikes down his unacknowledged brother, makes inevitable his own descent.

In the long estimate, if one falls, all must fall.

If one rises, all may rise.

All are one in the indissoluble bonds of Spirit.

Mother Nature am I, the swaddling veil of that Spirit.

Through that veil may be glimpsed that which is higher than I.

"I, if I be lifted up, will draw all men unto Me," said that Holy One who has overcome even me.

Mother Nature am I!

Mine are laws stronger than all laws man-made.

—By Julia Brown Calvert.

The Weaver

We are but silken strands
In the tapestry of the Weaver.
Glorious is the pattern He weaves,
Long and earnestly dwelling upon it,
Seeing never the knots nor warp of an ugliness dreary.

For His eyes dwell alone on the pattern—

That dream of the Master of the Beauty
That He would finish at last
In all of its splendid perfection.

Glowing with color and strong,
May my length give joy to the Weaver,
As only for this was I spun,
One of the millions that glow
In their myriad twistings and windings.

Working in mind with the Weaver,
To glorify this, His Creation,
That He bring to a finish at last
His dream of all beauty—Incarnate.

—By Margaret Oliver.

Inspiration

By Tekla Van Norman.

Deep in the soul of every man
Lie seeds of inspiration
Which may burst into splendid bloom—
The flower of Creation.

Gleaming there in radiant light
It reaches to the skies
To nurture power from greater height
Than that of mundane ties.

'Tis they alone who stir the soil
And strive to burst their seeds,
Who know the passion of success
And pity him whose seeds
Must lie in dark and dormant soil
For lack of lofty creeds.

And poor is he, this common man
Who kneels before Creation
And lives unconscious of his power
To culture inspiration.

Toward the Foamy Blue Infinite

Splitting barrier rocky,
Thousands clapping hands,
Dancing, songful and jingling sounds,
The foamy fountain doth fall down
With sprayful palmy steps!
Seeing luster of light,
Enchanted with the vision of the Infinite,
Reflecting rainbow tints on its
Weaving bosom,
As if mercy oozeth out!
Ripples frolic out dancing!
Horripilated watery surface doth
Mirthfully laugh out!
Particles of spray drip down
White gems,
Flash out lightning,
Dispel sorrows of Darkness!
The volumes of water appear,
As if like the form of Shambhu,*
Conch in hand,
Doth blow out grave sounds in its voice!
It stealeth my heart,
Maketh me spiritful,
Causeth the Infinite Dark Blue Deep
To be agitated!

—By Sri Bibhuti Bhuson Sarkar.

*Shambhu—The dancing Siva.

"Moha-Mudgar" of Swami Sankarachariya

"The Bludgeon that Strikes Delusion Dead"

Translated by **BRAHMACHARI JOTIN**

SWAMI Sankarachariya most probably was born in modern Malwar, India, about 700 A.D. It is recorded that at the age of eight he left his home and became a sannyasin, a man of renunciation. Before he completed his sixteenth year he had written a number of books and commentaries on the Vedic Philosophy. The perfection of his commentary on the Brahma-Sutras remains unexcelled even to this day. How a lad, yet in his teens, could write such a scholarly commentary on the most sublime and intricate philosophic truth still baffles scholars and philosophers of East and West.

His realization of the Highest Self was complete and perfect. He was a yogi of the first rank. Among the greatest contributions to truth regarding subjective life and realization was his clear exposition of the positive aspect of Nirvana. Buddha, about 500 B. C., had revealed and taught Nirvana as the highest ideal of life. But his disciples could not clearly pass on to succeeding generations the full meaning of Nirvana. Even Buddha, himself, had maintained a "noble silence" whenever that question was asked him publicly. Consequently, confusion and uncertainty arose in the minds of even the sincere seekers of Nirvana. They did not know exactly what they were struggling to attain. Such lack of knowledge of the ideal, or rather of the nature of the ideal, is suicidal in Spiritual life. They thought, as many ignorantly think even today, that the state of Nirvana is one of utter oblivion and complete annihi-

lation. Nothing is farther from the truth than that.

Nirvana has two aspects, one negative and the other positive. In its negative aspect, Nirvana refers to the cessation of all limitations; whereas, in its positive aspect, it points to the realization of universality and freedom in Wisdom-Existence-Bliss (Sat-Chit-Anandam). The Swami laid great stress upon, and assured humanity of the positive aspect of Nirvana. In itself, Nirvana is a negative term, implying a positive Reality. Nirvana literally means "to put out." Its philosophical significance is to put an end to all our limitations and realize absolute perfection, which is our true and immortal nature. Some cherish the thought, and it may not be untrue, that Buddha returned to earth to expound the truth of his own theory of Nirvana which was then being misunderstood, and re-incarnated as Swami Sankarachariya.

Swami Sankarachariya was the founder of the Swami Order, which is devoted to the dissemination of pure truth. In reality, therefore, all Swamis are his followers. He organized many monasteries in India to teach the Vedic Philosophy and Yoga. The four principal monasteries which he established in the four parts of India were Yosi Math in the North, Vidya Math in the South, Gobardhan Math in the East, and Sarada Math in the West. It is said that his main purpose in so doing was to preach the pure and sublime teaching of the Vedas from the four corners of India to all her people; and, I may add, from those four corners of India per-

haps to the four corners of the Earth. Before Swami Sankarachariya reached the age of thirty, his name and fame had spread throughout the length and breadth of India. When he was about thirty-two, he disappeared at Kedarnath, in the Himalayas, and no one could discover his whereabouts ever again.

The illustrious monist, Swami Sankarachariya, youngest among the saviours of mankind, composed the "MOHA-MUDGAR" for the purpose of awakening man to his true nature, so that he might liberate himself from his self-inflicted bondage.

1. Conquer this thirst for wealth and lust of possession. O, thou deluded one! Culture the consciousness of renunciation. Learn to be contented with whatever thou dost possess by virtue of thy non-attached Karma (works).

2. Who is thy wife? And whom dost thou call thy child? Indeed, most tragic is the mysterious way of the world. Listen, my friend, hast thou ever thought who thou, thyself, art and whence thou hast come? Think; and aspire to learn the truth about all these.

3. Unstable as the drop of water on a lotus-leaf, so extremely impermanent is life on earth. Beware! The adder of sense-attachment has struck humanity and the whole world is infused with the venom of misery.

4. The skin is wrinkled; the head is turned gray; the mouth has lost its teeth; the staff trembles in hand; the whole appearance has become ugly; but even then man refuses to discard the bowl of earthly hopes.

5. Day receives the night; evening precedes the morning; spring follows winter; such is the incessant play of Time. Life on earth is constantly fading away, but this longing for it lingers on.

6. To be born is to die; to lie again in a mother's womb; only to taste again the cup of sorrow. Such is the law of creation (Samsara). Then, O man! how canst thou remain so satisfied in the world of the senses?

7. In a home like the temple of God, or in a simple cottage under a bough,

free from attachment and greed; who shall be denied happiness in such a life of purity and renunciation?

8. The world with all its wealth, heaven with all its celestial beings, thou and I, and all creation, are but an evanescent glory. Then, my friend, why art thou so overpowered by grief?

9. Children pass their days in childhood play; the youth is attached to his youthful comrades; the old but brood over their loss and gain; none, none, my friend, is absorbed in the contemplation of the Supreme Brahman.

10. Thy wealth brings thee friends, and thy riches lure relatives to thy door. But when thou art poor, old and decrepit, no one cares for thee and none ever comes to thy side.

11. Always remember this truth, "Impermanent is the wealth of the world." Truly, the least happiness is not to be found in the possession of wordly things. There is a popular adage, "The rich dreads even his own son."

12. Take no pride in thy wealth, admirers, youth and beauty; in a moment Time may steal them all away. Short-lived are all these. Be awakened to this truth and give thyself to the realization of the Supreme Self.

13. Let not thy life be guided by the consciousness of enmity or friendship, nor by that of hatred or amiability. If thou desirest peace and emancipation, learn to be equally loving and kind to all.

14. There is but one Reality that permeates thee and me, and all beings. Then why dost thou lose thy forbearance and become angry? Rise above the consciousness of separation and realize thyself in all and all in thee.

15. Overcome lust, anger, greed and attachment. Enquire, "Who am I?" and realize thy true nature. The ignorant ones, devoid of the realization of the Self, suffer in the fathomless abyss of misery.

16. Meditate upon the true nature of the Self. Hanker not for the impermanent objects of the senses. Keep

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Scientific Digest

Silence is Golden

TOO much noise and confusion are harmful to health, happiness, and the pursuit of a living, according to statements made by Dr. W. R. Barss at a recent conference of the American Society for the Hard of Hearing.

"Statistical analysis in New York City," he said, "reveals the fact that a large percentage of automobile and taxi drivers and even aviators are partially deaf, and this percentage is increasing, and the same is known to be the case among laborers and mechanics exposed to constant noise."

Noise is also playing a definite part in the mounting toll of deaths due to diseases of the circulation, particularly heart disease. Various noises, such as a sudden popping firecracker or a bursting blown-up paper bag, cause increased pressure within the skull, which means an increased circulation, and that in turn calls for an increased amount of work on the part of the heart.

Noise causes fatigue, thereby shortening years of efficiency; it increases accidents, possibly aggravates crime psychology; it interferes with the joy of living.

Plants Often Act Like People

FROM the Department of Agriculture there comes an announcement that some plants and flowers behave like human beings.

"Of course," said Botanist O. M. Freeman, "this does not mean that they imitate people. They just happen to do the same things the same way sometimes."

Among the in-common characteristics are: work, sleep, taste for hamburgers, dancing, intoxication, and ability to find a drink of water when one is near.

"It has been proved," said Mr. Freeman, "that plants react to the point of getting pepped-up over certain stimulants. I have even heard of them getting that way over aspirin."

Through micro-photographs, botanists have determined that plants "dance exquisitely," waving about with the motions of an accomplished fan dancer.

"This doesn't mean that they dance in the sense of putting one foot forward and bringing the other back while keeping time to music," explained the botanist, "but call it what you will, it is the same kind of movement."

He said that the talent of plants for finding water has long been a plumber's headache—the roots have an uncanny way of shooting out toward a near-by water pipe, wedging their way through a joint, and finally cutting off the flow of water. The pitcher plant, which lives principally off insects, has a definite taste for hamburger, he said.

"You can't say that a plant has perception," he asserted, "but under a microscope plants have been observed moving about in strange surroundings, as if in exploration."

Science Tests Drinking Driver

DR. Horace Middleton Vernon, M. D., M. A., recently told the British Association for the Advancement of Science at a meeting held in Blackpool, Eng., that alcohol makes motorists drive faster and less accurately.

Tests with a dummy automobile and fifteen experienced motorists showed, he said, that indulgence in more than one large drink of whiskey reduced by 6 per cent the time of the drivers' reactions.

Such indulgence, he said, further increased by 12 per cent driving errors, with the motorists themselves giddily unaware of their shortcomings.

Newly Found Power

A NEWLY found force a million times stronger than gravitation was described at the Harvard tercentenary Sept. 8. Its existence was originally reported by the Carnegie Institution of Washington, D. C., last April.

Dr. Gregory Breit, of the University of Wisconsin, said that it is something that appears when two atomic particles approach within twenty-eight trillionths of a centimeter of each other. At that point there is an attracting power equal to 11,100,000 volts of electricity.

The discovery is thought to be the force which holds atoms together and has been described as the binding substance which keeps Creation from disintegrating; that is, keeps solid matter from dissolving into thin gas or perhaps into mere radiation.

The Second Coming of Christ

(Continued from Page 6)

not undergone even the rudimentary spiritual teachings?" This is because Jesus had taught Simon in a previous incarnation, and even though Simon didn't know it, Jesus could see Simon's spiritual attainments in the astral marking in his brain, so He asked Simon to catch deluded men, prodigal children of God, and to bring them back to the ever-freeing mansion of God.

The modern proselyting missionary method of converting people by sprinkling a little water on the head in the name of the unknown Jesus Christ is mock initiation. Only the Spirit-baptized and ecstasy-baptized person can spiritually baptize another soul and bring him to the doors of God and ecstatic Heaven. Catching souls by advertisements, just to fill the church, and then stuffing them with hackneyed teachings is not enough. One must be in ecstasy with God during preaching and then he must cast the net of his blissful perception over his listeners. In this way real souls will be hauled into the everlasting nectar-sea of God-perception.

Diet and Health

(Continued from Page 17)

Place layers of sweet potatoes, apples and chestnuts in baking pan. Sprinkle each layer with brown sugar. Dot with butter and bake in moderate oven 1 hour.

BRUSSELS SPROUTS AND GRAPES

- 1 qt. Brussels sprouts
- 1 cup malaga grapes
- 2 tablespoons butter
- vegetized salt

Soak sprouts in cold salted water 30 minutes to remove insects, then put them into a generous amount of boiling salted water and cook uncovered until almost tender. Pour off most of the water, leaving not quite enough to cover sprouts. Pick grapes from stems, wash, cut in halves, and remove seeds. Add grapes to sprouts and cook until sprouts are tender. Drain, add butter, and serve.

SCALLOPED ONIONS

- 2 lbs. large white onions
- 1½ cups milk
- 2 tablespoons butter
- 1-3 cup whole wheat flour
- 1 cup grated cheese
- vegetized salt

Peel and slice onions. Cook in boiling, salted water until tender and drain thoroughly. Make thick white sauce of the butter, flour, and milk. In a shallow buttered casserole put a layer of onions, a layer of white sauce and a layer of cheese. Continue until all are used, having cheese on top. Let stand for several hours and heat through in oven for about 30 minutes before serving.

DATE AND FIG CREAM

- ½ cup chopped dates
- 1 cup chopped preserved figs
- ¼ cup lemon juice
- ½ cup syrup from the figs
- Few grains salt
- 1 cup whipping cream
- ½ cup raw or brown sugar

Combine fruits, juices, sugar and salt. Pour into tray of mechanical refrigerator or into a freezer and partly freeze. Carefully fold in the stiffly whipped cream and finish freezing.

News From India

By C. RICHARD WRIGHT

I quote the following from my notes of Jan. 27, 1936:

The scene is laid near Allahabad at the junction of the Ganges and Jumna Rivers, during the Kumbha Mela, the great gathering of Sadhus and Seekers, held every three and six years.

We next drove down the river bed (Ganges) to the under-nourished sacred river. Alighting and treading some distance through the thickening smoke and treacherous sands, we approached a cluster of tiny, very modest straw huts. Suddenly, we drew up before one of these insignificant, temporary huts with its pigmy doorless entrance, the shelter of a young, wandering Sadhu, or mendicant, noted for his exceptional intelligence and capacities, named Kara Patri. There he sat, cross-legged in a pile of straw, his only covering, and incidentally his only possession, being an ochre cloth draped over his shoulders; and this was only temporary, for soon warm days would come.

Truly a divine face smiled at us as we crawled into the hut on all fours and prostrated at the feet of this enlightened Soul, while the kerosene lantern at the entrance flickered weird, dancing shadows on the thatched walls. His face, especially his eyes and teeth, beamed and glistened with the blessing of simplicity and freedom, "doing everything with the searchlight on God."

Although I was puzzled by the Hindi, his expressions were very revealing, as he was full of enthusiasm, fire, introspection, love, happiness, divine glory, freedom, and all the other divine qualities. No one could be mistaken as to his greatness. Imagine the happy life of one unattached to a material life, free of most clothing, wearing only one cloth; free of food craving, never beg-

ging; never touching cooked food except on alternate days; no begging bowl; eats only one meal a day generally; free of all money entanglements, never handling money; never storing things away, always trusting in God; free of transportation difficulties, never riding in vehicles, but always walking on the banks of the River Ganges, or others; never remaining in one place longer than one week in order to avoid becoming attached to anything.

Such a modest Soul! free of worldly entanglements and struggles, but unusually learned, having read all the religious Scriptures, the Vedas (very lengthy), Vedanta, and so forth, and with an M. A. degree in four subjects, with the title of "Shastri" (master of Sanskrit) from the Benares University.

A grand feeling pervaded throughout as we sat at this Saint's feet and listened to his noble expositions. It all seemed to be an answer to my desire to see the real, the ancient India, for he is the true representative of this land of Spiritual Kings. We bade *pranam* and reluctantly departed from this embodiment of God and Man, grateful for his hospitality and spirit.

And so, if I have not been too vague, you will see that there is something to this world of ours after all. Such men as I have just described come on earth to elevate those of us who are caught in the muck and mire of these passing fancies and pleasures.

It is impossible for a man who attempts many things to do them all well.

—Xenophon.

Better do a little well, than a great deal badly.

—Socrates.

That Ocean of Light

(Continued from Page 7)

you cannot see when your eyes are closed. Know that eyes are never open or closed; they are forever there. Eyelids only shut them off from the external sensations of external solar or electronic light. That is what it is. Yet remember that the inner energy that is instrumental in bringing visibility of things is still there, although the eyes are closed. Through the mind-energy, that energy can be so raised that eyes while closed can see that which open eyes can never expect to see. While externally your range of vision is limited, inwardly it is unlimited in its sweep and scope. It reveals things which are boundless, unlimited, true, and unchangeable. It brings to your perception a new world of ideas and perceptions. You come face to face with the light-ocean that your growing soul yearns to see and swim in. You come across an ocean of light before you, an ocean of light behind you, an ocean of light above you, an ocean of light below you. You are in the midst of light. Light is everywhere—light sweeping across the firmament, light leaping out from every point of your being, light entering through every pore of your personality. Born of light, you become light. Light you are. Now you know that you are LIGHT.

Beggar Unknown

Unkown Beggar hath come
By the door of my life!
Shall I welcome Him most heartily,
Pouring out an offering of tears?
Come! Come! Thou Guest 'midst me!
Dim light is burning damp by this
Advanced darkened eve!
Days, passed away vain by pursuits
Wrong,
Breast is over-burdened, sweet
With pain deep and suffering true,
I will worship Thee, setting
Thee in the seat of my pain,
Washing crimson feet of Thine
With blood of my heart, and
Placing sorrows in the plate of
My life!

—By Sri Bibhuti Bhuson Sarkar.

The Higher Octave of Freedom

(Continued from Page 14)

now we can enter this plane of egoic consciousness. If today's World Rulers would accept these principles, and with those subject to them, attempt to govern and be governed by them, individuals, races, and nations would love their neighbors and strive for the good of all mankind. The pall of war, destruction, and domination would be banished, for in the higher octave Freedom would mean all that that word could possibly imply. Let men become of one mind and racial divisions will fade. Let man see man in his true spiritual aspect, and his name means nothing. The rain falls on the just and the unjust. Let us realize that spiritual blessings are for all mankind and our national policies will have lost their significance. As long as the present state of consciousness impels us to think as we think, and act as we act, so long will we suffer and be impoverished by the destructive forces so evident today. Let us enter the Higher Octave and LIVE.

Acquiring Happiness

(Continued from Page 4)

Likewise, if you were happy a long time, and you have been unhappy a comparatively short time, you are apt to lose hope of ever being happy again. This is lack of imagination. The memory of a long-continued happiness should be a forceful subconscious habit to influence your conscious mind and ward off the consciousness of your present trouble.

When wealth only is lost, nothing real is lost, for if one has health and skill one can still be happy and can make more money, but if health is lost, then most happiness is also lost, and when the principle of life is lost, all happiness is lost.

After bathing yourself in the Ocean of Peace in dreamland, as you awake with happiness, say: "In sleepland I found myself free from mortal worries. I was a King of Peace. Now, as I work in the daytime and carry on my diurnal

battles of duties, I will no longer be defeated by insurgent worries of the kingdom of wakefulness. I am a King of Peace in sleep-land, and I shall continue to be such a King in the land of wakefulness. As I come out of my Kingdom of Peace in sleep-land, I shall spread that same peace in my land of wakeful dreams."

All This is God

(Continued from Page 8)

Brahman—all this is the manifestation of God. Look about you in the maze of maya and behold how your brother dies for the want of love, and love alone. Lo, they are ever seeking, never attaining, bliss. They die of thirst. The whole world suffers under triple affliction. Why should I hate beings who are the objects of my compassion?" So reads the Purana. Think on it. How can you behold imperfection in your brother, yet perfection in yourself? Are you not one? Whom do you hate? Whom do you fear? Is it not all you?"

"And if I learn to love my brother, will that alone be sufficient? Have I no need of retirement and practice and penance as I have seen here in India?"

"Let your retirement be at times when it comes naturally; you have no right to take from other duties imposed upon you by Karma, time to devote selfishly to your own salvation. Yet I do not say to forget the Within. Only forget self. For self is like a beautiful flower that ever captures your thoughts; and withdrawn by the lure of that flower, you let the orchard go; mourning the fading of one rose, you lose a thousand golden fruits."

I could not follow all the Sadhu's reasoning, and felt somewhat bewildered.

"Then my coming to India has been of little help in my spiritual progress?"

"On the contrary, what you have experienced in India has been to you the germ out of which must grow new

knowledge, of a gradual flowering, but of perfect parturition. Let your development henceforth be in silence and in depth. Everywhere falls the rain of Truth. Said the poet, Bhartṛihari, 'The drop of rain falls on a glowing iron and is no more. It falls on a flower and shines like a pearl. It sinks into a shell at the happy hour and becomes the pearl itself.' But how does this "pearl itself" form? First, it awaits that magic hour when the drop shall fall into its open shell. Finally, the hour comes; the crystal drop falls. What then? The oyster sinks to the bottom of the stream to develop the perfection of a pearl in silence and depth. Be like that shell. This experience in India has been the drop of rain. It has fallen on you. Close the shell of your mind and sink to the depths. There bring forth your pearl by labor and by pain. Therein lies the secret."

Silence followed; silence in which I felt what I could not comprehend. But feeling itself was enough. The dim voice of the river roamed the corridors of an ancient temple near at hand, sounding like soft footfalls of its forgotten worshippers. Finally Guruji stirred and spoke again.

"For a long time you have languished on the banks of a stream that is ever moving. The things you have gleaned therefrom are the useless baubles that float on shallow rivers. But you have seen in the dust-specked distance an ultimate ocean. Build, then, for yourself a sturdy raft and sail into it. There cast your net into the clear blue waters of Infinity."

Then I knelt at his feet and he gave me his final blessing. As I left, his parting words followed me, "Remember, that light is about you always. If you are in darkness, look to the evil of your own sight. 'If the thistle has no leaves, is the spring to be blamed; or the sun if bats fly not by day; or the cloud if no drop of rain falls in the cuckoo's beak? Blame not fate: not so wilt thou change its path.'"



STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC., REQUIRED BY THE ACT OF CONGRESS OF AUG. 24, 1912, AND MARCH 3, 1933.

Of "Inner Culture Magazine," published monthly at Los Angeles, California, for October, 1936.

State of California, County of Los Angeles, ss.

Before me, a Notary Public in and for the State and county aforesaid, personally appeared Salome E. Marckwardt, who, having been duly sworn according to law, deposes and says that she is the Managing Editor of the "Inner-Culture" and that the following is, to the best of her knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, as amended by the Act of March 3, 1933, embodied in section 537 Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are:

Publisher, Self-Realization Fellowship Church, 3880 San Rafael Ave., Los Angeles.

Editor, Swami Yogananda, 3880 San Rafael Ave., Los Angeles.

Managing Editor, Salome E. Marckwardt, 3880 San Rafael Ave., Los Angeles.

Business Manager, Faraon Jay Moss, 3880 San Rafael Ave., Los Angeles.

2. That the owner is: (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding one per cent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a firm, company, or other unincorporated concern, its name and address, as well as those of each individual member, must be given.)

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3. That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are: (If there are none, so state.) None.

4. That the two paragraphs next above, giving the names of the owners, stockholders, and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company but also, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation has any interest direct or indirect in the said stock, bonds, or other securities than as so stated by her.

5. That the average number of copies of each issue of this publication sold or distributed, through the mails or otherwise, to paid subscribers during the twelve months preceding the date shown above is (This information is required from daily publications only.)

SALOME E. MARCKWARDT, Managing Editor.
Sworn to and subscribed before me this 1st day of October, 1936.

(SEAL) DANIEL M. POTTER.
(My commission expires May 18, 1939.)

Moha-Mudgar

(Continued from Page 20)

company with the virtuous. Even a moment's companionship with those who have realized the Eternal Truth, will furnish thee with a boat to cross the sea of Samsara (the world of limitations and misery).

Thus are composed these sixteen verses for the instruction of the disciple. If the truth contained therein remains unheeded, nothing else shall awaken man to wisdom.

ANANDAM BRAHMAN

May absolute Bliss
abide in thee now
and forevermore.

Letters of Appreciation

Dear Friends:

The Weekly Praecepta and Inner Culture Magazine have become as a lamp in the dark to me; the daily meditations are especially helpful. The Songs that have been published in the last 6 magazines I appreciate very much since leaving Los Angeles and the privilege of attending the services where our beloved Swamiji taught them to us.

The letters of C. Richard Wright seem to serve as a periscope through which to see, feel, and move with Guru, in their antipodal travels. I always read them first.

The Weekly Praecepta is proving to be a liberal education along with the Spiritual enlightenment, and withstands every test and investigation, after which there can be no doubt about the universal Truths found in Self-Realization Teachings.

Sincerely,
V. G. C., Nevada.

Dear Friends:

I find that the material things I used to fret and worry about do not bother me at all since starting my studies. One of the greatest benefits to me is: I have learned to keep smiling when things seem to be all wrong. The tensing exercises are wonderful for recharging the body. I can practice while at work and actually demonstrate that I feel as fresh and full of pep and vigor after

nine hours hard work as I felt when I started work at seven in the morning.

May God bless the Self-Realization Fellowship and S. Yogananda for his great work.

Sincerely,
K. N., Michigan.

Self-Realization Fellowship:

I want to thank you with all my heart for all I learn from the Weekly Praecepta. I thank God that I am a Member. I enjoy so much to study these wonderful Truths. I have overcome much sorrow and worry, and this wonderful Teaching has brought me real happiness, contentment of Soul, and is a great help to a better understanding of life.

May God bless Swami Yogananda and all the Teachers.

M. I., California.

Dear Friends:

Some months ago I went through a terrible tragic experience. It wrecked

me practically, holding me in its grip for many months. I made up my mind that through some source I must break away from it, so I finally came in contact with the Self-Realization Fellowship, which I have joined. Through their prayers and the study of the Praecepta, I am a very happy person. I wish all, everybody who has gone through such an experience as mine, could try it out, give it a thorough test. This would be the only way to realize the Truth.

Sincerely,
R. W., Washington.

Dear Friends:

Words cannot express how much I enjoy the Weekly Lessons and how helpful they are in every way.

Best wishes,
F. L., Missouri.

CHARLES J. SMITH

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The "Why" of Group Study and Meditation

By ORPHA L. SAHLY
(Director of Center Activities)

IT IS desirable that all sincere students of Self-Realization Fellowship (Yogoda Sat-Sanga) in the eastern and western portions of the world and all its far-flung corners, should recognize and utilize the benefits of group study and meditation. The value of such association should be considered from the standpoint of several pertinent points which shall herein be enumerated:

1. First of all, let us consider in our hearts the words of Jesus, who said, "Where two or three are gathered together in My name, there Am I in the midst of them."

2. Swami Yogananda tells us in Praeceptum No. 52-1, that in group meditation the spiritually strong individuals tend to recharge the weaker ones; that is, they radiate and share with others their spiritual magnetism and light. As they give out this spiritual magnetism, they themselves are recharged from the Infinite Source, God; thus fulfilling the law of their being, which is to both give and receive. In this way all who participate in group meditation are immeasurably benefited.

3. Such a group of individuals of mutual interests and goal, forms a nucleus which, like a magnet, will attract others of like aspiration, thus offering a medium of service through which each may help and encourage others on the path upon which has been found such light and blessing. It becomes evident that self-development and service to others go hand-in-hand. As your ability increases, so does your responsibility.

4. Responsibility may come under four divisions: your own self-realization; service to your comrades on the path and to weaker brethren; your responsibility to the Source of your Being,

God; and responsibility to that direct channel of light and service, the Self-Realization Fellowship (Yogoda Sat-Sanga.) Swami Yogananda is bringing to you direct from the Cosmic plane, these incomparable Lessons, the application of which will lead you to your complete freedom. Your help and support are needed to enable these golden messages to reach all who are seeking the Light.

5. In addition to the before-mentioned ways of service there is another important one. While a group is small, it is usually convenient to meet together in each other's homes. But it is advisable to have a neutral meeting place, a place sacred and apart from distracting and inharmonious vibrations. Despise not the small and humble beginning. Our Founder began his work in a little mud hut in India, with a few companions. Now the Movement is worldwide. Land and buildings are needed for use, as Centers are established in various parts of the world. The services of capable and willing leaders are needed. Laborers are needed in the Vineyard, for the harvest is ready.

Will each one of you contemplate upon these words, and ask yourself what you are doing and what you can and will do to further this great Cause?

Next month we will give more specific instruction in how to Create and Build a Self-Realization Fellowship Center. Anyone who wishes more personal and immediate instruction may write to the Director of Center Activity, care of Self-Realization Fellowship, Mount Washington Estates, Los Angeles, California, U. S. A. Questions will be answered, and advice and help given upon request. Anyone contemplating the creation of such a Center should so inform the Director.

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.

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Tukumā, Latvija

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

Los Angeles, Calif.

Western 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., Boston, Mass.

*Des Moines, Iowa

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

*Canton, Ohio

Sri Ranendra Kumar Das, Conducting Teacher. Miss Erna Coleman and Miss Mary Singer, secretaries; Mrs. J. E. Bowen, treasurer. Phone 23129. Meetings every Thursday evening at 8 p. m., also Sunday evening services at 8 p. m., at the Self-Realization Temple, 127 Clark Bldg., Suite 260, Second and Market Sts., Canton, Ohio.

*Akron, Ohio.

Sri Ranendra Kumar Das, Conducting Teacher. Mrs. Le Veta English Davis, Secretary; phone, Walbridge 1407. Sunday morning services at 11 a. m. at 201 Everett Bldg., Self-Realization Temple.

*Dayton, Ohio

Conducting Teacher, Sri Ranendra Kumar Das. Secretary, Miss Gay Williams, 113 S. Robert Blvd. Center meeting each Wednesday evening at 8 p. m., Gibbons Hotel.

*Cleveland, Ohio

Dr. M. P. Wherrit, Conducting Teacher, 10609 Euclid Ave. Mrs. M. P. Wherrit, Secretary. Mrs. A. R. Brenne, Treasurer, 1651 Clarence Ave. Weekly meetings at Allerton Hotel, 16th floor, E. 13th St. and Chester Ave.

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.

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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.

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



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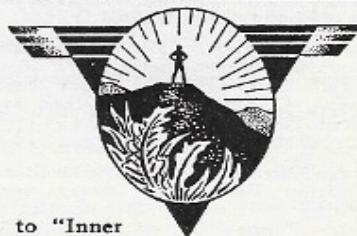
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The Horn of Plenty Bank

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.

November, 1936

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 _____

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4 Delicious Foods

NUTRITIVE NUGGETS

NUTRITIVE NUGGETS are a new food that are delightfully different in flavor. Are appetizing when served for breakfast, lunch or dinner. Are rich in oil—beneficial to the digestive tract, liver and gall bladder. Children love them.

Those eating NUTRITIVE NUGGETS will like their fine flavor. The best qualities of meat without its harmful effects. Extremely nutritious—normally laxative—non-habit forming.

Pound pkg., 50c—half pound pkg., 30c
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These delicious prunes are unusually rich in natural sugar and concentrated juices. They are grown near the western edge of the Desert at an elevation of 3,100 feet, and this accounts for their fine texture and distinctive taste. Mt. Washington Prunes are honey-dipped, which adds to their appetizing flavor. Always fresh and soft—nutritious and healthful. Delightful as a dessert or as a bite between meals. The delightful flavor of Mt. Washington Prunes is incomparable. They may be served in many appetizing ways. For your health's sake, eat them several times each week. These prunes are thoroughly washed and come prepared in two-pound packages at 35c. Plus postage. Order a package now and enjoy something different in prunes.

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Self-Realization Fellowship

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Christmas Suggestion

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SELF-REALIZATION FELLOWSHIP

3880 San Rafael Avenue

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Electrify Us With Thy Presence

THE glory of the stars, the glory of the sun's rays, the tiny drops of rain, and the glimmer of our thoughts and devotion, we have gathered to offer unto Thee, O Spirit. Saturate our hearts with Thy presence, with Thy Divine Consciousness; saturate our Souls with Thy wisdom and our Beings with Thy vitality.

All our devotion, all our love, all our Soul's craving, all our ambitions, we lay at Thy Feet. Rouse our devotion, rouse our love, and in the light of Self-Realization teach us to behold Thy face within and without, in everything. Teach us to demand Thy presence, Thy contact, until we actually know that Thou art with us in the temple of activity, in the temple of silence, in the temple of every thought, every feeling, and above all, in the temple of our love.

May Thy presence and consciousness fill our hearts. May we realize that Thou art the only Reality. Father, we do not want to offer a mechanical prayer to Thee, but we demand Thy presence, for Thou art our Father; we are Thy children. Teach us to pray with Thy love and demand with Thy consciousness. Thou art not hiding from us; we are hiding from Thee; make us realize that. Make us realize that Thou art just behind our hearts all the time, silently listening to our prayers and thoughts.

Bless us, that hand-clasped, hearts interwoven, we may walk the path of Self-Realization until we reach Thee. Teach us to see the lightning flash which glimmers in Thy Face of Omnipresence. Lead us away from temptation, wherein we fell through the misuse of Thy given reason, but when we are stronger, if it is Thy will to test us, Father, make Thyself more tempting than temptation.

Our hearts are Thine; our minds are Thine. Our Souls we bestow unto Thee. No more with words, but with our Souls we pray. Electrify us with Thy presence. Be with us evermore.

—By S. Y.