

"SPIRITUALIZING BUSINESS—HENRY FORD'S FIVE
DAY WEEK," by Swami Yogananda

"THE HEALING POTENCY OF MUSIC," by Huston Ray

"PHILOSOPHY OF THE HINDU DANCE," by Ragini

Published by
YOGODA AND SAT-SANGA
New York, N. Y.

November-December 1926

Price 25c

Y O G O D A

THE HIGHEST TECHNIQUE OF CONCENTRATION MEDITATION AND SPIRITUALIZATION of the BODY



SWAMI YOGANANDA

YOGODA is a scientific system for conscious control of involuntary life forces, perfected by the eminent Hindu master of metaphysics and psychology, SWAMI YOGANANDA, A.B.

YOGODA can be practiced anywhere, anytime, in public or private, sitting or reclining, walking or standing, unobserved by others, and without apparatus or expense of any kind. Ten minutes by this system exceeds in benefit hours of ordinary exercise.

This marvelous science of applied life vibration, technically known as YOGODA, endorsed by foremost scientists and educators, draws thru concentrated absorption from cosmic energy a recharge of life-giving elements into the physical and spiritual system. This principle can be put into CONSTANT operation within your being, proceeding without interruption in its constructive processes even while your physical body is in repose.

EVERY MUSCLE, ORGAN AND FUNCTION OF BODY STRENGTHENED

Parts unaffected by any other system of development are brought to their maximum powers by this miracle-working science.

WHAT "Y O G O D A" DOES

Teaches how to literally RECHARGE body-batteries with fresh life-current by increasing dynamic power of will.

Improves (a) Beauty of Form; (b) Grace of expression; (c) Centre of Consciousness; (d) Power of mental recep-

tivity; (e) Contact with the Infinite Reservoir of Power.

YOGODA prevents hardening of arteries and insures lasting youth by stimulating even circulation and helping to eject foreign matter from the system. Drives away headaches instantly. Harmonizes all muscle actions. Makes colds impossible.

It exercises those parts which you think you cannot exercise.

PUTS ON or TAKES OFF FAT, as desired.

Teaches you to control your material and spiritual destiny.

This YOGODA system has accomplished wonderful results in several residential schools for boys in India, established by Swami Yogananda, and has brought lasting health and happiness to thousands of American students.

F A M O U S S T U D E N T S O F Y O G O D A

Amelita Galli-Curci—Luther Burbank—Luigi von Kunits, Conductor of the New Symphony Orchestra of Toronto, Canada—Huston Ray, brilliant pianist—Countess Ilya Tolstoy—Homer Samuels, distinguished pianist—Judge T. J. Hewitt of Oregon—Vladimir Rosing, eminent tenor and director of the Rochester American Opera Co.—Clara Clemens Gabrilowitsch—Maria Carreras, famous pianiste.

A descriptive pamphlet, "Yogoda," simple, illuminating and intensely interesting, will be mailed you for 15c. It will prepare you for priceless benefits in health, success and radiant happiness. Send 15c in stamps or coin to

YOGODA CORRESPONDENCE SCHOOL

Dept. J-F

3880 San Rafael Avenue

Los Angeles, Calif.

EAST-WEST

WORLD WIDE

An Illustrated Non-Sectarian Bi-Monthly Magazine devoted to the Spiritual, Psychological and Cultural Aspects of all Civilizations, especially the Oriental, with special reference to their bearing on Present-day, Practical Life. EAST-WEST is the official organ for the Mount Washington Educational Center in Los Angeles, Headquarters of the Yogoda and Sat-Sanga movement in America.

Yearly subscription, \$1.25. Single copy, 25c.

We are glad to consider articles, pictures and poems for publication. Please address them to "The Editors," not to individuals. Kindly enclose a stamped return envelope.

Printed in U. S. A.

Copyright, 1926, by East-West

Application for entry as second-class matter is pending.

NOVEMBER-DECEMBER, 1926

VOL. 2—No. 1

CONTENTS

	Page
Indian Miniature (<i>Picture</i>)	2
Spiritualizing Business—Henry Ford's Five Day Working Week	3
Philosophy of the Hindu Dance	6
The Arid Place (<i>Poem</i>)	8
The Healing Potency of Music	9
The Tiger is Conquered (<i>Story</i>)	12
What I Mean by the Word "Hindu"	15
The Tapestry Weaver (<i>Poem</i>)	17
The Boundary (<i>Poem</i>)	17
Yogoda News and Announcements	18
Yogoda Centers Directory	18
Los Angeles Center News	19
Birthday Anniversary Celebration	20
Reception to Galli Ćurci and Homer Samuels	21
Cincinnati News	21
Cincinnati Yogoda Students (<i>Picture</i>)	22
Cincinnati "Enquirer" Article	23
Guests at Hindu Health Luncheon (<i>Picture</i>)	24
Detroit Yogoda Center News	26
Cleveland Yogoda Center News	26
Pittsburgh Yogoda Center News	27
Announcements: New York Lecture	27
Washington Lectures in January	27
Christmas Message to Yogoda Students	28
Spiritual and Health Recipes	28
"The Music Healer"	29
"Yogoda" (<i>Poem</i>)	30

Published by

YOGODA and SAT-SANGA
ROOM 901 509 FIFTH AVENUE
NEW YORK CITY, N. Y.

Western Office: Yogoda Headquarters, Mount Washington Educational Center
3880 San Rafael Avenue Los Angeles, California



*A Spirited Moment in the Dance.
From an Old Indian Miniature.*

SPIRITUALIZING BUSINESS — HENRY FORD'S FIVE DAY WORKING WEEK

By Swami Yogananda

The word holiday sprang from holy day. The holy day should be a day for introspective thinking and for developing the sacred soul qualities of man. Jesus advised the world to keep Sunday for basking in the sunlight of wisdom. The Hindus also reserve several days in the year for sacred spiritual purposes. Easter, Thanksgiving and Christmas correspond to many of the sacred days of the Hindus. The Durga Puja festival is as universally observed in India among the Hindus as is Christmas in the West.

Man is a spiritual and a material being. He ought to develop himself spiritually by inner discipline but he must be materially efficient by developing his business faculties. Primitive man was busy using all his mental faculties for satisfying the needs of the material life. His time was spent in hunting, eating and sleeping. Modern man scientifically tries to meet the present material conditions of life. What primitive man did unmethodically, modern man does methodically, and this method in his efforts for material success has indirectly improved his inner faculties.

The master minds of India believe in directly developing the inner faculties (1) of will power to fight temptation, (2) of feeling for serving fellow beings.

But if money-making for securing the material comforts of man is necessary, then making happiness is supremely necessary. For possession of material riches without inner peace is just like dying of thirst while bathing in a lake.

People crave different things, as money, fame or spirituality, as a result of early habits and specific environmental influences. That is why the people in the East and the West lead a one-sided life. The East is more spiritually inclined and the West is more materially inclined.

Men cannot live happily by only spiritual doctrines or material riches. To bring a balance into the lives of the men of the East and the West, the method of developing an equilibrated life must be adopted.

People in general spend six days of the week in making money and even Sundays thinking about it, but they hardly give any time for self-development. One reason why there is so much crime, so many murders and robberies, in spite of the developed civilization of the West, is because people are too busy securing the commodities of material comfort, and have no time to think of the practical values of following moral and spiritual principles.

If material poverty is to be avoided, spiritual mental poverty is to be abhorred; for the latter is the cause of all human suffering. A practical spiritual man is the happy man, and only the happy man is the successful man. One hundred per cent material prosperity among the inhabitants of a city will not prevent murders and crime. Following the universal principle of mutual service, spontaneous cooperation, love for the spiritual life and disciplining the human sense-cravings are extremely necessary for the harmonious, happy, healthy, prosperous life of a city.

Official records annually show that almost one billion dollars are stolen by young men and women ranging from the age of fifteen to thirty. We have the New York newspapers' report that 400,000 more meals this year were served in the jails than last year. Why is all this? Because man's attention is not yet fixed on the vital problem of "The Art of Living." Why not use the money used for erecting and keeping up jails to create How-to-live schools which will prevent children from becoming criminals? Criminal offenders grown worse in jails are let loose in healthy society for further spread of this bacteria of crime.

Most people will say, "Oh, I am too busy with my business to think about 'The Art of Living.' Oh, we all know about that. Some day we will come to it but all we want now is money."

But let us consider what purpose money would serve if one succeeds in making millions after a complete nervous break-down and utter loss of poise and happiness.

Since God has given us hunger and since we have a physical body to look

after, we must have money and earn it honestly and scientifically by serving the right needs of our fellow beings. Business life need not be a material life. Business ambition can be spiritualized. Business is nothing but serving others materially in the best possible way. People label those stores that start out with only the idea of making money, commercial and money-making dens. But those stores which first concentrate wholly on serving customers with the best articles at a minimum cost, are the ones that will always succeed and will also advance the moral development of the world.

I never forget the remark of a fine salesman in a large shop, where I was selecting an overcoat for myself. "Sir, I am not trying to sell you something, I am trying to find out exactly what you need." He knew I could buy a two hundred dollar overcoat, but he sold me a sixty dollar one which exactly suited me in every way. Besides I was pleased to get what I needed at a reasonable price. He certainly secured in me a permanent customer for his company. If he had sold me the costly overcoat, I would never have gone back there again.

Hence people should spiritualize their business ambition by starting out with the idea of serving the proper needs of their fellow beings. Man should make money not only by serving and getting something in return, but also for the sake of using money for creating philanthropic institutions which serve public needs. When one makes a great deal of money by making others prosperous and again uses that wealth for helping others to help themselves, that is spiritualizing ambition. Wealthy parents, who leave too much money for their children, have choked the development of self-created, self-earned evolution, success and happiness.

That is why I agree with Mr. Henry Ford in helping people to help themselves and not in humiliating slave-breeding charity. Hence it is only by having ambition and crowning that with the idea of service that all materially ambitious people will find a spiritual reason for making money. Besides the brainy man must have ambition or he does injustice to himself by crippling his faculties. By injuring himself he sets a bad example and thus hinders the progress of humanity.

The one reason why all Oriental peoples have been more spiritually inclined is because they took life more easily, refused to convert themselves into business automatons, and had more time for contemplation. Of course, many Orientals used their leisure for feeding lazy habits instead of spiritual realization, but as a rule, the Oriental people have an awakened spiritual perception.

Our Western brothers have used all their time in developing only the material and intellectual factors of life. They are too busy to enjoy the fruits even of their material labor, or to know much of peace, relaxation, and bliss. Many Western brothers are enslaved by their less important engagements and forget their highest engagement with the blissful Ideal-life of God-contact.

So the Western brothers must make time; though their struggle for a livelihood is greater, due to their more wintry climate, still, by their extensive use of machinery, they have an advantage over their Eastern brethren, and can thus save time by using it less in dancing and amusements, and more in the deeper studies of life. Business activities, money, these are for the comfort of man, but blind greed for them must not rob him of his happiness.

Six full days and nights of machine-like existence, and part of one day only for spiritual culture, are not balanced. The week should be allotted to work, amusement and spiritual culture—five days for money making, one day for rest and amusement, and one day for introspection and inner realization. In America life is altogether too fast; in the Orient, it is altogether too slow. A balance has to be struck. Man must have some free time to find himself. One day a week—Sunday—is not enough, because it is his only holiday and he wants it for rest and is too tired to meditate.

Under a five day working week, as proposed by Henry Ford, people could use Friday night, Saturday and Sunday for getting away from the noisy city environment and thus increase their longevity. The Chicago Chief of Police says that man's longevity could be increased by eleven years if the city noises were cut out and man's nervous system calmed down thereby. Almost every family in America nowadays can afford an automobile of some kind, and with it, they can get out of the cities on week-ends and refresh themselves in the peaceful retreats of nature, living the double life of a hermit in the woods, and a warrior in the field of worldly activity.

Since ultimate wisdom, i.e., knowing everything that can be known by the maximum use of the human reason, is the human goal, then why not learn the art of living rightly?

We must begin with the children as well as with the adults. The plastic mind of the child can be moulded into any shape with the cooperation of self-disciplined, reformed adults. Desired habits can easily be created in children because the will to perform is mostly free except for a few innate tendencies. Adults have to battle and expel old habits in order to lodge good ones. But all habits, whether in children or adults, must be cultivated through the medium of spontaneous willingness. In training children in a balanced life or in habits of paying equal attention to the earning of money and to the acquisition of spiritual happiness, the time and method of training has to be considered.

People lose their balance and suffer from money madness and business madness only because they never had the opportunity of culturing habits of a balanced life. It is not our passing thoughts or brilliant ideas but our everyday plain habits which control our lives. There are some very busy business men who make millions without being irregular or nervous, and there are other business men who become so engrossed in making money that they cannot think of anything else and do not wake up until something terrible happens to them as sickness or loss of all happiness.

Many psychologists say that the later periods of life are but the repetitions of the training which one receives between the ages of two to ten or fifteen.

Spiritual sermons inspire the minds of children to better action but that is all. Actual practical discipline for roasting the seeds of pre-natal habits lodged in the sub-conscious and super-conscious minds is necessary. This can only be done by scrubbing the brain cells of seed habits with the electricity of concentration thrown within. Children ought to be brought up with a spiritual ambition to make money only for the sake of service. Modern children are mostly brought up in a wrong atmosphere where money-making is the goal, so they try to get rich quick, often by the hold-up method. If making money anyway is the goal, then why shouldn't hold-up methods prevail?

But it lies in the hands of the modern adults to uplift the future children and bring them into a balanced life. As long as the adults will remain intoxicated with a one-sided material life, so long will the children's hopes remain unfulfilled.

Thus in order to save the future world by saving the children, the modern adult must wake up, and cultivate balanced habits of material and spiritual life.

Most heads of concerns work five days a week from nine in the morning to three in the afternoon and generally take Saturdays and Sundays off. They have some poise, more home life, but they spend most of their time in playing golf and too much dancing, instead of giving some time to spiritual culture.

In order to lead a balanced life, adults must educate themselves and realize that business ambitions are only for making themselves and others happy. Without this realization, strenuous business activity only produces nervousness, greed for money, lack of social qualities, miserliness and disrespect for all good principles; only with this realization of service for others can life be really happy.

Thus I think Mr. Henry Ford has inaugurated a new era in spiritualizing business life by proposing a five day week. Jesus asked people to have Sundays for the Son or wisdom's day for culturing knowledge, but people are so busy all week that they want Sundays for relaxation and amusement instead of giving it to God or introspection. The clergymen and priests, who are opposed to having movies and diversions on Sundays, ought to sympathize and cooperate with Henry Ford's plan of work five days a week, because the hard-working man could utilize all Saturday for relaxation, gardening and amusement, and use Sunday wholly and solely for church or temple or mosque work or self-discipline through the technique of concentration and meditation.

I know many prominent, intelligent business men who in their heart of hearts are discontented with everything and craving for God and wisdom, but they are helplessly carried away by their habits and too many engagements. They sacrifice their highest engagement with God, Truth, higher studies and more home life, for money making or some useless engagement.

So it is extremely necessary that the five day week plan of Henry Ford be carried out by all business concerns. Truth-loving real world patriots should cooperate for giving working people Saturday, a day for amusement and relaxation, and Sunday, an exclusive day for culturing habits of meditation and contacting good men, good principles and the highest good, the God-Bliss within.

As the art of war needs certain training, so does our battle with active life need certain training. Untrained warriors are soon killed on the battlefield; so also men untrained in the art of preserving their poise and peace are quickly riddled by the bullets of worry and restlessness in active life.

The five day working week plan is extremely desirable and necessary in order to give people more time to enjoy nature, simplify their lives and their imaginary necessities, enjoy the true needs of their existence, get to know their children and friends better, and best of all, get to know THEMSELVES.

PHILOSOPHY OF THE HINDU DANCE

By Ragini

In India the dance has been one of the chief forms of religious expression since time immemorial. Shiva, Lord of Creation, was the first dancer. In the mythological heaven of Indra, God of Rain, and encircled by the celestial host of gods and goddesses, Shiva danced, his form infinite and eternal, expressing in an ecstasy of motion the great cosmic activities of Creation, Preservation and Destruction.

Sri Laksmi, Goddess of Wealth and Beauty, and wife of Vishnu, the Preserver, was the first classical dancer of heaven. Adorned with jewels and wearing anklets of bells, she danced with a divine grace that completely won the acclaim of Indra's court and made her at once the peer of the heavenly nymphs to whom she taught her art. She is supposed to have imparted this divine knowledge to human beings as well.



A Rhythmic Moment in the Nautch.

The Hindu religious conception is conjugal rather than filial. God, in his various aspects or manifestations, is therefore associated with a feminine counterpart. The consort of Shiva is Parvati or Gouri, who represents the powers without which there could be no creation or evolution. Laksmi, the Hindu Venus, is the wife of Vishnu, the Preserver; Sita, queen of chastity, is the wife of Rama, incarnation of Vishnu.

The romance of Krishna, the Divine flute-player, and Radha, his consort, who danced together in the moonlight attended by many enamoured maidens, has an underlying spiritual significance. The music of Krishna's flute is the Celestial Song of Songs calling the individual soul to God. Radha represents human emotional experience. Thus the appeal of the Infinite and Eternal to the souls of men is a beautiful narrative of love and devotion.

Hindu folklore abounds in romantic tales and fables of gods and goddesses. The mischievous pranks perpetrated by them on each other, and on human beings as well, are often related in song, dance and drama.

To the ancient Ayrans, the dance was an expression of spiritual energy on the earth-plane through the senses and intelligence. The old Sanskrit Shastras included treatises on



LEFT—Ragini in a characteristic Krishna pose, indicating joy. RIGHT—Another graceful pose of the Hindu dance.



BELOW (Left)—Krishna dancing on the bank of the Jamuna River, to the accompaniment of drum and cymbals. An illustration of the midday Rag or Sarang from an old Indian miniature. (Right)—A dancing figure in ritualistic pose. An illustration of Gouri Raga sung at the time of sunset.



the arts of dancing, music and drama in their sacred texts. Hindu philosophy recognizes and identifies the human emotions as emanating from a Universal Source. The moods and expressions of the physical and sense-life are realized but without a sense of individual ownership.

It may be said that all Oriental conception of art is rooted in deep spiritual soil. When the greatest Sufi poet of Persia, *Jala-uddin*, introduced music and dancing as part of the Sufi funeral rites, he explained his innovation thus: "When the human spirit, after years of imprisonment in the cage and dungeon of the body, is at length set free, and wings its flight to the Source whence it came, is not this an occasion for rejoicings, and thanks, and dancing?" The mystical dances (*sama*) of the Sufis were designed to represent the circling processes of the spheres, and the *derwishes* seek to portray the return of the soul to God by cyclic whirls of movement.

According to Hindu definition there are thirteen emotions called Rasas. They are Sringara, also called *Adi* or the original sex rasa which lies at the very root of creation; *Vira*, meaning valour or courage; *Karuna*, pity and compassion; *Advuta*, the sense of wonder; *Hasya*, laughter; *Bhayanaka*, fear; *Bibhatsa*, the sense of the grotesque; *Raudra*, or the terrible; *Shantu*, or absolute quietude; *Dasya*, devotion and service; *Saukhya*, friendship; *Vatsalya*, the parental feeling; *Madhura*,* romance or conjugal life.

These thirteen Rasas find expression in the Hindu dance modes according to definite rules of technique for rhythmic body movements, head and hand postures and facial expressions. There are more than a hundred such modes, which give an ample variety of dance figures to suit religious and secular tastes.

Hinduism teaches emotional culture through music and dancing; not only as a means of worship and spiritual understanding, but as a necessary method of character development. Character means well-regulated emotion. Dancing and music are excellent regulators of the emotions. Ill-regulated emotion ruins life and destroys happiness.

The venerable Brahmins who defined and practised the fine arts in the past, never meant to include the Charleston or jazz music in their curriculum of emotional culture. I am sure that the movements and music of jazz dancing would have been labeled by them as "ill-regulated emotion."

The point I want to make clear, however, is that in Hinduism the emotions are spiritualized, idealized and universalized as emanating from the Source and Substance of all our various emotions.

The Hindu nautch is, for this reason, impersonal and animated by a sense of inner spirituality. Whether it be a ritualistic temple dance, or an expression of romance, or joy in Springtime, there is a certain sweet dignity and restraint, a refinement of expression which is derived from the traditional spiritual conception of art that belongs to India.

**By the scientific construction of Sanskrit, "the language of the gods," the sound of words as they are pronounced, convey the actual meaning. Thus, is not Hasya a laughing word? Has not Bibhatsa a grotesque sound? Does not Raudra convey terror? Is Shantu not a peaceful word?*

THE ARID PLACE

By Frances Wierman

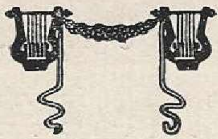
Sometimes I step from greenwood paths
Into a desert place
Where the parched earth cries thirstily
To unresponsive space.

There falls a sudden lull in song
Of birds; a wave of heat
That blinds my eyes and dulls my ears
To all but its own beat.

But after I have trod it all
In courage; and again
Reached the green coolness of a wood
Blessed with fresh dew and rain—

My feet grow weary and my heart
Is dry as a dead tree;
The dust of many arid years
Sweeps up and stifles me.

I look back on that desert place,
Softened by memory's haze,
And know that all this loveliness
I reached through those dry ways!



THE HEALING POTENCY OF MUSIC

By *Huston Ray*

Human beings need natural air, natural water, natural exercise, natural sleep and natural food; these five fundamental necessities of life. When man has these five fundamentals he finds himself in natural *harmony* with nature. But if these laws are broken, *discord* follows the violation of the *Natural Law of Harmony*. It is just so with any of our developed sciences, for all true science is based upon law.

The five fundamental laws of life are represented by harmonious feelings, moods and senses. These are directly subject to vibratory influences of *all* kinds, especially electro-vibrations, sun light vibration and sound-wave vibration.

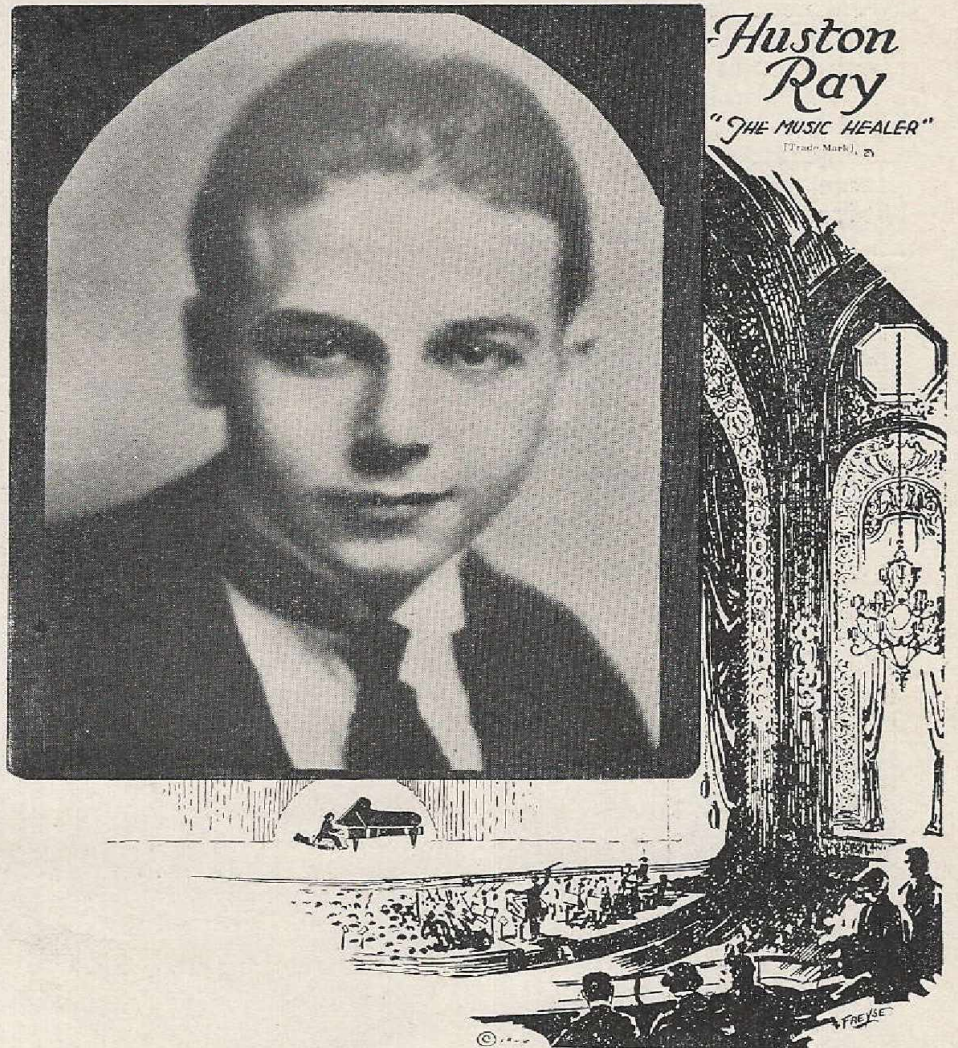
All life, all things that exist, are solely dependent upon vibratory conditions. As Hermetic philosophy teaches us, nothing rests; everything vibrates. Anything that has life is in a vibrating condition, and things that are dead or that cease to retain form are devoid of vibration.

Materia Medica today is doing much of its most serious work through all forms of electro-therapy, based upon the life-giving value of vibratory influence when administered scientifically to the human organism.

Thus we find the difference between objects either animate or inanimate is merely the difference in rate of vibration. Vibration in good pitch, tone and quality, together with harmony plus rhythm, has the most immediate and marked therapeutic influence on the human organism of any vibratory administrations yet found comparable. This refers, of course, to vibratory influence without contact.

Music is a food. Food taken into the body for digestion is internal food while food such as music received by external contact is external food. Both forms give energy, stimulation, vital courage and strength of different degrees.

Now the point at issue is, what is it in the food that replaces worn-out energy (electron vibrations)? Here remember that all life and thoughts or things, in fact everything, is basically vibration, and merely different through the rate and degree at which the thing vibrates. Therefore minerals and vegetables are composed of vibrating electrons, the vitamins which they contain being live or dead according to their vibratory potency. Thus when we take into our bodies these mineral or vegetable vibratory forces known as food,



Huston Ray, "the Music Healer."

they recharge the blood stream, cells and tissues with that force which is life-giving and that force is *vibration*.

Retracing our thought to music as an external food, we note that things in vibration are affected by vibration when relative rates or degrees are brought in contact with one another. For instance, certain noise sounds irritate one, certain musical sounds invigorate, while others depress both mentally and physically. Therefore, scientific harnessing of music into proper forms and doses, according to the requirements, is necessary to gain any lasting benefit for practical use.

On June 16, 1925, Dr. F. D. Bell of the New York Tuberculosis Association addressed the American Sanatorium Association and advocated music as a part of the treatment for tuberculosis. Experiments were tried in sixteen New York Hospitals where music proved to give courage, hope, more ambition and a general improvement in both mental and physical condition of patients afflicted with tuberculosis.

A good march tempo, such as six-eight time, used by marching troops, plus a spirited melody, has proven to the Army generals of our country as well as others, that music invigorates, lessens fatigue and stimulates not only individually but collectively with the same potency. Thus it is the rule of our navy that the band shall play when coaling ships. Time and fatigue are saved by this wise order.

When music is administered to a person doing manual labor, the rhythm should be marked and even, the melody definite and the meter lively. Music taken with meals is a definite aid to digestion, providing the music is not too loud or too lively in meter, and that the melody predominates. Broken rhythm tends to hinder digestion, causing restlessness and agitation. It has taken years of diligent study, experiments, and research work to develop what can be called a practical use of music as a serious aid to a harmonious existence as applied through Musica-Metaphysica. There are natural laws on which any science can be based and thus developed for application. Also there is usually a trinity to everything. In the beginning we know of the Father, the Son and the Holy Ghost. In music we find natural harmony, natural melody and natural rhythm.

Many historical records tell the beautiful story of healing by music. Various forms of insanity and mental disorders are especially susceptible to cure through music. The



HUSTON RAY, "THE MUSIC HEALER" PERFORMING A TEST DEMONSTRATION OF THE HEALING POWER OF HIS THERAPEUTIC MUSIC, AT THE CITY HOSPITAL, NEWARK, N. J. NOV. 2, 1926. - HUSTON RAY PLAYED BEFORE OVER SIXTY THOUSAND PEOPLE AT THE MOSQUE THEATER HERE.

Huston Ray giving a Test Demonstration of the Healing Power of his Therapeutic Music at the Newark City Hospital in November.

Bible tells us of King Saul's sickness of body and soul, which only the sweet strains of David's harp could relieve. In more modern times, we hear of Gladstone seeking relief from acute neuralgia in music. Herbert Spencer sought music as a healing agent for a nervous disturbance. The Empress of Austria was cured of neuralgia by certain strains of sound repeated at frequent intervals.

On the other hand, Tolstoi's "Kreuzer Sonata" is a vivid example of the power of music to rouse the sensual passions, awakening the sleeping tiger in man.

You have read of the "two-edged sword" in the Bible. Music likewise is a sharp two-edged sword. It cuts both ways. It either heals and cures, or poisons and wears out the human mind and body. It cuts for better or for worse.

Have you ever danced until late hours of the morning, perhaps after a hard day's work, and still enjoyed the merry spirit of it all? Have you ever tried doing the same long dances when *no* music was used to produce the rhythm, harmony and melody? Have you stopped to realize, in the first instance, that the energy you were using up must have been replaced from some source, or fatigue would have forced you to stop? Music does replace the used-up energy, restore worn-down vitality and strengthen used-up vibration-batteries of the body. You have proven this at the dancing party.

Again, have you not dined at first-class hotels and found the finer orchestra music beneficial with your meal? Were you not relaxed and enabled to eat more peacefully through the aid of beautiful music? Music does aid digestion and to such an extent that food and stomach actually respond to the vibratory sounds of music. Therefore remember to choose your music as carefully as you should choose your food, and never listen to broken rhythm, loudly performed, or over-lively dinner music. These forms *hinder* digestion. Soft, melodious, contemplative forms soothe, and digestion more easily takes place.

For instance, one report of an experiment with a cat's reaction to music at meal-time, read: "Broken rhythm and loud, uneven music caused restless condition and stopped digestion as definitely as soft, melodious music of moderate tempo and even meter aided digestion."

In the operating ward of a hospital, music when given in preparing a patient for an operation proved as follows: "We found that the patient went under the knife with sixty per cent more mental and physical vitality and courage when prepared with proper music first; the nerves responding favorably to such a degree that lessening of certain drug administration was possible without detrimental conditions during operation." Dr. O. L. Dannenbrinck of the New York Lexington Hospital has been using music just so and with marked beneficial results. Hundreds of other surgeons have learned to avail themselves of musical therapeutics.

We now have societies who are sponsoring music healing and lending effort nationally to the establishment of music healing in hospitals. There is in New York City "The National Association for Music in Hospitals" and the "National Association for the Advancement of Music" whose organized effort has proven most effective.

In life we find many forms and varieties, but there is a form of music which will correspond to every human mood and emotion. Music can change moods or induce them. Who knows the value of this better than the actress or actor who must register different emotions with realism almost daily, and trusts to music for the very mood required? You yourself, attending a motion picture show, have been swayed with the moods of the actors through the combined effect of their acting and the accompanying music which corresponds to the mood being portrayed.

Massage your system with music moods of different intensity daily and you will be more sensitive and alert to nature's harmonious feelings, which mean natural health.

I have given musical treatment in hundreds of hospitals along with my professional concert work, and have seen the effect music has had on those who are in the class of mentally deficient or mentally unbalanced, and on others who are physically discordant or subjects of their nerves. It is no theory with me and my co-workers now as we have not only publicly demonstrated these things, but we have used sound-wave therapy machines and recordings dials and contrivances of every description to harness sound-wave vibration and to prove that electricity and sun light vibration are identical with sound-wave vibration in power, quality and degree. "Electro-therapy" and "Sun-light Therapy" and "Sound-Wave Therapy" all are the results of modern scientific development, and replace much in *Materia Medica*.

THE TIGER IS CONQUERED

Military Art vs. the Power of Love*

An Historical Incident of Old Japan

In November, in the 13th year of Kanyei (1636), a Korean ambassador came to pay tribute to the Third Shogun Tokugawa Iyemitsu. He presented to the Shogun various Korean products, among which was a living tiger.

One day, the Shogun went to see the tiger in the Fukiage Garden of the Castle of Yedo, with hundreds of his retainers.

The young Shogun, in vigorous spirits, sat near the verandah in front, with hundreds of feudal lords sitting on both sides of him in gorgeous attire. Takuan-Osho, a Buddhist priest, and Yagyu Munenori, a feudal lord, were among them.

Presently, the tiger, in a pen, was brought before them. It was about 5 feet in height. Every person knew tigers only in pictures, and had seen no living one. So they gazed at it with great curiosity.

The Shogun was interested in its yellow fur with black stripes. "How fine its fur is for its wild nature!" he said to his attendants, "can any one of you go and touch it?"

No one rose in response to the rash order.

"Does it look so fierce to you?" cried the Shogun with a displeased look. So saying, he looked on both sides and noticed Yagyu Munenori. "Do you think it so, too, Yagyu?" he inquired.

When the tiger was presented to the Shogun, Munenori was at the age of 66.

In reply to the question of the lord, the veteran said, "All fierce animals are said to be tamed to men, when long kept in pens, and not do harm to the feeder, but it would be dangerous to carelessly touch a wild tiger coming from a distance and not tamed as yet."

The lord was not satisfied with this reply.

"You speak of an animal-charmer, I suppose," he said. "You are a master swordsman known as a god of military arts and ought to be able to overawe the tiger by a shout of swordsmanship."

Munenori replied that he could perhaps do so by dint of swordsmanship, but that he was too advanced in age to do such a thing with the animal in the presence of his lord.

**Reprinted from the "Japan Magazine" of Tokyo.*



From "Official History of Japan"
Procession of Feudal Lords in Ancient Japan.

"Never mind, never mind, Munenori," shouted the Shogun. "When you succeed, it will do credit to the virtues of Japanese swordsmanship and will be an honour to Japan abroad."

Munenori could no longer decline. He saluted the Shogun and the others and rose quietly. With an iron fan in hand, he approached the tiger which saw him and suddenly grew fierce. Munenori stood before the pen, which he ordered the gardener to open. "Is it safe to open?" inquired the gardener, who was afraid. "It is safe," replied Munenori. The gardener still hesitated. "Don't be afraid, make haste," cried the hot-tempered and stout hearted Shogun, showing his resolution to come and visit the tiger himself, if Munenori flinched. At this, the gardener opened the pen, trembling. The tiger held itself in readiness to leap out, but Munenori stood close to the entrance. He then entered the pen fearlessly, holding out the iron fan in front. All looked on with breathless interest, and the Korean commissioners stared in amazement.

The animal became furious. But Munenori remained calm. He edged along, holding out the iron fan in front pointing it at the animal's eye. It gave a roar. Munenori having his eye upon its breathing, fixed his iron fan at its forehead and gave a shout. As if electrified, the tiger drew back its head, while its eyes glared with fury. The people were astonished. Munenori shouted once more, when the animal, fierce as it was, bent its forelegs and stooped with its jaw on the floor. Munenori gave a smile of satisfaction and got out of the pen composedly.

"Bravo! You are truly the god of military arts," cried the Shogun in admiration.

The Korean commissioners marvelled at it more than the others.

Munenori came back and took his former seat modestly. He prostrated himself before the lord as if he were ashamed of the feat as a useless show of his ability.

"You have done well, Lord Yagyū," said Priest Takuan.

"I am ashamed of it as an unbecoming act for an aged man like me," replied Munenori modestly.

"No, no! It is an act sure to make Japanese military arts glorious in foreign lands as one of its virtues as our *uyesama* (the Shogun) rightly told you," the Priest commented, "I have been in friendly intercourse with you for many years, but have never before seen such a display of your skill."

As Takuan had spoken of Yagyū's high military proficiency in hearty admiration, the Shogun asked him, half in fun, what was Buddhistic virtue worth on the same occasion. "Nothing must be more satisfactory to you, the generalissimo of Japan, than to see such a splendid show of military virtue, and it is last that a Buddhistic virtue is sought for," replied the Priest with a laugh.

When asked again by the lord, Takuan explained that Buddhistic virtue is shown only when it is beyond the attainment of military virtue and that although Yagyū practised *Dhyana*,* yet he had crushed the fierce animal by means of shouts of swordsmanship, in which he was mainly skilled, it being impossible to hope for the same thing from Buddhism.

"I have learned that it is the virtue of Buddhism to redeem all beings. Is it difficult to save the tiger as one without an affinity?" inquired the cynical Shogun.

"No," replied the Priest. "Any fierce animal can be saved by unbounded Buddhistic virtue, for all have the Buddhist nature. But there is a difference between crushing and saving."

The Shogun asked if the Priest could save the animal, instead of crushing it.

"Having myself no infinite virtue of Buddhism, it would be impossible for me to save the animal, but I think I can tame it at least," replied Takuan.

"That is very good," said the Shogun with interest. "The animal has been crushed by Yagyū by virtue of his swordsmanship, and if you could tame it by virtue of Buddhism, it would be the greatest national glory in foreign countries. I earnestly wish you to try at once, Takuan."

The Priest laughed and said, "It may not be so interesting or glorious. As you wish it, however, let me tame the animal."

He saluted the Shogun and other people and went down to the yard quite unpreparedly.

Priest Takuan learned Buddhism in the Daitoku temple of the Zen Sect, Kyoto, and

**Dhyana* is one of the Buddhist meditation exercises which are practised to achieve higher realization.

became enlightened. He grew famous in the country. In the 13th year of Keicho (1608), when he was at the age of 35, he was invited by Toyotomi Hideyori, son of Hideyoshi, to the Osaka Castle. But he declined to go. Later, he was exiled to the Province of Dewa, accused of disobeying an order of the Tokugawa Government. He stayed there until he grew old, and was then pardoned by the third Shogun Iyemitsu on account of his old age, being ordered to be in Yedo. Yagyū Munenori had great faith in him and practiced Dhyana under him. It was due to his efforts that he was pardoned.

The Shogun attained proficiency in fencing under Yagyū. In fencing, he was very strong in the offensive, but weak in the defensive, which often defeated him in contests with men of strong character. The young and spirited Shogun always complained of his weak point to Munenori.

Munenori spoke to his lord unreservedly, saying it was owing to lack of his mental cultivation and advised him to practice Dhyana. This advice was accepted and Priest Takuan was appointed the master of Buddhism to the Shogun, through Munenori's recommendation.

The Priest, who went down from the verandah, walked straight to the tiger and himself opened the pen. When the gardener tried to stay him, in surprise, he had half entered the pen.

The tiger became angry again at the intrusion of a stranger, and roared. Fearless and smiling the Priest entered the pen and closed it himself, after which he stood before the tiger, turning up his sleeves.

The people opened their eyes in amazement at his boldness, being unable to guess what he intended to do. The tiger at first appeared ready to spring at the intruder, but far from taking the offensive, it stepped back with its back raised and rounded like a rock, overwhelmed by the Priest's familiar airs.

The Priest bent a little forward and suddenly thrust out his left hand before the nose of the animal. This did not irritate it, but, on the contrary, it licked the hand tamely.

Yagyū Munenori, who intently gazed at this, sighed and lowered his head unconsciously, struck with admiration. The Shogun and all others were stricken dumb by the wonderful spectacle.

The Priest then stroked the animal on the head as if it were his pet dog, at which it lay down like a puppy and played with him.

The Priest laughed merrily and sat astride the tiger.

The event deepened the Shogun's faith and respect for Takuan. He could not, however, comprehend the reason why the animal was so tamed. He questioned Yagyū Munenori.

The master swordsman replied that the mystery of swordsmanship coincides with the enlightenment of the Zen sect as had been always elucidated by him, but that in fighting with a weapon, one cannot slacken one's attention in the least, for it often ends in a simultaneous stroke by the opponent, but for one who has attained the perfection of Zen meditation and the stage of ecstasy, even deities can find no chance to attack, to say nothing of animals, and especially, Priest Takuan's attitude, full of love, and not hostile in the least, shown before the tiger was enough to make it gentle to him.

As he spoke, Munenori was heartily ashamed of his unskilled and imperfect art, when compared with the priest's enlightenment.

The Shogun admired Munenori, who spoke his true feeling plainly and sincerely, while he was impressed with the profound enlightenment of Takuan. His mental culture in Buddhism had evidently a fruitful effect on his state administration. He often told his retainers that it was the gift of Takuan and Yagyū that he could administer the state somehow or other.

The Shogun constructed a Buddhist temple at Shinagawa, Yedo, and gave it to Takuan in the 15th year of Kanyei (1638), two years after the tiger affair. Since then, the temple has been known as the Mansho-zan Tokaiji. The Shogun ordered Kobori Totomino-Kami, a famous tea ceremony adept and landscape-gardener, to build a garden and a tea-room in the temple. During the life time of Takuan, he often visited him.

Two years later, in the 2nd year of Shoho (1645), Takuan passed away in the temple at the age of 73, and in the year following, Yagyū Munenori died at the age of 76. The Shogun personally visited their sick-beds. This fact shows the great affection he had for them.



TWO MOHAMMEDAN TYPES OF INDIA

LEFT—A Pathan, unsurpassed in courage and resource as a hill fighter. RIGHT—A Mohammedan lady of the middle class.

WHAT I MEAN BY THE WORD "HINDU"

By Swami Yogananda

The term "Hindu" is used often in a misleading sense. Its proper meaning would include only the religious adherents of Hinduism. But it is commonly used in a racial and national sense, and I myself was guilty of so using it in my article on "Ethnologists vs. the 'Common Man' "* in the July-August 1926 issue of East-West. The right word to use in a national sense, when designating the different peoples of India, would be "Indians" or "East Indians." Thus, all Mohammedans, Hindus, Parsis, and other peoples that live in India are Indians, while only those professing Hinduism are Hindus.

The name Hindu was first given by the Greeks to those who lived on the banks of the river, Indus. The word Hindu is a corruption of the word Indus. According to the Vedas and all our sacred books, and the investigations of eminent western ethnologists, the people of India belong to the Aryan race. Most of the Europeans, the Persians, † the Hindus and the Semitic Mohammedans all come from the same Aryan race. The type of their skulls, noses, features, and the origin of certain languages being traced to Sanskrit, has led to the accepted conclusion that the above-mentioned races were all Aryans.

In my article on "Ethnologists vs. the 'Common Man' ", I meant to include within the scope of the word "Hindu" which I used, all Mohammedans, Christians, Hindus, Persians and various other East Indians that live in India, and it is for them as much as for the Hindus (using the latter word in its proper religious sense) that I wrote my article explaining the fallacy and injustice of Justice Sutherland's ruling that East Indians are not "white persons." These East Indians who, having lost the white color of their skins by living in the hotter regions of India, therefore cannot be American citizens according to Justice Sutherland's interpretation of the word "white," as he ignores the ethnological and accepts the "common man's" viewpoint. In other words, if the Oriental,

* and †, see notes at end of article on page 17.

dark-skinned, Jesus Christ came to build a church in California he could not own it. Yet strange it is that Jesus Christ is worshipped in every Christian church.

The East Indians have ample space to live their simple, spiritual lives, in India. All I ask is that America should save herself from the spiritual error of disowning her own brothers and sisters living in the far East.



*Rabindranath Tagore,
a pure Bengali Hindu
type of East Indian*

The Latin, *pater*, Sanskrit, *pita*, colloquial, *pa*, English, *father*, colloquial, *papa*, all these words come from the Sanskrit root *pa*, which means protector. The Aryan father was called *pita*, in the agricultural stage of civilization, because he protected the cows. The Latin, *mater*, Sanskrit, *mata*, colloquial, *ma*, English, *mother*, all these words come from the Sanskrit root *ma*, which means the measurer. The Aryan mother received the name *mata* because she measured the milk and distributed it to her children. The Anglo-Saxon, *dohter*, Sanskrit, *duhita*, English, *daughter*, all these words mean the same thing and they are derived from the Sanskrit root, *duh*, which means to milk the cow. The Aryan daughter or *duhita* used to milk the cow. In this manner, by the analysis of thousands of words, philology has proved that the Hindus, the English, the forefathers of the Americans, the Persians, the Semitic Mohammedans, all belonged to the Aryan race which originally spoke the same Sanskrit language.

The inhabitants of the northern Himalayas in India, especially in Kashmere, which is spoken of as the epitome of the world, are for the most part white-skinned, and some have blue eyes and blonde hair. As one travels to the hotter southern regions of India, one finds the skin of the people getting darker and more tanned. Many white-skinned Americans



TWO HINDU TYPES OF INDIA

LEFT—A Kashmere girl. Many travellers and writers claim that the girls of Kashmere are the most beautiful in the world. RIGHT—A Rajput member of the ancient Hindu fighting race whose exploits in battle are among the most chivalrous and thrilling in history.

and Europeans, living for a long time near the sea or in the hotter parts of India, will grow tanned beyond recognition.

The immigration law and the citizenship status in America should be based on the quality of an individual and not on his color. For color is God-made and sun-made and not of man's own choosing, whereas qualities are developed by individual effort. The present erroneous standard of color discrimination in America may invite the white human dregs and degenerates of Europe and may shut out dark-skinned, world-inspiring savants like Mahatma Gandhi.

Justice-loving and truth-loving America, you should not put a loose brick of an unjust law in the foundation of your civilization. Wake up, dear Americans, and fight this great error in the history of your civilization. Keep the mental firmament of America pure and broad as the heavens.

**The article referred to appeared in the July-August issue, and copies of that issue may be procured, as long as they last, for 25c each. Or a free reprint of the article will be mailed you upon request, if you inclose a stamped self-addressed return envelope. Address Yogoda Headquarters, 3880 San Rafael Avenue, Los Angeles, Calif.*

†In this connection, it is interesting to read an inscription left by King Darius at Persepolis, about 559 B. C. It reads:

"A great god is Ahuramazda, who hath created this earth, who hath created that heaven, who hath created man, who created the gladness of man, who made Darius king, sole king of many, sole law-giver of many.

"I am Darius, the great King, the King of kings, King of lands peopled by all races, for long king of this great earth, the son of Vishtasp, the Achaemenian, a Persian, son of a Persian, an Aryan of Aryan descent." (BROWNE.)

THE TAPESTRY WEAVER

By Catherine B. Simmers

With cartoon before him, defining
The scheme of each exquisite line,
A weaver sits, busily twining
His weft in a mystic design.

And those who have lingered alongside
The loom of the artisan there,
Have told me he plies from the wrong side,
His weft, for the right side, with care.

Nor sees, till his service is ended,
The tapestry loosened, and turned,
The marvel of beauty there blended
By art that his patience has earned.

But, when on the right side he gazes,
And ponders the work of his hand,
Its richness of concept amazes
His soul, as he wondering stands.

He lingers in rapt admiration.
Now, clearly, each delicate strand
Translates the occult inspiration
That quickened his dexterous hand.

* * *

*Our years, by the Master's direction
Are given our life strands to run,
In outlines of grace and perfection
Designed by the Infinite One.*

THE BOUNDARY

By Frances Wierman

Looking

How these great jagged mountains hem
me in!

I dwell in a deep fog-encircled bowl
That with its ragged edges cuts the
dawn

And sunset from my beauty-hungered
soul!

All that the world of sea and prairie
knows,

I never see nor hear, within my boundary
line;

I am a prisoner of mist and rock
And feed my eyes on naught but gnarled
pine.

Seeing

How these great towering mountains
hold me close!

I dwell in sheltered crook of a warm arm
Raised gently from the loving Earth, as
though

I am her child she guards from every
harm.

What precious flow of dawn-and-sunset
paint

Down canyon sides! What sturdy
bravery

Of wind-bend pines that will climb up
and up,

What incense of rare mist! And all
Belongs to me!

YOGODA NOTICES AND ANNOUNCEMENTS

"EAST-WEST" SYMBOL. The colored symbol on our front cover signifies the single spiritual eye of meditation, the pranic star door through which we must enter to find Cosmic Consciousness, taught by the Yogoda method of meditation. "Therefore, when thine eye be single, thy body shall be full of light. . . . Take heed, therefore, that the light which is in thee be not darkness."—Luke 11:34-35.

MEANING OF "YOGODA" AND "SAT-SANGA." "Yogoda" means the system which teaches one to harmonize all the forces and faculties that operate for the perfection of body, mind and soul. "Sat-Sanga" means "fellowship with truth."

DIVINE PRAYER HEALING SERVICE FOR ALL. Every morning at seven o'clock Swami Yogananda sends a Divine Healing Prayer Vibration to his students and all who ask his help in healing and liberating themselves from physical or mental disease or the spiritual suffering of ignorance. Anyone who wishes to avail himself of this help, which the Swami is happy to extend to all, may write to the Los Angeles headquarters, briefly stating the nature of his or her trouble.

MONTHLY DONATION PLEDGES. We hope that every Yogoda student will see his way clear to donate a regular monthly sum to the upkeep of the Mount Washington Educational Center, so that its energies may be free to devote to educational activities of a world-wide nature. We want to feel that every Yogoda student is taking an active interest in our work, and is willing to do his share in maintaining it and helping to spread its message of peace and a fuller understanding of life. Checks should be made out to The Mount Washington Educational Center, 3880 San Rafael Ave., Los Angeles, Calif.

GIFTS FOR OUR LIBRARY AND MUSEUM. We welcome gifts of books for our fast-growing circulating library, or odd and interesting gifts for our Museum.

APPLICATIONS FOR TEACHERS' COURSE. Swami Yogananda wants to recruit a Spiritual Army. Yogoda needs real workers, robust in body and mind, of calm disposition, mental shock-absorbers who will allow nothing to upset or anger them, who will join us for life, or who can receive at least one year's training to be teachers, according to the rules of the institution. These rules will be printed in the near future in this magazine. *Make your application now*, telling your occupation, education, age, marital status, also financial condition (if you wish to give this information). Please send a recent photograph of yourself. The Yogoda Teachers Training School has not yet been opened, and no residential students are accepted at present. But plans are going forward all the time to start this work at the earliest possible moment. Watch EAST-WEST for news of all plans and developments.

DIRECTORY OF YOGODA CENTERS

Founded by Swami Yogananda
Los Angeles

National Headquarters, Mount Washington Educational Center, 3880 San Rafael Ave., Los Angeles, Calif. Phone Garfield 6406. Swami Dhirananda in charge.

Cleveland

Leader, Rev. Edward A. Lohman, 3518 Poe Avenue, Phone Lincoln 2031. Monday evening meetings in Truman Bldg.

Boston

Leader, Dr. M. W. Lewis, 18 Field Road, Arlington, Mass.

Cincinnati

Leader, Dr. T. H. Stewart, 901 Union Trust Bldg. Sunday meetings at 7:30 p. m. at Veterans Memorial Hall, 322 Broadway.

Detroit

Leader, Brahmachari Nerode. Meetings Wednesdays, 8 p. m., for students

only; Sunday evening meetings open to the public, at 3782 Woodward Ave.

Pittsburgh

Leader, Mr. Ezra A. Zartman, 345 Fifth Avenue, Suite B, Pittsburgh, Pa. Sunday evening meetings at Congress of Clubs, 408 Penn Avenue. Phone Atlantic 0792. "Pittsburgh Yogoda Light," published monthly, 10c. copy.

YOUR CHRISTMAS DONATION TO MOUNT WASHINGTON

At this spiritual season of the year, with praise of God and love heard everywhere, please remember to send a Christmas donation check to the mother Yogoda Center, the Mount Washington Educational Center, 3880 San Rafael Ave., Los Angeles, Calif.

In the new hope and happiness which your support of the cause will bring to others, do not doubt but that you will find a rich source of blessing.

ACTIVITIES AT THE LOS ANGELES CENTER

Recent activities of the Los Angeles Yogoda Headquarters have been many and varied. At a meeting of the Mount Washington Educational Center Helpers Association on October 5th, the following committees were organized or reorganized to meet the needs of the expanding work of the Center: Committees of Music, Reception, Household, Art, Publicity, Senate Bill, Ways and Means, Hospital and Prison Welfare, Garden, Sunday School, Library, Sewing.

Senate Bill to Classify Hindus as "White"

The Senate Bill Committee made an encouraging report on October 19th, especially emphasizing the good work done among the State Federation Societies. This Senate Bill refers to Senator Copeland's bill number S4505, which was

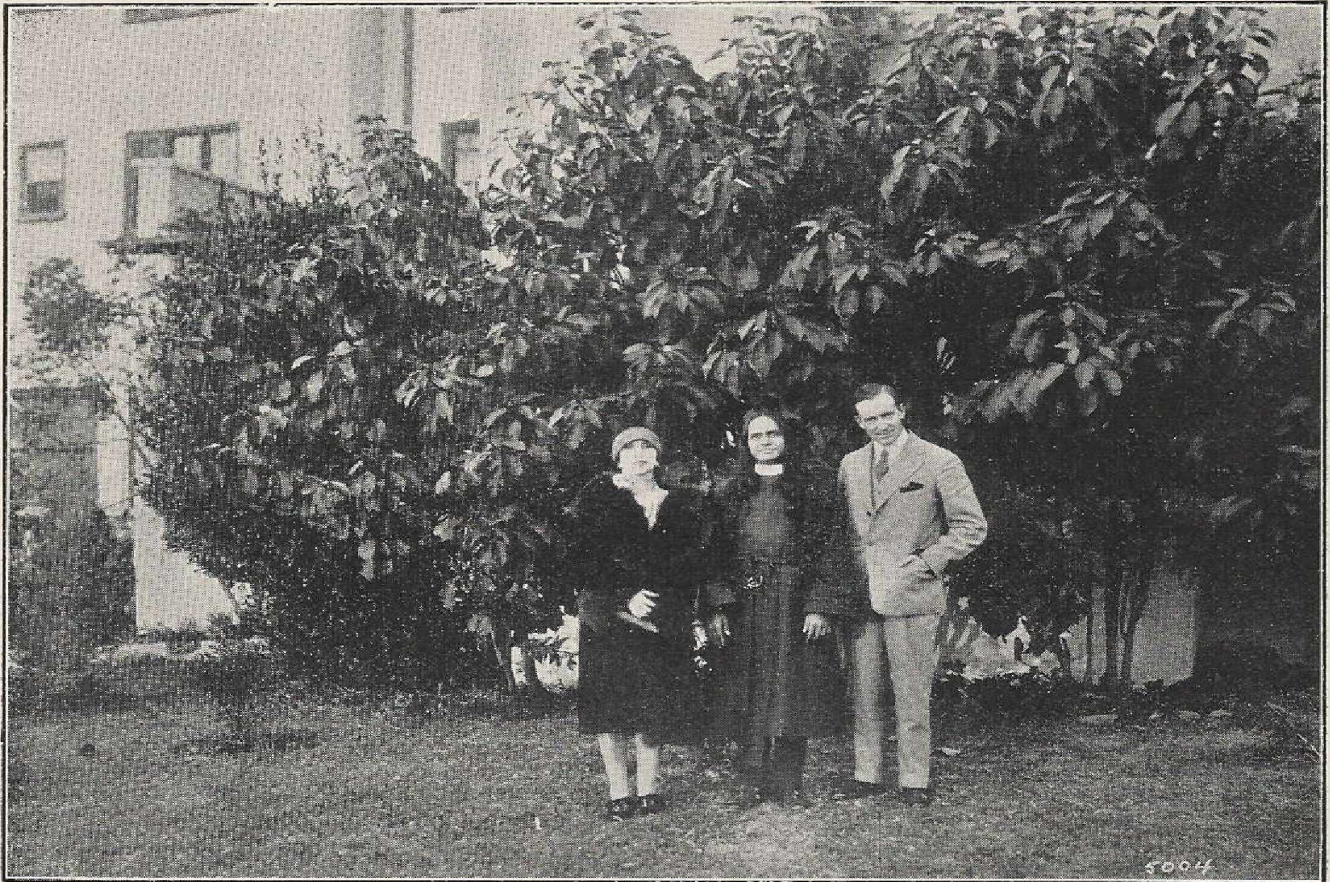
recently introduced into Congress with the object of giving the words "white persons" a legal definition, and to include Hindus within the scope of that definition, since Hindus are Aryans and Caucasians.

The Art Committee of the Los Angeles Yogoda Center has been occupied with designing and painting over one thousand beautiful Christmas greeting cards with Yogoda sentiments and designs for sale at the various Yogoda centers throughout the country. The heavy sale of Swami Yogananda's books for Christmas gifts has been attended to also from the Los Angeles Center. The new Yogoda emblem pins are now being sold at Mt. Washington.

On Saturday, October 30th, the Mount Washington Educational Center was the scene of the Nirnala Art Club Halloween Costume Party, at which about one hundred students and their friends were present. A Grand March started the



Birthday Banquet in celebration of the first anniversary of the Mount Washington Educational Center, Yogoda Headquarters, in Los Angeles. The huge birthday cake, with its tall candle, is seen on the center table.



The distinguished Yogoda sponsors, Mme. Amelita Galli-Curci and Homer Samuels, pictured with Swami Dhirananda on the lawn of the Yogoda Headquarters on Mount Washington in Los Angeles, on the occasion of a reception recently given there in their honor.

fun. Halloween favors were sold from the Fish Pond and the Jack Horner Pie. Various games were played, and a special feature was a Hindu dance by Miss Marceline Lomax. Delicious Halloween refreshments were served.

During September, the Center had the pleasure of entertaining Count and Countess Ilya Tolstoy, who are in California to help in the production of the motion picture "Resurrection" by the Count's father, Leo Tolstoy, famous Russian novelist and reformer. Mr. Ralph Waldo Trine, author of the New Thought classic, "In Tune with the Infinite" and other works, and his wife, were also recently entertained at the Mount Washington Educational Center.

Celebration of First Birthday of Yogoda Headquarters

October 25, 1926 was the first birthday of the Mount Washington Educational Center in Los Angeles, headquarters of the Yogoda and Sat-Sanga movement in

America. This joyous occasion was fittingly celebrated at the Center with a Birthday Banquet attended by about two hundred Los Angeles Yogoda students. Swami Dhirananda, the Hon. James McLachlan, Mr. James Warnack of the Los Angeles "Times," and Mme. Bergman, all gave inspiring talks. The banquet room was beautifully decorated, and special musical numbers were given. The birthday cake was a fruit-cake weighing fifty pounds. A special place was kept vacant in honor of Swami Yogananda, with his picture placed there surrounded by exquisite flowers. Swami Yogananda was absent due to his lecture engagements in Cincinnati, but he was there in thought on this happy occasion. These events fittingly marked the completion of one year's inspiring Yogoda work in Los Angeles and the devotion of the Yogoda students for the aims and ideals of the Mount Washington Educational Center.

On October 28th, Swami Dhirananda

accepted the invitation of the Los Angeles Evening Express newspaper to conduct its Inspirational Services over the KNX radio. Swami Dhirananda also addressed the "Home of the Open Portal" in Los Angeles on November 30th, his subject being "Buddhism and Christianity."

Mme. Galli-Curci and Homer Samuels Visit Yogoda Center

On November 23rd, the distinguished Yogoda sponsors, Mme. Amelita Galli-Curci and Homer Samuels, were guests of the Yogoda Headquarters at Mount Washington at a reception given in their honor and attended by about five hundred Yogoda students and their friends.

A beautiful folder with leaves of parchment, lettered by hand in gold, was presented to Mme. Galli-Curci by Swami Dhirananda. It read:

"We welcome our prima donna, Galli-Curci, and Mr. Homer Samuels, in your home of Yogoda Sat-Sanga. May your song and music, spiritualized by the light of Yogoda, not only inspire all but bring them to the light of God's wisdom. We are delighted to feel that you are ours, though you belong to the whole world and to God. We pray that your songs convey to your listeners the silent soul-stirring message of your whole being and rouse them by the thousands to God-contact. May God keep you happy, prosperous and blessed in every way through the light of Yogoda and your Spiritual Songs."—Mount Washington Educational Center.

Both Mme. Galli-Curci and Homer Samuels responded very graciously, expressing their delight with the Center and their love for Swami Yogananda and his message of Yogoda. The little Sunday School children garlanded these welcome guests with beautiful wreaths of flowers, and the Center car, a Packard, that was sent to bring them up the winding hilly path to the Center, was also gaily decorated with flowers.

After the reception, Swami Dhirananda gave an address on India, outlining some of the contributions of that great land to the world's civilization. The lecture was illustrated with slides of India. A beautiful organ solo, "Song of India," was given. Mme. Zaruba, prima donna, sang two inspiring numbers.

These features were followed by the formal opening of the Yogoda Christmas Bazaar, which was held for the purpose of raising funds for a street assessment of several hundred dollars on the Mount

Washington Educational Center property. The numerous tables of the Bazaar, covered with original and beautiful articles donated by students and friends, were presided over by Yogoda students. The candy booth was one of the most popular and interesting. Thirty-nine boxes of Swami Yogananda's delicious "Improved Nature's Candies" were donated by one student.

Miss Eunice Harris, Industrial Director of the Near East Relief, had a large display of exquisite linens made by the orphan girls and refugee mothers of the Near East, and also potteries and copper ware made by orphan boys in Jerusalem.

This perfect day ended with Swami Dhirananda's entertaining Mme. Galli-Curci and Homer Samuels at dinner at the Center.

Altogether, the last three months have been a very busy and very delightful period at the Yogoda headquarters in Los Angeles.

CINCINNATI NEWS

On October 3rd, 1926, Swami Yogananda began his lecture series in Cincinnati, Ohio. Though he entered the city as a stranger, he left it on December 2nd as one of its best-known and best-loved visitors. Never were two months more packed with activity and welcoming of the Yogoda message.

Swami's opening address on October 3rd attracted the largest audience that had ever gathered to hear a lecture in the huge Music Hall of Cincinnati, seating over 3,600 people. Swami continued his lectures in Music Hall until October 18th, after which several Yogoda evening classes were formed, and also an afternoon Yogoda class at the Cincinnati Woman's Club. These several classes taught by the Swami in Cincinnati were comprised of over 1,100 students.

Cincinnati displayed a very warm enthusiasm for Swami's Yogoda teachings and the finest type of citizens lent their united support to his message. Deep appreciation is especially extended to the excellent and nationally known newspaper, the Cincinnati "Enquirer," whose editor, Mr. W. F. Wiley, advertising manager, Mr. Roger H. Ferger, and society editor, Miss Marion Devereux, opened the columns of the "Enquirer" to Swami's message to such an extent that practically every person in Cincinnati became familiar in some degree with the teachings of Yogoda. Swami's lectures

delightful Yogoda dinner at the Elks Temple. On November 6th, the students of the different Yogoda classes gave Swami a loving gift and ovation.

On November 14th, at a meeting of about 2,000 people, consisting of the Cincinnati Yogoda students and their friends, it was decided to start a Cincinnati Yogoda Center. Over \$6,500 was raised during the evening as a starter. Swami Yogananda chose Dr. Thomas M. Stewart and Dr. Mumford F. Platt as the local leaders.

Cincinnati "Enquirer" Describes Hindu Luncheon, and Plans for a Cincinnati Yogoda Center.

On December 1st, the Cincinnati students of Yogoda honored Swami with a Hindu Health luncheon. This luncheon and the plans for a Cincinnati Yogoda Center may be best described in the words of the following article which appeared in the Society columns of the Cincinnati "Enquirer" of December 2nd, 1926:

"Yesterday, at his 'Hindu Health Luncheon,' in the Hotel Sinton ballroom, Swami Yogananda was greeted by over a thousand men and women who sat down at flower-decked tables, hundreds being turned away. In this enthusiastic throng there were distinguished men of affairs, bankers, literateurs, medical men, leaders of fashion, clergymen, and indeed followers drawn from many walks of life.

"I do not ask your co-operation for myself," declared the philosopher in his address on "The Art of Living," "I ask it for Cincinnati, America, India, for all humanity. I come to you not as an advocate of any cult, but as one who wishes to help Cincinnati to a balanced life, to a knowledge of the value of concentration, meditation and realization of the God in man. For with that comes an inner urge to help all men. It is to assist Cincinnati and America to concentrate on the universal principles of God in whose image man is made and not upon the non-essentials of dogma or creed that I have come to you."

"By a balanced life I mean one that is calmly active. To be too calm is to be lazy. To be too active is to be a machine. Yogoda will show you how to attain this 'calm activity,' and through it to be fatigueless; to energize the human dynamo at will and so to prevent physical and psychological disease, depression, failure, crime, poverty, religious intolerance.

"Yogoda shows the way to unite man's God-given forces and not to subdivide them. It teaches preventive measures—which are safer, saner and more positive than any attempts to cure after a detrimental state has been established. I bring to Cincinnati the message that just so long as there is a single poor person in your city, or one who is hungry, or diseased, or forlorn, every citizen of this community is responsible for that condition. I hope to see the day when every member of this municipality will be strong in a universal struggle to prevent

human ills. If a Hindu temple or a Moslem mosque can be lighted by electricity in this day of progress, surely all nations can join in expressing the gifts of God to man, through the intelligence and the sympathy implanted in him, forgetful of all dogma and differences that have existed among them. I should like to see the Pope and the Bishop of Canterbury exchange pulpits. Why can not this be, since each is made in the image of God and since the body of each is His temple?

"I have established this 'How-to-Live Center' in order to instruct adults and children in the art of self-control, of right eating, of idealism. Business is necessary and is a great impetus to man's ingenuity. But if it is devoted solely to money making it is unworthy of its mission. Business is service. And only that article is fit to sell which is a good article and helps the world. Life must be service. Without that ideal for all the world, for all human beings, the intelligence which God has given man is not reaching out toward its goal."

The newspaper article continued:

The Swami was continually interrupted with responsive applause, his words being listened to with profound attention and his address being introduced by a similar expression of prolonged enthusiasm in his honor. He announced that \$6,500 had been raised as a foundation for Cincinnati's "How-To-Live Center," to be conducted under the Yogoda system.

Beginning this week, every Sunday evening there will be classes at Veterans' Memorial Hall, the American Legion headquarters, on Broadway, in concentration and meditation. From this it is hoped that the center will develop rapidly into something such as Swami Yogananda has just instituted during the past few months—the center in Detroit, which already is several hundred strong, and which has pledged itself to erect its own building.

When in full operation the Cincinnati center is to have children's classes where, through the Yogoda method of concentration, a contact with the spirit is obtained, and crime and evil are prevented by scientific strengthening of the will power to rise above temptation.

There will be a "prosperity clinic," where "failures" will be welcomed and where an employment bureau will be organized. Here poverty will be diagnosed as an individual question and the way of remedying it surveyed and made a means of instruction.

A health clinic will include methods of dieting, of exercise and of mental and physical healing.

A clinic of spiritual and material service for all inhabitants of Cincinnati will be formed.

A spiritual clinic, where will be taught the art of contacting God through psycho-phy-



Picture of Luncheon Guests Which Appeared in Cincinnati "Enquirer"

Swami Yogananda, Hindu savant, was the guest on December 1st at a luncheon given in his honor at the Hotel Sinton. Those persons seated at the speakers' table included Dr. Thomas M. Stewart, master of ceremonies; the Honorary Chairman, Mrs. Telford Groesbeck; Mrs. Maurice Joseph and Mr. Robert W. Smith, Chairmen; Mrs. J. Louis Ransohoff and Mrs. Joseph L. Pollock, Vice-Chairmen; Mrs. W. F. Wiley, Mrs. Samuel Assur, Mrs. E. P. Harrison, Mrs. Murray Shoemaker, Mr. Walker Hall, Miss Marion Devereux, Mrs. Frederick F. Downs, Mr. Roger Ferger, Mr. Dan Beddoe, Mme Liszniewski, Mrs. H. J. Guckenberger, Mrs. Fenton Lawson, Mr. and Mrs. T. P. Nicholas, Mr. Dudley C. Outcalt, Miss Annie Laws, Mrs. Abner Thorp, Jr., Dr. Julien E. Benjamin, Mrs. L. J. Hillhouse, Mrs. W. J. Williams, Mrs. J. A. Bell, Mrs. Jesse Halsey, Colonel William B. Melish, Mrs. A. E. Anderson, Mrs. Robert W. Smith, Mr. William Brilmayer, and Miss Minnie Tracey.

sical concentration is already assured.

A Moral League for uprooting the causes of crime by teaching children in the methods of Yogoda in a way to prevent crime will be founded. An invaluable system invented by Swami Yogananda, which recharges the body battery through will and concentration, energizing and relaxing, will make it immune to the modern menace, fatigue. Yogoda is a compound of the word *yoga*, which means harmony, and *da*, which signifies to teach.

Swami Yogananda announced that he had made arrangements with Brahmachari Nerode, the young Hindu now in charge of the Detroit Center, to come to Cincinnati once a month to teach and inspire the citizens of Cincinnati at the How-to-Live Center. He is a pupil of Swami Yogananda and has been educated in his theories. He has been a student at American schools and colleges, where he has received his M.A. cum laude. He therefore has the background and is able to carry on in the absence of Swami Yoga-

nanda.

The guests were greatly interested in the menu for this "Hindu Health Luncheon," which contained no meat and while simple was very nourishing. It consisted of a delicious, mild curry of mushrooms, cauliflower and other vegetables, after one of Swami Yogananda's recipes; rice cooked from this East Indian's own supply which he has sent him from his native heath so that it will not be so polished as to be useless as an article of food; wild rice which is the unpolished kind; whole wheat bread muffins, and a fresh pear, filled with cream cheese made into a paste with cream, decorated on top with arolade of whipped cream and set upon a bit of jelly, sprinkled with pine seeds, borrowed from the Swami's store that comes from his own country. Mrs. J. Louis Ransohoff had been a committee of one intrusted with the duty of transferring to the Sinton chef the Swami's wishes in this selection of dishes, and she fulfilled her task with her customary efficiency.

As an exhibition of co-operation and a testimonial of faith in a means of gaining physical and spiritual well being, the recognition of Swami Yogananda's teachings was illuminating. The many hundreds present were uplifted, as an entering wedge in the program of this feast of body and soul, by the singing of "Rend Your Hearts and Not Your Garments," from "Elijah," interpreted by Dan Beddoe, whose marvelous voice, perfect diction and supreme art in the presentation of oratorio not only placed the assembled company in a mood to impress what followed upon the spirit, but resulted also in a personal ovation for this much-loved tenor. Likewise after luncheon, before Swami Yogananda's speech, Mme. Liszniewska, a brilliant pianiste and a woman of great talent and charm, delighted a spell-bound audience with the strains of a classical selection upon her favorite piano.

A moving picture of the Mt. Washington Health Center established by Swami Yogananda in Los Angeles was shown, and, to those intensely interested in that of Cincinnati, was in its completeness what these advocates hope to see developed here in a similar beauty suitable to this climate, if not among such palms and roses as abound in that fairer region of the Pacific Coast.

Dr. Thomas M. Stewart, leader of the newly established center here, spoke of the necessity of some such practical vehicle of inspiration as Yogoda, to reach the root of crime causes, and the mental and physical ills to which flesh is heir. A well-known medical man himself, one who has made the sciences and dogmas of the Far East a matter of lifelong study; an Egyptianist of note whose book has recently been put upon a London press and will soon be issued, this capable man proved himself an able orator, too.

Letting statistics talk for him, he said that according to recent official survey, experts had found that the increase in mental diseases in this country in the past 41 years is 553 per cent—a most appalling record. Insanity in the last ten years in America has augmented 24 per cent, and, as an indication of the progress of crime wave and evil license in general, the police appropriation in New York alone has been raised from \$11,000,000 to \$33,000,000. In Chicago the commission appointed to find some means of suppressing the astonishing perversity of criminal development that prevails there has declared, said Dr. Stewart, in its official bulletin, that education is the one means to an amelioration of this condition. It further

stated that so complicated are these demands that it would take at least 30 years to teach teachers how to teach others.

Dr. Stewart, from his close association with Swami Yogananda and other Far Eastern masters of philosophy, insisted that Yogoda could accomplish this end in a comparatively brief period, and with eminent and sure results, as have been proved elsewhere.

A permanent committee to formulate the plans, superintend the growth and develop the units of the "How-to-Live Center" here is to be appointed immediately, a national committee also being in process of formation to correlate all these centers in a single great movement throughout the land, dedicated to the spiritual and material tenets which Yogoda embodies.

Pledges of financial support for the Cincinnati center were distributed, a sum of \$100,000 being unofficially established as an ultimate goal in establishing such an educational service here and toward the founding of a teachers' training school for the preparation of those who are to give instruction there.

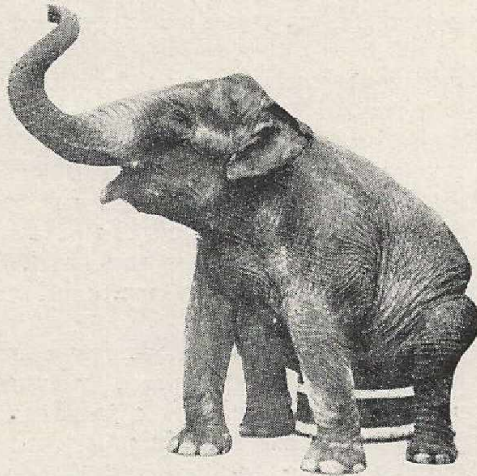
Swami Yogananda is leaving for Cleveland the end of this week, and goes thence to Pittsburg, in his campaign of spiritual unity and material prosperity. Thence he departs for New York for the holidays, which he will spend with the family of Mme. Galli-Curci, who is considering the post of Chairman of the Swami's National Committee. In January he opens his classes in Washington, and after this course in the national capital he will make one of his regular tours of all the Yogoda Centers of the country. He hopes to return here every three months or possibly oftener, depending upon the needs of the many schools which he is establishing.

Thus ended this long article from the Cincinnati "Enquirer."

A Remarkable Visit

On November 14th, Swami Yogananda was the guest of Mr. John G. Robinson and his daughters at Terrace Park, Ohio. The occasion had been arranged to enable Swami to have a short visit with four natives of India who are staying in Terrace Park at present. They were truly delighted to have someone from their own country call on them—due to their age and weight and the traffic laws of Cincinnati, it would have been impossible for them to have called on the Swami at his hotel. Tillie, the oldest of the ladies, is

109 years of age and weighs four tons. She addressed Swami familiarly as Papa. Tony is only forty-five years old and weighs 8,335 pounds. The two younger girls, Clara and Pit, are respectively 35 and 40 years of age and weigh a mere 6,930 and 7,355 pounds.



Tillie the Talking Elephant

To set the minds of our readers at rest, we will admit that these charming natives of India are not people, but performing elephants belonging to John G. Robinson, Jr., who is a member of the fourth generation of the Robinson family of circus fame. Tillie is the oldest performing elephant and the only talking elephant in the world. She pronounces the word 'papa' loudly and distinctly, and addressed Swami thus in a very filial manner.

DETROIT NEWS

The Detroit Yogoda Center has recently acquired its own permanent headquarters at 3782 Woodward Avenue, in the downtown section of the city, with auditorium, meditation room, office room and sitting room.

Brahmachari Nerode, earnest Hindu leader of the Detroit Yogoda Center, conducts the Wednesday evening meetings for Yogoda students, at which the Yogoda exercises are reviewed and business matters discussed. On Sunday evenings, his lecture-meetings are open to the public. Some of his recent lecture topics have been, "Evolution," "Power, Health and Prosperity," "How Miracle Men of India Evolve" and "High Spots of Hindu Philosophy." Brahmachari Nerode has won the high regard of the Detroit Yogoda students and their friends, and

his meetings are very well attended each week.

The Detroit Yogoda Center reports that their Thanksgiving week was made doubly blessed by the visit of Swami Yogananda to their city. The Swami addressed his students in their own hall on November 27th, and spoke the next night in McCollester Hall to the students and their friends. The halls were packed on both occasions and Swami was given an enthusiastic ovation. His message of love, service and the everlasting will to "carry on," inspired anew the loyal hearts of his Detroit students.

CLEVELAND NEWS

The Cleveland Yogoda Center "marches on" under the leadership of the beloved Rev. Edward A. Lohman, who lectures every Sunday evening at the Truman Building Auditorium. His November lecture topics were, "Physical, Mental and Spiritual Kinks," "The Magic and Mystery of Life," "Should America Bar the Hindu," and "Yogoda as a New World Necessity." The Rev. Lohman is one of Cleveland's foremost exponents of freedom of thought and expression and gives credit to every man's faith and belief, just so they are broad and honest.

Yogoda students in Cleveland meet in the Truman Building the first and third Mondays of the month.

The Cleveland public is looking forward to Swami Yogananda's arrival on December 4th, when he will give a free lecture on "Quickening Success through Concentration" at the B. of L. E. Auditorium. This lecture will be followed by a week of Yogoda class instruction under Swami himself at the Hollenden Hotel. Much newspaper and other publicity has already heralded the return of Swami to Cleveland, and many advance enrollments for the Yogoda class have been received.

Banquet in Honor of Swami

The Cleveland Yogoda Center and its friends have been preparing for a wonderful "Hindu Banquet" to be given in Swami Yogananda's honor on December 7th at 7:30 p. m. at the Cleveland Chamber of Commerce building. Reservations for 800 guests have been made, and students from Detroit, Pittsburgh and Cincinnati have arranged to be present at this delightful Cleveland event. A varied program of music and speeches, includ-

ing a talk by Swami Yogananda, has been arranged. The dinner menu is under the direction of the capable Hindu, Mr. Gupta, who contributed so largely to the success of the Pittsburgh Banquet in Swami's honor last June.

On December 20th, the Cleveland Yogoda Center will hold a Bazaar at the Truman Building. For this event, 5,000 tickets have been printed and are being distributed to Yogoda students and their friends in Cleveland.

PITTSBURGH NEWS

The Pittsburgh Yogoda Center continues to grow and thrive under the inspiring leadership of Mr. Ezra A. Zartman, who conducts the regular Sunday evening meetings at the Congress of Clubs.

On November 18th, this Center held its first Get-Together-Social. An excellent hour and a half of delightful entertainment was provided, followed by light refreshments, and an opportunity to purchase honey, Swami Sweets, Christmas Yogoda cards painted at the Yogoda Headquarters in Los Angeles, and other things, all for the benefit of the Yogoda cause in Pittsburgh. The room was decorated in Yogoda colors, and a beautiful colored lithograph of Swami Yogananda hung in the center of the stage.

Swami to Give Pittsburgh Lecture

Illuminated billboards, poster cards in store windows, newspaper advertisements, and announcements by clubs and leaders, are now informing Pittsburgh of the coming of Swami Yogananda on December 12th to give a free lecture in the huge Soldiers Memorial Auditorium on Fifth Avenue. This lecture will be followed by a week of Yogoda class instruction at the Soldiers Memorial Hall, and many Pittsburghers who were not able to attend Swami's classes last February, are planning to take advantage of his presence in Pittsburgh during the week of December 12th, to learn more of the wonderful Yogoda teachings for a balanced life by mental, physical and spiritual development.

Pittsburgh Yogoda students are making extensive preparations to give Swami a right royal welcome in demonstration of their love for him and his great message, which has been the means of making life over new, right side up, for so many thousand American people.

NEW YORK LECTURE

Owing to the insistent demand of his New York City students, Swami Yogananda has arranged to greet them and their friends at a meeting to be held on Tuesday night, December 28th, at 7:45, at the United Engineering Society Building, 29 West 39th Street, New York City.

The Swami is looking forward with joy to this long-desired reunion with his New York City students, and will have a special message for them on "The New Year—Spiritual Healing For All Ills."

Swami's Christmas Holidays

After his strenuous Yogoda labors of love in Cincinnati during October and November, and his work in Cleveland and Pittsburgh during this month of December, Swami Yogananda is planning to relax a bit during the Christmas holidays to honor the great Founder of Christianity, the Son of man and the Son of God.

Swami will visit his friend, Mr. Vladimir Rosing, director of the American Opera Company, in Rochester, New York, for a short time. Swami will then be the guest of Amelita Galli-Curci and Homer Samuels in New York during Christmas week.

Washington in January

Starting January 9th, 1927, Swami Yogananda will give a series of free lectures in the beautiful Washington Auditorium in Washington, D. C. Much eager anticipation is already shown in our national capitol for the coming of the Yogoda message there for the first time. Yogoda students everywhere are writing to their Washington friends about this January series of lectures.

"Abolishing *sake* is a simple matter," remarked Ho-hen, Emperor and Son of the Morning Star, "but the desire of my soul is to know how to prevent fermentation of passions in the human heart!"

From the Japanese of Ika Eod.

T. K. Hedrick.

BINDERS FOR "EAST-WEST"

All EAST-WEST subscribers doubtless wish to preserve their copies of the magazine. In our next issue we will announce the price of binders for EAST-WEST which we are now arranging to stock.

Christmas Message To My Beloved Yogoda Students of America

By Swami Yogananda



DOORS of joy, which may have been long closed within us all, should be thrown wide open at the coming Christmastide, in memory of One whose divine example has lit the way down twenty centuries.

This is my prayer for you all on this occasion of spiritual Christmas, that you keep those little doors of joy open so that the ocean of Christ-consciousness may continuously, uninterruptedly, flow into you.

Instead of bestowing material presents on those that you love, give them spiritual books and spiritual gifts, which will remind them always of the necessity of attaining Christ or universal consciousness thru meditation and universal love and service.

Material favors, dinners, exchange of gifts during Christmas, are purposeless without the attendant spiritual consciousness for which the Christmas holidays were originated.

Make up your mind that this Christmas you are going to supremely try to revive in you the principles for which Christ lived and by which he deserved to ascend to Heaven or God-consciousness.

Be determined to endeavor so that your consciousness will ascend to heavenly heights.

May this newly awakened Christ-love enable you to see the underlying unity which pervades the East and West, the North and South, all races and nationalities, all children of the One Father.

"Peace on earth, good-will toward men."

Amen!! (*Christian Om*); Om! (*Hindu Om*); Amin! (*Moslem Om*).

TWO RECIPES

By Swami Yogananda

SPIRITUAL RECIPE

Prayers have been offered, scriptures have been read, chants and hymns have been sung aloud to God, yet He seems to be as silent and as mysteriously unknown as ever.

Today a man is Hindu, tomorrow he changes to a Buddhist, day after tomorrow to a Christian Scientist, and the next day to a Catholic or a Baptist or something else.

Why is this?

It is because man has believed in different faiths or opinions of men about truth and scriptural sayings but seldom analyzed them by the light of personal investigation for verifying truth by the methods used in modern science. God is not moved by prayers or praise nor by atheistical outbursts and denials of Him. He answers through law. Hit a stone with your knuckles or eat sulphuric acid and the laws of God answer. Break His law of life, and punishment and suffering comes. Think rightly, behave rightly and God answers through peace.

Hence the only way to know God is to persistently use your deepest concentration mixed with your utmost devotion in the silent hours of the night, at the break of dawn, or in the hidden glow of twilight, in demanding an answer to your prayers. Pray and use your dogged will steadily day after day, week after week, year after year until the cosmic silence of ages is broken and you find your answer. You will not have to wait for ages, for you will find in deep prayers that His Spirit of Bliss will hover around you and will talk to you through the voice of peace.

Remember the only way to know God is by persistency, regularity, and depth of loving effort.

HEALTH RECIPE



The origin of almost all of the diseases which I have mentally healed thru the power of God, I find in over-eating, improper eating, misuse of sex life, lack of exercise, and above all in bad environment.

Disease warns one that nature's physical laws are being broken. Nature speaks to man through her laws.

The careful man, following health laws, suffers rarely compared with the careless man who does not discriminate about his diet. Eat less, eat finely ground nuts, raw vegetables and lots of fruit; and exercise. Walk daily. Bathe your body in the bacteria-killing sunshine every day. Now that winter and its healthful outdoor sports are here, take time to go skating, skiing and walking. Breathe the fresh, crisp, invigorating air of winter. By these means, methods of physical and mental healing will be unnecessary, for disease will be dispelled.

Even then, the doctors and mental healers will be kept quite busy and successful if

they concentrate on keeping people well. Let the doctors receive good fees for keeping their patients well. The Chinese pay their doctors for keeping them well, and when they get sick, payment stops.

Obey God's physical laws of hygiene and proper eating, and keep yourself mentally disinfected by the strong faith that nothing can harm you, that you are ever protected.

Next issue: Healing Disease by Mind Power.

HOW TO MAKE NUT CANDIES

Mix half a teaspoonful of brown sugar with one tablespoonful of finely ground pecans or almonds.

Pecan candies are very wholesome and easily digested.

Almond candies, according to the Hindus, are very helpful in building moral character. Give nut candies to your children. Give to your friends good candies which will strengthen them and not cause them to add slabs of flesh to their bodies. Every extra pound of flesh in the body overworks the heart and causes it to pump the blood through one mile of artery in order to irrigate the added undesirable territory.

PECAN DATES

Stuff California dates with very finely ground pecan nuts, one teaspoonful of ground nuts to each date. For variety you can use pistachio or almond nuts. These are the best candies you can eat - - Nature's candies.

FRUIT SALAD DRESSING

Butter the size of an egg, $\frac{1}{2}$ cup of sugar, the juice of one large orange, juice of $\frac{1}{2}$ lemon, 2 eggs, $\frac{1}{2}$ pint of whipped cream.

Cook the butter, sugar, lemon and orange juice, and eggs well beaten, in double boiler until smooth, let cool, and then fold in the whipped cream.

Delicious with any fruit salad, especially salads containing sliced orange and pineapple, or sliced grape fruit and seedless raisins.

"CHRISTIAN SCIENCE" ARTICLE

Swami Yogananda's two articles on "Christian Science and Hindu Philosophy" have attracted much favorable comment and discussion. These two articles appeared in the May-June and the July-August, 1926, issues of EAST-WEST. Copies may be procured at 25c each by writing to the Mount Washington Educational Center, 3880 San Rafael Ave., Los Angeles, Calif.

"THE MUSIC HEALER"

Huston Ray, "the Music Healer," and often called "the most-advertised pianist in America" because of the large attention given his work by the press, is the



inventor, among other things, of a musical alarm-clock which will soon be on the market. This ought to be good news to Yogoda students who like to do their meditation exercises early in the morning!

Mr. Ray, whose interesting article on Music Healing appears in this issue of EAST-WEST, has recently been working with several noted scientists from Europe to develop his work of healing by music, along advanced scientific lines. Prof. Ward Gibson and Mr. Ray have created certain special devices which amplify sound waves until they become so loud that one would be deafened by the volume if one could hear it. However, they have so eliminated sound propensity and expansion of sound vibration, that one may feel the entire strength of the amplified vibrations thru the vibratory contact, without being conscious thru the ear of the sound wave intensity.

Prof. Gibson and Mr. Ray intend appearing together before the National Scientific Association and the Scientific Research Societies in demonstration of their latest devices and material for sound wave therapy and its practical application. The first public demonstration will take place at Carnegie Hall in New York in March. Similar public demonstrations will be given in London, Paris and Vienna in May and June, 1927.

In China

—and nowhere else three things grow—that are extremely rare there, and very precious; the crystal tree that grows nowhere but in the soil that canopies the long sleep of the Great Sage, the gold-tree with its foliage of living metal, and the shen-yin tree. If the crystal tree is the holiest and the gold-tree the rarest, the shen-yin tree is incomparably the most beautiful. And it sings. Tall and slender with a burnished trunk that gleams like polished gold by day, and shines white-silver in the moonlight, its

delicate leaves are never still; they whisper when the air is stillest, when wind touches them they answer it in music—music clearer, sweeter, more distinctly noted than the music of the “singing sands.” Its notes are something harp-like, a little flute-like, like the sound of bells in Time, fairy bells strangely beautiful, infinitely sweet. In Ho-nan they call it “the Treasure Tree,” in Pechilli “the Elve’s Song,” in SzCh-wan “the Harp Tree,” in Shantung “Bells-of-Love-Tree.”

In a Shantung Garden.

By Louise Jordan Miln.

NEW “EAST-WEST” ADDRESS

Subscribers have doubtless noticed that this issue of EAST-WEST, which is Number 1 of Volume 2, bears a New York City address in addition to the usual Los Angeles one. This change is occasioned by the transference of our EAST-WEST publishing headquarters to New York City. However, all other activities, the sale of books and Yogoda Correspondence Courses, etc., etc., is being carried on as usual at the Yogoda Headquarters in Los Angeles. Only EAST-WEST affairs are being handled in New York. New subscriptions, renewals, complaints, changes of addresses and such EAST-WEST matters will receive prompt attention from the New York office.

These worlds, these stars on which we dwell, need more life of a better quality; great men help God create; a thief is a rat in the granary which holds the seeds of heaven. *Don Marquis.*



YOGODA EMBLEMS

Pins and Lapel Buttons

Slightly smaller than pictured above. For Yogoda students only. Gold-plated, in orange and blue enamel. \$1.00 each.

YOGODA
3880 San Rafael Avenue,
Los Angeles, Calif.

A Detroit Yogoda student has sent in the following ingeniously arranged poem, of which each line starts with one of the letters, in proper sequence, of the following words:



**“YOGODA
OF SWAMI
YOGANANDA,
A.B.”**

By Myrtle Crane

Y ou would be free
O f boredom, sickness, fears?
G od you would see
O r hear—know no more tears?
D ear friends, use this,
A way tried and found true,

O ur path to Bliss,
F rom Master and Guru:—

S ecure technique.
W hen lessons you receive
A nd practice, seek
M uch time alone. Achieve
I n solitude.

Y our wand’ring thoughts make calm;
O btain the mood
G od needs to give His balm.
A gain be born—
N ew consciousness acquire,
A t night and morn.
N o priesthood! Your desire
D oes break the seal
A nd let you see the Truth.

A ttain with zeal!

B ecome again a youth!

R A G I N I

Singer of Hindu songs, Dancer of
Hindu dances

New York Times: “The songs and dances of Ragini won her audience with simple truth of graceful interpretation rare to see in the theatre.”

New York Sun: “Her attractive numbers were many and varied, and she both sang and danced with picturesque and subtle charm.”

Ragini is available for concerts, recitals, private appearances, etc. Write for descriptive circular to

Ragini, Room 1105
665 Fifth Ave. New York, N. Y.

\$3.00
Per Year



\$5.00
Two Years

NATURE MAGAZINE

FOR EVERY LOVER
OF THE
OUT OF DOORS

Fascinating Articles, Beautifully Illustrated

Featuring articles on Birds, Animals, Flowers, Fish, Insects, the Skies, the Weather, and all of the facts of Nature and the Outdoors. A wealth of material brought from many places by special expeditions and photographers.

ONE OF THE MOST BEAUTIFUL MAGAZINES OF ITS KIND

It reveals the panorama of Nature's events each month in beautiful pictures made with brush and pen and camera. The finest artists and most skillful writers present their handiwork for the enjoyment of every member of the family.

IT MAKES AN IDEAL GIFT

NATURE MAGAZINE
1214 16th Street, N. W.,
Washington, D. C.

Enclosed find \$....., for which please send NATURE MAGAZINE foryears to names below.

*If more than one sub-
scription desired, attach
list.*

Signed

Street

City and State.....

BOOKS BY SWAMI YOGANANDA, A. B.

YOGODA. Eighth edition. Descriptive pamphlet of the System originated by Swami Yogananda for Bodily Perfection thru contacting Cosmic Energy, and for mental and spiritual development along the lines of the great Hindu Teachers. 15c.

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

PSYCHOLOGICAL CHART. Ninth Edition. This book gives a Chart for Analyzing Human Nature and Conduct. Practical understanding of inherent and acquired natures. A Psychological Mirror for Self-Knowledge and Self-Discipline, highly recommended by Harvard and Calcutta University professors. Used with great practical success at Swami's Residential Schools in India. 50c.

SCIENCE OF RELIGION. Fourth Edition, with Frontispiece of the Swami. The Quintessence of Hindu Scriptures and Philosophy. Attaining Practical God-Realization. The Four Great Paths to Cosmic Consciousness. The Fundamental Human Hunger for Spiritual Experience and How to Satisfy it. This book contains the Essence of the Teachings of the Swami's Great Master. \$1.50. (Postage 10c extra.)

SONGS OF THE SOUL. Fifth enlarged Edition. Intuitional Poems inspired thru spiritual Realization. For Chanting, Meditation and Soul Revelation. "Exquisite imagery and psychological description of mystic experience." "Classical solemnity of thought with fascinating suggestiveness of modern inspired poets." "We mark in some poems the power of Milton, in others the imagery of Keats, and in all the philosophic depth of the Oriental Sages." With a Preface by Dr. Frederick B. Robinson, Dean of New York City College. \$1.50. (Postage 10c extra.)

SPECIAL OFFER FOR SET OF 5 BOOKS \$3.75. (Postage 25c extra.)

PHILOSOPHIC INSIGHT. By Swami Dhirananda. A unique philosophical exposition of the Ideal and the Real in Life. Embodies in essay form the deepest Oriental thought. Its elevating message presented in a strictly psychological way is intensely gripping. \$1.25. (Postage 10c extra.)

"EAST-WEST" MAGAZINE, \$1.25 yearly, postpaid. 25c per copy.

3 SONGS FOR PIANO. (Sheet Music). "OM SONG," words by Swami Yogananda, 35c. "SONG OF BRAHMA," ancient Hindu Temple melody, 35c. "MY SOUL IS MARCHING ON," words by Swami Yogananda, 20c.

PHOTOGRAPHS of Swami Yogananda. Mounted. \$2.00.

YOGODA CORRESPONDENCE COURSE. Detailed information on request.

YOGODA

3880 SAN RAFAEL AVENUE

LOS ANGELES, CALIFORNIA



Headquarters of Yogoda and Sat-Sanga

MOUNT WASHINGTON EDUCATIONAL CENTER

Established by Swami Yogananda in 1925

*YOGODA means "harmonious development of all human faculties."
SAT-SANGA means "fellowship with truth."*

YOGODA Headquarters pictured above is a beautiful structure containing about forty rooms and two large halls each seating about a thousand people. The grounds are seven and a half acres in extent, and are planted with camphor, date, palm, pepper and other beautiful trees, as well as plants, shrubs and wonderful flower-beds, making it one of the most beautiful spots in Southern California. There are two tennis courts with a stadium. The property has one thousand feet frontage on Mount Washington Boulevard Drive, and a twenty-five minutes' drive from the heart of busy Los Angeles will bring you to the quiet hill-top location of this ideally-situated Center.

The Center commands an unsurpassed view of the city below, as well as of other nearby cities, including Pasadena, the "City of Roses." The Pacific Ocean sparkles in the distance, and at night the million twinkling lights of Los Angeles and distant cities may be seen below, a veritable fairyland.

Week-day and Sunday classes and lectures are given, including a non-sectarian Sunday School for children. The Center also carries on the work of the YOGODA CORRESPONDENCE COURSE, and numerous healing, social and welfare activities.

Those who are in sympathy with Swami Yogananda's plan of starting here a YOGODA-HOW-TO-LIVE School, for children and adults, for training them in ideal all-round physical, mental and especially spiritual development, please communicate with the Swami at the address given below.

SWAMI YOGANANDA

The Mount Washington Educational Center

3880 San Rafael Avenue

Los Angeles, California