

# INNER CULTURE

EAST-WEST MAGAZINE



The Divine Voice



Higher Art of Living

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

# The Rhythm of Life

*A* DIAMOND of many facets is Life, satisfyingly beautiful from every angle. Recently I have been taking joy in considering the rhythmic phase of life, its ebb and flow, its rise and fall, its eternal, gentle, continuous changes—changes made without a hiatus, without a break. In Nature there are no punctuation marks, not even a period. Nature never stops, never even pauses. She goes right on, not rushingly but gradually and gracefully, forever and ever and ever.

There is no real gap between the waves of the sea, which caress one another in their glad motion. There is no pause in the flow of the river, and even the whirlpool is but a charming variation in the form of its sweetly flowing waters. Not even at the gulf nor the sea does it pause, but goes right on, either as a deep stream under the waves, or else to mingle its shining Selfhood with the never-resting waves.

From the time the seed is planted in the soil, to the time of blossoming, the flower knows no sleep but travels joyously, ceaselessly upward to its sun-illumined home. The winds roam forever over the world, changing their course and their velocity, but never still for a moment, never ceasing to baptize the hills and valleys and seas with their fragrant breath.

Thus, forever Nature flies and grows and sings and advances. Shall man be less progressive, less beautiful, less active and glad than Nature? Shall he think of idly resting, or ever of stopping to sleep when all about him is only action, and life, and trembling beauty, and vibrant love? Let man be ashamed of the very thought of stagnation. Let him leave punctuation marks to the grammarians, while he pursues his onward way upon Life's rhythmic sea.

—By James M. Warnack.

# INNER CULTURE

## EAST-WEST MAGAZINE

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

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# PERSPECTIVE

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IN stressful times, when the annoyances of life bear down upon us, it is well to give a little thought to God's larger plan for Man. In the wider view that is gained, many seeming troubles fade into nothingness. We realize anew that what happens to us is not very important. It is our reaction to an experience which counts; what we put into it, and what we learn from it, which is of value in our growth. An experience, a lesson, a lecture, is important to us not so much for the facts we learn, but as a stimulus to make us think. A teacher can do no more than lead us to a door. We must enter alone, and explore the inner recesses in solitude.

Our own small universe—and by that I mean our own personal lives with the moons and stars of experience, which we attract to ourselves—our own small universe does not loom so large in our consciousness if we expand our consciousness to take in the greater picture. That does not mean that the part we play is unimportant. It is important, as is the smallest detail of a machine or a picture. But we can play that part much better if we are relieved of the tension of worrying over the unessential.

Pessimism prevails because each person is aware of only that which lies within the circumference of his own limited view. Even recorded history covers a very brief span of the actual history of Man.

In Man's spiral ascent of consciousness it is true that self-development and race service go hand in hand. Let us see why.

Imagine that a moving picture of the life of the planet Earth is being unreeled before our eyes, beginning with, "The Earth was without form and void; and darkness was upon the face of the Deep." Ten million years roll by; another ten million, still another, and another—on through the Ages, as the different forms of life come into being. The pictures thrown on the screen show the various stages of life in its gradual unfoldment, following Man in his progress up to the present day. But it does not follow through to "And their spears shall be made into pruning hooks, and their swords into plowshares."

That prophecy has reached fruition in the consciousness of only a comparatively few individuals, but it lies in potential reality for all. Jesus said, "I, if I be lifted up, will draw all men unto me." The Realization of a great Soul lifts all who come within the range of its influence. Thus is each individual lifted up, and in turn draws others unto him. The circle ever expands, as a ripple upon the Ocean of Life.

Our personal responsibility lies in making conscious effort to expand our own circle. In other words, use every ounce of clear intelligence we possess in solving our own problems. Then, equipped with love and understanding, we are better prepared to extend a helping hand to our neighbor. Thus we shall fulfill our part in the Great Plan.

—By Orpha L. Sahly.

# What is the Best Polity?

By S. Y.

*(All statements about conditions in Russia are from Mr. Guha, who has just returned after working there for two years.)*

*(Continued from Last Issue.)*



IT IS reported that people in Russia are shot for being selfish, for stealing food, or for trying to disrupt the Government. Murders are said to be very rare and murderers are given light terms and a chance to reform in segregated communities run under an honor system.

It is also said that there is very little immorality in Russia as marriages and divorces are very easy to obtain. Luxuries and social dancing are discouraged, although feminine dress styles and social dancing are creeping in gradually. Women are expected to work as much as men. Just as marriages are performed by registration, so divorces can be obtained without red-tape or financial cost. However, it is said that divorced couples may have to live for months or years in the same room, due to the lack of sufficient lodgings. Each party of a divorced couple is responsible equally for the support of their child if they have only one. If they have two children, the estranged husband and wife must each maintain one child.

It is said also that in Russia all automobiles are used for industrial purposes, and very few deaths there are due to traffic accidents. People use bicycles a great deal and the fare on busses and trolley cars is very cheap.

Criminals are sent away to colonies, where they can work, marry, and settle down. They can visit factories without handcuffs under the honor system.

Visitors from Russia have said that the Communist Party carries on propa-

ganda against God, just as, under the Czarist regime, the church organization, in the name of God, merchandised Him and religion. However, there is no religious persecution and anybody can go to church if he wants to, but the number of churches is extremely reduced. This is, of course, extremely deplorable, for no nation can exist without God.

The Russians carried out, in from two to four years, most of their five-year plan for national and industrial development. Many of the people do not have enough nourishing food because most of the produce is exported in order to get more money for machinery.

Russia has the biggest airplane factories in the world. The Government does not allow the direct dissemination of communistic propaganda to the world. There is no caste or color prejudice in Russia. Anybody from any country can be a Russian subject just by application. This law reveals the feeling of Cosmic Brotherhood, and the idea that we are all made in the image of God and are children of Adam and Eve. This certainly ridicules people in other countries who claim to be Christians, but who have color and racial prejudices and immigration laws based upon them instead of upon education and the employment situation and accommodating capacity of a country.

Russia has very efficient bombing planes which can cruise from Vladivostok to Japan and back again after dropping their load of destruction. Russia and Japan do not want to fight

each other, as fighting involves financial loss and misery for their people. However, there is a great deal of tension between Russia, Germany, and Japan.

Religion and God are driven away from Russia, but she cannot long succeed in doing this, for wherever she follows good laws to govern her people she is following God's laws and indirectly worshipping God. On the other hand, Jesus said that those who said, "Lord, Lord," and did not follow His principles and commandments, would not be recognized by God.

If Russia drives away any evil form of religious worship, she will be right, but in doing this she must not drive away the eternal principles of religion which govern all life and Truth. Truth is not a monopoly of the monarchical governments nor of the republicans, democrats, socialists, communists, or bolsheviks, or of any party. Truth may exist under any name, wherever its laws are practically and continuously followed. No matter whether it is a monarchical, dictatorial, or socialistic, or any other form of Government, whenever a Government goes against the universal laws of Truth which govern all life, it is bound to be superseded by another form of Government. There have been good and bad Kings and good and bad Republics. It is foolish to generalize.

The principal reason why India was so gloriously ruled in the past was due, not to the form or name of the Government, but to the fact that her Kings, or group of rulers, tried to govern the country according to the highest laws of spirituality, utility, and self-betterment which governs all life. No Government can stop crime by rules until it destroys the causes of crime—poverty, individual and collective greed, and selfishness. The doctrines of Christ and Gandhi: "Give all ye have," and "Each for all and all for each," will solve the problem if put into practice.

The question comes then as to how America is going to reform herself. The capitalists, for their own interests, shout: "Down with the socialists and radicals and with anything that smacks of public control and public good." The Socialists shout: "Down with the

capitalists, and the radicals want to cut off their heads."

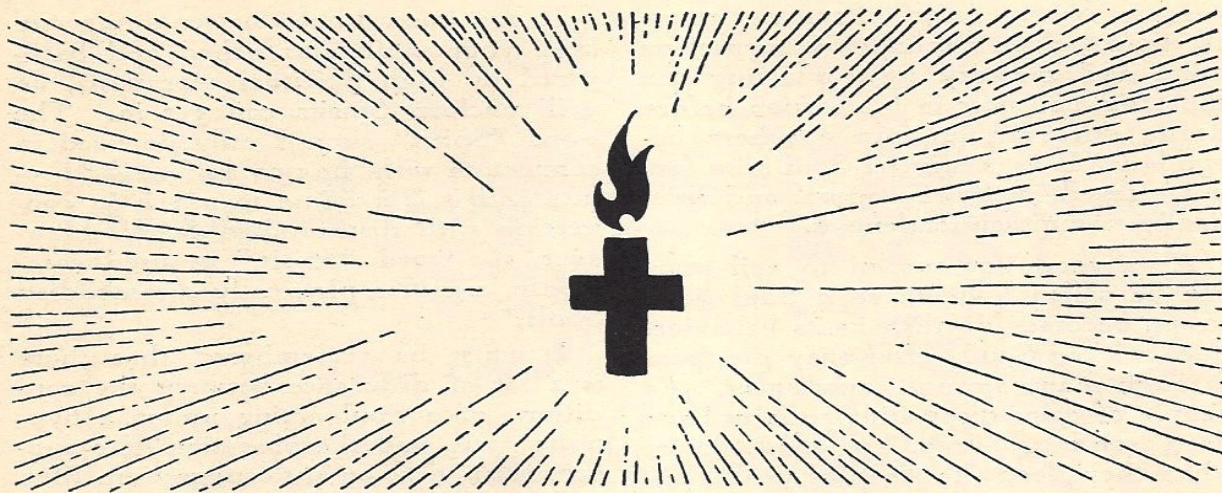
The greatest good in the way of prosperity, morality, health, and spirituality of the greatest number of people should be the goal of the Government. That goal has been sought without success by violence and by cutting off the heads of tyrants.

There is another and better way which America might follow immediately, which is to make capital and labor share equally in the profits of industry by mutual willing agreement as a first step. Let the laborers, who help the capitalists with their hands to make money, share in the profits of the capitalists who offer their brains and finances to help the workers. This will never be achieved by preaching universal brotherhood and the doctrine of sacrifice to the capitalists. The Government should irrevocably establish this profit-sharing plan in every industry.

Private exploitation of public money, sometimes involving the entire loss of invested capital, must be stopped. There must be a guarantee of one-half or more of the invested capital to each investor in any enterprise. The accumulation and the bequeathing of all money to unworthy children should be stopped. All earned money, at death, should be bequeathed principally to the people who helped the rich man to make the money and partially to his wife and children.

However, the above reforms would not wipe out hold-ups, murder, and crimes committed to secure money, until all the capitalists and laborers try to consider the happiness and prosperity of the masses first and their own interests secondarily. The success of a nation, or any group of people, does not always depend upon the prosperity of the individuals composing it. However, the prosperity of the group as a whole largely determines the possibility of success for its component individuals.

Great saintly people should open up meditation classes everywhere. The churches should be made strongholds of the propaganda of living for the good of others. God must be brought into our every activity.



# The Second Coming of Christ

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

By S. Y. \*

*And in the synagogue there was a man, which had a spirit of an unclean devil, and cried out with a loud voice saying: "Let us alone; what have we to do with Thee, thou Jesus of Nazareth? Art Thou come to destroy us? I know Thee who Thou art; the Holy One of God. And Jesus rebuked him, saying: "HOLD THY PEACE AND COME OUT OF HIM."*

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

**T**HE human body and mind are subject to various kinds of diseases. Jesus, as the true minister of Self-Realization, not only knew how to preach and win people away from Satanic ignorance and bring them into Divine vibrations, but He knew how to heal them of various kinds of maladies. While preaching in the synagogue, (a place where people usually go for their Souls to be healed by the salve of inspiring sermons) Jesus found a man possessed by an unclean devil. Forthwith Jesus started to heal this stricken man.

In modern times people would laugh

at the idea of anybody being possessed by an unclean devil. Devils seemed to be plentiful in the days of superstition and candle light, but now, in the electrical Age, the devils seem to be scared away. However, psychiatrists can tell of the many cases of mental obsessions by fixed ideas, but very few know that many people suffer from actual possession by unclean devils.

Why should it be considered so amazing, when devils and devilish Souls exist right on this side of life, that they may exist also on the other side of life? If Souls are immortal, then, according to the law of cause and effect, it is logical to expect that when a devilish Soul sheds the mortal coil and passes through the door of the mortal change called "death," into the other side of life, he continues to be a devil and does not become an angel. Only an angelic Soul who has been on earth can continue to be so after crossing the gulf of death and entering the finer atmosphere of Heaven.

Unclean devils are those Souls who were murderers, robbers, and other criminals on earth, and who did not cleanse themselves of their evil pro-

pensities before death. Even the greatest sinner, if he cleans his subconscious mind and memory by contacting the superconsciousness in meditation before death, does not go into a sphere beyond death as a wicked Soul who has not purged itself of its evil and spiritually unsanitary tendencies.

As a good boy turned to evil ways can be called a devil, so a Soul gone wrong becomes devilish in its behavior. Such wicked Souls, after they die, pass through many strange experiences. As people of calm disposition usually have deep soothing sleep, so good Souls, when they sleep the sleep of death, experience a soothing death-sleep, free from the nightmares of evil visions. But, when people of evil-disturbed disposition die, according to the law of cause and effect, they experience, during the great death sleep, only horrible nightmares of evil.

As people walk in sleep or cry out during a bad dream, so, during the sleep after death, unclean Souls can move about in the ether crying out for relief. Most of these tramp Souls begin to move about during the sleep of death and try to get hold of some passive bodily vehicle through which to express their agony and wicked tendencies. As a sleep-walker does many strange things, so these subtle sleep-walkers of the Astral land perform many strange antics. By means of intuitive feelings they try to possess vacant, ignorant minds. They can never infest brains occupied with intelligent thinking, or people with strong will power, or vibrations of Spiritual perception. That is why the minds of spiritually advanced people cannot be occupied by devilish Souls, but these people can invoke saintly Souls by use of the proper technique of Astral intuition. One must learn the right technique from one's Guru. Evil Souls invade vacant, passive minds without invitation.

The Self-Realization technique has helped many people to cast off the obsession of psychic tramps. Beware of dwelling long in absent-mindedness and never try to invoke disembodied Souls by remaining in a passive state if you do not know the right technique.

If you know what you are doing and keep your mind entrenched and barbed by high Spiritual vibrations, no evil, unclean Spirits can get in. The word "Spirit" should only be used in connection with the unmanifested Absolute and it is a crime to use it in connection with disembodied Souls. However, the word "Spirit," as used commonly, signifies physically disembodied Souls.\*

It must be remembered that there is a lot of difference between the conditions of a Soul acting under a hypnotic spell, and the obsession of a subconscious idea, or auto-suggestion. Men and women, under the influence of hypnosis or strong obsession of the subconscious mind, can be made to play the part of either a noble or a devilish Soul. Real obsession is not an idea introduced by a hypnotist or by the subconscious mind which infests a Soul, but it is due to the actual presence of a Soul who has cast off its physical garment. One human body usually cannot reside inside of another except in the case of a mother carrying a child, but a passive Soul can be occupied by an active, disembodied Soul.

It is true that like attracts like. So, this sinful man in the synagogue, due to the attraction of his own wrong vibration, drew unto himself an unclean Spirit. Jesus, possessing Cosmic Consciousness, could feel exactly what was going on within the body of the obsessed man. And the unclean Soul, being in touch with the Astral world, knew that the Christ Consciousness in Jesus was the Lord of all Creation, which pervaded all forms of life, and therefore it has control over all life.

So, this disembodied, unclean, devilish Soul could see Jesus, and through its intuition could feel the power of Jesus. (Disembodied Souls have only the sixth sense of intuition but, in a developed state, they can use it alone to perform the functions of vision, audition, smell, taste, touch, and so forth.) But the unclean, wicked Soul

(Continued on Page 28)

\*The special technique for inviting real saintly Souls will be taught to Absolute and Component Members in their weekly and monthly lessons in the Praeceptum.



# The Higher Art of Living

By SRI NERODE

"Live While You Live"



LIFE is great; it is immense; it is beautiful and magnificent. If it is scientifically, consciously, and wisely lived, it adds poetry and dignity to the human Soul, wisdom and contentment to the human heart, success and abundance to human labor, and Divine consciousness and highest good to man's inner Being. "Life is the childhood of your immortality," said Goethe. If man really knows how to live and live well, it yields all the immortal happiness and joy that even gods would wish to share.

People hardly live; they are always in the expectation of living. People always piously hope to live rightly without starting to live rightly now. Man is a co-worker with God, born here to improve Self and to help others in the process of Cosmic and Spiritual evolution. Every man and woman is a dormant child of God, carrying within himself or herself the seed of immortal powers. Every one is a mirror of God's omnipotence. If man just has this realization, he can readily live a higher life.

What is higher life? What is the higher art of living? By "higher life" is meant the life lived well and lived fruitfully; life lived in the arms of happiness and contentment; life lived with ever-increasing felicity of moral strength and larger joy, as well as physical vigor and mental keenness; life lived wisely and prudently, restraining the storms of passions and transmuting the lower appetites of the body and the mind to higher powers; life lived in the beauty of right and positive thoughts, as well

as honest and righteous actions; life lived in the perpetual consciousness of Eternal good and Eternal God; life lived to bring the sleeping powers to manifestation and latent divinity to daily expression; in other words, the higher life is the life lived as a constant and active prayer to the altar of omnipresent good.

The art of higher living means gaining the knowledge by which man can live everlastingly on the plane of positive, dynamic, and Divine consciousness. In this higher sphere of living, man is a master, not a slave, to flesh and passions, to the whims of the body or of the mind, or to the conditions that may befall him. He has a consciousness which is robust, healthy, positive, Spiritual, daring, and all-giving. No condition befalls him that he cannot overcome. He moves like a hero, living above the valley of negative mentality. He touches the hem of the garment of God with the meditations of his Soul. Dwelling constantly in the positive and Divine consciousness, he makes himself a center of magnetism that draws unto him pure happiness, Spiritual plenty, Spiritual relations, Divine conditions, Divine health, and Divine Presence. Therefore, the "higher life" means the conquest of life itself. "I have conquered the world," said the Master. This is a Divine art. Self Realization is this art, which is practical, ancient, scientific, and within the range of everybody's personal experience.

The "higher life" means the acquisition of four-fold perfection: (1) the control of Life Force and disease; (2)

control of restless mind and passions; (3) control of Soul forces; (4) control of conditions.

By this four-fold control, man attains the perfect vigor of the body, perfect calmness of the mind, knowledge of the higher worlds and higher forces, perfect mastership of his economic and other conditions, and perfect illumination of the Soul. Through this four-fold attainment, man becomes the heir to the kingdom of happiness, peace, health, success, abundance, and bliss. "Be ye therefore perfect, even as your Father which is in heaven is perfect," said the Savior. In this four-fold perfection is the fruition of the higher life. The art of this four-fold perfection is Self Realization, which shows the way of perfecting Self along the four-fold lines. It is unailing because it starts with the control of Life Force, the God-contact, and concentration.

Naturally, shielded with thought-force, Soul-force, and also with the age-old and tested art of four-fold control, man becomes invincible before conditions or catastrophies. "But seek ye first the Kingdom of God and His righteousness and all these things shall be added unto you." That was the Divine promise. This four-fold perfection means the attainment of the balanced state in life. Where is perfect happiness without mental equilibrium? This balance, or equilibrium, is founded on Self-Realization.

Vast humanity can be classified in four types: (1) Those who are attached to the needs and demands of flesh and its passions; (2) those who are too much taken up with the economic necessities and emulations; (3) those who are too much involved in the intellectual pursuits and rationalism; (4) and those who are too much engulfed in the Spiritual speculations.

On account of one-sidedness, each group lives only a sectional life. None of them live the fullest life, the highest life, or the whole life, because there is too much exaggeration of only one or two aspects of life. They are seemingly happy, yet they have not tasted of perfect happiness; they have a glimpse of joy and health, or perhaps an abundance of success and health, yet, owing

to the exaggeration of parts, they do not enjoy the glory and the beauty of the whole of life. Why? They lack balance. Their physical tendencies, mental habits, Spiritual aspirations, and worldly ambitions are not balanced, harmonized, and blended together to seek the common end. They either seek health, wealth, intellectuality, prosperity, or illumination. They forget that life contains all these elements, all these dimensions. If they look upon life as a coordinated whole and then upon the unfoldment of the parts, they can harmonize the whole of life and bring it to Divine expression.

Owing to self-delusion and false pride, most people do not see or do not want to see the point. There are contradictions in their lives that clearly indicate the partial growth of their Inner Selves. That is the reason their lives are not all-full. They are conscious of lack on one side or another. Here are the few contradictions in the life of the average man and woman:

(1) There are those who are acquainted with the higher philosophy and metaphysics; at the same time they fill the sky with their complaints; most of them exercise no control whatever over what they eat, what they drink, what they say, or what they do. Some of them smoke, drink, and waste time playing useless games; yet, they are very complacent and satisfied with their "higher knowledge."

(2) There are those who blindly follow their particular faith and are fanatical about it, although quite generous and harmless in other spheres of their lives. However, they have no real tolerance, or real forbearance with people of other opinions or thoughts. It shows that their faith has narrowed down their outlook instead of broadening it for Cosmic perception. Without any reason they claim to be living on the higher plane.

(3) There are those who have health and vitality, but do not show the reciprocal control of mind or Life Energy that is the basis of eternal youth. They are healthy, yet do not know how to relax at will. They are nervous and have no control over their habits. They

*(Continued on Page 28)*

# The Divine Voice

By S. Y.

## BHAGAVAD GITA

### Chapter II

#### Stanza II



THE Lord said: "In such a moment, whence comes upon thee, O Arjuna, this despondency, un-Arya-like, disgraceful, and detrimental to the attainment of Heaven?"

#### SPIRITUAL INTERPRETATION

In this state of consciousness the mind soars toward Christ (or universal consciousness). The universal Spirit speaks to the devotee through his intuition: "O devotee Arjuna, prince of self-control, why are you swept away by this despondency which you feel because you have to slay your so-called relatives of sense-tendencies? These relatives of yours are your fierce enemies and have but one purpose—to destroy your Soul's peace. Hence, to feel pity for them is un-Arya-like, not befitting a noble Saint, and disgraceful to the Soul's highest goal in acquiring the Kingdom of Omnipresent Heaven."

#### ELABORATE SPIRITUAL INTERPRETATION

It is evident that the devotee must be very advanced in the path of meditation before he can make the Infinite vibrate Its intelligence into an intelligible voice which he can understand. In this Stanza we find that the devotee had already gone through a great many battles with the senses and had already attained a high Spiritual state before he was blessed by hearing the voice of God talking through the throat of the ether. Naturally, in that high state of consciousness the devotee is supposed to feel no attachment for the senses or their material desires, but, due to the

force of habit of being cognizant of the body during many incarnations, the devotee forgets the acquired Divine state of Cosmic Consciousness and feels miserable fear at having renounced the fulfillment of tender sense-tendencies.

At this time, the ever-conscious Spirit of God comes to the rescue of the devotee and he listens to the voice of God pleading with him from within. Thus it is that this Stanza describes the Lord Krishna, or Spirit, talking to Arjuna, the true devotee, who has gained self-control.

The Divine nature of the devotee, who was in tune with God, spoke through the power of intuition and rebuked the invading states of despondency in the Spiritual aspirant. First, the Spirit told the devotee that the senses, through nearness of residence to him, had established themselves as his relatives. But, as enemies can reside in disguise in the home of friends, so, also, these material desires, the great enemies of man, can reside, apparently harmlessly, within his consciousness, along with his other Spiritual faculties. The senses appear friendly because they promise to give temporary intoxicating pleasure in the flesh, but, invariably in the end they bring misery and forgetfulness of the lasting pleasures found in contacting the Spirit.

Besides, the Soul, being made in the image of the Spirit, has the seed of omnipresent expansion hidden within it. When the Soul becomes attached to the rocky soil of material desires, then the Soul-faculties remain dormant without germination or growth. The Soul, instead of loving the omnipresent consciousness of meditation, becomes attached to the pleasures received in

the small area of the body, while the Spirit resides in limitless space. When the Soul is identified with Spirit, it learns to feel itself in all space, but when the Soul limits itself to the bodily pleasures, it becomes hide-bound to the body. The Soul, identified with the body, loses its consciousness of omnipresence and becomes limited to the sorrows and misfortunes of the little body. Every Soul which resides in a body is an omnipresent child serving a jail sentence of bodily existence. Human beings are at the foot of the ladder of consciousness, whereas God is at the top of this ladder.

The Spirit warns the devotee not to feel sorry for not contacting the sense-pleasures. Sense-pleasures promise much but give only temporary pleasure followed by ultimate suffering. They are pretenders in the human body, and are nothing but psychological and psychical enemies in disguise. Pity is the channel of exchange between the two parties. Hence, to drop the draw-bridge of pity over the moat of separation between the wisdom-castled Soul and the segregated inimical senses is to let the Soul's psychical enemies break through the ramparts of self-control and destroy the peace of the Soul. Instead of pity, the devotee should feel the ardor of psychological battle until the inordinate desires of the senses become completely annihilated. To sympathize with evil is to give it a throne within yourself.

"Un-Arya-like" signifies an attitude unbecoming to Spiritual nobility. A Spiritual man pities the banished good qualities, but not the ostracised evil qualities. Do no evil; do not let evil be done through others by your command, and do not tolerate evil by silence. Non-cooperation with evil, without making a fuss or pretension about your own goodness, is the best way. It is not in keeping with a true devotee's nature to try to attract evil states unto himself through sympathy. The devotee who feels sorrow for lost sense-happiness, and who even dares to sympathize with it, gives second place to the superior, lasting happiness received through contact with Spirit. This ig-

norant thought-act on the part of the devotee is highly disgraceful.

When the devotee sorrows with the bodily senses for their lost happiness, his consciousness becomes circumscribed within the walls of the body and he fails to visualize the attainment of Heaven residing in all space. If the Soul happens to love and to live in the bodily prison, how can It enjoy the experience of living in all space in Heaven?

As consciousness dwells in the brain and in the heart, so, also, God's Consciousness dwells in the central part of the universe, (the heart of God) while God's intelligence dwells in every cell-unit of space, as our consciousness dwells and can be felt in every cell of our body. The devotee who keeps his consciousness constantly sensitive in bodily sense-pleasures forgets to spread his intuitive sensitiveness into the space-cells and thus share the vaster joys of the space-dweller, or Spirit. Sense-pleasures make the Soul dull and it loses its super-sensitiveness to the better joys of Spirit. When the Soul concentrates upon the little joys of the body, it forgets to experience the unlimited joys of the Spirit.

Man's life is a paradox. Somehow he is placed in between sense-pleasures and Divine pleasures. He must use his endowed reason to distinguish between the real Soul-pleasures and the pseudo-pleasures of the senses. If the devotee becomes addicted to sense-pleasures, his consciousness becomes caged behind the screen of bodily sensations and he cannot comprehend the superior pleasures of ecstasy in Spirit. Jesus Christ said: "If thy hand prevent thee, cut it off." So, also, Christna says: "Do away with attachment to the senses if you want to feel the joy of Heavenly Consciousness vibrating in every cell of the ether."



# Meditations for February

By S. E. M.

**Feb. 1.** Do you want peace? Then know that to Divine Mind there are no problems and you may tune in with Omniscience whenever you will. "Cast your burden" upon the law, since you know that "of yourself you can do nothing." Loose the tension of fear, worry, prejudice, or despair from your own mind and let Infinite Intelligence show you the way. Trust it to lead you aright.

**Feb. 2.** In reality there is only the One. Let go of your illusions long enough to try to realize what this means for you. You are not an isolated speck of dust which must battle an antagonistic universe for its existence. You are an integral and necessary part of this One. You are not alone. The power which sustains all life cares for and protects you.

**Feb. 3.** Since there is only one Life, it is the same urge that causes the seed to germinate, the rose to bloom, the sap to push up into the trees and bring forth new leaves, the birds to fly, and your own heart to beat. Is there anything more wonderful or mysterious than Life? Through it you are one with all that is. Identify yourself with it, meditate upon it until you realize its full meaning.

**Feb. 4.** There is only one Power no matter how many forms it may take. It blows the winds, it hurls the stars through space, it glows in light, and sends forth waves of heat and sound. It breathes through you and moves your hands and feet. There is no motion of any kind without this One Power. Through this power also you are related to all that is. This Power never tires or gets sick. It flows through you always and is ever at your command.

**Feb. 5.** There is one Mind or one Infinite Intelligence. This it is that guides the atoms to their appointed places and causes one combination to be water, another to be wood, and another to be flesh. This it is that determines the color, shape, and place of all things and causes all power to work according to law. This Intelligence, which set the perfect pattern in all seeds in the beginning, held also the perfect idea in mind for your creation. This perfect idea of health, harmony, success, happiness and security is the only reality for you. All else is illusion, which should be cleared from your mind so that the One Intelligence may be free to work through it.

**Feb. 6.** There is one Love. This is the law of attraction which brings together and holds all the molecules of matter in place and keeps stars and planets in their orbits. All the forms of human love and devotion are its expressions and all the harmony in the universe is due to it. This Divine Love enfolds you, surrounds you and permeates your Being. Let go of discontent, resentment and sorrow and realize this glorious Pres-

*(Continued on next page)*

ence. Let it express through you. Recognize it as it looks at you through the eyes of your friends, as it speaks to you through the song of a bird, and as it wells up in your heart at sight of the sunset or the fragrance of a flower.

**Feb. 7.** There is only one Substance, for God is all, and there can be nothing else. Everything in the universe, no matter how fine or how gross, how small or how large, is composed of the One Divine Substance. This means that the essential being of everything is perfect and this includes you. Let go of your wrong and limited ideas now and realize that you do not have to acquire, but that you actually are strength, beauty, health, harmony and wisdom.

**Feb. 8.** Do you desire health? Know that when you are willing to let go of your wrong and confused ideas health must manifest through you. Health is your very nature, just as it is the nature of the sun to shine and of the rain to fall. It will come forth in all its radiant glory when you clear the way for it.

**Feb. 9.** Do you desire wisdom? The Infinite Mind works through your mind. Let go of all pettiness and tune in through meditation with the One Mind which thought you into being. All of your problems will be solved here and new ideas will open up for you.

**Feb. 10.** Do you desire success and security? The power which created you can and will sustain you. Through study and meditation get in line with the law of right thinking. In the divine storehouse there is plenty for everyone. Stop fighting, hating, resenting and criticising and, through the expression of love, good will, and gratitude, become a magnet for the attraction of that which has always been yours.

**Feb. 11.** Do you desire harmony and happiness? Then express love, gratitude, praise and justice. Spend some time in solitude; get still inside and learn to walk with beauty and peace. Become acquainted with the clouds, the mountains, the streams, the trees, the birds, the stars, the flowers and with the thoughts of the great minds of all Ages.

**Feb. 12.** What is it you would have? Do you know? First of all your own

mind must be clear, a firm purpose must be established and a definite idea formed before the One Power can bring your desire into manifestation. Think, believe, expect, and give thanks.

**Feb. 13.** Are you fully alive or are you nine-tenths asleep? Are you even partially aware of the beauty which surrounds you everywhere? Do you recognize the voice of God when He speaks to you, or are you too concerned with the pettiness and confusion of mere existence? Do you see God in every person you meet and in everything you touch? Wake up. Pray and work for intense awareness so that you may know the fullness of life.

**Feb. 14.** Every person and every thing has a divine message for you if you are alive to it.

**Feb. 15.** Understanding and enlightenment were meant for you but you have allowed your mind to become so confused and cluttered with non-essentials; you hold so fast to your fears, to your greed, to your desire for comfort, to your dependence upon others for ideas on the nature of reality, truth, justice and life that your vision is clouded as by a heavy fog.

**Feb. 16.** Would you be free? Would you have an unclouded consciousness and see clearly with complete understanding as Christ saw? Then you must make the effort. Meditate until you realize the presence of the All Power and Love within you.

**Feb. 17.** Would you be free? Loose yourself from all of the fetters which bind your Soul. Let go of the ideas which have been thrust upon you by your particular family, your particular school, your particular class, your particular town, your particular country, your particular nationality, your particular religion, and your particular business. Think you that Life itself and Truth can be so limited, or that the completeness of life can be realized by a mind in bondage?

**Feb. 18.** Watch your thoughts and cast out all your preconceived ideas. Endeavor to see things and conditions as they are in Reality and in Truth and not as related to you and your desires.

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# This Is a New Day

By REV. EDWARD A. LOHMAN, D.D.

**T**HE wise man discards the old and ever seeks the new, not because he abhors the old, but because he knows that all things are new in the day and age in which he finds himself just now. May we not say that the Wise man truly lives in the consciousness of "Everlasting Time" or the "Eternal Now."

We can learn so much from the one who has learned to truly master time and circumstances; from the one who is not "affected" nor cares for "effects." Most people hold on to old things and old ideas until they become so burdened with the "old" that there is no room nor place for the "new." Jesus said: "Ye cannot put new wine into old bottles." Can it be that he meant, not only because the old bottles were old, but because the old bottles were filled with old wine and hence there was no room for the new? Be that as it may, this much is certain, that neither progress nor achievement has ever been made when the mind or the day has been cluttered with old thoughts and useless things.

To begin life anew—and every one of us should begin anew each day—means to bring over into the new day only those thoughts, those ideas and things that can truly help us to use to greater advantage the new thoughts and the new experiences which we encounter or create during the hours of the new today. All useless, helpless, dead ideas and things are obsolete and should be discarded as readily and willingly as we discard old rubbish—for such they are.

To "carry over" any useless, "old" idea or thing is to burden the mind and

Soul (and even the body) with a load of worry and thought of what to do, and how to use, an old instrument when you find yourself the sudden possessor of an entirely new, and by far better one. Truly the old becomes an evil when it stands in the way of the new. Many a man and woman are a failure today because they haven't the good sense to "let go" of some old habit, or some fossilized thought or antiquated idea. We still have too many walking antiques on our city streets. God has so fashioned man's mind that it can supply every need for each new day. The Mind is an ever expanding and renewing Power. It grows just as all Creation grows; it expands to the degree that consciousness expands, and becomes new as all the Universe becomes new with every wind which blows and every Sun that shines.

Do not be afraid to lay aside your old ideas or your thoughts and feelings of yesterday. They have served their purpose, and to that were they born. But they are old today. Every rain is a new and fresh rain. Every chirp of the robin is a new chirp. The new blossoms on tree and vine never blossomed before. How foolish are we to think that we have exhausted the Ocean of Thought just because we happened to think something new and different yesterday. Why, if we only knew it, the mind is the greatest fisher of ideas and thoughts. But it cannot catch new ideas with the old bait of yesterday.

The way to do is to mentally plunge your Mind into the streams of living waters which are flowing by your door today. Every day new waters flow over old Niagara; that's what makes the Great Falls ever new and interesting. I know it is so hard for us to discard

"this" and throw away "that"—my attic at home is full of "this and that." But I am convinced I shall never use them again, because they are old—old lamps, old books, old chairs, old clothes, old everything. And yet, because I know that it is so hard for you and me to clean out our "mental attics," I am the more assured that it is extremely necessary and good for our mental and Spiritual progress, to purge our Souls with each new day. I urge upon you to do it at once and do it today, for your tomorrows will be a continual bundle and burden of mental rubbish if you do not rid yourself of the old specters. Of course when you discard the old you must not forget to fill your mind and your life and your home with NEW thoughts and NEW things. Many a man would succeed and prosper today if he would sell or burn the old clothes or the old tools of yesterday. There is many a golden thought and many a princely, prosperous idea slumbering under the rusty skull of an erstwhile worthy individual.

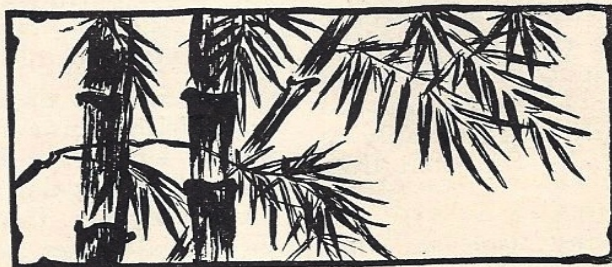
Of course it's hard to throw away the old when, and if, you haven't the courage and the grit to use your mind to dig up something new. And so we live, allowing each old year to pass and each new one to come, never realizing the purpose and the meaning of each unit of time given to us to use as steps upon the Ladder of Life, to climb ever higher from the lower to the larger and the better things. This day, this year, will be a real new day and year if you will promise yourself to let loose of many of the old ideas and habits which made your "old" days and years just what they were, and adopt or create a truly

new thought or idea or aspiration in your mind each day of this New Year.

If you can do this, my friend, you too shall be counted as one of the Wise Men and Wise Women who could "put aside the things of yesterday and reach out for that which lies ahead." If you shall have gained new and more Light today; if you shall have found a fuller realization of your Great Self tomorrow, then are you truly a wise and great Soul loosed and free from the bondage of old habits and baggage. Then Peace, Happiness, and Divine Illumination shall be yours.

This one thing, however, is well worth remembering: When we build our thinking and our living upon the eternal Truths and Realities of the God and Christ Principles; when we "lay up treasures where moth and rust do not corrupt," then are we truly found to be wise as the masters. In all that we discard and reject, we should be very careful not to discard the "Pearl of Great Price." "Prove all things, but cleave to that which is good" is sound advice. Hold to your proven and tested Principles and Fundamentals; these never grow old; they are the same yesterday, today, and forever.

As has been so beautifully expressed in the January 13th Affirmation of Inner Culture Magazine, "Since this instant is all that you can be aware of at one time, it is all that you need to concern yourself with. You do not have to live and decide all of the future in this hour \* \* \* Live this moment completely. Fully enjoy the wonder and beauty in each instant of experience."





## Flame

By SARAH WATERS

O Red Geranium, Red Geranium,  
Thou art like a flame!

Every leaf of thee a word out of God's  
Infinite Book,  
And every petal a syllable of Him,  
Reaching up out of the earth,  
Looking toward heaven;  
All of thee glorifying Him  
Who made thee—  
Glowing upward in praise.

O Red Geranium, Red Geranium,  
Thou art like my heart.

The fire in my heart!  
Though my feet be made of clay,  
My heart flameth upward  
To the Infinite Creator,  
Aspiring toward heaven;  
All of me glorifying Him  
Who made me—  
Yearning upward in prayer.

O Red Geranium, Red Geranium,  
Thou art like a flame!

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### MAXIMS

#### Morals and Dogma

“Never forget the benefits thou  
hast received.

Speak ill of no one.

Take counsel with wise men.

Knowledge is the most permanent  
wealth.

He is wise who knows himself.

It is sweeter to forgive than to take  
vengeance.

To honor our mother is the most  
fitting homage we can pay the  
Divinity.”

“The possibilities of thought training  
are infinite. its consequences eternal, and  
yet few take the pains to direct their  
thinking into channels that will do them  
good.”—O. S. Marsden in “Every Man  
a King.”

February, 1935

## Song of the Mother

By JULIA BROWN CALVERT

Sleep! Sleep! Sleep!  
Sleep, my Little One, sleep!

Spirit, thou art, in sweet baby guise;  
Close for a moment thy beautiful eyes;  
List to this lullaby, sung now of thee:  
Thou art the Pure One, the Blessed, the  
Free.

Sleep, my Little One, sleep!

Precious thy tender form, casket most  
rare,  
Holding its jewel, transcendently fair.  
Deep in thine eyes, now smiling on me,  
Light of the Pure One, the Blessed, the  
Free.

Sleep, my Little One, sleep!

Softly thine eyelids droop; angels will  
keep;  
Mother will tell you this Truth as you  
sleep.

Coming to bless the world, came thou to  
me,  
Even the Pure One, the Blessed, the  
Free.

Sleep, my Little One, sleep!

This now, my precious, thou wilt realize,  
Tenderly closed are thy beautiful eyes.  
All is forgotten save this Truth of thee,  
Thou art the Pure One, the Blessed, the  
Free.

Sleep! Sleep! Sleep!  
Sleep, my Little One, sleep!

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“Though the earth may quake, and  
the floods rise and the cyclone blow,  
and the lightnings glare, and the flames  
rage, let your Spirit keep its calm. It is  
eternal and nothing can harm it.”—Ella  
Wheeler Wilcox.

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God found that He was too busy, so  
He made mothers.

—Jewish Proverb.

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# Scientific Digest

## Star Distances

**M**ORTALS feel that they are only an infinitesimal part of the universe when they learn that Dr. J. A. Anderson of Mt. Wilson says in "Social Science Service" that "the cluster of stars or galaxy of which the sun and earth are a part is only one of 100,000,000 similar galaxies which can now be seen by modern telescopes. In our galaxy there are more than 10,000,000,000 stars. So spread apart are they that if each one was represented by a tiny rain-drop only one-eighth inch in diameter, each would have to be separated by a distance of four miles from the next one to present a picture of our galaxy in respect to the star distribution."

## Metagenetic Rays

**J**UST as mysterious as are Cosmic Rays are the Metagenetic Rays emitted by the living cells of all animals. After these "life" rays were first detected by Alexander Gurwitsch of Russia, other investigators were unable to find them because the Rays are so feeble.

Dr. George W. Crile, a Cleveland, Ohio, surgeon, recently reported that he has proved again the existence of such radiation. He concludes that the Rays consist of captured sunshine which, shining again in the body, accounts for much of the life energy of all living creatures. After examining the glands in 700 animals, the Cleveland Clinic group decided that the rate at which the Metagenetic Rays release captured sunlight depends upon the type of the animal's adrenal and thyroid glands. These glands, it was found, are highly developed in animals capable of sudden bursts of activity. In other words, beasts of prey have large glands, while

lazy animals like the turtle and crocodile have minute glands.

The annual report of the Rockefeller Foundation reveals that the Foundation has supplied funds for investigations of Metagenetic Rays in Russia, Germany, Italy, The Netherlands, and France, and is planning a program of such research in the United States.

## New Molecules

Two new molecules, which give science a new clew to the process on which all life depends, namely, conversion of the sun's energy into chemicals, were described recently before the National Academy of Sciences in Cleveland. They seem to play a leading role in converting sunlight into the energy of life.

These molecules are believed to be "transformers" in the process of life, turning the energy of the sun's light into food that keeps all life going, from humans down to the smallest insects. There is good evidence that they include chlorophyll, the green coloring matter of plants, combined with carbon dioxide and a protein-like substance. They were reported to the Academy by Dr. O. L. Inman of Antioch College, Ohio.

These new molecules also represent another step toward the time when the "farm problem" will be solved by abolishing the raising of foods and other plant products, grown under "artificial suns" more efficiently than Nature can do it. Such a development in the future is conceivable though still remote, said Dr. Inman.

"In general, every evil to which we do not succumb is a benefactor. As the Sandwich Islander believes that the strength and valor of the enemy he kills passes into himself, so we gain the strength of the temptation we resist."—Emerson on "Compensation."

# Diet and Health

## STUFFED MUSHROOMS

Select large, meaty mushrooms; brush well, but do not peel; remove the stems and chop them fine. To one dozen large mushrooms allow one medium-sized onion, and one green pepper; chop the onion and green pepper, freed from seeds, very fine; saute the onion and pepper in fat or butter until a light brown, add the mushroom stems, and one cupful of soft bread crumbs. Brown delicately, season well, adding a dash of Worcestershire sauce, and mix with the bread and vegetables. Fill the mushroom caps and top each with a grating of cheese. Place in a baking pan, pour a little hot water around them, add one tablespoonful of butter, and bake in a hot oven for about 15 minutes. Serve on squares of toast.

## SWEET AND SOUR BEETS

- 2 cupfuls of sliced or diced cooked or canned beets.
- 2 tablespoonfuls of butter.
- 1 tablespoonful of whole wheat flour.
- 1 cupful of boiling water.
- Dash of pepper if desired.
- 1 tablespoonful of raw sugar or honey.
- $\frac{1}{4}$  teaspoonful of salt.
- 2 tablespoonfuls of lemon juice.
- 2 teaspoonfuls of minced onion.

Have the beets ready before making the sauce. Melt the butter, add flour and blend well, then add the boiling water and cook, stirring constantly until smooth and clear. Add the other seasonings listed, then add the beets and let heat together for about 15 minutes, or longer. This is a delicious change from buttered and pickled beets.

## ORANGE-MARSHMALLOW DESSERT

Heat  $1\frac{1}{2}$  cupfuls of orange juice to boiling. Add 25 marshmallows and stir until they are dissolved. Cool thoroughly. Fold in one cupful of stiffly beaten whipping cream, and again chill. Serve at once.

## NEW CARROTS IN TOMATO SAUCE

- 2 bunches new carrots.
- 6 cloves.
- 1 can tomato juice.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{1}{2}$  teaspoonful raw sugar or honey.
- 1 tablespoonful butter.

Remove the tops from the carrots; scrape the carrots and place them in a heavy saucepan with the seasonings. Add the tomato juice, cover, and simmer until the carrots are tender, or for about 35 minutes, when they are ready to serve. If desired, the carrots can be cut crosswise into rounds.

## SPECIAL ANNOUNCEMENT

We have recently added to our staff, the services of Merian Javne', writer, teacher and lecturer on Health via Natural Methods. Mrs. Javne has been broadcasting this work many years. She is a graduate teacher of the science of Newer Nutrition, and is familiar with the methods employed by the foremost scientists along these lines.

More detailed articles on how to remain healthy and maintain normal physical well-being are covered in the department of Health Culture in our weekly and monthly Praecepta; also a service through correspondence is accorded our students and members.

All information given to our students is gleaned from authoritative sources and from personal experiences of the writer in the field of healing.

Original and tested recipes will be tried in our dietetic department, and passed on to our students. Some will be published in these columns and the author given due credit.

We heartily invite your comments, suggestions and co-operation.

SELF-REALIZATION FELLOWSHIP  
DEPARTMENT OF HEALING

# The Coming of the Superman

By BESS RICH



ANY people the world over are now asking: "What is the cause of the present unrest, fear, and confusion, mental as well as financial?" A disturbance which seems to be universal, reaching even to the far corners of the earth, or as far as the habitat of man extends?"

We have only to turn back the pages of history to find our answer, for, after all, history is our teacher and, as someone has said, "History is the depository of great actions, the witness of whatever is past, the example and instructor of the present, and the monitor of the future."

So, looking backward, we discover that, along with the advent or birth of every great ideal or creation, has come the throes of travail and suffering. Consider first the birth of Christianity. With the birth of Christ came the "slaughter of the innocents," the Crucifixion, and, following that, the persecution and martyrdom of many of the early Christians, before the faith became established.

Then the birth of our own nation—the birth of freedom and religious liberty—came about only through intense hardship and suffering of our forebears. We have only to recall the catastrophe of 1914 to find the same turmoil and slaughter, only on a larger scale, when our foreign neighbors gained their freedom from kingly rule and autocracy.

Speaking more specifically, only recently Russia has gone through a period of violence and despotism at once tyrannical, ruthless, and merciless, and now that the transformation has taken place, a new Russia born, it is perhaps difficult to see how it could have been

accomplished without this great sacrifice and suffering.

Reference to a more personal and universal birth is that of each individual. Each and every one of us has come into existence on this plane of awareness by and through the travail and suffering of our earthly mother. Our very entrance here then is indicative of creative pain, but we know it was a process of development and growth necessary for our existence.

The Apostle Paul said: "For we know that the whole Creation groaneth and travaileth in pain together, waiting for the adoption, to wit, the redemption, of our body." But side by side with the anguish of these birth-pains, born of a material world, is a subtle, mystical influence, rising like a delicate perfume and flooding all with the radiance of wisdom and truth, until all the terror and recollections of the cruel and horrible side of the experience is lost and we are conscious of only the good, the true, and the beautiful results which follow.

Humanity as a whole is now in the throes of a mental and financial unrest and confusion, but there is a movement under foot, beneath the surface of which the principal feature is the formation or congregation of a nucleus of people, and, through them, the creation of a "Divine Family," or race of supermen. It is a calling out of men and women from the world-life and drawing them together to live the "common life"—to harmonize themselves, body, mind, and Soul with the great future that awaits the race, and to fit themselves to take part in the new regime now being ushered in beneath all this universal restlessness.

(Continued on Page 24)

# Aunt Becky Hampton

By STARR DAILY



NO one seemed to know the exact age of Aunt Becky Hampton. Before the little town of Vanderburg was, she was. She had been there long before the railroad penetrated that section of Arkansas. Of late years she had often been accused of practicing a sort of witchcraft and peculiar rituals. For more than a decade these unusual habits of hers had been looked upon with amusing tolerance. She was thought to be suffering from a mild form of insanity generally recognized as harmless. Not until she had been seen prowling through the streets at late hours was it thought that she might be dangerous—dangerous to herself. As a matter of fact, this practice brought her finally into court for a sanity hearing before a commission of Vanderburg's three leading doctors—Smith, Howatt, and Franklin, respectively.

Aunt Becky was questioned skilfully in Judge Kryle's courtroom. She seemed to know what they were about; knew that they would send her away to the State Asylum if it was found that she could not discern between right and wrong. At the close of the examination, the court allowed the aged woman to speak in her own behalf, if she so desired. Her now wrinkled dejected face lighted slightly at the new hope given her in the Judge's words. Her weird sea green eyes fastened themselves upon the doctors, finally becoming fixed on the face of Doctor Franklin, fixed with a soft mute appeal. All the while Doctor Franklin sat tilted far back in his chair gazing at the ceiling, his hands cupped at the nape of his neck. She spoke briefly in a high-pitched voice:

"I don't want to be sent away. I been here all my days."

Presently, the doctors retired to consider her destiny. The verdict was already in, so far as two of them were concerned. In their minds no doubt remained. Aunt Becky was obviously insane. But they emphasized point after point in an effort to sway the third member to their conviction. Doctor Franklin held out firmly.

"I'll admit," he said, "that the old lady is guilty of doing things not precisely orthodox or conventional. Many of the world's greatest servants have been guilty in the same manner. They've believed, for instance, that they could do things every one else considered impossible. And they did them—to our everlasting benefit."

"But, my dear Doctor Franklin," protested Doctor Smith, "such cases find no parallel in this one. We can not permit a course of reasoning so palpably contrary to common sense to interfere with what is plainly our duty in this instance. Of course, Doctor Howatt and I had hoped to return with a unanimous verdict. Surely you would not have us believe that the aberrations of this unlettered old woman could be taken as a contribution to human knowledge."

"I'm not so sure I wouldn't," mused Doctor Franklin. "Gentlemen, you have the deciding votes in your hands. If you wish, you may send the old lady away to what I prefer to call a 'living death' for her. She may have insane ways; but she'll be sane enough to suffer loneliness in a strange place. As you heard her say, she's lived here all her days. Before you deliver your verdict, gentlemen, I wish you would bear

with me while I tell you a story about Aunt Becky Hampton that has never been told before."

His colleagues leaned back in their chairs. "Very well," said Doctor Howatt. "By all means," confirmed Doctor Smith.

"You must go for a doctor, John, quick." As she spoke, the young pioneer woman tumbled about on the crude shuck bedtick and moaned with her pain. "I'm dying. I can't stand any more," she cried out.

He suffered with her. He hardly knew which way to turn. He was alone with his young wife in their log house surrounded by a half section of uncleared forest, and it was three miles to the homestead of Becky Hampton, his nearest neighbor. The nearest country doctor was seventeen miles away.

"I'll go by Becky's," he told her grimly. "I shouldn't leave you alone. But it's the only way, I reckon." With this, he bent over and kissed the pain-whitened lips of the woman. Death in many guises lurked in the shadows of the forest. Just outside the door he got down on his knees and asked God to keep her alive, and the door was closed until he could get back with Becky Hampton.

But he didn't return with Becky. "You go on, John," Becky had said, as she reached for her bonnet, her powder horn, and musket. "I kin git to her about as quick as your bay Molly could take me, an' that will save you six miles," which might mean a lot, John."

Within an hour Becky Hampton was ministering to the tortured woman. It was late in the night when John returned with the doctor, who leaned over the bed and examined the young wife casually.

"She's in right smart pain, stranger," he said to John. "But I cal'ate she'll have to stand it. 'Twon't be more'n a few hours now at most."

"But I can't bear any more, doctor," pleaded the suffering patient. "The

pain is killing me. Is there nothing you can do?"

"Can't you do something, doctor?" The husband's words, too, were pleading, fearful.

"I cal'ate I could give her the 'twilight sleep'," he mused. "That is what us medical men call this new discovery. But I allow it's my duty to tell you it's a might dangerous. It's been known to kill the baby afore now."

The woman doubled up and moaned in her agony. She became hysterical. The doctor reached quickly for her pulse. "It's got to be done," he said gravely. "She's in a bad way."

The hypodermic was given. The patient relaxed, and in two hours the baby was born. It was a tiny thing, blue as indigo, and lifeless. The doctor examined it doubtfully. Then he picked it up by the ankles and swung it rapidly to and fro with one hand, while with the other hand he slapped it vigorously on the back. There was a feeble gasp or two, then apparent lifelessness. For several minutes he blew into its mouth and nose. No sign of life came to reward his efforts. The mother slept peacefully. Finally, the doctor handed the baby to Becky Hampton and shook his head.

"Sorry, stranger," he said to John, "but I cal'ate there's no use. I've done all that can be done. Us doctors can preserve life when it's already there; but there ain't a power on earth can give when it's gone. Your baby's dead."

"It tain't so," spoke up Becky Hampton, who stood holding the infant, peering curiously into its expressionless blue face. "It tain't so." She repeated the denial, this time as though she were addressing the words to herself, or to someone not present. "There is a power greater than yourn, doctor. If it give life once it kin give it again. If it kin take it away, it kin give it back"

Suddenly she seemed to become conscious of the present and those around her. "John," she said excitedly, "git me two pans o' water quick, one

(Continued on Page 26)

# Universal Religious Thought

By K. R. SAMRAS, M.A., Ph.D.

(Continued from the Previous Issue)



**A**MONG the religions which claim to be universal and have spread through missionary zeal, Buddhism, Christianity, and Islam are outstanding. All having been personally founded, they all worked their way upward and displayed an active proselytizing interest. After having stood the test of historic movements, they are all alive and flourishing today, claiming millions of followers. Originally all these religions sprang up in the Orient, which was the most civilized part of the world, but later Christianity became the religion of Europe, and its devotees identified it with Western thought. A few words about the common element of the universal importance of these religions would be of great interest.

Buddha found salvation in the attainment of peace. He taught that the cause of all suffering is ignorance, which creates insatiable desires. In this life, desires lead to activity and attachment to material objects. By activity and attachment is caused rebirth with its new desires; hence, the never-ending circle of *sansara*. The removal of ignorance will result in the attainment of knowledge. Then, by right faith, right living, and right effort, all suffering will vanish in thin air. Neither by self-indulgence nor by self-mortification can the goal be achieved, but success in Spiritual life lies in following the golden means of moderation through right knowledge. The ultimate goal is the attainment of Nirvana, which is the cessation of all pain and pleasure, and life and death, but complete identification with infinite Bliss.

Buddhism teaches self-development and universal principles for the uplift-

ment of humanity, but it is silent on God and has no definite system of theology. Although Buddha rejected the authority of the Vedas, the Hindus who follow Vedic traditions recognize him as one of their great illumined Saints. He taught particularly a way of life to overcome evil. When a Buddhist practices the virtues of kindness and piety to the afflicted, he is impelled by a motive to extinguish his own desire rather than to do general good. Nevertheless, directly or indirectly, Buddhism made a strong appeal to the masses and proved to be a great factor in the evolution of civilization.

About five centuries later, Christianity came as another great universal religion. It rose in the midst of intellectual and Spiritual chaos in Judea, where the old Jewish religion had lost its purity and degenerated into legal and nominal observance. Christ appeared as the man of the hour. He preached doctrines of Spiritual value, to the height of which his people had never before attained. He revived faith in the old teachings and added the freshness of his own philosophy, which appealed to all classes of mankind. Whether he spent the days of his youth studying in the midst of Hindu Sages, or followed their thought in the land of his birth, as the controversy goes, the fact remains that his teachings are fundamentally based on Hindu and Buddhist philosophy. But since God is recognized as One, and all-pervading, the truth of His principles is bound to be the same. So all the true religions have a common basis of truth.

Christianity recognizes the value of the individual Soul as an important factor in society as well as in the sight of God. God is all Power and all Love, encompassing His Creation. Not the

salvation of one individual, but of the whole, is the Spiritual goal. Christ aimed to elevate and ennoble desires and not to extinguish them altogether like Buddha taught. In his message, Christ enunciated the doctrine of Renunciation, contained in the Bhagavad Gita, that one must work actively and dutifully in this world, but keep detached from the fruits of action.

The power of the Spirit should enable man to overcome attachment to purely worldly interests. Christianity recognizes the existence of sin in the world, but holds out promise of redemption through Divine grace. By right living, the Soul mounts to its super-mundane goal, which is comparable to the state of Nirvana of Buddhism. Although persecuted at the beginning, Christianity, with these highly Spiritual and universal principles, made its way into the hearts of men all over the world and especially in the Western countries.

Islam is the latest of the great religions. Founded in the seventh century after Christ, it spread with surprising rapidity over the entire Near East and along the northern coast of Africa. Its rise and progress was due to the religious inspiration and genius of Mohammed. In his time, the pre-Islamic cults in Arabia were receiving Jewish and Christian influences which greatly helped to rouse his religious consciousness.

Regardless of his sound training as a true man of Realization, or lack of it, as many Eastern and Western writers question, Mohammed was really inspired by his sense of Divine responsibility, and he felt a genuine urge of a Spiritual mission in the world. "God is One," he taught, "and He is the Lord of the whole Creation; He brings the Creation to its goal of completion." The Prophet's idea of the Divine will is somewhat narrow because it is arbitrary. Allah is said to guide whom He chooses. "Allah is He whom obeys whoever is in the heavens and whoever is in the earth, and the sun and the moon, and the stars. . . ." says the Holy Koran, "and many there are against whom chastisement has become necessary; and whomsoever Allah abases,

there is none who can make him honorable; surely Allah does what he pleases."

In its ideals, Islam claims to be a highly universal religion. It is based on the belief in the unity, immateriality, power, and supreme love of the Creator. Charity and brotherhood among mankind are its distinguishing features. It teaches to subjugate passions for the Spiritual progress of man, and stresses the outpouring of a grateful heart to the giver of all good. Finally, "the Holy Koran teaches the principle that the development of man's faculties, as it takes place in this life, however unlimited, is not sealed by finality, but is really the starting point toward an immeasurably wider vista of the realms to be traversed, opening out after death, when the Soul is liberated from the limitations of its casement of clay, assuming another body, which will be in accord with the deeds performed here below. . . . Hell is meant to clear a man of the dross which is a hindrance in his Spiritual progress, and when that object has been effected its need vanishes."

In spite of its great progress in the world, Islam is not immune from its imperfections. Religious intolerance on the part of some of its fanatic devotees, who freely used the sword for its propagation, has eclipsed its name as a universal religion. Moreover, its lack of interest in social and intellectual development, and its active discouragement of the fine arts, make it impossible to attract the advanced minds to its fold. Under the Islamic system no class distinction is made between the Spiritual and the civil order of society, and the functions of the church and state are in a hopeless confusion, as they were in Europe during the ascendancy of the Pope. These drawbacks, however, should not be allowed to counteract the good in Islam. It was on the strength of its Spiritual good that Islam made itself a great universal religion.

Whether a religion is tribal or national, or Christian or Moslem, its followers should have no definite Eastern or Western attitude. True religion knows no bounds and it influences all

*(Continued on Page 28)*



# Just Sit Awhile

By ELSA MIEHLING



OME friends, let us sit around the fireside of God's Love, and just talk things over. The crackling of flames, leaping upward, will cause our thought to follow suit, and will warm and help our aching bodies to relax and shed a glow all about, which will soothe our troubled spirits, that have become restless and tired from the glaring, garish lights, and the noise and clamor of the work-a-day world.

Believe me, children, I like to say  
"Are you weary?"

Seek some quiet corner  
And sit awhile.

Let your heart grow empty  
Of every thought and time.  
Just fold your hands  
And sit awhile."

Yea, sit awhile, and then say: "Divine Mother, Eric or Mary (or whatever your name may be) is here. Love me Divine Mother. I need You."

O children, those words—I need You—uttered in love and all sincerity, will bring to fall any barrier which we may have raised subconsciously or otherwise. You know that this is so with regard to anybody who calls to you: "I need you." You will not hesitate to help to the utmost and best of your ability. Your own reaction to this call will insure for you, beyond the shadow of a doubt, the absolute certainty of the Divine Mother's infallible reaction—or—were She less than you?

She is always "awake and ready," so when you say "I need You," She will take your hands, and looking into your eyes with Her soulful, searching gaze, will put to flight all selfish desire before you speak. Then unburden your heart and mind and take counsel together with her and, be the matter what it may, from the smallest worry to the greatest question, in which the welfare of a nation or nations is involved, all will be

answered, for nothing is greater than God, and nothing is too small for Her, for She is the All in All.

Dear children, it is so. Try it yourself, then tell all who come to you in distress, with worries and unbearable loads made so by their ignorance, tell them: "Come, let us sit in Silence by the fireside of God's Love and just talk things over with the Divine Mother."

Tell those who want to force the lock of the door of "the other room," who, goaded by their terrific fear of cowardice, or breaking under a load of sorrow, want to escape, tell them that, in their mad rush to escape they will put out the Light of Hope, stumble, and fall into a pit of darkness. Tell them that there is no escape by the way of the door of "the other room" because this door can never be opened, as it has a time-lock. But, when the appointed moment arrives, it swings on its hinges, and there, standing with outstretched hands, ready to help us cross the threshold, is our Beloved Guru, our Master.

Just talk things over, but have a care not to impose your intellectuality or your will, which will form a barrier, stubborn and hard to let down. Talk things over in detail, in a simple, heart-to-heart way, then confidently look up into those Wonderful Eyes of Love and say: "Jai Ma Anandamai!" (Victory to Thee, Blissful Mother) "Om Sri Krishnarpanamastu!" (The highest end and aim in this life is resignation in Thyself.) "Thy will be done."

Then Divine Mother will lead you to the Hall of Wisdom, where you will hear all answered. And angel songs of Love resounding, will caress you, and, like "hidden flowers breathing their dreams to the night," will permeate your Being, causing you to sense,

Peace.                      Peace.                      Peace.

# The Coming of the Superman

(Continued from Page 18)

It is said that we live in two worlds—the material and the Spiritual—but in reality it is two aspects of one world, a world of things as they are in reality and a world of things as they are relatively, or as apprehended by our physical awareness, the latter being immanent in the former.

The Spiritual is no more an inside without an outside, than the physical is an outside without an inside. Both the inside and the outside are different aspects of the ONE, and we cannot divorce the inside from the outside without taking away that which sustains or supports it. The physical, in other words, is but the medium through which the Spiritual is realized or cognized. But each has its special faculty or apparatus of the same substance as the world to which it adheres. The physical world is perceived by the physical senses and it is foolish to expect to sense the Spiritual except with Spiritual faculties. This is the function of the Cosmic, or sixth sense, and it needs training.

This recognition of the sixth sense, or Cosmic Consciousness, is a wonderful gift of this Age to all mankind, because the human race, as a whole, is entering into a new and advanced stage of evolution in consciousness. Many people are now advancing into the "I am that I am" stage of awareness, which simply means that they have become aware of their birthright, the possession of a sixth sense, or fourth dimensional consciousness. These people are the leaven which will raise the mass of the race to the same plane of consciousness, so that in time this new consciousness will become the common, ordinary one of the race. The individuals who have it at present are the pioneers who are breaking the ground and blazing the trail for the coming of this UNIVERSAL SUPERMAN.

Plato said: "Whether a man wants to be a philosopher, or does not want to be a philosopher, he has to be a

philosopher." So, whether a man wants to be a superman or does not want to be a superman, he has to be a superman, because the universe with all its groanings in the travail of progress and advancement will not allow him to stand still. The time has come when "man must either bend his back to the burden, or the burden to his back."

The lives of all great men of history indicate that they have had flashes, or at least glimpses of this Cosmic Consciousness, and the time is now ripe for the unlocking of the gate of human destiny, revealing a race of supermen who are capable of functioning in this consciousness, which simply means that man has come into his own.

All through the Ages man has dreamed of a society, or nucleus of people, banded together for the common welfare and good of all. Plato thought and wrote about it; sages, philosophers, reformers, and poets have dreamed about "Utopia," where men could live in happiness, mutual cooperation, and brotherhood. In reality, there has always been a group of highly-evolved Souls, under different names, who have worked for the emancipation of man in different parts of the world. At present there is a longing among many peoples for just such a "commonwealth."

The "signs of the times" are plain to those who have to some degree awakened. The commercial airplane and the broadcasting radio are two of the agencies which will weld mankind together and usher in the superman, for whom the world is breathlessly waiting. He will love the world and his fellowmen. Service will be the keynote of his philosophy, and he will serve unselfishly, because he will want to share it with others.

The thrones of absolute monarchs are crumbling in the dust; their crowns are being trampled beneath the feet of the people. The rights and freedom of the superman must be enthroned, national boundaries must be broken down, and the way cleared for "THE

## UNITED STATES OF THE WORLD."

The time is not in some paradise to come, but Here and Now. More and more people are being called upon to usher in this superstructure of Brotherhood, where men and women of wisdom and understanding will combine their powers to guide their fellowmen to bring into manifestation their inherent Spiritual faculties, and nations will joyfully follow.

This, then, is the urge that is causing men and women to seek their happiness in every conceivable way but the One Way. This is the urge, or "driving force," which causes men and women to seek pseudo thrills instead of the "Great Thrill," and it will never cease or let them alone until they recognize its meaning and purpose and begin to conform their lives to its mold. This is the cause and meaning of all the confusion and unrest in which mankind is engulfed today. But to live one day in this glorious time of Opportunity is worth more than to have lived a hundred years in ancient times.

Children of the New Race, embrace this Opportunity. Become a conscious part of this Great Divine Plan today and a champion of this Great Cause. Do not waste the precious hours, but set aside a few minutes of each day in which to concentrate upon Peace, Service, Brotherhood, and the Cosmic Consciousness.

All over the world there is turmoil, confusion, and unrest, but in the heart of each individual is a glowing fire of universal Truth, justice, and freedom, and out of this will emerge the peace, power, and poise of the UNIVERSAL CONSCIOUSNESS.

## This Life=What is It?

By YOGI EGRA

THIS life is but a fragment of Eternity—a pause in the journey from oblivion to the place "not made with hands;" a forward step from ignorance to knowledge; from sorrows to joys; from sickness to health; from darkness to light; from Death to Life. We should only consider our present existence as an opportunity to prepare ourselves for the Life Eternal.

Where many of us make our greatest mistake is in our misunderstanding of the meaning of the term "Eternal Life." Eternal means "without beginning or ending," therefore the Eternal Life toward which so many of us are hopefully looking is not in the future, but now—today. Today, this minute, we are living just as much in Eternity as we shall be one thousand, or one million years from now. We have God's promise of wonderful rewards in our Eternal existence for loving Him and obeying His laws, but it is worse than folly to not expect any part of those rewards until we have passed on from this life.

From the first moment that we accept the Word of God as the Truth, and begin to walk in the footsteps of the Savior, we begin to receive a just portion of that reward, the amount and quality of which is only limited by the intensity and thoroughness with which we follow Him. It is only reasonable to suppose that we shall not be allowed to use up every part of that just reward here on earth, (that a certain portion will be set aside for the future life) but the portion that is given us daily is sufficient, and more, to repay us for every Christian act and endeavor.



# Aunt Becky Hampton

(Continued from Page 20)

middlin' hot an' the other'n cold." She was trembling from her head to her feet; there was a strange insane light in her weird sea green eyes.

For an hour the man of medicine stood watching the curious manipulations of this curious, unscientific woman of the back woods, dipping the lifeless little form first in one pan and then the other. She worked nervously, abstractedly, relentlessly, her lips moving as though in prayer.

"It's no use," the doctor told her finally. "There ain't no power greater than man's brain, an' no man can make life where there ain't any." As he spoke he picked up his bag and turned to the young husband. "Sorry, stranger. Your wife'll be all right."

"More water, John," cried Becky, continuing her furious manipulations, her inconsistent ministrations.

Another hour followed the doctor's departure. Becky Hampton, perspiration now streaming down her face, her eyes still burning with that insane fire, held the father hanging desperately to a delicate thread of hope, even against his own reason and the doctor's professional verdict. Patiently, ceaselessly the woman labored on and on with the pitiful little form of blue flesh, pausing only now and then to call out for more water. Then suddenly a flame of fever leaped into her face. The man, not having discerned the almost imperceptible pulse of life that flickered through the tiny body, grew momentarily fearful for the woman's mind. But before he could speak, the lips of the infant quivered. His eyes caught the faint movement almost as soon as did Becky Hampton's. He started to cry out; but before he could utter a syllable the joy that had choked him was checked in his throat by a tremendous gasp, which was promptly followed by a lusty wail.

When the mother woke, she found the little bundle of pink flesh lying in

the crook of her arm, very much alive by now and sleeping peacefully.

"It was all quite odd, gentlemen," finished Doctor Franklin. "Quite unscientific. Just an odd notion of a quaint unlettered woman who thought she could do the impossible, and who, like many an equally odd person, actually did it."

A long moment of silence followed Doctor Franklin's recital. Then from Doctor Smith: "Well," he smiled, "I've heard a few of the strange legends built up around this old woman. But, Doctor Franklin, I hardly expected you to come forward with such a new and novel one. In this day of scientific research, legend is no longer effective, save where it is supported by factual proof."

"That I'm here to tell it is the proof, doctor," replied Doctor Franklin. "What actually happened has been known only to Aunt Becky Hampton and my family throughout the years."

"You don't mean, doctor," queried Doctor Smith, "that—"

"Yes, my friends, I'm the baby in question. Of course, you have the deciding vote. You can send Aunt Becky away. But so long as I live and she lives I'll work for her release. You'll admit, gentlemen, that she's sane enough to be loyal to what she has considered a Divine secret. That is enough for me. And if I had my way I would go on in the future as I have in the past, secretly supporting her while she lived the sort of life she has always enjoyed."

A few minutes later Vanderburg's three leading doctors re-entered Judge Kryle's courtroom.

"Have you determined the case, gentlemen?" asked The Court.

"We have, Your Honor" declared Doctor Smith. "We've found nothing in the life or actions of Aunt Becky Hampton to warrant a verdict of insanity. We further suggest that from this day on she be allowed to continue her own mode of living without additional molestation."

## What Price Glory?

**T**HE World War, all told, cost—apart from 30 million lives—400 billion dollars,” says Dr. Nicholas Murray Butler in the “Reader’s Digest.” “With that money,” he points out, “we could have built a \$2,500 house, furnished it with \$1,000 worth of furniture, placed it on five acres of land worth \$100 an acre, and given this home to each and every family in the United States, Canada, Australia, England, Wales, Ireland, Scotland, France, Belgium, Germany, and Russia. We could have given to each city of 20,000 inhabitants and over, in each country named, a five million dollar library and a ten million dollar university. Out of what was left we could have set aside a sum at five per cent that would provide a \$1,000 yearly salary for an army of 125,000 teachers and a like salary for another army of 125,000 nurses.”

## Meditations for February

*(Continued from Page 12)*

**Feb. 19.** Forget for a while your grasping desire ever to possess more and more things and your seemingly insatiable desire for physical and mental comfort, and try to “judge righteously” of each experience, to separate the essential from the non-essential, the eternal from the transitory.

**Feb. 20.** No one else can go through your experiences for you. Since you are the one who is suffering, who is unhappy, sorrowful and distressed, you are the one who must find the way out of your difficulties. No one can thrust enlightenment and the realization of God upon you. You alone must make the effort to understand and must not run away from your troubles by seeking to forget them through distractions of whatever kind. The only way through your difficulty is to face it and discover its cause.

**Feb. 21.** You can never run away from yourself and the sooner you discard all your ready-made ideas and try to come to the complete understanding

of your experiences the better it will be for you. Life is to be lived NOW and it requires intelligent awareness to live it well and joyously.

**Feb. 22.** If this moment is lived to the full, spontaneously, freely, gladly, honestly, in love, gratitude, and understanding, listening always to the inner voice for guidance, the next moment, the next year, the next life will take care of themselves. NOW are you a child of God. NOW are you whole, free, powerful, successful, joyful and loving.

**Feb. 23.** Try looking at the world with a free mind and with new eyes, as if you had never seen it before. Try draining each instant of all the sweetness and pain that it holds, for here lies understanding. You miss all of livingness because your mind is wandering away back in the junk heap of the past or floating dreamily in some fantastic vision of the future which will never be. The richness of life is flowing past you and through you NOW. Do not miss it.

**Feb. 24.** You must live life for yourself. You must experience the wonder and beauty of it now, this instant. The future never comes. Beauty, joy, intense awareness are for you now. Wake up and see!

**Feb. 25.** Reality cannot be conveyed to you in the words of another. Life is to be lived and your purpose here is to live it victoriously and intelligently. Beauty and God must be experienced by each Soul alone.

**Feb. 26.** Do not be afraid to be alone. There is joy in solitude, and peace in the stillness of the mind. Give up distractions and idle company and pass willingly through the inevitable period of loneliness in order to reach serenity, understanding, joy and vivid perception.

**Feb. 27.** Since all power is behind your thought, endeavor to think positively and creatively at all times.

**Feb. 28.** How much love, understanding, kindness and gratitude are you expressing in your thoughts, words and deeds toward conditions and people? Such expression is the way to open your channel to the inflow of Divine Power and Love in your life.

# Universal Religious Thought

(Continued from Page 22)

human beings equally everywhere. The aim of religion is to establish the truth about the Fatherhood of God and the Brotherhood of Man. If it aims to divide humanity into East and West, or North or South, it violates its sanctity; and when truth-loving religionists sing the orgies of racial prejudice, fomenting suspicion and discord among various groups of humanity, they are virtual satans in Divine garments. Religion interprets the Divine scheme of life and attempts to unfold the truth. Truth brings harmony and peace. Where peace reigns supreme, there is no place for division and discord; the idea of unity pervades the Universe.

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## The Higher Art of Living

(Continued from Page 8)

are fully satisfied with their few delusions and superficial life.

(4) There are those who have fine success in material life, yet in acquiring that success they lose the equanimity of their Souls and the complacency of their hearts. Consequently, they are unhappy at home and outside. There is no family joy for them. They continue to put on a happy face to conceal their inner unhappiness.

(5) There are those who are brilliant in mind, but poor in health, and restless in their mentality. On account of their mental brilliance, they are ever excusing themselves for their poor health and poor appetite.

(6) There are those who are highly Spiritual but who are always ailing and running to healers. Their lack of balance eats away their Soul's joy.

(7) There are others who are poor but always honest and healthy. Some turn radical and violent; others, who are of a Spiritual nature, turn toward

prayers for help. Herein also perfect balance can be restored.

(8) There are those who are supposed to be Spiritual, yet are suffering from jealousy and meanness. This contradiction is well-nigh universal.

(9) There are those who love God, but a God of their own making. So they do not see the universality of God.

Consequently, to remove these contradictions in life, what we need is Self-Realization, which alone can bring the four-fold perfection and pure happiness into life.

(To Be Continued)

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## The Second Coming of Christ

(Continued from Page 6)

saw Jesus through the eyes of the obsessed man, and used his voice to cry loudly: "Let us alone; let us have the freedom to do anything we please, good or evil."

The evil Spirit was afraid that Jesus, with His Christ Consciousness, having control over all life, would stop him from having an authorized, forced occupation of the obsessed man's mind. This wicked Soul kept the Soul of the obsessed man in a state of suspension, neutrality, and sub-hypnosis, so that the instruments of consciousness—senses, brain, and body—could be used without interruption. As tramps steal rides in unlocked automobiles left by the wayside and ruin them, so also, tramp Souls steal rides by entering the bodies of passive Souls, and usually wreck the brain engines.

Jesus, fearing the advent of insanity in the obsessed man if the unclean devil remained too long, by His life-controlling will power spoke: "HOLD THY PEACE AND COME OUT OF HIM." That is, stop the devilish work of wrecking obsessed brains; hold on to the inner peace of the Soul hidden behind the veil of self-created past evil propensities, and do right again by coming out of the body which you have forcibly and unethically occupied.

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

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

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

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

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-----  
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City ----- State -----

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### To Students and Friends of Self-Realization Fellowship

We shall be glad to consider manuscripts for Inner Culture Magazine, embodying the highest quality of Spiritual thought. No payment will be made for printed contributions.

Kindly keep a carbon copy of your manuscripts, as we cannot be responsible for your articles unless accompanied by a fully stamped and self-addressed envelope for return if not available for publication.

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This food is good with all the meals, for it may be used with fruits for breakfast, and on salads or in soups for lunch and dinner. You are urged to use some, and reveal its properties to yourself. The price is fifty cents a pound. You may order it from the address below.

**SELF-REALIZATION FELLOWSHIP**  
Mt. Washington Estates, Los Angeles, Calif.  
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● Do not continue to wander down the dismal and darkened pathways of Life. Know the Truth; seek facts; grasp the true meaning of Life through the phenomenal Teachings of Self-Realization. These Truths are now brought to your fireside by S. Yogananda, Master Mind of India, who has established the Self-Realization Fellowship in America. These Teachings bring within your understanding the hidden talents, the unused powers, that you possess. They awaken, through reason, the bliss and success that is rightfully yours. Through these Teachings you can easily master the art of super-concentration, the key to dominant achievement. S. Yogananda brings to you the formula of the long-hidden law: "How to Create at Will What You Need."

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**FREE BOOK**

# Creation's Dreams

SUNBURSTS, cataclysms of dusting Cosmic nemesis, scattering of star dust, emancipation of volcanoes, sputtering of spite, landslides of love, hankerings of the heart, cloud-bursts of chaos, doomsday of discriminations, death of worlds, birth of lights, solar stellar, lunar, electronic Pranic systems, Cosmic furnaces of flame, whirlpools of sorrow, rainbows of hope, raindrops of Divine response, lunar floods of love, trumpeting of a million elephants, charging of black bulls, roar of lions, swimming of little fishes, cries of a baby, death throes of the aged, loud laughter and mute sorrow, blossom-fragrant trees, darkness-adorning glow-worms, sky-kissing, snow-crowned mountains, glaciers of stars, the chorus of nightingale voices—all these are echoes of creation's dreams.

Creation indulges in beautiful dreams as well as nightmares. But Thou dost dream only beautiful things and art trying to make Creation dream only beautiful dreams.

—By S. Y.