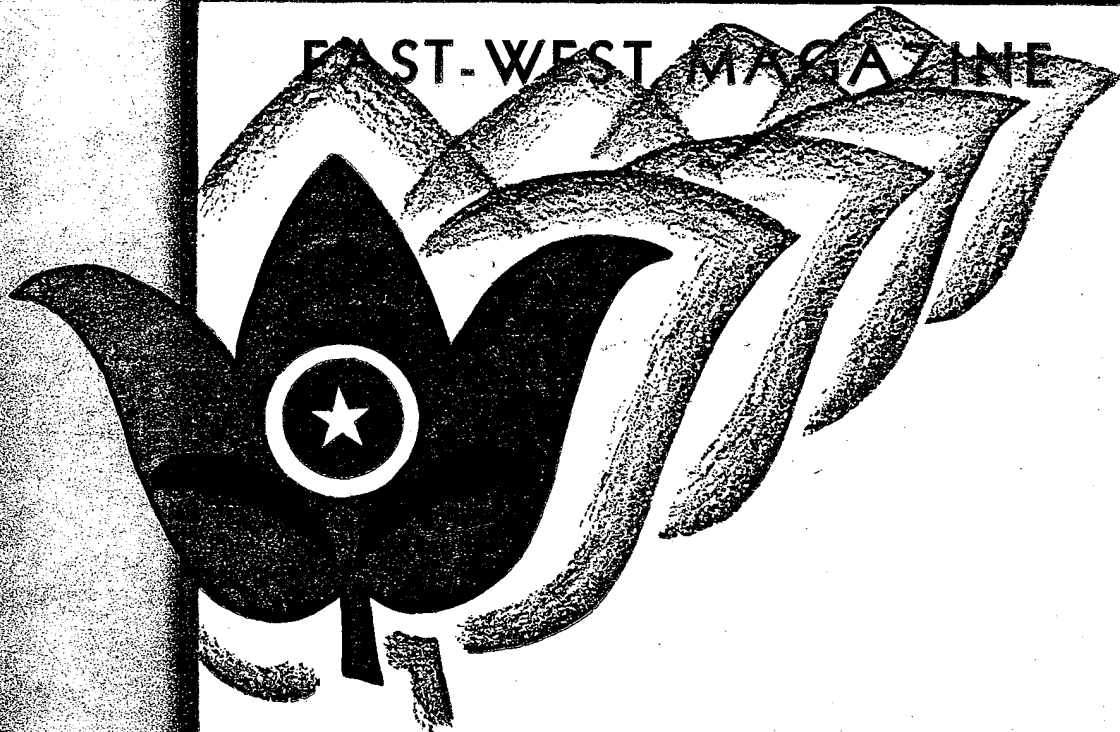


WINNER CULTURE

EAST-WEST MAGAZINE



Increasing Awareness



From Change
to Changelessness

THE FAR EAST

By S. E. M.

After leaving Rome, the Swami and his party journeyed to Athens, enjoying every bit of the way over mountains and through numberless tiny villages which haven't changed for centuries. The sunrise over the Apennines, viewed from the rim of the cone of Mt. Vesuvius, was especially thrilling. From this same vantage point, they enjoyed a magnificent view of the Isle of Capri, across the azure Bay of Naples. Next they visited the ruins of Pompeii and then the historical city of Athens with its ancient temples and monuments and the prison where Socrates drank his death potion.

Then they sailed to the Holy Land, and there trod over the ground made sacred by the Holy Nazarene. They followed the path over which Jesus carried His cross to Calvary, prayed at the various shrines, and saw Mary's kitchen and Joseph's carpenter shop (which are now caverns in a chapel in Nazareth.) They visited the church of the Nativity in Bethlehem, the Mount of Olives, the Church of the Holy Sepulcher, the Sea of Galilee, the Dead Sea, and the River Jordan. This was a time of great devotion and communion.

From here they went to Cairo, Egypt, and then to India, where they arrived at Bombay August 22nd.

So far only a cable has reached us from India, but there will be more news next month.



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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SALOME E. MARCKWARDT, Managing Editor.

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October, 1935

Page One

Goodness

*J*WONDER, after all, if goodness is not the greatest part of true greatness, for a man or woman may be accomplished in many ways, but if he or she is lacking in kindness, in gentleness, in love, in compassion, there is a lack of the essence of the most divine quality of the soul. A man may have learned how to accomplish so-called miracles, yet if he be lacking in goodness of heart, in the yearning to serve, in sympathy for everything that breathes, he is hardly worthy of veneration.

A man of master mind, will, and power deserves and receives admiration, and the discipline which makes him powerful is worthy of emulation, yet if his heart be cold, he is not entitled to reverence, nor will he receive it. True reverence (the worship of the light of love within man) lifts and blesses the receiver as well as the giver. Reverence is a food which increases the light and power of those who have earned it. Without this food, no Soul can come to maturity. With such food, there is an eternal resurrection from life, to life more abundant.

—By James M. Warnack.

Increasing Awareness

By S. Y.

ALL knowledge comes from the inner source, from the soul without limitation. How are you going to find out all the mysteries of the body and all the mystery of divine things in one short span of human life if you do not tap your inner source, which is omniscient?

Do you realize how you spend your life? Very few of us know how much we can put in our life if we use it properly, rightly, wisely, economically. Economize your time—lifetimes ebb away before we wake up, and that is why we do not realize the value of the immortal time which God has given us. Time is spent in rushing, in racing, in getting nowhere. Very few of us stop, think, and find out what life can give to us. Do you know how many years actually you live? Most people sleep from six to ten hours a day—one-third of their life is gone. Sixty years is the average life. One-third of that, twenty to twenty-five years, is spent in unconsciousness. Thus only forty or thirty-five years are left. About five or ten years are spent in talking about nothing, and in amusements. That brings it down to thirty—and out of that thirty years, what else do you do? Eat and do nothing, and of course attend to business. Business is necessary, business is for the purpose of keeping the bodily animal all right. That takes most of your time. Actually scrutinize your life—you live hardly ten years.

This world is a vast school, and in your sixty years of life many things are necessary, but if you keep only the body vehicle all right, that is not the sole purpose of life. Don't think that just in order to be well-clothed and fed you have to have millions of dollars—you don't have to lead a sophisticated life in order to merely feed the bodily animal. Life's goal is much better. Ask

yourself now this question: How many good books have I read in this life? Every day about two dozen new books are being printed in America on ethics, music, literature, botany, logic, science, and the scriptures. How are you going to pack all this knowledge into your ten years of life? Then again, sixty years is not the life of every one; just the lucky ones have even that. What hope have you?

How can you quicken evolution? By consciously condensing all your experiences, by the power of concentration. By concentration you gather your attention, focusing it to a point. By condensation you again use your attention to quickly do a thing which ordinarily would take a long time to do.

Luther Burbank's Methods

How is the human brain going to acquire in a lifetime all knowledge and wisdom? That is my question. When I met Luther Burbank, he showed me a walnut tree, and he said: "I took off more than one hundred years from its usual period of growth. I grew that in twelve years." And you could see the tree bearing walnuts! He made almonds have soft shells, made over the tomato, and created the Shasta daisy from bulbs, and the cactus without thorns. In primitive times the different animals used to eat the cactus, so the cactus developed thorns. When one life begins to hurt another life, that life develops weapons of defense. Burbank went into the garden, looked at the cactus, and every day began to talk to the cactus. "Please, beloved Cactus, I am Luther Burbank, your friend. I don't mean to hurt you, I am not going to hurt you at all, so why develop thorns?" And so the thornless cactus was developed by talking, by attention, by his knowledge of Nature's laws.

You can impress certain vibrations on protoplasm. If the walnut tree can be made to grow in twelve years instead of one hundred and fifty years, there is a chance for human beings also. How is a human being within sixty years of existence to develop so that he can be the center of all knowledge? That is the point I want to drive home to your mind. I have shown how machinery quickened world evolution. Where did machinery come from?—from the factory of human minds. If man quickened evolution in business, man can quicken his evolution in all branches of life, including his own inner life.

Knowledge Is Infinite

Are you going to waste your time by the wayside? How are you going to condense your experiences; how are you going to learn all the things that you want to learn? The ordinary person does not think at all—just eats, sleeps, and dies. Doesn't your heart throb to learn everything that is going on in the world? How is it possible for the average human being to know them all? How are you going to find time to read of Jesus, of Aristotle, of all the great poets? Life seems hopelessly short when you think of that. You read a few books, and think you know everything. In the cities you have wonderful libraries, but comparatively few people go there. Think of all the knowledge of all human beings; how, in these few years, are you going to pack it in your brain? Is it possible? As long as you live on this earth, as long as the power in the eye shall give you strength to see the stars, as long as you enjoy God's sunshine and breathe His air, so long will you yearn for knowledge. Most human beings walk with an empty skull, and they think that there is a brain there—they think it, that is all. They walk in emptiness.

"Oh, yes," you say, "I have a wonderful library at home. Come on, I will show it to you." Beautiful but untouched! Music, poetry, science, everything is there. With all the things you want to learn you don't want to waste your time. You are filled with unhappiness most of the time because you don't keep the mind engaged. Think of Aristotle, Shakespeare, Maeterlinck,

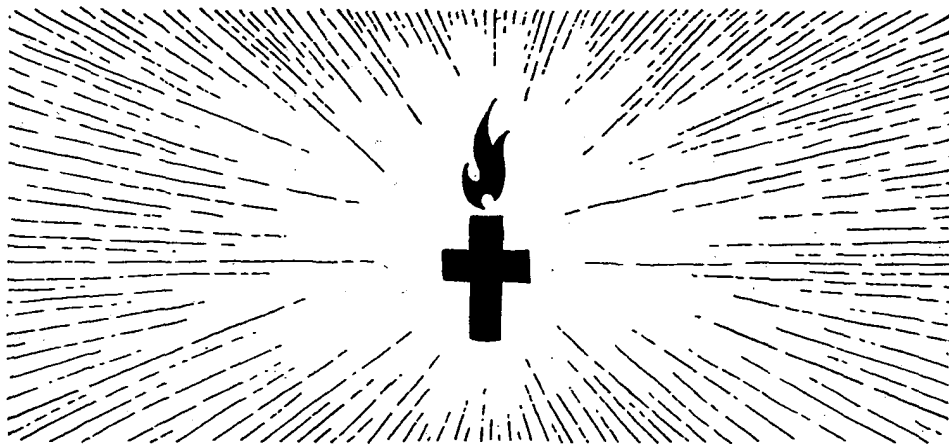
Lord Shankara, and their works. Think of the privilege you have. You can converse with all of them at will through their wonderful books. Instead of that you are wondering all the time what play you are going to see next. It is good once in a while to be entertained, but if you spend your life gossiping about others, or being interested in others' faults, not your own faults, the loss is yours.

You have lots of house-cleaning to do yourself. You are wasting priceless time when the treasures of God are around you, ready to be received. Wisdom comes, knocks at your gate, gently saying: "Let me in," but there is no answer, no thought, no response there. Cheap, sensational novels call you hoarsely with their grossness and your thoughts rush out to receive them with open hearts. Thus you develop a taste for inferior things. If you develop a liking for unwholesome cheese, you lose your taste for the good, fresh cheese. As you develop a taste for inferior things, you lose a taste for better things, and you think yourself unable to be otherwise because of bad habit.

Cultivate the habit of picking up in this life more worth-while things. Schedule your life, read the best books in the world; don't waste time reading this and that—pick up the best books. Read of medicine, astronomy, science, and the Scriptures. One thing that must be your first concern: you must find your vocation. By contact with the Cosmic Vibration in meditation, you will be led to the goal, you will be led to the thing you ought to do. Concentrate upon that thing, make yourself proficient in that. Many men try ten kinds of business without getting really acquainted with any. You can't learn everything about all things, but you can learn everything about one thing.

Knowledge is so vast, spiritual wisdom and all things are so vast, and though this world is vast to us, it is but a speck in the universe. How is it possible in this life to have all the wisdom that many human beings have from time to time gathered from the school of life? There are lots of things to know. The world is becoming small; every day

(Continued on Page 27)



The Second Coming of Christ

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

By S. Y.

A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick: and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in Heaven.

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

JUST as lighted candles are meant to be put on candlesticks, so that they may give light in the house, and not be covered up by bushel baskets, so also, souls are lighted with the image of God, not to be enshrouded by ignorance, uselessness, materiality, and death, but that they may, with the light of wisdom and goodness, bring healing to spiritually diseased souls. Evil eclipses the light of the soul. As the flame of a candle is extinguished by lack of oxygen, so a soul loses its luster without the vitality of goodness. Good souls must not remain hidden, as expressed in Gray’s “Elegy”—“Full many a flower is born to blush unseen, and waste its sweetness on the desert air.” They ought to manifest their good ac-

tions among men, so that dark souls may be illumined. Good souls shine with the invisible Light of God. Good souls make the invisible Light of God’s goodness visible in their hearts and actions, and good souls declare the presence of God and act like spiritual beacons to lead stray souls back to the mansion of God.

The Father is hidden behind the etheric walls of heaven and cloistered in the invisible castle of Cosmic Consciousness, and He comes out of His secret place only into the temple of illumined souls. It is the light of goodness in advanced souls which reveals and declares the glory of the hidden Father. God is our Father because He is the creator of all goodness, our Supreme sole originator and protector.

Think not that I come to destroy the law or the prophets: I am not come to destroy, but to fulfill. For verily I say unto you, till heaven and earth shall pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.

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

Commercial priest-craft often merchandises religion and distorts its principles. Great saints are born to expose those distortions and to bring out the principles of truth which are universally true and useful for all times—present, past, and future. But the commercial priests, afraid that their trade in religion will be hurt, always condemn the actions of true reformers as highly irreligious, unscriptural and blasphemous.

Forestalling this resistance and accusation from unscrupulous Pharisees, Jesus sounded a note of warning to His followers and emphatically said: "Remember ye, children, I came not to destroy the universal law of righteousness, nor the ever-true teachings of the prophets, but I came to revive them."

Jesus came to show the difference between the true, eternal principles of religion and the distorted customs of religion. Religious customs are an alloy of partial religious principle and the weaknesses of human character.

Priests, who can follow the strict religious principles, often modify them to suit their weaknesses and their accusing conscience. The principles of life and ideals should never be dragged down to meet us even if we cannot reach their height. We should acknowledge our inability to follow the principles instead of lowering the sanctity of the ideals that govern our lives.

Jesus said that matter and planetary manifestations, including the earth, were the condensed mind and energy of God: "The word was made flesh and dwelt among us," that is, the vibratory power of thought and energy were condensed into the earth shape. God's thought about creating an earth was impregnated with His will and energy and was quickened and materialized into the grosser vibration of earth or matter.

Heaven consists of the universe of rays, atoms, electrons, and lights which dwell behind the ether and beyond the limited power of visibility of the human eyes. Both earth and Heaven are gross and astral motion pictures of the earthly and astral life played on the screen of human and soul consciousness.

Jesus said that all these Heavenly and earthly motion pictures have one

purpose, that is, to fulfill every bit of the law of righteousness as intended by God and His true devotees. Jesus emphasized that until all the laws of righteousness in all their details are fulfilled, heaven and earth, with all their limitations, will go on existing. Heaven and earth are made manifest in order to work out all of the divine laws of righteousness. When they manifest righteousness in its entirety, then it will not be necessary for them to exist any longer, but, being perfect, they will be absorbed into the bosom of God. Heaven and earth are fighting imperfection and are existing to manifest the perfect laws of God. And heaven and earth will never be absorbed into God until the law of ideal living and all its auxiliary laws are fulfilled in the earthly and divine living of men and astral Beings.

Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the Kingdom of Heaven: but whosoever shall do and teach them, the same shall be called great in the Kingdom of Heaven. For I say unto you, that except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the Kingdom of Heaven.

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

Whosoever does not live the life of truth in all its details, but who breaks one of the least truths commanded from within by the voice of conscience and intuition, shall not be regarded highly according to the standards of God-known men. The greatest in the Kingdom of God are those who are enjoying Cosmic Consciousness. Such souls obey the greatest and the least laws which govern true life.

Those who live according to the highest and the least laws of truth in their own lives, and who teach them both vocally and specially by the example of their lives, are considered high by those who are graced with Cosmic Consciousness. The Kingdom of Heaven is not a land ruled by an autocratic Divine King. It is a state of Cosmic Conscious-

(Continued on Page 26)

From Change to Changelessness

By S. Y.

BHAGAVAD GITA

CHAPTER II Stanza XII

IT is not that I never incarnated before, nor that thou, nor these other royal ones, never incarnated before. Nor shall we stop existing in all futurity.

POETIC RENDITION

I have bloomed before in the garden
of life,
Even as I am blossoming with life
now.
You, and all these royal ones, who
are here once more,
Were fragrant buds of life in former
incarnations.
It is not true that we may not again
choose
To adorn the barren trees of future
lives
With the buds of our reincarnated
souls.

SPIRITUAL INTERPRETATION

We have the consciousness of duality that you and I and other people exist now because we existed before through ignorance, as a result of cause and effect. This consciousness of duality, and the relativity of our existence and others, will exist in all futurity if we are identified with mortal consciousness. You and I and all the royal ones, being under the influence of the law of causation and mortal desires, have reincarnated now from our previous forms of existence, and, if we continue to let our lives be governed by the law of human desires, and actions, we shall continue to exist in the future as long as we want to.

October, 1935

ELABORATE SPIRITUAL INTERPRETATION

Reincarnation signifies not only the change of the residence of the soul from one body to another, but it also signifies the ego changing from one state of consciousness to another. Any individual, at the age of ninety, might introspect and say to himself and his particular consciousness (you and I) and other noble thoughts (royal ones) that he had existed before in the states of childhood, adolescence, and so forth, and that he will continue to exist in the future if the body lives to the age of one hundred years, for one can live many lives in one life span. Of course, in that case one is simultaneously conscious of all the different lives (or habits of life) of his one life.

The wise man, like Krishna, the preceptor of Arjuna, possessing Cosmic Consciousness, or one eternal, ever-awake consciousness uninterrupted by death, could perceive all the stars of his reincarnated lives which twinkled in the firmament of His consciousness running through past, present, and all future times. Hence, Krishna says to Arjuna that all those existing now are the result of former desires in former lives, and that all those who are influenced by desire must reincarnate again. Krishna, the Spirit, asks the devotee to rise above the law of causation and mortal desires, which lead to a chain of misery-making incarnations.

Stanza XIII

As the ego is continuously conscious of itself in childhood, youth, and old age, so also, the embodied soul is, without interruption, continuously con-

Page Seven

scious, not only of infancy, adolescence, and old age, but also of the attaining of another body after death.

POETIC RENDITION

The soul perceives all the bubbles of states of consciousness,
Which float in the past, present, and future river of time.

SPIRITUAL INTERPRETATION

Just as mortals, staying in this body, according to the nature of the body gradually perceive infancy, youth, and decrepitude without undergoing a change of consciousness, so also, due to the nature of the body, one body is to be forsaken for another new one. This in no way brings destruction to the human soul. The wise ones take life and death as different experiences in the uninterrupted consciousness of soul-perception.

The ordinary mortal does not perceive the pre-natal and post-mortem

continuity of consciousness and existence, hence he is afraid of the dark past and the unknown gloomy future. But the wise, by meditation, shift the consciousness from the changes of birth and death to the changeless Being in whose bosom all changes dance. The devotee, being one with the Spirit, beholds all pre-natal, post-natal, and post-mortem changes without being affected by them. This experience can insure everlasting changeless happiness. Those who are engrossed in change, and expect permanent happiness from the changeable objects of senses, are deluded. Do not expect to reap everlasting happiness from your friends, your beloved family, or your dear possessions. They will be meaningless when you grow used to them, and will become old with unappreciative, powerless senses. Concentrate upon the immortal Spirit through meditation and you will find there the harvest of eternal ever-new peace.

Recognition

All bravely forth went Laddie-child
In village strange and new.
His first lone trip into the World,
A gallant knight and true!
And lo! He met the Trash-Man.

Adventure high the world still holds
For any valorous knight—
On his return he proudly cried,
His face with joy alight:
"Mother! I met the Trash-Man!"

Myself have been about the World,
On serious missions bent;
Have counselled with great financiers,
Met Sage and President.
Our Laddie—met the Trash-Man.

But never yet has glowed my heart
With such uplifting pride,
Nor have I brought such beaming face
Unto my fireside,
As Laddie—who met the Trash-Man.

O, Kindred Spark! Awake my sense
Of Universal Good,
Reaching the sweet, deep joy of life
In Common Brotherhood,
As when Laddie—met the Trash-Man.

—By Julia Brown Calvert.

Leaves from the Book of Love

By STARR DAILY

Love as an intellectual concept is a beautiful ideal to talk about; love felt is a pleasurable emotion to entertain; but love expressed lays up treasures in the soul, sweetens the spirit, and makes lovely the ugly lines of loveless age.

* * *

We coin a term for things we cannot describe; we define the things that have no definition; we see love in the eye of a friend, and we call it light. Light is a good term for it, a good definition, but somehow I prefer the term "God." I prefer God because there is only one God, while there are many lights.

* * *

And many kinds of love have we,
Some give us pain, while some give pleasure;
Some bind us, others set us free,
Some we avoid and others treasure.
The kind of love I'd have and hold
Grows young while I myself grow old.

* * *

Small love may experience the most painful of all human tragedy, its own death. Great love is an armored warrior deflecting the darts it cannot assimilate and assimilating those it cannot deflect. Great love has the authority and power of forgiveness; small love is worthy of being forgiven. Great love overcomes; small love undergoes. The one is the untrained infant, the other the all-wise parent. It is better to be Love's babe and love a little than not to love at all.

* * *

Once an observing lady pointed out the town's odd-jobs-man to me. "Old Jim is shiftless," she said. "He lives from hand to mouth. He's a Jack-of-all-Trades and a master of none. And he drinks. We mention him when we

wish to teach our children the things they should avoid. In that way, perhaps, he has at least some value to our community.

Later I saw Old Jim in the back yard of his dilapidated home. He was the center of a circle of chattering children. He was making something with hammer and saw. What it was I couldn't see; some foolish, useless gimcrack, I suppose. I was amazed that the children loved him, after all I had heard about him from my lady informant. Still later I talked to Old Jim. I mentioned the lady casually, suggesting that, perhaps, she was a little inclined to judge her neighbors uncharitably. He cackled and his eyes twinkled. "In a little place," he said, "thar ain't much to talk about, I reckon, so we jest kinda talk about each other. Mrs. M—'s got a mighty big heart for all o' that." And now that the children loved him, no longer seemed so strange to me.

* * *

To love when we ourselves are loved
Makes Love's path bright and breezy.
To love where love is not returned
We seldom find so easy.
And yet it is great loves that dare
With friend and foe alike to share.

* * *

True love suffers with that it might suffer for. He is a thief who receives my love and rejects its purpose. For love has a purpose. That purpose is to create something noble out of something that was less noble. As, for instance: "God so loved the world that He gave His only begotten Son, that whosoever believeth on Him should have everlasting life."

* * *

So long as there is pain in the world, there must be love, for it is the law of

the world that pain without love is intolerable.

* * *

One who loves his own soul must likewise love all souls. And one who loves all souls does not grieve over the loss of that which is not the soul. For to weep over the dead is to begrudge the soul its freedom. Those who do not love their own souls testify to this when they indicate fear of death. They think more of their bodies than they do their souls. It is well to love one's body and keep it clean, but it is better to love one's soul and keep it free.

* * *

Once upon a time an ancient sage came upon two lovers. Somewhat embarrassed, he attempted to turn away. The lovers were young and frank and full of fun. His face flushed with fevered blood, the young man bade the sage to pause. Said he, "Old man, you have had your day. Life no longer offers you a gift. To me it offers many; and yet I have asked for only one, and life has granted that one."

"And what is it?" asked the sage, dreamily.

"Love," said the young man.

"You're right my boy," mused the ancient passer-by, "I have lived many years and life has not given me the gift I seek."

"And what is that?" asked the young man in turn.

"The will to love."

"The will to love?"

"Wisely," replied the sage, as he turned away.

Putting his arm around the maid, the

young man said: "I wonder what he meant by that?"

"Who knows?" the maid answered. "I guess it's just one of those funny notions that seem to afflict old people. I hope we never get that way."

"We won't," he assured her. "Our love will last forever."

Because they had loved unwisely, they were prematurely wed. And because they were prematurely wed, they did not keep the illusion. Years passed. The young man, now an old man, came upon two lovers, and the younger man of the two asked him the same question he had asked many years before, and he now answered: "The will to love."

"The will to love?"

"Wisely," he added, as he turned away.

Said the young man, putting his arm around the maid: "I wonder what he meant by that?"

"Who knows?" the maid replied. "I guess it's just one of those funny notions that seem to afflict old people. I hope we never get that way."

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It's such an old story and has been repeated so many times that much repetition has destroyed its value for good. As it was with the young love of Adam and Eve, so it is with the Adams and Eves of today. To young love, advice is still the most unwelcome thing in the world.

Today's Opportunity

Each new day is an opportunity to start all over again . . . to cleanse our minds and hearts anew, and to clarify our vision. Let us not clutter up today with the leavings of other days.

—Oliver Wendell Holmes.

Meditations for October

By S. E. M.

Tues.
Oct. 1 Your first duty is to offer praise, love, gratitude and adoration to the Divine Presence, which is always with you. Such communion automatically lifts the outer mind and raises the consciousness. It is only when you enter the realm of cause that you can be of any real service to yourself or anyone else.

Wed.
Oct. 2 Your attention must be fixed on the Source of life, love, wisdom and power if you wish to draw forth and use these qualities.

Thurs.
Oct. 3 The mind should be so completely filled and occupied with the Divine Presence that every act is perfect service.

Fri.
Oct. 4 Remember that it is the Power which causes manifestation that you are really seeking. Loose your mind from things and outer activities, get your whole self still, and realize your relation to the Eternal Cause, to Life, Love and Wisdom.

Sat.
Oct. 5 Acknowledge and accept—practice the presence of God if you would have It real to you.

Sun.
Oct. 6 You must rid yourself of the idea that you have power of your own, that you act, speak and think by yourself. You cannot even breathe without calling on the indwelling Power which causes all manifestation and activity. There is nothing like this realization to free you from pride and self glorification. Meditate on it often.

Mon.
Oct. 7 Why not acknowledge the Master within, which is your God-Self, and consciously and joyously work with Him to bring perfection, beauty, harmony and wholeness into your life, and through you to the world?

Tues.
Oct. 8 Since, without divine power, you would not have the energy to perform any act or to think a single thought, do not let outer duties, no matter how pressing and important, keep you from acknowledging and lovingly communing with your God-Self, with the ever-present Love, Wisdom and Power in which you move and have your being.

Wed.
Oct. 9 After communing with your Divine Presence, your whole being is charged with energy and power and you cannot help doing and saying the perfect thing.

Thurs.
Oct. 10 If you wish to be of service and if you wish to demonstrate perfection, then go often to your Source in joy and confidence. Nothing but the realization and acceptance of God-in-you can bring you the good you desire.

Friday This realization can come only through regular meditation, and constant practice of the Presence in moments of quietness. Talk to Him as to your dearest friend. You will always find response beyond your expectations.

Sat. By recognizing, acknowledging, accepting, understanding, and feeling the Infinite Presence, you open yourself up to the inflow of divine love, intelligence, energy and life. When your attitude is joyful and receptive, the irresistible power can be released through you to create perfection.

Sun. If you will put your mind on the Godhead, on the Divine Presence, which is in you and with you, on the Cosmic Christ (or whatever conception makes It real to you) and keep it there without wavering, you can accomplish anything. This is what is meant by "seeking God first." This is the way to raise your consciousness.

Mon. Fill your mind with truth by meditating, by reading inspiring books and by having at your command statements of truth in the form of definite, exactly-worded affirmations which you can take hold of any time you find your mind slipping into criticism, condemnation, fear, or in any way falling below the standard you have set for it.

Tues. For a long time you have been spasmodically and halfheartedly trying to progress spiritually. Why not take yourself firmly in hand, make a great determination, solemnly vow that for one month you will practice regularly what you know? It is always difficult to keep yourself at it at first, but if you will hold to your determination for a month in spite of everything, you will be well on the way to establishing a habit. Practice will become easier, it may, even in that short time, become so pleasant and desirable that it will no longer be a struggle but a delight, and certainly the results will be beyond your expectations.

Wed. The practice for this month that you have determined upon should be care-

fully thought out and a definite program or schedule written down. A group of people made such a vow this month. Later they may get together and extend the time if necessary, but for at least one month, they are going to go through their own practices regularly and are helping each other by conscious use of Divine Love and definite spiritual treatments. It is helpful to associate with understanding and like-minded people, but if you do not know any one who is interested in spiritual development, step out into space by yourself. Divine help and companionship always await your acknowledgment, acceptance and call.

Thurs. Such a schedule should include at least one hour, **Oct. 17** morning and evening, of carefully planned concentration, meditation and spiritual treatments for others. There should be about ten minutes of quietness at noon, and no matter what your tasks during the day, always a part of your mind should be aware of the Divine Presence. This program means constant watching of every thought, feeling, word and deed in order to rid yourself of the hindrances which keep you from manifesting the perfection you desire.

Fri. Free yourself from all habits and appetites which hold **Oct. 18** you back. Control your body, mind and emotions for one month. Select a few good affirmations which cover the ground and which bring a feeling of reality and truth to you, and use them constantly. Keep your mind filled with thoughts of love, beauty, and success. Be sure to repeat the affirmations the last thing before falling asleep. This will be a busy month, but it will be a happy and profitable one. Try it if you are in earnest. It is time to take a definite stand and really do something about your life. If you live up to your determinations for one month, the habit of meditation and right thinking will be pretty well established and it will be much easier to go on from there.

Sat. You must make the initial effort yourself, and it probably will be difficult at first **Oct. 19** to change your habits and to control

your thoughts and feelings. However, if you will make a persistent effort to free your life from discord and to attune yourself to Infinite Power and Wisdom, you will gradually accumulate a momentum which will help to carry you along.

Sun. Keep your desire for freedom and understanding intense, your determination firm and unwavering, and demand the help you need.
Oct. 20

Mon. Daily call on the invincible Power and all-conquering Love to take charge of your life and lead you to Its perfection, freedom and happiness.
Oct. 21

Tues. Wherever your attention is, there you are. Attention is one of the most powerful instruments for development and freedom that you have and it is completely under your control. It is for you to direct and decide what shall be brought into your life.
Oct. 22

Wed. There isn't any condition which cannot be changed harmoniously, without violence, if you go about it in the right way. You can have dominion over yourself and over your world if you really desire it.
Oct. 23

Thurs. Stop criticizing other people. You have no right to judge another because you can never know exactly the conditions and forces with which he is contending. Your negative thought may be just enough to make him do the thing he is trying to overcome. You are responsible for the limiting and binding thoughts you hold about other people, and such thoughts always register in your own mind and conditions and bring results like themselves.
Oct. 24

Fri. If you are ever to be free, every thought of criticism and condemnation must be
Oct. 25

forever driven from your consciousness and must be replaced by divine love, compassion and understanding.

Sat. If you have made a mistake or if you are struggling to overcome some problem, wouldn't you be thankful for kind, loving, understanding thoughts from other people instead of fault-finding and criticism? See that you never fail to send out such thoughts to all people at all times.
Oct. 26

Sun. Thoughts and feelings of truth, beauty and compassion also register first in your own mind and world and help to bring you ever nearer to your goal of freedom, perfection and spiritual understanding. Every time you really help some one else you help yourself.
Oct. 27

Mon. If you would have abundance, get into the habit of blessing everything you touch and each time you desire something, ask that every other person who desires a similar thing may have one equally as good as the one you are asking for yourself.
Oct. 28

Tues. If you desire freedom from limitation of all kinds, decree it for all people.
Oct. 29

Wed. Fix your attention on the Presence of God in you and hold it there with tenacious determination until He can fully release His power, love, wisdom, courage and activity through you.
Oct. 30

Thurs. If it is your real desire to be freed from all that hinders you from attaining complete perfection and understanding, know that the love, wisdom and power of the Divine Presence are waiting to give you the assistance you need when you make the effort to free yourself and call for divine help.
Oct. 31

Difficulties of Character Building

You cannot dream yourself into a character; you must hammer and forge yourself into one. —Froude.

Scientific Digest

How to Sit to Conserve Energy

THE most tiring way to sit while working is to slouch back in a chair, allowing the chin to droop on the chest. The most important mistake in sitting, said Dr. Morris M. Brill, in a recent report, is to allow the weight to rest on the spine.

"To sit so as to conserve energy," he writes, "sit well back in your chair, so that your weight is on the bottom of your thighs instead of on the base of your spine. Nature has eliminated all nerves from the parts of the pelvis that support us while sitting.

For desk or table work of any kind, draw one foot back by the side of your chair and lean forward slightly, bending at the hips, not at the neck or waist line. Never allow your shoulders to get back of your hips. There is something magically exhilarating about this position. One has to work in it."

Authors report that Dr. Brill's sitting system permits them to write for many hours without fatigue, and school teachers reported an increase of 25 per cent in efficiency the first day their pupils tried the method.

Substance that Reduces Cost of Air-Conditioning

A STRANGE substance known as "silica gel," which looks like sand but has the power to absorb water vapor from air, seems destined to reduce the cost of air conditioning to within reach of average home owners.

Silica gel is an ideal dehumidifier. Use of the new system may result in the simplification of air conditioning systems which up to now have been confined to large buildings because of the

cost of installing the required equipment. Silica gel is seen as playing a leading role in lowering the cost and making air conditioning available to small residences.

Lack of Science in Home

WHAT is wrong with household management?" This subject was recently discussed by delegates from France, England, America, and other parts of the world at the "International Congress for Scientific Management." It was found that a French peasant woman takes so many needless steps in her daily chores that in 40 years she has walked a third of the way round the world.

In England, houses are still being built with kitchens that look deceptively convenient, but still have unventilated larders, cupboards that all have to be reached by standing on chairs, hot-water cylinders exposed, and other antiquated devices. The British Women's Committee advocated recognizing housework as "a most important industry," and taking active steps to make scientific working possible in the home.

Comparatively few efficiency studies of household tasks have been made in the United States, but widespread interest in this field is now shown, said a report from the U. S. Department of Agriculture. One experiment has been shown in a farm kitchen, in which a housewife was shown how she could reduce her steps from 143 to 24, when making a coffee cake.

The discussions at the Congress were aimed toward showing "how far scientific management in the home can contribute to the raising of the standard of living."

The Fable of the Painter

By ELIZABETH SWALLER

IN a land which lies beyond our vision, where truth and beauty blossom like daisies in a smiling field, there lived a great painter. In his heart the spirit of love burned like a flame on the altar of his life.

He dwelt among people who knew him not, but to whom his great heart went out in love and compassion, for the seeds of discord had been sown in the land. And there was much sorrow.

When he beheld the suffering of his fellow-beings he said: "I will paint a masterful picture with the glowing colors of love, so that all who behold it will awaken to its powers."

In due time the picture was finished and was hung in a great gallery where throngs came to admire. Some came to criticize, and some came to condemn. A few there were who perceived in the painting the purpose of the artist, and these sought him out to render him their love and homage. To some the painting revealed only the beauty of color and line, while others saw only daubs of paint. These reviled the noble artist and called him hard names.

And the heart of the painter was sad.

After a season he said: "I will not be discouraged, but will paint another picture in which my love will be so manifest that even the blind will be exalted through the fragrance of its soul."

Soon another picture was finished, and it graced the walls of the gallery where hung the first. Like its predecessor, it drew forth admiration from many persons, and reverence from those who understood. But again, there was reviling from those whose souls had become darkened by long journeys through Stygian lanes.

A second time the painter was saddened by the abuse which was heaped

upon him, but again he said: "I will not be discouraged, but will paint a third picture, and in this I will use the colors of love as freely as before. Then none will fail to understand my all-embracing purpose when they see, hanging side by side, these three expressions of my heart."

Before long the picture was finished and found its place on the walls of the vast gallery. Great were the multitudes who assembled to view this last production. Although the three paintings were of the same dimensions, and although each expressed in its own individual manner all the perfect principles of the painter's art, yet there was great diversity of opinion as to their relative values. Comparisons sprang up and there was much arguing by many who came to admire. They were so intent upon expressing their own opinions regarding the merits of the painter's work that contention and hot anger arose among them.

Soon there was violence and the shedding of blood, and separation into factions, each loudly denouncing the other. Many declared the last picture to be far superior to the preceding ones and thus in their over-enthusiasm and contention they developed conditions so disastrous and far-reaching that multitudes became stricken with blindness.

All through the tumult which followed there remained a few persons who declared that each picture held all the merits of the others, and that each one revealed plainly the purpose of the artist. These were loudly denounced by those who had lost their vision. Denunciation led to persecution, and persecution has continued down the Ages, even to the present day.

But the great heart of the painter beats on.

The Only Way

MAN does not "kill the thing he loves," Mr. Wilde to the contrary notwithstanding. Man does one of two things with that which he loves: he identifies himself with it or incorporates it, the result being the same.

War solves nothing and is fundamentally a failure for the same reason that murder is a fundamental mistake, and that is because it is based upon a sense of the separation of that which, in reality, is one and eternally inseparable.

Neither vengeance nor the argument that the sacrifice of one man can compensate for the apparent injustice done to another, can ever justify murder. He who kills, or thinks he kills, binds to himself the creature he hoped to escape.

"He that hateth his brother is a murderer," it was said of old, and the murderer cannot escape his victim, nor the thought of him. Men kill because they imagine that the object of their hatred is not a part of themselves, yet in the attempt to slay, be it successful or unsuccessful, they usually discover the fallacy of their philosophy.

Nothing ever was won by fighting. Everything is to be gained by co-operation, adoption, adaptation, fusion, love. That is true in all realms, on all planes. It is true in human history and in natural history, and it is true in the realms of mind and Spirit.

Conquered peoples have many times conquered their victors through amalgamation, fusion, love expressed not only through sex but by social, intellectual, and religious intercourse. The ocean does not fight the rivers—it draws them to itself. The dawn does not quarrel with the night—it embraces it.

Truth is never discovered by considering anything as being false in itself, but by the willingness to perceive Truth everywhere and in all things. Among the many wonderful lines in the Quoran is this: "The East and West belong to God; therefore, whithersoever thou turnest, there is the face of God."

God is seen best, perhaps, by those who insist upon seeing Him alone, recognizing no opposing demon, admitting no other power nor entity, nor cause nor effect, outside of the One Eternal Being.

In the meantime, we may know that destruction is impossible; that nothing can pass from the realm of universal life; that change is possible, but annihilation, never; that hate, envy, greed, and a narrow, personal selfishness never brings peace, but only fever and a struggle against the natural, beautiful, organic unity of all parts of the universal body of Truth.

—By James M. Warnack.

Diet and Health

By ELLEN EASTON, B. S.

DINNER MENU

Clear tomato soup
Cauliflower and spinach salad
Onions baked with cheese
String beans—steamed and buttered
Harvard beets (Use lemon juice instead of vinegar)
Brown Betty pudding.

CAULIFLOWER AND SPINACH SALAD

Separate tender flowerets from head of cauliflower. Mix with them a little minced onion and some fresh, tender, spinach leaves shredded. These should all be uncooked. Toss together lightly with sour cream dressing.

ONIONS BAKED WITH CHEESE

Slice 2 pounds of white onions into thin rings, then cook in boiling salted water until tender. Put 4 slices of toast in the bottom of a baking dish. Arrange on them a layer of the onion rings, then a layer of grated or sifted American cheese. Repeat, using 4 slices of toast again, the rest of the onions, and the rest of the cheese. You will need for this recipe $\frac{1}{4}$ pound of cheese, and 8 slices of buttered toast. Grated cheese can now be bought in packages.

Beat 2 eggs slightly, add 2 cupfuls of milk, $\frac{1}{2}$ teaspoonful of salt, and $\frac{1}{8}$ teaspoonful of pepper. Pour this over the mixture in the dish. Dot with one teaspoonful of butter, and sprinkle with paprika if you wish. Bake in a moderate

oven (350 degrees F.) for about 40 minutes. This will serve 8 persons.

BROWN BETTY PUDDING

Melt $\frac{1}{2}$ cupful of butter, add 2 cupfuls dry whole wheat bread crumbs and stir until well mixed. Into a buttered baking dish put a layer of crumbs, then a layer of sliced apples and sprinkle with brown sugar and cinnamon (or nutmeg.) Repeat layers, using about one quart of sliced, tart apples. Mix together 3 tablespoonsful of molasses and $\frac{1}{4}$ cupful of water and pour over apples and crumbs. Cover and bake in a moderate oven for one hour. Remove cover last 15 minutes to brown. Serve with cream or nutmeg sauce.

HEALTH

Magnesium is a very important alkaline chemical which helps to neutralize and eliminate all accumulated acid waste material from the body. It has been found valuable in cases of constipation and auto-intoxication. It helps to alkalinize the blood, to relax the muscles, and to promote flexibility of joints. Its effect is soothing and it is a natural laxative.

DIET

The best magnesium foods are: Tomatoes, spinach, lettuce, dandelions, cress, savoy cabbage, swiss chard, kale, celery, fresh string beans, cabbage, garbanza beans or chick peas, rutabagas.

"And All Shall Be Changed"

A VISION

By FAITH BARREE

ONCE again in the "Silence" of the Kingdom Consciousness I found myself in space. (NOWHERE); the outside had become the inside; the world had become the Kingdom; and I was just one among what appeared to be hundreds of white birds, which, as we "flew" hither and yon over the troubled world, dropped green leaves. Leaves! Were they for the "healing of the nations?" As I watched I saw that some of the leaves fell into weary troubled hearts, which accepted them eagerly; others were rejected, and they withered away, but we still continued to drop them.

Then it seemed that I was no longer a bird, but a "Soul" among many other "Souls" who stood silently watching, waiting, in perfect silence, and this is what passed before us: On our right appeared a range of rugged mountains, dark and forbidding; over their towering crags clouds gathered, thunder pealed and rumbled ominously, and lightning sent its lurid flashes down into the earth, while at the same time enormous pieces of rock split off the mountains, hurling to the ground with a thunderous noise. Before us was "space," beneath us, the poor sin-torn, troubled world, submerged in dark grey "mist," from which came the agonized crying and frenzied prayers of tortured souls, and the restless roar and hum of ceaseless, feverish movement, turmoil, and the rush of the world-life, all this mingled with the din and horror of the falling rocks.

But we remained unperturbed, still silently watching and waiting, until, in the center of the mountains we saw an enormous "stone" slowly moving forward, separating itself completely from

the mountain as it moved slowly and silently ever forward, and as it moved there appeared tongues of fire springing out from it on all sides, finally forming into a fan shape, which moved forward with the stone and spread over all the world. Slowly, as these moved away, the opening which the stone had left, and which had been so black, was filled with luminous Light which grew brighter and brighter, until, in the full effulgence, as in the heart of a sun, appeared the Great Master, Jesus the Christ, coming slowly forward in the wake of the Fire and the Stone.

In His upraised right hand we saw a gleaming sword, on one side was the word "LOVE," on the other side the word "TRUTH;" these two words seemed as if written in diamonds, they flashed so brilliantly, all colors, as He turned it in His hand. On His left arm, which was folded across His breast, sat a white Dove; it had a green leaf in its beak. As the Master came forward, sword still upraised, driving the cleansing Fire, and the Stone before Him, there appeared to emanate from His "form" the Light of His Presence, which, as He walked, became larger and larger, finally spreading out, also fan-shaped, covering the world, after the fire had burned away all the dross and all signs of negation.

As this "Vision," so inspiring, so glorious, passed before us, we saw the fire and the stone become gradually smaller and smaller, until they finally passed out of sight, and the Light grew until It completely illumined the whole world. When we looked down through the "mist" as the fire passed over the earth, we saw guns, many guns, with

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Unity of Religions

By SRI NERODE

(Continued from Last Issue.)

ACCORDING to the needs of the race and the time, the prophet proclaims his message to the needy and hungry world, so if we observe any differences in the teachings of the different messengers of God, they are due simply to the differences of the times in which they flourished.

Each prophet had to fight against the unrighteousness, sins, and transgressions of his contemporary world. He proclaimed God from the cliff tower of Cosmic Consciousness. It is no wonder that each religion proclaims its own savior as the highest. Its followers saw the first Light of Dawn through its own prophet. It discovered the Reality of Truth through its own Master. It found its liberation and safety from its own Path Finder. It is natural as well as logical. Yet, there are differences in different doctrines and careers of different prophets.

When it is true that each respective prophet has inspired so many millions of people at different times in history, any denouncement of them or attempt at proof of inferiority of other religions is only a missionary spirit. The real mission is to preach God, live God, manifest God, and awaken God in the heart of man, not the proud act of merely putting a label on a person. As there are roses, chrysanthemums, morning glories, and other flowers in the garden, adding beauty and glory to the whole atmosphere, so there are spiritual roses, chrysanthemums, morning glories, and other flowers in the garden of God. Each has a beauty of its own and a different way to express it. Let them express their individual glory. This universal concept of religion is gripping the soul of the world today as it never did before.

October, 1935

In the third place, morality and self-discipline, love for fellow beings and one's neighbors, have been equally enjoined by all religions as a duty in unmistakable terms. Love, love, and love, until nothing is left of us but love. Love is the highest expression of all religions.

In the fourth place, all religions have urged us to know God, not just to profess Him. In other words, mere belief in dogmas is likened unto the husk, while the real grain is the God-knowledge. Know God by all means. Live Him, drink Him, dream Him, float in His consciousness day and night, perform all your duties from that God-Center which is within us. The Kingdom of Heaven is not outside us; it is not a geographical point in the cosmos; it is in our own consciousness. First, possess this touchstone, then whatever you touch will turn into the Gold of God-Consciousness. First seek His Kingdom which is within you, then everything else will be added unto you.

When God touches your soul, all the dust and all the base metal of the body and mind will be transformed into the divine gold of purity and bliss. Show me a single religion which has not proclaimed this truth in some form or other. For this reason, in all religions there is a place for meditation. In the temples of meditation and silence, the human ego forgets its limitations and narrownesses and prejudices, and gradually merges into the arms of an infinite God Consciousness. Moreover, without meditation, the wandering mind can never find itself. The Son of God retired into the mountains for forty days and forty nights. For the same reason, even until this day, the Hindus practice Yoga philosophy in order to restrain the mind-stuff and merit God-vision.

No religion has actually preached

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hatred. Even the militant spirit of Mohammed would convert the unwilling into the fold of the humble and believing. Of course, the exhibition of the force was possibly a reaction to the life in the Arabian desert. However, once converted, a Moslem was a brother of the whole community. In no religion do such democratic customs prevail as among the followers of Mohammed. Though Christ and Krishna preached love and non-resistance, nowhere prevails so much hatred as among their followers. So, taking all factors into consideration, it is evident that in one case force has produced love, and in the other case love has given rise to hatred. Yet, love is the lodestar of all religions. There is nothing higher than love. God is the expression of love. Love is the warp and the woof of which all religions are woven.

Why has the gospel of love not been fulfilled in the world? Because love is not real unless it comes through the fire of Self-Realization. Faith is not faith unless it is afire with Self-Realization. All religions want their adherents to look above and look around, look perpendicularly, as well as look horizontally; that is to say, to feel God's heights and His depths, to feel the universe in its vastness and width, and to feel the beauty of God and the love of humanity.

In the fifth place, most of the dominant religions of the world are based upon the scientific and psychological intuition of their founders. For example, take the modern theory of evolution. Hinduism believes in it, so do Judaism and Christianity. Take Genesis. God created the earth in seven days, which means cycles, each cycle lasting many millions of years. The history of Genesis fully tallies with the scientific theses of the evolutionists. The only point of difference is that while the evolutionists believe that mind evolved out of the nebular dust, Genesis and religionists believe that there is the Universal Mind in operation behind the movement of evolution. In Genesis also we find that first came the firmament, nebula, force, and so on, and then came the plant, fish, bird, animal, and ultimately, man. The same is true of evo-

lution. The Hindu seers proclaimed four thousand years ago, "Infinite intelligence sleeps in the earth, vibrates in the elements, breathes in the trees, moves in the beasts, flies in the fowls, and thinks in man."

You may call this pantheism; yet, the evolution of the consciousness of the evolutionists is nothing but the reaffirmation of the Hindu thought. The only point of confusion is the point of whether or not he was created separately. To the Hindu mind that is an insignificant point as long as we can turn the dust of the body into the light of God; as long as we can overcome the flesh and express the divinity that is within. Therefore, to my mind there is not much quarrel between the scientists and the religionists. Modern science is turning toward monism. The scientists in Pasadena have discovered that the ultimate of matter and electrical charges is nothing but the radiation from the radium, and Einstein has proved that the electrical and magnetic fields are ultimately one and the same. They are electrical charges. They just don't want to acknowledge the Intelligence that moves and thrills electricity. That Intelligence is to be felt; it cannot be proved by observation, except through man's own consciousness.

Scientists believe in a blind force, while religionists believe in an intelligent force. That is the only point of difference. Yet, Einstein and Millikan believe that there is a super-intelligence of which we know so little. So we find that religions have the same common source of truth as science, and all great prophets had the scientific truth through the intuitional flights of their respective geniuses.

Sometimes our finite intelligence cannot conceive the infinitude of God-Intelligence. Through our limitations, we limit the Unlimited. Yet, in the final analysis, we find that one God weaves all beings into one golden cord of love. So the time has come when we should forget our differences and unite in the broad principles of universal understanding and fellowship. See the good in all. Do not exaggerate only the good

(Continued on Page 25)

The Supreme Achievement

A PROPHECY

By BEATRICE BOWEN

ON the first day of September, 1945, a stranger on the grounds of a great university could not have failed to observe seven young men standing in a circle apart from the throng of students who were hurrying hither and yon to their various classes and other activities of the day. Not to have noted them specially would have proven one to be utterly lacking in appreciation of perfectly developed physical bodies. And as the eye gradually took in the well-formed heads and observed the expression of their countenances, it became apparent that these were no ordinary specimens of manhood, but that truly one was gazing upon supermen.

The memorable achievement which they had brought about in the nine years since they had separated, and which they were about to flash over the civilized world, proved them to be supermen indeed.

In the autumn of 1936 they had first met at this great seat of learning—seven stalwart youths from the seven leading nations of the world. To a close observer, even then it had been apparent that they were not to be classed with the rank and file, for there was that indefinable something about each of them which had set him apart from the thousands of other students seeking knowledge in the great institution.

Continued observation of these young men had disclosed the fact that the subjects they had chosen were not unusual, ranging from the sciences to philosophy and religion.

In like manner, as the magnet attracts steel, had these young students been drawn together. So it was small wonder

that racial and national prejudices had been swept aside in the cementing of a friendship and camaraderie that was ordained to mean so much to humanity. Surely, He who guards the destiny of nations was nurturing this bond of International Brotherhood and waiting to use it in His own good time.

Many had been the discussions that they had about war in all of its hideous phases, and always the question had been before them as to how they could best aid their respective countries to escape the propagandists who were becoming more and more active in spreading the poisonous war virus—GREED and HATE.

With complete accord, they had agreed that if civilization was to be spared from the disastrous effects of another world conflict, since with the further perfecting of the machinery of war and with the addition of new scientific discoveries there seemed small hope for its survival, the war germ must be destroyed. In what way could that be accomplished except by supplanting hate with love and greed with unselfishness and the spirit of universal Brotherhood.

Did they dare hope that they might be instrumental in that great work? They had not only dared to hope but had entered into a solemn compact that they would never give up until their purpose was accomplished.

Four years of intensive study had passed. With hard-earned degrees they had prepared to take leave of each other. Pledges had been exchanged and sealed with this prayer:

"O, Thou great and most kind God, who hast created all humanity, Thou

(Continued on Page 25)

A Child's Dream

One night I dreamed that the Old
Earth
Was "mother, dear" to me.
She said: "Take off your little shoes
And see how free you'll be.
Through your bare feet I'll send strange
warmth,
Fill them with dancing joy;
This I do for all my children,
Each barefoot girl and boy.
Come, place your head against my
breast,
Hear seedlets burst their bars,
And in that deeper murmuring
The rhythm of the stars.
Your hands among my grass and
flowers,
On my heart lay you down—"
I woke, my fingers tangled
In the lace of mother's gown.

—By Julia Brown Calvert.

Aloneness

I have known the aloneness of the
child, bereft of its mother and father;
That sad, questionless, aloneness Life
yields it no philosophy to combat.
I have known the aloneness of con-
founded youth seeking wisdom
through the contradictory experiences
of the world;
The very emptiness of aloneness when
surrounded by the pomp and splen-
dor of all that a city has to give.
An equal aloneness in the forest's soli-
tude.
I have known that prolonged aching
aloneness of the love-endowed heart,
defrauded of its other self;
The aloneness of wifehood, neglected
and misunderstood,
Of motherhood deserted by her chil-
dren and left in poverty.
Is it that I may know that engulfing,
abysmal aloneness, through which,
emptied of the lesser self,
God comes?

—By Julia Brown Calvert.

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Let's Have It!

Let's have a league of optimists
To boost the world along.
It is so weary of the thought
That everything is wrong.

We're surfeited with talk of war,
Depression, gloom, and fear.
If we but dwelt on better things
Good times would soon be here.

We stop not to consider
The potency of thought,
Nor how the world's condition
Is by our thinking wrought.

'Tis time to turn and face about,
And try the better plan
Of high, constructive thinking,
To redeem the world for man.

—By Elizabeth Swaller.

His Hidden Love

Oh, I can see His hidden love,
In kindly radiant stars above,
In rain upon the thirsty wheat,
In winds that cool the summer's heat.
In every tender sheltering tree
With outstretched arms of His mercy.
But nearer, dearer, more intense
Within my heart, that love I sense,
Like mother's love in babe's caress,
Divinely felt—in blessedness.

—By Marion Davey.

Religion and Business

The test of every phase of religion, of
the work of every sect, is its fruits—the
kind of people it helps to produce and
their characters and conduct. The test
of business is the same. If its results in-
crease human happiness, broaden op-
portunity, make for better life not mere-
ly for a few but for the many—then it
is good business. If it takes from the
many to give to the few, then it is not
really helping mankind.

—Edward S. Martin.

Inner Culture

Letter to Students and Friends of Self-Realization

Cairo, August 11, 1935.

DUE to fast moving and constant, continuous travel, I have not attempted to write to you. Consider this letter written from Jerusalem, the Holy Land—the land of Christ. Jesus has been gone a long time, but Christ is still tangibly active in Jerusalem. He was with me everywhere, and I remembered all devotees in Him. I saw Bethlehem, where Jesus was born, the mountain where He was tempted by Satan, the house of Mary and Martha, the tomb of Lazarus, the place of the Resurrection, hall of the Last Supper, Gethsemane, where Judas betrayed Jesus, and, above all, the Mount of Olives, where He was received up into Heaven.

Jesus, invisible, was with me always in Jerusalem and went with me everywhere. It is too sacred to express. Sometime I shall write about it. Antiquity was unfolded before my eyes—as depicted in the Divine drama. I was overwhelmed. May you all meditate so deeply that you will really behold Jesus yourself.

I have seen every nook and corner of England. I liked its serious literary atmosphere. I liked the real welcoming spirit in Scotland. I liked the German awakening—a new Germany. I liked the awakening of the Jewish people in Palestine, where they are trying to establish a country of their own. I liked the French cosmopolitan spirit—a unity of all races. There is no difference to them between brown, white, or nubian-dark skins. God Himself has become all the colors, as you students of Self-Realization know.

I loved the Swiss scenery, the best in Europe—a very cultural and rural atmosphere. I liked the Italian spirit of unity, but was very sorry that Italy is bent on war with Abyssinia when the world is still suffering from the evils of the last war. I was captured by the ancient ruins and their associations in Rome and Greece. The Greeks are very honest and artistic. They can almost weave their fancies in alabaster.

Jerusalem—best from a spiritual standpoint; greatest, though still primitive and dirty physically, yet it surpasses all Europe spiritually. Jesus was doubly real after visiting Jerusalem. Holy places change souls if they have faith in the vibrations of saintly people.

Cairo is beautiful. The sphinx and the pyramids talked to me much about ancient history. However, I mustn't tell everything now, but must leave something for the future in case you want me to come back soon. Really, I am homesick for the Headquarters and all of you, and the angel land of Los Angeles. I did not know that I would love America and her ways so much after seeing the ways of Europe, Palestine, and Egypt—but more hereafter.

With utmost blessings to your able leader, Seva Devi, and all of you, I remain ever yours,

—SWAMI YOGANANDA.

(Meditate deeply.)

"And All Shall Be Changed"

(Continued from Page 18)

men beside them and crouching behind them; the noise of the firing of them filled the land with horror and destruction, as the men "sent" out those "thoughts" of hatred and death. In other places we saw more men crouching behind "obstructions," as if in their assumption of human might they could ward off the "hatred thoughts" of an imaginary enemy. And, we saw men, men lying still, many men, quite "still," in the "darkness," lulled to "sleep" by the slumber-song of "death," to wait until the Voice called them: "LAZARUS, COME FORTH."

And above all the turmoil and din and confusion, which held humanity in its bonds, and over which was sweeping and burning the leavening and cleansing "Fire of God," we heard the soft murmur of the "Wind," the "Rustle of His Robe," as He moved over the world, and with Him came the "LIGHT of LIFE, of LOVE, of PEACE," before which all negation melted away absolutely, and in its place we saw that the guns had become Harvesters, we heard the "hum" of their machinery, and the happy song and whistling of the men as the golden grain filled the waiting sacks, and the straw fell out onto the ever-growing heaps, to be gathered into barns and used for feed, or perhaps for bedding down the gentle cattle. We saw men crouching, many men, and some women, also crouching, but not behind guns or obstructions, but beside the cows, contentedly chewing the cud as the men and women drew from them the God-given substance for His children.

Everywhere we saw contentment, happy homes, and joy-filled hearts, and prosperity, the outcome of loving contact in business. In all branches of activity we saw those working in the consciousness of the "BROTHERHOOD of MAN." We heard the voices of little children, who filled the land with their songs of carefree impersonality. In all the land there was no government, originated and assumed by men; there was no "governing head" of anything or over anything; there were

no "Kings," no "Presidents," no Vice-Presidents, no senators, no congressmen, no lawyers, no doctors.

The Supreme Influence, God, was the head, the power, the President and Governor, and so forth, who invested, through the Christ Consciousness within each one of His children, each divinely-human manifestation, the urge to live to do, to be, to serve, to work, and to bring forth and nurture the manifold expressions of LIFE, LOVE, PROSPERITY, and PEACE, our divine God-given heritage. For now the people of all nations had found, recognized, and accepted the Christ, the One Intelligence, in themselves and in each brother-man—ONE in ALL, and ALL in ONE, the I which had out-manifested that "THEY MIGHT HAVE LIFE, AND THAT THEY MIGHT HAVE IT MORE ABUNDANTLY."

We saw that in each State, or Community, there was a Master-Soul, to whom all could go for counsel or advice, until such time as their unfoldment became "complete," and they found the Christ within, and were no longer seeking It without, where they would never find It, for now they would find the Christ Consciousness within each fellowman, see the Christed Man "stand forth," the ONE LIGHT whose "facets" illumine the dark places of the earth. So, in each one of us we find the "Three in One," the Father, the Divine Influence or Power, the Son, or the Christed man outmanifesting the Christ Consciousness, and the Comforter or Understanding Love, which governs, or which should govern, all our actions.

**AND ALL THIS IS WITHIN,
NOT WITHOUT.**

It is said, "Faith without deeds is dead." Buddha pronounced three paths, the long way of knowledge, the shorter way of faith, and the shortest way, through action. David and Solomon also glorify the strivings of labor. Vedanta philosophy extols the manifestation of works. Verily, in the foundation of all covenants, action is placed foremost. This is the creative fire of the Spirit.—From "Himalaya" by Nicholas Roerich (Brentano's, N.Y.).

Unity of Religions

(Continued from page 20)

that belongs to your own religion. The only way to superiority is to be a superior man, according to Confucius. Through our own lives we have to show the Truth that we believe. Otherwise, Truth remains only as a theory. Remember what the Hindu Upanishad says: "The path is one, but the learned call it by many names." People at large fail to detect this unity owing to the lack of true spiritual experience and Self-Realization. Each of the prophets of various religions and Ages had Self-Realization, that supreme consciousness of God, which they interpreted to the world in various ways. Through Self-Realization, love and faith fulfill themselves, and in their wake the Cosmic Unity breaks into the consciousness of man.

The Supreme Achievement

(Continued from Page 21)

hast provided for all and endowed all with talents and faculties, and all are Thy children. Father, we ask Thee to unite all people in one common Brotherhood of Man. May there be a unity of all religions, and may all nations upon the earth work together harmoniously. Help us, Father, to be instruments in Thy hands to establish a great and lasting Peace. Amen."

And afterward what?

Who could be so forgetful of world events as not to recall those epoch-mak-

ing years between 1940 and 1945? Where is the person whose memory does not carry him back to the battles which were waged by seven master minds in the seats of government of the seven great world powers? Always the thought uppermost in the minds of those eagerly awaiting the outcome was: Can those god-like men win against such formidable enemies as GREED and HATE?

Suddenly, the guns of the enemy were silenced. Back to their Alma Mater journeyed seven world figures, each the custodian of a precious document properly sealed and attested. Broadcast to the whole world were the glad tidings that for one hundred years peace between seven great nations was not to be violated.

LOVE AND UNIVERSAL BROTHERHOOD had triumphed!

As seven heads bowed in grateful acknowledgment to God who had heard and granted their prayer, they were suddenly aware of music from a mighty invisible choir, singing praises to the Father for His wonderful love to the children of men.

Years have passed swiftly since that day. Engines of war have been replaced by institutions of learning, where the constructive arts and sciences are taught to youth from every country on the globe. Greed and avarice have been replaced by justice, unselfishness, and Brotherhood; and with the advent of a universal language that Hydra-headed monster WAR is gone forever, and in its place are Peace, Joy, and Love.

One day we shall thank Thee perfectly
For every disappointment, pang, and
shame,
That drove us to the bosom of Thy
love.

—George MacDonald.

The Second Coming of Christ

(Continued from Page 6)

ness, in which all dualities are abolished, and the consciousness of the One Loving King, Father, God, reigns on the throne of all space.

Though there is no essential difference between souls who have completely attained the state of Cosmic Consciousness, yet there are various grades of saints even among those who have contacted God. The first contact of God may bring to a devotee great blessing and understanding, but that does not obliterate all of the effects of past actions. With continuous experience of God's contact, incarnations of stored up effects of actions are gradually roasted out. The time necessary for the roasting process determines the degree of greatness or the quality of saints.

Those who have contacted God, and who yet break the least mandatory truths, and teach men the path of salvation, are called the least when viewed from the highest spiritual standard. But those who practice all the compulsory spiritual laws relating to saintliness, and teach people to do the same by their living example, are called the greatest by those who live in the one supreme spirit domain (kingdom) of Cosmic Consciousness.

Those who do not completely practice spiritual doctrines in their lives and yet try to teach people the path of salvation, are not as good as those saints who teach people the path of God through spiritual living, in which all the minutest laws of Truth are practiced in daily life.

To think truth may increase the desire to follow its laws. To think truth, but to neglect to follow its laws in life, may develop a double, hypocritical life. One must harness each good thought to the corresponding good activity, otherwise too much thinking about goodness without a corresponding good activity, may make one develop wrong familiarity with thinking true laws, leading to sheer neglect of bringing them into life.

Jesus emphasized the difference be-

tween the righteousness of the Scribes and Pharisees and true righteousness. The good Pharisees and Scribes usually delved in theoretical religion and sacerdotal ceremonies without understanding their inner meanings, and thus indulged in superficial skin-deep righteousness. This kind of righteousness may make one loyal to a theoretical philosophy or to a set of religious practices and beliefs, producing an extremely diluted spiritual panacea without creating much soul-development.

Jesus spoke of developing the consciousness of doing right and living Truth, shorn of all superficial living. Real righteousness signifies complete identification with all Truth, or good.

Identification with all Truth, and not its part, is only possible through meditation and Samadhi, or ecstasy, in which the devotee, the act of meditation, and God, as the object of contemplation, all become one.

Millions of people do not even think about religion, and millions of religious individuals are satisfied with attending church one hour a week or by reading a few spiritual books, or practicing a few religious ceremonies. That is why they never attain Cosmic Consciousness or the Kingdom of God—the domain of all space, which is pervaded by our humble Royal Spirit. This is the palpable reason why so few attain Christhood.

Desire-mad human beings, like uncontrolled barges, are rushing down the flood stream of life, ready to fall from the rocks of experience down into the waters of death and be drowned in oblivion. Only the wisdom-guided boats of lives stop rushing down the flood of custom and convention and touch the shores of all-redeeming contentment in God.

This is one of the greatest truths that Jesus told to all mankind: "If you want the kingdom of God, your meditation and righteousness must exceed the ordinary theoretical religious living of priests. Unless you follow the real way, you can never attain the final state of Cosmic Consciousness, of heavenly bliss, from which you can never fall again.

Increasing Awareness

(Continued from Page 4)

it is growing smaller, due to transportation facilities. Soon we shall have to take a trip to other planets to have adventure in travels. Electricity goes anywhere in a second—why can't we? We are the makers of electricity. We are progressing in numerous ways; we are doing things quickly. The adoption of better methods in business and transportation, mass production by huge machinery, have quickened evolution. Think of the time of life used up just in the weaving of cloth by hand in the past! That labor has been saved by modern machinery, so evolution has been quickened by the adoption of better methods. Machinery can do that. Machinery gives mass production, and saves labor. How are we going to quickly weave lives into all-round success? Why can't we quicken human evolution as well as world evolution?

Making Brain Cells Receptive

It is impossible in this life to read all the Vedas and Bibles, and to follow all the systems given, to be God-like. How are you going to do it? Search within just as the devotee in the above story did. Everything depends upon the receptivity of your mind, brain cells, and spinal column. This body changes every twelve years, and that is why at twelve, twenty-four, and thirty-six years of age we find that distinct changes occur. With the change of years and change of body without the obstruction of disease, the mind changes correspondingly. Disease and wrong living will retard that evolution.

In twelve years your brain develops in such a way that it displays a certain kind of mentality. If it takes twelve years of growth and change of tissues to manifest certain thoughts, how are you going to wait indefinitely to make the brain receptive to all wisdom? You cannot have all wisdom unless your brain is evolved accordingly.

There is a method which the Master Minds of India have taught, of revolving certain kinds of vital currents around the spine and brain. By twelve

times of practicing this method you can gain the result of one year's ordinary physical evolution. That is how many saints quickly get their spiritual knowledge, far beyond that of theoretical theologians. Things which they perceive in a second amount to years of ordinary experience. Revolving this current around the spinal column and brain develops their receptivity. Experiences come through the channel of the senses, but the senses do not give you more than the knowledge of the phenomena or the appearances of the real substance.

When, by concentration, all the fine spinal and brain cells can be turned on to the Cosmic source, they become highly magnetized. Your body is made up of 27,000,000,000,000 cells. Every cell is like an intelligent Being. You are not alone; you have to educate each cell in order to know all the things that are going on in the world. You never trained those cells. That is why you are all the time full of melancholia and of passing fancies and suffering from lack of understanding.

In twenty minutes of this spinal practice you can attain the result of one solar year's living on earth, so that in a year of such practices you get the result of many years of evolution. Jesus Christ did not go to college, and not one of all the scientists of the world knows of God and Nature's laws as he knew. Whenever you want to know something, don't start with data—go and retire and concentrate. When the mind is receptive, then bring the data; start the business or mental solution. Don't be filled with discouragement and say that it cannot be done.

The world starts with books and outside methods. You should start with increasing the receptivity of your intuition. In you lies the infinite seat of all knowledge. Calmness, concentration, and condensation of experiences by intuitional perception, will make you master of all knowledge. Don't do anything in a haphazard way; do everything with full attention, but don't do too many things. Pick up the more important things, and do them with all your heart. Potentially, all knowledge is within you.

Why should you walk in dead men's shoes? Don't let yourself act like an intellectual victrola. Everyone represents infinite power and should manifest this in everything. Whenever you want to produce something, do not depend upon the outside source. Go deep and seek the infinite source. All methods of business success, inventions, vibrations of music, and inspirational thoughts and writings, are recorded in the office of God.

First find out what you want; ask divine aid to direct you to right action, whereby your want will be fulfilled; then retire within yourself. Act according to the inner direction that you receive; you will find what you want. When the mind is calm, how quickly, how smoothly, how beautifully will you perceive everything. Success in everything will come to pass in a short time, for Cosmic power can be proved by the application of the right law. Last of all, don't concentrate without; don't do things in a haphazard way. Start everything from within, no matter what it is, whether writing or anything else. Seek guidance within. The scientific man would accomplish more if he would concentrate upon increasing the receptive quality of his brain cells, instead of just depending upon books and college work for his progress. Some people say that our brain cells at birth come already saturated with fixed habits, and therefore cannot be remolded. This is false. Since God made us in His image, we cannot have limitation, if we probe deeply enough within ourselves.

Man Superior to Heredity

Even in the feeble-minded, God's power shines as much as in the greatest

man. The sun shines equally on the charcoal and the diamond, but it is the charcoal which is responsible for not reflecting the sunlight like the diamond. All congenital limitations come through man's own transgression of a law sometime in the past. And what has been done can be undone. If the brain cells of a feeble-minded man are scrubbed with the searchlight of concentration thrown within, he will display the eclipsed intelligence the same as the intelligent man.

The last great scientific method is to magnetize and to send the current around the brain and spinal column, and thereby secure one year's health by twenty minutes of this practice. In connection with mentality, when you have cleansed the brain cells, when the divine magnetism touches them, every cell becomes a vibrant brain, and you will find within yourself myriads of awakened brains ready to grasp all knowledge.

With the awakened brains, a myriad of mentalities will awake and all things will be apprehended by you. You will study the vast book of Nature and Truth with twenty-seven thousand billion awakened and spiritualized microscopic brains and mentalities. Why be satisfied in half educating a small part of your brain only?

Where are you seeking, my friends? Prayers have been asked, but God has not answered. But with the awakened brain cells from intelligent Beings whom you have kept uneducated, vibrant with the joy of God, all knowledge can be had in this life; Eternity realized now; AWAKE!

What Can One Man Do?

Who shall set a limit to the influence
of a human being? —Emerson.

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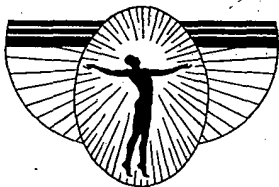
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FRIENDSHIP

From "Whispers From Eternity"

IS friendship the weaving of the red strings of two hearts?

Is it the blending of two minds into a spacious one-mind?

Is it the spouting of love founts together—

To strengthen the rush of love on droughty Souls?

Is it the one rose grown 'twixt twin mind-branchlets

Of one compassionate stem?

Is it the one thinking in two bodies?

Or, is it like two strong stallions,

Disparate in color and mien,

Pulling the chariot of life together

To the one goal with one mind sight?

Is friendship founded on equalities or inequalities?

Is it built on divers stones of differences?

Is friendship the unthinking agreeing, Hand in hand, blind walking of two Souls,

Falling at last into pits of disillusionment

And foolishly rejoicing in their united folly?

Friendship is noble, fruitful, holy—

When two separate Souls march in difference

Yet in harmony, agreeing and disagreeing,

Glowingly improving diversely,

With one common longing to find solace in true pleasure.

When ne'er the lover seeks

Self-comfort at cost of the one beloved,

Then, in that garden of selflessness

Fragrant friendship perfectly flowers.

For friendship is a hybrid, born of two Souls,

The blended fragrance of two like flowers

Blown together in love's caressing breeze.

Friendship is born from the very core Of secret, inexplicable likings.

Friendship is the fountain of true feelings.

Friendship grows in both likeness and difference.

Friendship sleeps or dies in familiarity,

And decays in lusts of narrow-eyed selves.

Friendship grows tall and sturdy

In the soil of oneness in body, mind, and Soul.

Demands, deceptions, sordid sense of possession,

Courtesy's lack, narrow self-love, suspicion,

Thoughtless, sharp-pointed, piercing words:

These are cankers which eat at the heart of friendship.

Ah, friendship! Flowering, heaven-born plant!

Nurtured art thou in the soil of measureless love,

In the seeking of Soul progress together

By two who would smooth the way each for the other.

And thou art watered by attentions of affection

And the tender dews of inner and outer sweetness

Of the inmost, selfless heart's devotion.

Ah, friendship! Where thy Soul-born flowers fall—

There, on that sacred shrine of fragrance,

The Friend of all Friends craves to come and to remain!

—By S. Y.