

# INNER CULTURE



EAST-WEST MAGAZINE



Success and  
Happiness

—♦—  
The Eternal One

January  
1936  
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Vol. VIII., No. 3

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

# The New Year

WE are on the threshold of a New Day. The New Year is knocking at the door, her jingling hands full of surprises and unknown promises.

O Soul! Ring out the old baseness and ring in the fresh melodies that rise and swell in the throat of Eternal Youth. Melt all that is old and past into the liquid gold of wisdom, and mold it into the pattern of precious experiences. Recall the past when you need to use it, but let not its memory bind you and keep you from moving forward with the March of Time.

The New Year is a new step in the Dance of Life. It is a Dance of Regeneration and Adventure, full of new risks and new triumphs. O my Soul! Join this Dance of Joy with a fearless and joyous heart and leap forward with the swinging, singing planets.

O my Soul! Drop your tears on the mountain-walls of hoary time and look forward at the steadfast gaze of the towering cliffs that stand as milestones marking the way. These are the mighty figures, the great talents, and the proud geniuses who have built up this civilization with its arts and sciences, which we now enjoy.

O my Soul! Raise your head as uprightly and proudly into the skies as these cliff-towers of the Ages, and fearlessly move into the new universe that the New Year may reveal unto you. Play your part so well and so nobly that our old Mother Earth can say to you on the eve of another New Year: "My Child, I am proud that you tread on my golden soil."

—By Sri Nerode.



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## 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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## Letter From Swamiji

To All Residents of Mr. Washington, and Students  
and Friends of Self-Realization Fellowship:

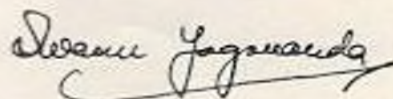
At this season my body is far away in India, so I shall celebrate Christmas with the Christ Joy, or Krishna Joy, ever omnipresent in your hearts.

This Christmas Morn, when you wake up looking for gifts around the Christmas Tree, forget not to concentrate around the tree of your own consciousness and devotion. Then you shall behold in its branchlets my blessings and un-failing good will, sparkling like unfading twinkling lights. And on the very top and uppermost part of the tree of your consciousness you will behold the inextinguishable star of my unconditional love, fragrant with Christ consciousness shining externally with sad and joyous gleam. The star of my love will be sad because my body is not near you in my beloved America in the peace-shade of the nearness of your presence. However, the star of my heart's devotion will glimmer joyously with the added love of the new-found Christ souls and all-pervading Krishna devotees of India. My Christna (Krishna) and Christ, ever one in Spirit, will be born anew in me in my new joy on Christmas Morn.

What present shall I give you this time, but the most precious gift of all gifts, the united Christ and Christna Joy which I shall receive on Christmas Morn.

Delve deep into your Inner Self and search in the tangled roots of the tree of your devotion, buried in the soil of meditation, for my hidden gift of all gifts, bound with the golden cords of my ever-burning memory of your love.

With increasing blessings,



# Success and Happiness

By S. Y.

**A**LL prosperity is measured out to man according to the law of cause and effect, which governs not only this life, but all past lives. That is why intelligent people are often born poor or unhealthy, whereas, an idiot may be born healthy and wealthy. Men were originally sons of God made in His image, having free choice and equal power of accomplishment, but, by misuse of his God-given reason and will power man became controlled by the natural law of cause and effect and law of action (Karma) and thus limited his life. A man's success depends not only upon his intelligence and efficiency but upon the nature of his past actions. However, there is a way to overcome the unfavorable results of past actions. They must be destroyed and a new cause set in motion.

## God The Real Source Of Prosperity

God is the secret of all mental power, peace, and prosperity. Then why use the limited impossible human method of gaining prosperity? By visualizing abundance, or by affirmation, you may strengthen your subconscious mind, which may in turn encourage your conscious mind, but that is all that visualization alone can do. The conscious mind still has to achieve the success just the same and is hindered by the working of the law of cause and effect. The conscious mind cannot initiate a new cause which will bring positive success in any direction, but when the human mind can contact God, then the super-conscious mind can be sure of success due to the unlimited power of God and due to creating a new cause of success.

## Efficiency Through Concentration

After establishing that the goal of life is maximum efficiency, peace, health, and success, let us consider the surest

way to prosperity. Prosperity does not consist just in the making of money; it also consists in acquiring the mental efficiency by which man can uniformly acquire health, wealth, wisdom, and peace at will.

Great wealth does not necessarily bring health, peace, or efficiency, but the acquirement of efficiency and peace are bound to bring a properly balanced material success. Most people develop mental efficiency as the by-product of their efforts for material success, but very few people know that money is made for happiness, but happiness cannot be found just by developing an insatiable Soul - corroding desire for money.

Man often forgets to concentrate on his little physical needs and on his great need of developing mental efficiency in everything, and of acquiring Divine contentment. Man is so busy multiplying his conditions of physical comfort that he considers very many unnecessary things as a necessary part of his existence.

Mental efficiency depends upon the art of concentration. Man must know the scientific method of concentration, by which he can disengage his attention from objects of distraction and focus it on one thing at a time. By the power of concentration, man can use the untold power of mind to accomplish that which he desires, and he can guard all doors through which failure may enter. All men of success have been men of great concentration, men who could dive deeply into their problems and come out with the pearls of right solutions. Most people are suffocated by distraction and are unable to fish out the pearls of success.

The man of powerful concentration must ask God to direct his focused mind

on the right place for right success. Passive people want God to do all the work, and egotists ascribe all their success to themselves. Passive people do not use the power of God in intelligence, and egotists, though using God-given intelligence, forget to receive God's direction as to how the intelligence should be used. I can blame inertia as the cause of failure, but it hurts me to see intelligent egotists fail after making real intelligent effort.

The surest way to prosperity lies, not in begging through wrong prayer, but in establishing first your Oneness with God and afterward demanding the Divine Son's share. That is why Jesus said that men of the world wrongly and unsuccessfully seek bread first, but that they should seek the Kingdom of God first, then all things, all prosperity, unasked, would be added unto them. This is easier said than done. You have heard this before, but you must learn to demonstrate this truth in your life. You must remember that Jesus actually knew and felt it when he said: "I and my Father are One." That is why He could command the storms to stop, turn water into wine, wake Lazarus from sleep, and heal the physical and mental sufferers, and could feed the multitude. He was spiritually efficient, and hence He knew the art of mental and physical efficiency.

#### God's Will And Your Will

Broadcast your message, "My Father and I are One" until you feel this overpowering, all-solacing Bliss of God. When this happens, you have made the

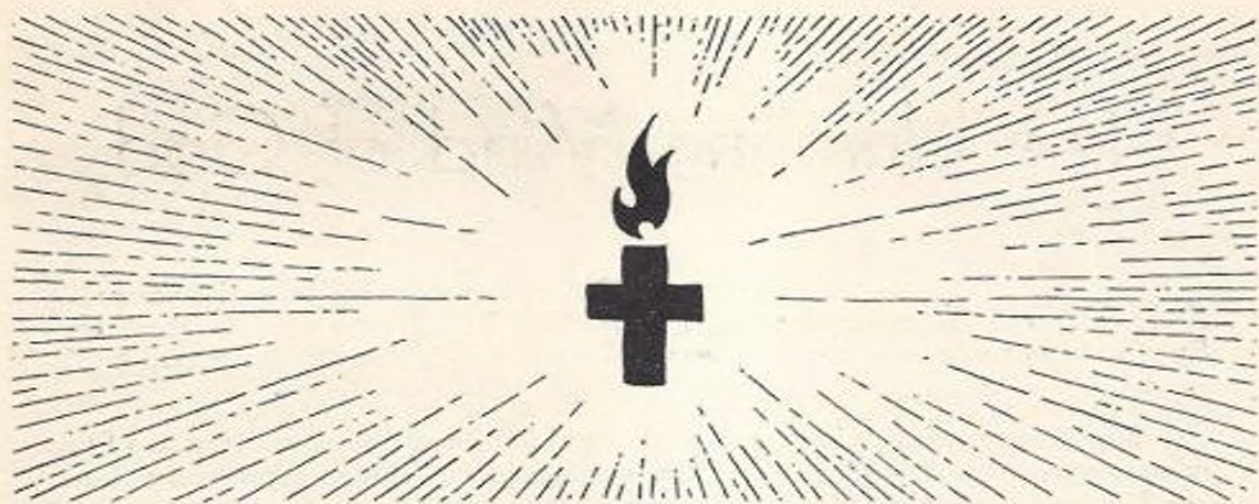
contact. Then demand your celestial right by affirming: "Father, I am Thy child, guide me to my right prosperity," or "Father, I will reason, I will will, I will act, but lead Thou my reason, will, and activity to the right thing which I should do in order to acquire health, wealth, peace, and wisdom."

Do not will and act first, but contact God first and thus harness your will and activity to the right goal. As you cannot broadcast through a broken microphone, so must you remember that you cannot broadcast your prayer through the mental microphone which is disordered by restlessness. By deep calmness, repair your mind microphone. Then again, as you cannot get an answer by just calling someone through a microphone and then running away, so, also, you must not pray once and then run away, but you must continuously broadcast your prayer to God through your calm mental microphone UNTIL you hear His voice. Most people pray in restlessness and do not pray with the determination to receive a response.

#### Repeat This Prayer Daily

Heavenly Father, teach me how to dive in Thy Ocean of Plenty again and again if I do not find the pearls of Thy Perception by one or two divings. I will not say that Thy Ocean of Everything is empty, for Thou wilt show me that the fault is with my diving. I will put on the diving apparel of faith, power, and fortitude, and Thou wilt direct my mind to dive in the right place, where Thy bounty is hidden.





# The Second Coming of Christ

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

By S. Y.

*It hath been said, whosoever shall put away his wife, let him give her a writing of divorcement: but I say unto you, that whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.*

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

THOSE who divorce their wives when tired of them, or for any reason other than unfaithfulness, have committed adultery. Any one marrying a woman who is divorced for any reason other than adultery, commits adultery. This seems to be a very drastic law to people who, part from each other due to incompatibility of temper, decide to re-marry.

The idea is that to marry the wrong woman, actuated by social or physical instinct, is sinful. One should get married only when he finds soul unity with a proper mate. And the two thus married should stick to one another. Proper marriage gives birth to real love, union on a higher plane, and does away with living on the sex-plane.

People who are constantly getting divorced and getting married again, never give the divine love a chance to grow on the soil of proper matrimony. The minds of such people are ever concentrated upon sex and material beauty. Hence, too many divorces for flimsy reasons give birth to adultery, which consists in concentrating upon sex as an end in itself, instead of a means to an end of procreation on the physical plane, or procreation of love and emancipation on the spiritual plane.

*Again, ye have heard that it hath been said by them of old time, thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths: but I say unto you, swear not at all: neither by Heaven: for it is God's throne: nor by the earth: for it is His footstool: neither by Jerusalem: for it is the city of the Great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, yea, yea: nay, nay: for whatsoever is more than these cometh of evil.*

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

(Continued on Page 24)

# The Unrolling Mind of God

LIFE is fundamentally and necessarily Spiritual. All its expressions and forms will be apprehended in their true Spiritual nature, as the consciousness of man unrolls from latency into Realization.

Man alone, of all God's creations, is able to achieve a realization of his co-existence with his Creator. Yet, strangely, he alone, experiences inner conflict and struggle. Lower creations have not this warfare within themselves, because they have no sense of moral responsibility. Only man has eaten of the Tree of Knowledge of Good and Evil. Hence, since he alone can be conscious of his imperfect, or undeveloped state, (life ignorantly conceived) he alone can become conscious of a perfect state (life rightly conceived.)

The Apostle Paul said: "I shall be satisfied when I wake in His likeness." He did not place God outside or apart from himself, but knew that Godhood was latent in his still partially slumbering consciousness.

If a rose in the bud had the power to be self-conscious, it would not be wholly "satisfied." It would feel itself tightly encased; would fret until its last petal was unfolded, and the full revelation of its beauty, fragrance, and utility revealed. It would be "satisfied" only in the fulfillment of its destiny.

The same Life that is pressing through the plant into the blossom of fulfillment is just as surely pressing through man, into the bloom of Self-Realization. Understanding this, the individual will cooperate with It, and be willing to yield to It his sense of a separate existence. In doing this, he is not annulling his individuality, but fulfilling it, by releasing the potency of Eternal Life. "I came not to destroy, but to fulfill," saith the Eternal Christ. Before the sun rises in the morning, there is the gradual spreading of the dawn. The nearer the sun comes toward the horizon, the brighter are the beams it casts ahead. Its appearance in full-orbed glory is the fulfillment of those prophetic rays. Likewise, the gradual dawning of the Light of Understanding in the mind is the approaching Light of Christ, dimly apprehended at first, but growing brighter unto the Perfect Day, wherein are no shadows of ignorance. This is the Sun of Self-Realization, risen out of the sea of Being.

Man becomes acquainted with, and like unto that upon which his interest is fixed. As he mounts the ladder of values, his interest is focused at increasingly higher levels. This process of ascension coaxes out from the depths of Being precious "hidden treasures." Eventually he reaches that rung where he places his attention and love on God alone; where His will and favor are more precious than all else besides. Here he is willing to say: "Thy will be done," to the Divine Life in which he is immersed. The false vestures of his mortal years begin to fall away. He is "clothed upon" with God's own righteousness, which is the fulfillment of his own being.

—Seva Devi.



# The Eternal One

By S. Y.

## BHAGAVAD GITA



### CHAPTER II STANZA XVII

The One who pervades all things is imperishable. Nothing is powerful enough to destroy this Unchangeable Spirit.

#### POETIC RENDITION

The One who breathes life into all temporal things is indestructible. Nothing is able to destroy the immutable One, though all changeable objects of Creation melt away.

#### SPIRITUAL TRANSLATION

When an adobe house is shattered by an earthquake, the clay itself remains unchanged. So, also, when this Cosmic Clay-House of change is shattered by Cosmic dissolution, the Spirit of which the Cosmos is made, remains unchanged.

Just as electrons, atoms of hydrogen and oxygen, composing steam, water, and ice are all different rates of vibration of one energy, so also, man, Nature, souls, beasts, worlds, and all objects of creation are different, changeable forms of the One Spirit.

Even if planets were thrown out of their orbits, or if all matter were to melt into nothingness, there could not be an inch of empty space—space empty of Spirit. Forms of Creation and the great void, both equally contain Spirit.

Money may be spent, snow may melt away, oceans may evaporate, and the earth may be vaporized—still Spirit cannot be destroyed. Spirit is indestructible though all creation rises and melts away in His Bosom.

This Stanza especially emphasizes the fact that, though all things are visibly destructible—money, possessions, power, name, fame, friends, and so forth—yet

behind all the phenomena of destruction lies hidden the indestructible Spirit. If we would but choose to be identified with the indestructible Spirit, and realize Him in meditation, we would not be deluded and tortured with the pandemonium of change.

### STANZA XVIII

By the indwelling Self, which is ever-changeless, imperishable, and limitless, these fleshly garments are spoken of as having termination. Battle, therefore, Offspring of Bharata.

#### POETIC RENDITION

The Divine Indweller, the Ever-Youthful One, whom the fingers of decay dare not touch, the One who lives in the region without boundaries, the One who can never be invaded by destruction, wears many costumes of flesh. He is imperishable, though his body garments decay. Equipped with this armor of wisdom, O descendant of Brave Bharata, sally forth to perform the inner battle.

#### SPIRITUAL TRANSLATION

The advanced devotee is afraid to fight the senses and to dematerialize the body into Spirit by higher meditations, as Jesus and the Hindu Saint, Kibara, did. Apparently the devotee is attached to the bodily cage and does not remember that he is a bird of eternity caged in a little place. As a bird of immortality, whose home is in eternal space, the devotee should not be afraid to rise above the body which some time, sooner or later, he will have to forsake when the last call comes.

So the Inner Self, Krishna, speaks to Arjuna, the devotee, through his intuition: "Concentrate upon your Inner Self which, being the image of the Eter-

*(Continued on Page 25)*

## A Prayer

As I tune in to that mysterious power  
That brings me strains of music passing  
sweet,  
That force that also strangely heals my  
pain,  
And when I tap it, gives me light and  
heat,  
So may my spirit be attuned to Thee,  
Source of all heavenly light and power  
divine,  
And draw into my frail and fainting  
heart  
The wondrous power so freely poured  
from Thine.

—Mary Shaw Page.  
(Reprinted from *Advance*.)

## The Greatest Blessing

Giving of alms, the righteous life, to  
cherish kith and kin,  
And to do deeds that bring no blame—  
this is the greatest blessing.

Much learning and much science, and a  
discipline well learned,  
Yea, and a pleasant utterance—this is  
the greatest blessing.

\*A heart untouched by worldly things, a  
heart that is not swayed  
By sorrow, a heart passionless, secure—  
that is the greatest blessing.

—Anon.

## In Weakness Lies Strength

We should not condemn ourselves  
For being weak sometimes;  
For, out of weakness, strength is built.  
We may not always trail unbroken  
paths;  
We may fall back and have to retrace  
our steps,  
Like the spider whose web has been  
broken.  
But each path or segment path retraced,  
Is made smoother for other weary feet,  
Who may profit by our plodding.  
We cannot be ALL good always,  
But it is useless to fret or worry  
Over lost Causes.  
We can always rebuild;  
And in rebuilding,  
Receive additional renewed strength.

—Katherine Maurine Haaff.

## Jesus Christ

He chose to give the bread of life to  
the few and obscure rather than satisfy  
the hunger of the multitude with the  
loaves and fishes, knowing full well that  
by such a choice He fashioned a cross  
upon which He would be crucified. For  
all crosses are made by two lines of  
force opposing each other. In His case,  
personality and individuality blended  
and transmuted, giving to humanity the  
magic cross of the Resurrection.

—By Anne Walker Doughty.

## What Is Heaven?

HEAVEN is the inspiring light of a kindly eye; the soothing tones  
of a gentle voice; the uplifting graciousness of a helping hand;  
the protecting spirit of one who believes only the best that is  
said of us.

IT IS the wafted perfume of a blooming rose; the clear bright inno-  
cence of a baby's eyes; the eternal bliss of a lasting friendship;  
the unswerving loyalty of a true companion.

IT IS the all-wise tolerance of a great personality; the deep under-  
standing of a loving nature; the true humility of a great intellect.

IT IS the pleasing vibrations of a kindly thought; the tuneful har-  
mony of encouraging words; the colorful music of sincere appre-  
ciation; the CALM and QUIET of a congenial Presence.

HEAVEN, as we know it, is everything that is Good and True and  
Beautiful. It is Hope, and Faith, and Confidence; the beauty  
in earth and sky and trees:

IT IS THE GLORIOUS REALIZATION OF ALL THESE!

—By Katherine Maurine Haaff.



## A Modern Woman

By STARR DAILY

THE CLIMAX was no shock to Harry Gordon. It had approached like death, inevitably. Like death, also, it brought release from the fears and worries attending vanishing profits. For months he had been hiding a wobbly structure behind an imitation stone front. So when the crash came there was nothing to be salvaged from the wreckage. He was ruined, completely.

He chuckled mirthlessly as he thought of Flo—poor extravagant, glitter-loving Flo! They had started well enough together, from scratch, but how far away that seemed to him now! It was only a few years by the calendar: mentally and emotionally it was a thousand centuries. Ambition. The word sent corpuscles of gall through his veins. They had both been smitten by it, only in a different place. Flo had dreamed of scaling the social Mt. Everest; Harry of eclipsing the great J. C. Penny chain of retail stores.

There was but one thing to do now—be frank, brutally frank, because there wasn't anything left of the mess but just plain brutal failure. The break that had so often threatened of late could come now. Flo could slide out with the kids. Her excuse was tailor-made.

He found her with a copy of "Who's Who in New York Society" when he reached home. She was buried deep in the silken pillows of her day-bed, while her personal maid fussed over the finger nails of a slim free hand. When he spoke, she dismissed the girl with a lazy nod.

She listened without comment as their ten-room apartment, with all its luxurious appointments, melted away in his words. Her servants faded out in the fog of his voice. Knowing her

nervous hysterical reactions to anything that challenged her position, he paused occasionally and waited for the outburst. None were forthcoming. She only continued to listen, now and then filling in one of his gaps with a languid, "Yes, darling; please go on."

"We'll have to make less expensive arrangements for the children," he said. "Or at least, I can no longer afford to keep them in a Private. It might be—well, you are still young, Flo—and there's John Clayburn. Well, I guess you know he hasn't quite given up hope." He tried to temper his lack of tact with a forced smile.

"Yes, darling; please go on," she murmured. "You were saying something about the public schools for Betty and Junior."

"There's no use to beat around the bush about it, Flo—I'm washed out, flat, picked clean."

An ambiguous smile moved languorously across her features.

"I rather expected you to be pleased," he said sarcastically.

"I am, darling. Maybe you'll find a little time to get acquainted with your family now, now that you're broke. Time to discover that you're really the father of two lovely children, a boy and a girl, each with a personality all his and her very own. You've never known that before. Thousands of fathers are learning many things about their children these days that they hadn't known before."

"I'm in no mood for levity, Flo."

"Nor I," she smiled indolently, stretching her lithe body against her cupped hands at the nape of her neck. "We're going, you and I, down on the West side and find a thirty-dollar apart-

(Continued on Page 26)

# The Sage

By ELIZABETH SWALLER



ONCE upon a time there lived a great lord whose many and varied benefactions were much sought after, and a never-ending stream of pilgrims traveled daily to his door. Although this great man himself traveled continuously from place to place, into far distant lands, and across briny seas, yet those who came to seek him always found him at home in his palace, ready to receive them, and to serve them. And although he was most lavish in his bestowal of gifts to those who knew him, these never failed to bring gifts to him.

Once, at the end of a summer's day, as the servants were about to close the gates for the night, a woman hastened from the depths of the garden and asked to see the Master. Although the Master had already dismissed his many guests, the woman was conducted to his presence.

She was received graciously and was asked the nature of her errand. "O," she replied, "I came only to see the many gifts which I am told you give to those who ask for them. Have you some for me?"

"Have you come far that you are so late?" inquired the Master. "No," she replied, "not so far, and as I was journeying, a kind traveler overtook me and allowed me to ride in his carriage. He, too, was coming here."

"But he has long since departed, has he not?"

"Yes, I saw him leaving with a most beautiful gift. That is why I decided to ask, also, for something to take away. Have you something for me?"

"Undoubtedly," answered the lord, "but what did you bring?"

"Bring," echoed the woman, puzzled, "why—I brought nothing." She continued: "In order to receive, must we give something?"

"That is the law," replied the Master, "and even I cannot change the law." He shook his head sadly and continued: "He who receives a gift must first bring a gift to me."

"How strange," murmured the woman, "I never thought of that. Is it then only an exchange?"

"Call it not so, I pray you," returned the Master, "but this you must understand, that whoever comes to me with requests must not come empty-handed, and in the same measure in which lies the gift he brings does he receive one from me. He who has neither measure nor gift, for him there is nothing."

"How very bewildering," said the woman. Then a sudden light illumined her face and she asked, beaming: "If I come again at some future time with a gift in a measure, then may I receive something?"

"Well said," replied the Master, smiling, "and for that saying I cannot send you away unrewarded."

Then taking a tiny casket from the table at his side he extended it toward her saying: "This contains a seed, small, but of inestimable value. Take it, nourish it well. It will grow and blossom and will some day bring you back again."

He placed the casket in her hand, then rising, he withdrew from the audience chamber.