

# INNER CULTURE

EAST-WEST MAGAZINE



Vibration

—♦—  
Jesus as a Human  
Personality

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

JULY

1936

Price 25 Cents

Vol. VIII., No. 9



# Law of Common Sense

**A**CCCEPT the Law of Delay as a law of uncommon common sense. It is one of Nature's laws employed by the Absolute to educate human feelings for a better understanding and enduring of life. Your feelings and emotions, when unchecked and untamed, cause an unbalancing of your life. Even weather conditions unnerve you. What have your feelings to do with weather? Why should the weather of Nature determine the weather of your mind?

Your mental condition should be an unconditional and independent factor, never being dependent upon any freak or whim of Nature. In this lies your mastership, leadership, and seership over your whole destiny. If you do not gain control of your emotions, you will be just like a stray leaf rising and falling with the ascent and descent of the whimsical waves of life's circumstances.

Unexpected delay that delays the fructification of your expectations is one of life's unavoidable circumstances. The whims of Nature or of circumstances should not make you whimsical. Nature may be sulky, but why should that sulkiness make you sulky? This is not your natural estate. Yours is the state of eternal Peace and Joy.

Delay may be annoying and often inconvenient, but why should this annoy you? You are the child of the unannoyed and imperturbable. If delay is harrowing, spur yourself to action. If all actions have failed, and all methods have been exhausted, and yet delay destroys your hopes, destroy not the trust in the Eternal Trustworthy One. Submit not to the demon of despondency, but perceive the Imperceivable Hand of the Ever-Unforgetful One in the chaos of your delaying moments.

Do not imitate Nature in her bad moods. Imitate her in the grandeur aspect of her awe-inspiring canyons and in the beauty aspect of her golden dawn over the purple ocean. Imitate the power of her elemental earthquake, the will power of her boisterous storms, the sweetness of her flower-kingdom, the melodious song of her nightingales and the mild humility of her maiden lilies.

See Life and Nature as undulations on the bosom of the All-Life. With such an outlook, the exasperation of delay will be transformed into the blossoms of joy when they come as loving gifts from the loving hand of the All-Lover.

—By Sri Nerode.



# 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.

Copyright, 1936, All Rights Reserved.

Published monthly by Self Realization Fellowship Church (Yogoda Sat-Sanga Society), 3880 San Rafael Ave., Los Angeles, California. S. Yogananda, President. Entered as second-class postal matter, April 6, 1934, at the Post Office in Los Angeles, California, under the Act of March 3, 1879.

SALOME E. MARCKWARDT, Managing Editor.

VOL. VIII

Printed in U. S. A.

No. 9

## CONTENTS

Law of Common Sense .....	<i>Sri Nerode</i> .....	Cover, 2
Submission, Stoicism, Resignation .....	<i>Louis E. Van Norman</i> .....	2
Vibration .....	<i>S. Y.</i> .....	3
THE SECOND COMING OF CHRIST—		
Steps toward the Attaining of the Consciousness which was in Jesus Christ .....	<i>S. Y.</i> .....	5
Jesus as a Human Personality .....	<i>Sri Ranendra Kumar Das</i> .....	7
Training the Subconscious Through Concentration, Will Power and Faith .....	<i>Elizabeth Hinckley</i> .....	8
Mirrors .....	<i>Mary Isabel Buchanan</i> .....	9
Meaning of "Swami" and "Yogi" .....		10
Meditations for July .....	<i>S. E. M.</i> .....	11
News From India .....		13
Scientific Digest .....		14
Door of My Heart—Chant .....		15
Questions and Answers .....		16
Diet and Health .....	<i>Ellen Easton, B. Sc.</i> .....	17
The Climbers .....	<i>A Student</i> .....	18
Illusion .....	<i>Charles N. Gashin</i> .....	18
Science and Civilization .....	<i>Luther Burbank</i> .....	19
How Can Youth Contribute to the Realization of a Universal Religion .....	<i>Paul Ri</i> .....	21
Compensation .....	<i>Katherine Maurine Haaff</i> .....	24
Center News .....	<i>Orpha L. Sahly</i> .....	28

Yearly subscription, \$2.50; Canada, \$2.75; Foreign, \$3.00. Single copies, 25c.

Manuscripts should be addressed to "The Editors," not to individuals. Please enclose a stamped return envelope.

INNER CULTURE is the official organ of the Self-Realization Fellowship Church of America, founded in 1920 by S. Yogananda, A. B. Published Monthly by the Self-Realization Fellowship Church (Yogoda Sat-Sanga Society), 3880 San Rafael Ave., Los Angeles, Calif.

Changes of address should be sent to INNER CULTURE two weeks before the date it is to go into effect. Both the old and new address should be sent. We cannot be responsible for copies lost due to the subscriber's failure to notify us in time of his or her new address.

July, 1936

Page One



# Vibration

By S. Y.

**D**IFFERENT rates of vibration, balanced in the cosmic rhythm, produce before us the majestic cosmos. As the sun holds the planets and stars around it by its great magnetic force, so our ego binds our thoughts and cells together. If this ego is dead or unconscious, all the thoughts will gradually vanish from the body, the strings of forces will be burst asunder, and the cells will begin to decay.

Intelligent vibration creates and guides the universe. Vibration means motion—any kind of motion. Unless vibration has rhythmic intelligence to guide it, it becomes disturbing. Intelligence itself is vibration and consists of various forms of thought. Thoughts are separated from each other by different rates of vibration, and unless there were a relativity of vibration there could not be cognizance of any vibration in the universe.

Everything in creation has a different rate of vibration. If two waves move side by side, there is harmony, but if one wave strikes another, there is a contradiction of forces. In your life you must avoid contradictory vibrations in order to live harmoniously. The vibrations of the physical being must harmonize with the vibrations of the physical surroundings. The harmonious man has harmonious vibrations of color, form, and so forth, around him.

Even in foods God creates harmony of color, and when you cook foods too much, you destroy those colors. In this way you contradict the harmonious vibrations of foods, so that they become inharmonious. In eating, in arranging furniture, and so on, you must have harmony. Cheerful colors always create happiness in the mind. Some colors are soothing, while others are irritating.

In relation to people, how do you know when you get good vibrations or bad vibrations from them? First of all, there is a feeling. Some people do not realize the difference between real vibrational differences and mental judgment. You must keep a very kind feeling within your heart at all times—a feeling that is absolutely unprejudiced. That feeling can judge better than all the intelligence in the world.

Because A is fairly intelligent and B hasn't as much intelligence as A, A thinks that because he can read B, he can read everybody. However, behind A is C, who is more intelligent than A or B; and, because C can read A and B, he thinks he can read everybody. Do you see? Who is to judge who is most intelligent? Although it is natural to think that you know better than anybody else, it is folly to think so. The wise say: "Well, I know only this much today but I am always willing to learn."

The best way to know what kind of vibrations people radiate is to watch the microphone of your feelings, right in your heart. It is the most sensitive of all feelings. You must be free, however, from any attraction of the opposite sex and from all attraction and repulsion. You must have a neutral state of consciousness. When you have that pure microphone which does not judge from prejudice and emotion, then you have developed spiritual senses. You must love everyone. You love those who are dear to you so that you may give that love to the whole world. On the soil of your heart the seeds of love are grown, and you must cultivate those seeds with the water of universal love and universal sympathy. As soon as you love all people with the intensity of the love that you have for your family, then



you express Divine love. The whole purpose of love is to develop that kind of love. Universal love is trying to vibrate through you, but attachment, limitations, and concentration on the senses hinders the free expression of that universal love.

What is the vibratory rate of the body, mind, and soul of a person? If A is ill, he has wrong body vibrations and he must reject them. If you live with sick people all the time, they will make you sick-conscious. You must be stronger than the thoughts and suggestions from other people. That is the way to conquer wrong vibrations which come into your environment.

Vibrations of thought are so powerful that if you live in the same building with persons who have wrong thoughts, they will affect you if you are not powerful enough to protect yourself. If you have a very powerful vibration of your own, you do not need to be concerned about people who have wrong vibrations.

Some people vibrate nervousness, some temper, and some cruelty. Some people have no will and the minute you meet them you feel that they are spineless. Some people vibrate kindness and you love them immediately. Such vibrations are eternal and leave permanent marks in you. You must always keep in tune in your heart.

Then there are vibrations of reason. There should be a balance of feeling and reason if you want to be happy. That can only come by surrounding yourself with vibrations of kindness and intelligence. Not only do you get vibrations from outside, but you must create the right kind within yourself. What you need is a complete balance between the vibrations of reason and feeling. You must be ready to feel everything that is around you and yet you must be able to estimate everything according to its real value at the same time. That is why the combination of man and woman on a spiritual plane is very good, for then they combine pure feeling and pure reason. As one meditates deeply and unites soul with Spirit, this balance of pure reason and pure feeling is expressed in the highest degree.

Some people vibrate vitality and some vibrate weakness. Soul vibration results when a person is always conscious of being with God, and when you are with such a person, you feel the presence of God. That is the vibration to carry with you wherever you go, so that, whoever comes in contact with you may forget all but the power and love of God. Try to be the clear crystal through which the Sunlight may reflect to all mankind. This kind of vibration gives joy to you and at the same time it burns away all evil. The vibration of God is the most intelligent of all and produces perfect harmony. When you let that vibration pass through you, all other vibrations become harmonious within you. That is why Jesus said: "Seek ye first the kingdom of God, and all else shall be added unto you."

The God that I perceive is as real and more real than all this human life. By constantly desiring that my eyes should be opened, I received Him. I had closed my eyes to Him, but through unswerving determination and constantly trying to surround myself with harmonious vibrations within and without, through regular meditation, my eyes were opened and I saw Him templed everywhere.

So remember this: develop a fine sensitiveness. After you meditate deeply, then use that perception and the sum total of the feeling that you have after meditation, and concentrate that feeling in the heart. Then it will give you power to radiate good vibrations and to absorb good vibrations, and it will also give you wisdom.

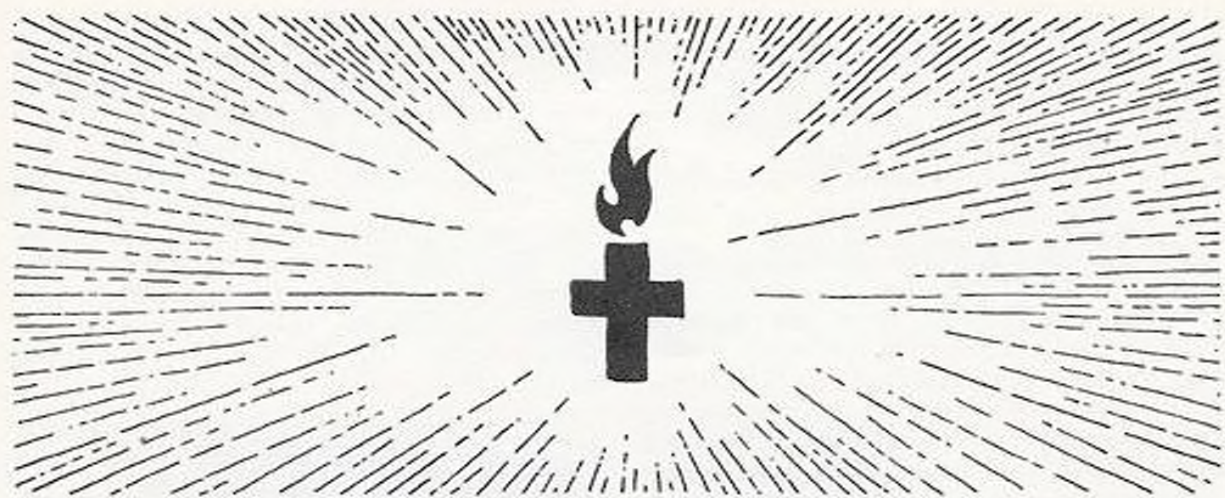
"Let that peace vibration flow through my hands and eyes and through my speech, and through every tube of my thought."

When that vibration flows on, you do not have to worry. If you are in a hades, you will make a heaven there, and if you are in heaven, you will make it better.

Let that vibration flow through your hands, eyes, and feet, and whoever comes in contact with you will feel its blessing. Just say: "God flows through

(Continued on Page 26)





# The Second Coming of Christ

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

By S. Y.

*Therefore take no thought, saying, what shall we eat? Or, what shall we drink? Or, wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) For your heavenly Father knoweth that ye have need of all these things.*

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

**D**AY and night the worldly man thinks of food, drink, and raiment. By so doing, though he gets some food, drink, and raiment, still he does not enjoy them fully, for he is never satisfied and is always looking for more or is afraid of losing what he has.

As the Hindu Scripture says: “You cannot be a man of God if you work for your own gain or remain an idler and do not work at all.” A man of God works diligently, performing only dutiful actions to please God and to share the fruits of action with God’s children, and not for his own selfish desires.

We are sent on earth by God to work for Him, and hence those who work for the ego and its desires become entangled in the net of ever-recurring

imperfect earthly desires and cannot get away to everlasting freedom.

The wise man who eats, drinks, and clothes himself because God has given him a body to look after, is free. If the wise man neglects his body and starves it to death, he sins against God’s laws of creation. The person who dresses, drinks, and eats to please his vanity and mortal desire is divorced from God also.

Jesus asked man not to be engrossed in the thought of food and drink and raiment, for God knows that man needs these things and must have them. God has created many varieties of food and drink and materials for man’s necessities. Since God is so thoughtful of man, he certainly should not forget God. Jesus in nowise told people to neglect acquiring material necessities, but He spoke against giving to them the soul’s entire attention.

Acquire everything you need with the thought of God, with your attention principally resting on God. That is the sure way to happiness. To acquire your necessities, forgetting God, is the certain way to infinite misery.

*But seek ye first the Kingdom of God, and His righteousness; and all these*



things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

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

Man should not seek possessions first, and then God, because those who seek material things first, lose the greatest thing—God. The mind, being like blotting paper, when it soaks up purified, dark material-desire first, cannot take up the fragrant purity of God. But the mind which seeks God first, gets everything along with Him. To possess God is to own the Universe. When you pull the ear, the head comes with it. When you pull at God first, then eternal prosperity of immortality, wisdom, and ever-new blessings are automatically added to you.

Seeking the Kingdom of God first is the greatest message of Jesus to individuals and nations of the earth because it is the surest way to lasting individual, social, and national happiness. Perishable material possessions do not contain the imperishable Kingdom of God, of immortality and everlasting Bliss, but the imperishable Kingdom of God contains in it all the perishable good of the world. Those who are foolish, seek perishable material things first and get so accustomed to working for them, due to the enslaving habit of the mind, that they are unable to seek the everlasting Kingdom of God. So Jesus said to be wise and not waste your effort in acquiring material things which you have to give up perforce at the time of death. Rather, first form the habit of acquiring the Kingdom of God, and if you are successful in acquiring that, you will have immortality and ever-new Bliss, not only in this life but throughout eternity, and in addition you will also be given all the perishable material things which you need in this life. No business man should turn down such an offer.

Besides, when a soul, made in the image of God, instead of seeking immortality, seeks material things, he becomes a beggar and receives only a beggar's pittance, but souls who seek first to return to the Kingdom of God, after

being prodigal and wandering away from it in earthly incarnations, once again become the true children of God and receive, without asking, the Heavenly children's share. To reclaim yourself as a true child of God is to receive all things—prosperity, immortality, and God without asking. To the true child of God, the Kingdom of God is returned and all material possessions are given in addition, for the Kingdom of God contains in it also the Kingdom of the earth.

Of course, just blind seeking the Kingdom of God will not do; neither will being content all your life in seeking the Divine Kingdom without receiving it get you anywhere. Man must know the technique of God-contact, (learned from the sages of India who have specialized in it) and when the ecstatic communion with God is an established fact, then will he know that with the acquirement of the celestial Kingdom, all things are within his reach. Jesus said: "I and my Father are One," (and that is why He could feed five thousand people with five loaves of bread, and could recreate His body after death—an achievement which no scientist has yet duplicated). Jesus had God first, so He had power over life and death, destiny, and all conditions.

It is ridiculous for man to question his Divinity, or to ask whether he can attain Christhood or not. Man does not need to acquire Godhood; he has only to know that he is made in God's image.

Therefore, real Christian living should consist in seeking the comfort of meditation first and then making material life very simple. A complex material life is only pleasing to the eyes, but few realize "what price material comforts." Economic slavery, nervousness, business worries, unfair competition, old age, wars, disease, lack of freedom, and misery and death are the harvest of a materially busy life, which is devoid of the appreciation of beauty, Nature, and God in life. Then why spend all your valuable life's time seeking perishable things? Why not spend your time seeking God first through deep meditation until you actually contact Him, and then with His contact re-

(Continued on Page 25)



# Diet and Health

By ELLEN EASTON, B. Sc.

## DINNER MENU

Avocado Cocktail  
Onion Soup au Gratin  
Tomato and Cress Salad  
Italian Eggs  
Baked Peas and Celery  
Fresh Strawberry Pie  
Pineapple Lemonade

## AVOCADO COCKTAIL

Scoop out the avocado flesh in small balls or cut in cubes, chill, and marinate thoroughly with a dressing made by combining two-thirds cup French dressing and one-third cup mayonnaise in bowl rubbed with cut side of clove of garlic. Add French dressing to mayonnaise slowly, beating constantly. Serve in cocktail glasses. Cucumber cubes or celery may be added to vary this recipe and cress may decorate the top.

## ONION SOUP AU GRATIN

4 cups vegetable stock seasoned with Vegex.  
4 small onions, thinly sliced  
2 tablespoons butter  
4 tablespoons grated Parmesan cheese  
4 slices whole wheat toast  
Mineralized salt

Cook onions in melted butter until soft, but not brown. Add stock and season to taste. Put a slice of toast in each soup plate, pour soup over it and sprinkle liberally with grated cheese.

## ITALIAN EGGS

2 tablespoons olive oil  
2 tablespoons chopped onions  
2 tablespoons chopped green peppers  
2 tablespoons chopped celery  
3 tablespoons whole wheat flour  
1½ cups milk  
½ teaspoon mineralized salt  
¼ teaspoon paprika  
4 hard-boiled eggs, sliced  
1 egg, beaten

Brown onions, peppers and celery in oil. Stir in flour, add milk, slowly stirring constantly, and continue cooking slowly until sauce is thick and creamy. Add seasonings and sliced eggs, then beaten egg and serve immediately on whole wheat toast.

## BAKED PEAS AND CELERY

Place shelled peas in glass or earthenware baking dish. Add butter, mineralized salt and a very little water. Diced celery, diced onions or lettuce may be added to make delightful changes. Cover and bake in a moderate oven until tender.

## HEALTH

Oxygen is unstable, very active and unites with every known element except fluorine. Action and speed are its main characteristics. The process of its combination with other elements is called oxidation. According to M. O. Pretorius, "Oxygen stimulates the muscular system, arouses the circulatory impulse, increases the life processes, supports life, invigorates the functions, builds tissue, increases power of transmission, oxidizes blood and tissue, warms the body, repairs fractures, and feeds every organ of the body."

## DIET

Oxygen foods are: air, all carbohydrates, fruit juices and water. To increase amount of oxygen in the body, take more foods which are rich in iron and sodium.

## FRESH STRAWBERRY PIE

### Crust

2 cups finely crushed wheat biscuits or  
4 cups corn flakes  
2 teaspoons cinnamon  
¼ cup raw sugar  
½ cup melted butter

Mix well, pat into a nine-inch pie plate and bake 15 minutes in a hot oven.

(Continued on Page 25)



## The Second Coming of Christ

(Continued from Page 6)

ceive the immortal, imperishable things of heaven and all the perishable things of this life which you need.

Live with God today and He who guides the destiny of the world, including yours, will plan your morrow for you according to your acts of today.

It is hard to get rid of the evil of material attachments, and thus not go on accumulating seeds of evil attachment for tomorrow, but it must be done some time.

Men seek matter first, and are duped by partially receiving perishable things. Jesus knew that He was one with God. That is why He had everything—control over life, matter, and all conditions. Therefore, do not pray for material things first, for you, as a beggar, cannot get what you want to possess. If you just pray to be a millionaire, I assure you no matter how hard you pray you cannot be one. Do not pray as a mortal, but first know by deep meditation that "you and your Father are One." When you know this, you are richer than a millionaire. Hence, if you know God, you will not need to pray, to supplicate or beg, for you will become a Son of God and, being the Child of God, you will have everything which God has.

If you pray at all, do not pray as a mortal, for in so doing you cannot get more than your mortal or beggar's share, but pray after knowing God, then you can have anything in His Kingdom without supplication, on demand, as your divine birthright.

Do not make the mistake, as millions of people do, of praying and praying, and never getting anywhere. Pray to know God first, then pray for or demand afterward anything you wish to have. That is the real way to get your prayers answered.

---

## Questions and Answers

(Continued from Page 16)

with His omnipotence do away with it at one stroke and ordain universal Self-Realization?

July, 1936

*Answer:* Suffering is the way to realization of God.

*Question:* Should He not ordain differently?

*Answer:* It is the way.

*Question:* Is Yoga or religion an antidote for suffering?

*Answer:* They help you overcome suffering.

*Question:* Why should there be suffering?

*Answer:* Who suffers? What is suffering?

The student thanked the teacher. He was told that the best way of showing gratitude is to retire within the Self.

---

## Diet and Health

(Continued from Page 17)

### Filling

- 1 quart fresh strawberries
- 1 cup raw sugar
- 1 tablespoon lemon juice
- 3 tablespoons cornstarch
- ½ pint of whipping cream

Mash ½ of berries, add sugar and cornstarch that have been mixed together. Cook for about 5 minutes until thick and clear. Add lemon juice and cool.

Place the whole berries in bottom of baked crust, then pour the cooked berries over. Chill. Just before serving pile whipped cream around edge of pie.

### PINEAPPLE LEMONADE

- 1 pint water
- 1 cup raw sugar
- 1 can crushed pineapple  
juice of 3 lemons or limes
- 2 bottles of ginger ale or equivalent amount of cold water.

Boil sugar and pint of water for ten minutes, add crushed pineapple and lemon juice. Strain, cool and just before serving add ginger ale or cold water.

Page Twenty-five



## Letters of Appreciation

Dear Friends

I want to thank you for the healing messages and prayers which you sent to help me when I was suffering from a dog bite. My lip is completely healed and the scar is very slight. Please accept the enclosed donation as a token of my appreciation.

My sister and I are enjoying the Weekly Lessons very much. They really are an inspiration and are well worthy of one's time and energy. We especially like the little prayers. They always contain such lovely thoughts, and are worded so beautifully that we make every effort to memorize them just as they are given. We are recommending the Course to some of our intimate friends, and we hope that they will join the Organization.

Sincerely,  
E. B.,  
Cincinnati, Ohio.

Dear Friends:

It is a year ago the first of April when I received the first Lesson of the Weekly Praecepta, and now I look forward every week for the new one, and every time when I re-read them, they seem to give something new that I didn't observe the time before.

The May issue of Inner Culture Magazine has especially meant much to me, though it always seems to fill my greatest need, and I lend my magazines to any friends who are sincerely seeking for the Truth. I miss the contact of the Sunday and Thursday meetings at Mt. Washington.

Sincerely,  
V. C., Nevada.

Dear Friends:

Every day I enjoy these great inspiring Lessons in Truth, more and more. They are so clearly written too. God's blessings on Swami Yogananda and all the others working with him.

Yours in Truth,  
M. C., New York.

Dear Sir:

I must tell you what happiness these Lessons have brought me. I have new zest for life which now has a new meaning for me. It gives added power to

July, 1936

my work, and I find that it "diffuses" from one into those pupils who are ready to receive it. I cannot express my thanks—except, perhaps, in the way in which I try to live my life.

Yours thankfully and humbly,  
E. J., London, England.

Dear Sir:

I am deeply grateful for all the good your Instructions have done me. They have helped me in every way and made me happier.

Sincerely and most gratefully,  
N. H., New Jersey.

Self-Realization Fellowship:

The Course of Study has brought so much peace and joy to my life I am proud and happy to be a member of Self-Realization Fellowship. I am growing in understanding each day.

Yours,  
E. C., Illinois.

Dear Friends:

This Course is what I have always wanted and I like it immensely. I give about one hour per day to its study and about three hours on lazy days. You said in one of your letters that Swami Yogananda thanked me for my cooperation—I think I am the one to be thankful for being allowed to be a member of such an Organization. I thought I knew a lot, but Swami Yogananda has opened my eyes.

Yours in all sincerity,  
G. S., Great Britain.

### Back Issues of "EAST-WEST" (Inner Culture) Magazine Wanted

January-February, 1926  
March-April, 1926  
July-August, 1926

July-August, 1927

September-October, 1928

March-April, 1929  
July-August, 1929  
September-October, 1929

May-June, 1930  
September-October, 1930  
November-December, 1930

January-February, 1931  
March, 1931

SELF-REALIZATION FELLOWSHIP  
Mt. Washington Estates, Los Angeles,  
Calif.



# Center News

By ORPHA L. SAHLY  
(Director of Center Activity)

**I**N OUR talks on self-control we have acknowledged the necessity for uprooting certain acquired and unthinking repetitions in human behavior, the curbing of undesirable tendencies and impulses, at their source. Now, before one can know undesirable habits from desirable ones, there is a process of discrimination necessary. Certain obviously detrimental habits are easily recognizable by the use of even an average amount of intelligence. It only remains for the feeling to become harmonized with thought, to put an end to the tendency. But there are more subtle habits which you have not even recognized as such. Perhaps a habit of conduct to which you have trained yourself is "good" in a certain set of circumstances. If, however, you are habit-bound by even a so-called good habit, you may sometime find that you have committed gross error by allowing your action to be guided by habit instead of by an ever-alert, wide-awake intelligence.

Possibly the most subtle habits are community, national, or racial habits. That habit of thought or conduct which you hold in common with fifty, five hundred, or a million other individuals, having accepted it without individual focus of intelligence, may be the very chain of bondage which has first to be recognized before it can be broken. People as a whole are like sheep; they follow, accept; seek shelter, comfort, reward. Few use clear intelligence in any act of life. The rare ones who stand forth in their own fullness and

integrity are reviled, crucified, for disturbing the stagnant, hypnotic comfort of standardization.

But after the crucifixion, what? What is *Self-Realization*? What is left after the denudation of *all* ego-expanding acquisition? That is something that only YOU can know. And you can only know, if this instant to you is timeless; if you stand balanced on the exquisite wire of infinite perception, fine to razor-blade sharpness.

The only place you can begin is from the place where you now are. Think and feel deeply, not superficially. Become AWARE. To BE and to DO is Life.

\* \* \*

*The Boston and Somerville groups enjoyed a social evening on May 9 at the home of Dr. M. W. Lewis, Conducting Teacher. The Somerville group is a branch of, and still an integral part of, the Boston Center, in that it holds regular independent meetings aside from the general Boston Center meetings; and membership is restricted to Praecepta recipients. That the membership is showing steady increase speaks highly for the initiative and earnest effort of these students.*

Sri Nerode is still in Miami, Florida, where he has been for many months, building strong the foundation of Self-Realization in the hearts of his students.

Dr. Roman Ostojka is teaching in Cleveland, Ohio.

Sri Ranendra K. Das has completed a series of lectures and classes in Canton, Ohio.