

# INNER CULTURE

THE MAGAZINE OF INDIA



The Cosmic Cinema

By PROFESSOR ERNEST P. HORRWITZ

— ❖ —  
Is "Non-Violence" A Defence  
Against War?

By SWAMI YOGANANDA

— ❖ —  
Rubaiyat of Omar Khayyam

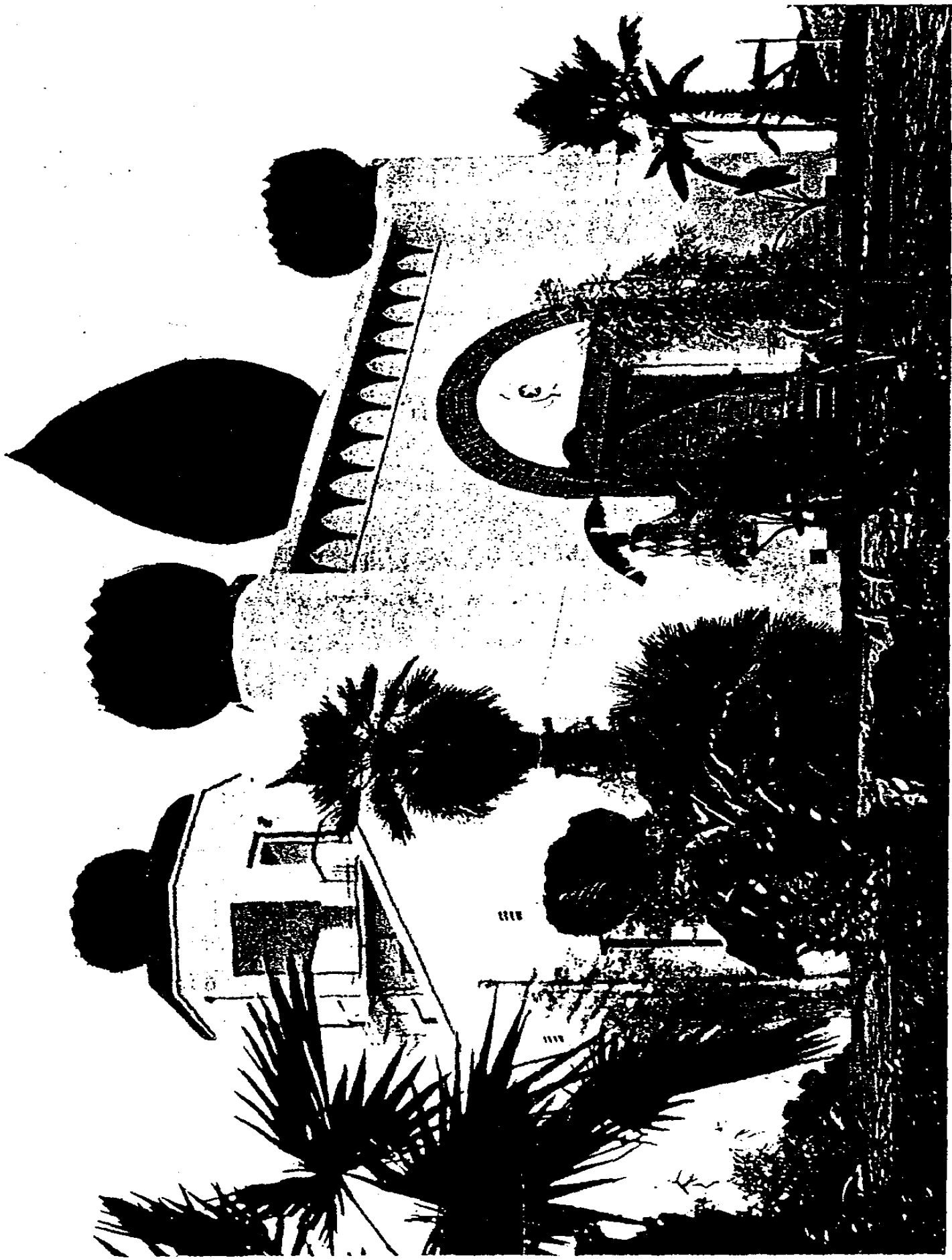
— ❖ —  
Soil and Soul

By LILLIAN R. CARQUE

MARCH  
1938

Price 25 Cents

Yogoda Convocation Speeches



GOLDEN LOTUS TEMPLE OF ALL RELIGIONS, Encinitas, California

# INNER CULTURE

## THE MAGAZINE OF INDIA

### In This Issue

Golden Lotus Temple (Picture)..... 2	Pole Star of My Life.....34 (Hindu Chant—revised)
The Cosmic Cinema..... 4 Prof. Ernest P. Horowitz	What Is Meant By “Blasphemy Against the Holy Ghost”?.....35 Swami Yogananda
Sanskrit Scripture (Poem)..... 7 Sir Edwin Arnold	Thoughts on Prayer.....39 Mahatma Gandhi
Rubaiyat of Omar Khayyam..... 8 Swami Yogananda	Book Reviews .....40 The Quest of the Overself Veda and Vedanta Valmiki Ramayana Spiritual Awakening of Man Study of International Relations
Yogoda Convocation Speeches.....10	Around the World.....44
Formal Opening of Golden Lotus Temple of All Religions.....18	Scientific Digest .....45
Soil and Soul .....20 Lillian R. Carque	Directory of Centers .....46
Daily Meditations for March.....26 Ranendra Kumar Das	Diet and Health .....49 Truth Buberly
Is “Non-Violence” Cowardice or Courage? .....29 Swami Yogananda	Another Wakefulness (Poem).....52 Swami Yogananda
To the Memory of My Sister, Roma Sasi (Poem).....33 Swami Yogananda	

VOL. X, NO. 5

MARCH, 1938

L. V. PRATT  
Editor

C. RICHARD WRIGHT  
Business Manager

BRAHMACHARI JOTIN  
International Secretary

Change 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.

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

Published monthly by the Self-Realization Fellowship, established in 1920 by Swami Yogananda, A. B., Founder and President. 3880 San Rafael Avenue, Los Angeles, California. Copyright, 1938, by Self-Realization Fellowship Church, Inc. Entered as second-class postal matter at the Post Office in Los Angeles, California, under the Act of March 3, 1879. Printed in U. S. A.

# The Cosmic Cinema

By PROFESSOR ERNEST P. HORRWITZ

Stratosphere aeronauts are impressed with the unity of the universe, as they gaze from dazzling altitudes at the starry expanse, with a blazing sun overhead. In a flash of realism, the span of space dissipates to a mirage, suspended in the air. The blue vault of heaven is but an optical delusion; the trick is done with myriads of minute mirrors of dust and cloud. The gossamer web of space and the tissues of time are both fancy-woven. As sunsets are not the sun, but his image and reflection, so time is but imaginary, projected by the magic of the mind. The historic drama, packed with grim actualities and romantic films, is life-like as a vivid dream. Arctic explorers, encased in the perpetual night of a polar winter, live as much today as at the dawn of Christianity or in the age of stone. Life is a rapid succession of elusive events. The very skies looked different to soldiers fighting at Waterloo, or Bunker Hill, or Trafalgar. A planetarium actually turns the clock backward, and projects celestial orbits and conjunctions as they appeared to bygone generations.

## Individual Consciousness

The Buddhist philosopher Aswaghosha knew neither stratosphere nor planetarium, but keenly

felt the unreality of space and time. He declared that individual consciousness, the source of all things, is illusory, null and void. As a crystal catches the reflection of a bluebell or a red rose, he argued, so the mind is colored and overlaid with mental images. All sorts of imaginings cover pure intelligence. This brain-cloud produces the variety of mundane appearances; a whole crowd of ill-assorted phenomena makes up the cosmic cinema or moving panorama of the showy world. Tangible objects can no more be separated from subjective notions than moonbeams from the moon. Objects do not exist by themselves, but only

Prof. Horrwitz, who has taught Hindu Philosophy and Aryan Semasiology in the leading universities of India, is at present Visiting Lecturer at the University of Washington, in Seattle. In his newest book, *Veda and Vedanta*, he says: "Great is our cultural indebtedness to beauty-loving Greece, but our inner life is under deeper obligation to spiritual India."

in our busy brains, Aswaghosha pleaded; they are mere phenomena of consciousness. The whole objective world is a castle in the air, a dream devised and staged by the mind, and mortal mind is utter delusion. Christian Science has an Eastern counterpart in Buddhist science as conceived by Aswaghosha two thousand years ago. Subconscious memory, he tells us, clouds the soul, and results from previous experiences. Pictures, conjured up, hold us spellbound; we fondly dwell on dim memories of our remembered or forgotten past, our actual and prenatal history. We go on dreaming, and fancy all this optical deceit, the gay and dismal display of life's perpetual motion.

Awakened sages who have overcome the force of memory are not at the mercy of their thoughts, but can manipulate and control every subconscious impression; they know the meaning of personality, see humanity in man, conceive the general behind the specific. Sages realize the eternal in the transient, and revere abiding unity in all things. Name and form vanish before the supernormal vision; what remains is the essence of things, the thing itself, the same yesterday, today and tomorrow. In a superconscious state the complex compounds of mind and matter break up in simple elements which again merge in Being. Shadow and semblance turn to substance, are transubstantiated. There is nothing left of shape and form, either gross or subtle, except its spiritual perfume. According to Aswaghosha's super-idealism, soul

“Nature and spirit, human will and divine grace, death and immortality, exclude one another. Hence every god-sent teacher appears to be brimful of contradictions. Has he not to persuade natural men and women that they are spiritual? to convince slaves that they are free, and mortals that they are immortal?” —  
*Prof. Horrwitz.*

alone is real, is THE thing, is THAT thing. Hence Buddhist science which repudiates mortal mind is known as Thatness (*Tathata*).

### Blurring the Cosmic Picture

The new idealism which became a characteristic feature of Neo-Buddhism was virtually the old *Upanishad* teaching that we can only see life through the spectacles of our impressions; what the universe really is nobody knows. Our preconceived notions and sensations need constant correction. The whole creation is a mirage and image, a floating film and flighty vision, a web of sensation or tissue of mortal mind as Aswaghosha expresses it. We rarely give ourselves as we are. We want to make an impression; we act and pose and bluff. But appearance cannot be the real thing. Love and hatred, flattery and abuse, attraction and aversion, and another thousand opposites sway the muddled mind;

"Yoga teaches that health is harmony, and that disease is discord. Violation of nature's laws is fraught with dissonance; non-injury attunes to the infinite, and makes contacts with the heart of humanity. Yoga is a blend of psychology and transcendentalism, Sankhya and Vedanta, with a theistic sprinkling . . . It is unique as a practical presentation of the spiritual life. Its teachings are clear, and its methods precise."—*Prof. Horowitz.*

they blur the cosmic picture in our excited, confused, distorted brains. Buddha had preached the middle path between extremes; courage instead of rashness or cowardice, generosity between extravagance and meanness, and so forth. The *Saka* sage was dispassionate, serene and selfless.

Aswaghosha too had a keen sense of proportion, and in moments of exaltation was privileged to see things as they are, their inmost self through outer seeming, without the intermediary of sense and reason, though through a glass darkly. Spiritual laggards mistake falsehood's fancy-haze for truth ablaze; to them the real and the true are veiled. The blinded can only contemplate the shadow and semblance of reality; economic

pressure and sex-urge weigh them down. We all live in a vague and misty dream-world of our own; nothing presents itself alike to any two men. There are not two individuals who look at a problem or event from exactly the same angle, just as there are not two faces precisely alike.

### Comparison of Aswaghosha With Leonardo da Vinci

Many-sided Da Vinci was a superb painter, and also far ahead of his time as an engineer. He constructed a bassoon which helped to develop musical art. Da Vinci laid down the principles of hydraulics and aviation, and first discerned the "elevation of continents." When he walked through the streets of Milan, his long, fair face crowned with a black cap, and the blonde beard flowing down over his favorite rose-colored tunic, passers-by drew aside and whispered: "There he goes to paint the Last Supper!"

No less inventive and versatile was Aswaghosha (born in Patna at the end of the first century). That supreme ornament of Kanishka's court wrote Buddha's biography, and rearranged the master's theology. He was a playwright and a musician of no mean order. His proud presence stirred men to wonder at his marvelous powers. Kings and cities bid for him, as though the haughty genius were himself a miracle. For the purpose of religious propaganda, Aswaghosha invented the *rastavar*. The sweet strains he drew from that string

instrument were so plaintive and melodious that listeners began to ponder on the soullessness (non-atma-ness) of phenomenal life and of individualism. Many reflected that mental images cause all this objective illusion, and are vain and void indeed. And they came to learn that self-realization, the superconscious vision, is the effect of restraining and controlling the idle pictures in the restless brain.

\*~\*~\*

### SANSKRIT SCRIPTURE

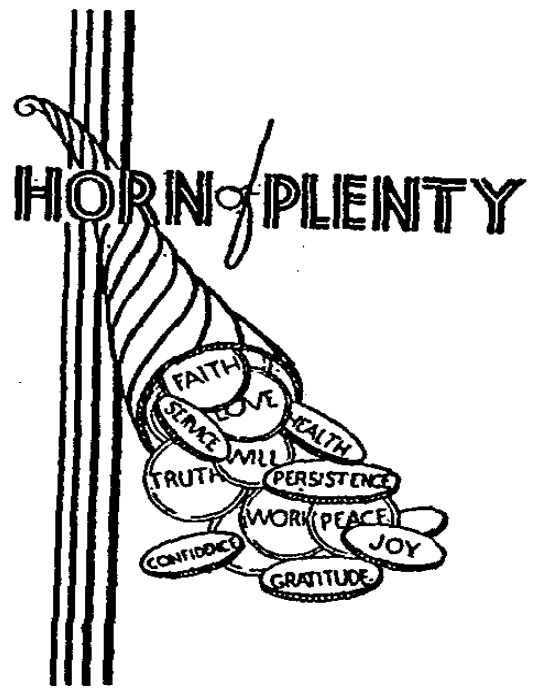
This lovely lotus-blossom, grown  
 Long ere our Mary's rose was  
 blown;  
 This pearl of hope, fetched from  
 the sea  
 Before they fished at Galilee!  
 The subtle thought, the far-off  
 faith,  
 The deathless spirit mocking  
 Death,  
 The close-packed sense, hard to  
 unlock  
 As diamonds from the mother-  
 rock,  
 The solemn, brief simplicity,  
 The insight, fancy, mystery  
 Of Hindu scriptures—all are had  
 In this divine *Upanishad*.

—Tribute by Sir Edwin Arnold  
 to the *Katha Upanishad*.

\*~\*~\*

"The heart longings, the soul aspirations, are not merely vaporings of imagination or idle dreams. They indicate possibilities. They measure the height of your aim and the range of your efficiency. They throw a new light on old truths."

—Rajeswarananda.



Will you accept a Horn of Plenty Bank from the Self-Realization Fellowship, as a beautiful reminder to keep the idea of abundance always present in your consciousness?

The services of trained workers who pray for your success, health or happiness are freely offered to you.

Complete instructions in the use of the bank and also a lesson in demonstration are sent with each request for a Horn of Plenty Bank.

-----

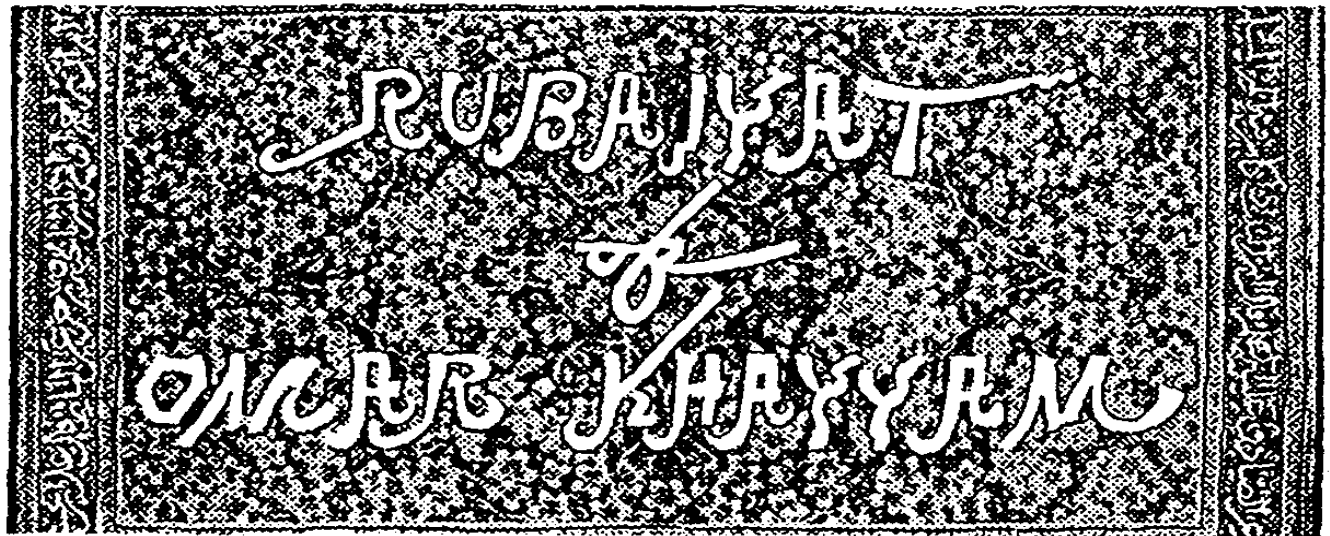
Self-Realization Fellowship,  
 Horn of Plenty Dept.,  
 Mt. Washington Estates,  
 Los Angeles, Calif.

*Please send me a Horn of Plenty Bank and please also put my name on the prayer list for opening up the way for prosperity to come to me.*

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_



SPIRITUAL INTERPRETATION BY SWAMI YOGANANDA  
RUBAIYAT OF OMAR KHAYYAM  
*Translated Into English Verse by Edward Fitzgerald*

XV

*And those who husbanded the Golden Grain  
And those who flung it to the winds like Rain,  
Alike to no such aureate Earth are turn'd  
As buried once, Men want dug up again.*

**Spiritual Interpretation:**

"Why, O man, should you exalt gold, either to hoard it or spend it? Give scant consideration to the desires of that physical body for which wealth is sweet, since all mortal frames must shortly be returned to dust, valueless for any purpose."

**Applied to Daily Life:**

Whether one, making Gold his idol, guard it like a miser or enjoy it like a spendthrift, there is little metaphysical difference, since both courses of action proceed from the delusion that wealth is the bestower of happiness. He who glorifies money is falsely identifying his Self with the physical body for which he desires the security or comfort of wealth.

How foolish is man to identify his Immortal Consciousness with the perishable human body which death renders inert and destitute of all desirable qualities. Indeed, considered as matter, our dull clay cannot compare with the gleaming ore which men eagerly rescue from the earth!



### Glossary:

1—*Golden Grain*—The Idol of Wealth.

2—*Who husbanded . . . who flung . . . alike*—Those who hoard money for security or spend it extravagantly for luxury are alike in delusion.

3—*No such aureate earth are turn'd*—The worshipped physical body is ultimately turned, not into gold, but into worthless dust.

### XVI

*Think, in this batter'd Caravanserai  
Whose Doorways are alternate Night and Day,  
How Sultan after Sultan with his Pomp  
Abode his Hour or two, and went his way.*

### Spiritual Interpretation:

"We behold the little kings of earth with their gorgeous courts and proud families reign for a little while in this ancient world fitted with contrasting doors of light and darkness, and then suddenly snatched away into the chamber of death."

"Just as the momentary lives of insects seem short to us, so all human lives are short-lived before the eternal eyes of God.

"Though everybody dies, yet it is the strangest of all truths, that while living we can never picture in our minds that we too have to drop like dried petals on the tract of the unknown mystery."

### Applied to Daily Life:

It is best for us not to be drunk with the uncertain security of a healthy prosperous life and thus forget to seek the saner, more worth-while lasting happiness-yielding pursuits of life. Powerful people have crumbled to dust without a moment's notice. Let us establish our palace of peace on the rock of ages, the rock of indestructible inner peace acquired by meditation.

### Glossary:

1—*Batter'd Caravanserai*—This world tavern torn by the recurring storms of human sorrows and catastrophes.

2—*Whose Doorways are alternate Night and Day*—The periodic contrasts reminding us of our cosmic environment.

3—*Sultan*—Mighty happenings.

4—*His Hour or Two*—The shortness of life compared to Eternity.

# Yogoda Convocation Speeches



The Second Annual Yogoda Convocation of Self-Realization Fellowship teachers and students from all parts of the country was held on December 26-27, 1937 at the Second Temple of Self-Realization in Los Angeles. Short extracts from the many inspiring speeches are given below.

## **Brahmachari Jotin**

Brahmachari Jotin, Washington Center leader, had a dynamic message, part of which follows: "When the pestilence of spiritual poverty saps the very life-blood of man's objective life, he longs for the peace and comfort of his spiritual home in divine consciousness. Then his Divine Father sends him a guide to lead him back where the peace of soul is not marred by the pain of senses. Such is the law and love and justice of God.

"This guide from God we call an incarnation of God, a savior. Incarnation of God does not mean that God comes down to earth. God is the Eternal Reality of Consciousness-Existence-Bliss Absolute. A great soul from a very high plane of spiritual consciousness takes his

birth on the physical plane of consciousness we call earth. We call that soul a divine incarnation. He comes to guide us to God-life. But he comes only when humanity seeks him and never otherwise. It is not that a savior is born just once or twice, but whenever and wherever the human heart cries for him. Such is the covenant between God and man.

"Entering into the innermost hearts of men one realizes that all over the world humanity has been crying for guidance out of the chaotic condition of the present world. The human heart is sick to the core. Is this combined cry of human hearts left unheeded by God? No, not for me. Has not the merciful Father responded to the pitiful cry of His helpless children? Yes, He has. Once again the savior is born, the Redeemer has come. He is among us today. I present him to you. He is my master, Paramhansa Swami Yogananda. His message points the only way out of the present world chaos. I give you his message. Let all the people of the world become one nation. Until men become world citizens mother

earth shall know no peace . . . To accomplish this task Swamiji has taken his stand on the spiritual nature of man. Spiritually all men are identical and one; therefore, every man must shape his life in conformity with the spiritual law of God. To preach this gospel of peace, security and progress through world citizenship, based on the spiritual identity of men, Swamiji has built the unique Golden Lotus Temple of All Religions."

### **Sri Nerode of Los Angeles**

Sri Nerode, leader of the Second Temple of Self-Realization in Los Angeles, spoke as follows: "Some thirteen years ago, when my health was broken, I came into contact with Swami Yogananda's teachings and built myself up in two months. To the best of my ability, I have incorporated his teachings into my personality, so far as my intellect could comprehend. As he says, to contain the water of the ocean one has to expand the cup of his understanding. So it is not possible for us to comprehend Swamiji. I have seen him from every angle. I have seen him work 18 hours at a stretch and after 15 days I was just about gone, but Swamiji was as fresh and renewed in strength as ever. I hope through eternity I shall follow him. Our relation has been a relation of master and disciple. He is a great soul, and since he has come back from India he is a still greater soul. He has brought back something of India. And that is very evident in his meditative life.

"He put me in charge of the Second Temple of Self-Realization in Los Angeles about 8 months ago, and with the cooperation of my beloved friend Sri Khagen and another very wonderful soul, Seva Devi, and also the most wonderful cooperation of my wife, plus the silent prayer and cooperation of others, we have tried to build up the temple. Our whole idea is to serve others.

"In every age you will find there is a spiritual spokesman. Every age has produced somebody who has represented that age. But every such man has been persecuted in his lifetime. Every great man has been put on the cross. In this country our beloved Swami Yogananda has been persecuted greatly but still, by the power of his soul and the inspiration that he has derived from his great teacher, he is still here and he is helping many thousands of people throughout the country."

### **Sri Das of New York**

Sri Das, leader of the Indianapolis and New York Centers, gave an interesting talk on "A New Vision," part of which follows: "As the mind receives philosophical training and guides its thought to higher realms and through the medium of concentration and meditation as has been taught to the Western world by our *guru*, Swami Yogananda, and as the mind enters the kingdom of receptivity which Plato described as the 'intelligible world' or the realm of pure ideas and the evolution of consciousness to higher spheres, intellect turns into in-

tuition. Intellect stresses our individualism and thus keeps us within the boundaries of egotism, jealousy, greed and anger, whereas intuition reveals our inherent unity with all. With the development of Self-Realization as taught to us by Swami Yogananda, in time man shall behold God in everything and will find that his own soul spreads everywhere in all things, animate and inanimate."

#### Dr. Lewis of Boston

Dr. M. W. Lewis, conducting teacher of the Boston Center, said in the course of a sincerely moving talk: "When I was asked to speak here I chose the subject 'My Guru' as that subject is nearest and dearest to me. All spiritual realization that I have or hope to have I owe to him, my Guru, Swami Yogananda. When I first sat at his feet, back in 1920, my heart was filled with honest doubt. But when he taught me and I saw the compassion in his eyes, I was overwhelmed. Something sprang up within me that had been sleeping, something which I had forgotten, and it has been present with me ever since. Ordinary human relationships and friendships pale in the light of that divine relationship between master and disciple.

"Many times I came to Swamiji with my troubles, but I could not disturb his calmness. I remember I said to him on one of these occasions, 'How is it you are able to do these things—to have such courage and conviction?' He re-

plied, 'Doctor, remember, the same Father who protects me, protects you. He is our common Father.' That thought has been a great source of inspiration as I have plodded along the path."

#### Dr. Roman Ostoja

Dr. Roman Ostoja, one of the well-known traveling teachers of the Self-Realization Fellowship, said in the course of his talk:

"Why did I join the Self-Realization Fellowship? As you see, I am a Westerner like yourselves but I joined this movement because through it I have really found self-realization. Although I have a Ph.D. degree from a Western university, I always desired to study the Eastern wisdom. I went to India and spent three years there under capable teachers. I learned the methods of physical self-mastery, as those of you know who have seen my demonstrations, but I was very unhappy within. Not until I met Swamiji Yogananda in America did I receive that joyousness within myself. I will always be glad to state that I received the secret of inner joy from Swamiji and not from the methods of bodily mastery nor even from my training in India.

"There are so many millions of people in India. It is very hard to find real teachers. You might see some performers on the street who would astound you with magic demonstrations. But men like those are not true holy men and cannot give you anything of value. A teacher who gives you the secret

of happiness is the greatest man. We recognize that greatness in Swamiji Yogananda and in his movement through which he is teaching the way of joyousness."

### Seva Devi of Los Angeles

Seva Devi, associate teacher at the Second Temple of Self-Realization, said in the course of an inspiring address: "A woman said to me when I was talking to her about our beloved *guru*-preceptor, 'I studied with Swami Yogananda. I liked him very much. But if I followed him it would take all my time to do all the things that he wants us to do.' I have often thought since of her remarks and that they were not so far-fetched. Actually her words are true, that the student of Self-Realization has to be so sincere, so devoted that this spiritual work and this Self-Realization become the paramount thing in his life. There should be nothing that could take him away from it. He has to put in hours of meditation and be very particular about practicing meditation every day. Every little detail of his life takes on a new meaning . . . .

"And now I would say to you that Swami Yogananda's work is the greatest work in the world. I believe that is the truth. That it is the greatest work in the world. I am just beginning to learn what *guru* actually means. You know Arjuna, in the *Gita*, said to Krishna, 'I have been sitting with you and playing with you and talking to you and I didn't realize your majesty.' That is the way I begin

to feel toward my *guru*-preceptor. He is the spirit of God embodied. That I can say to you. He has come here, sent by his master, who saw some buds here in America that were waiting for the sun of Self-Realization to warm them and to open their petals into full blossom."

### Rev. Dr. Arthur Porter

Rev. Dr. Arthur Porter of England and America gave an inspiring talk, part of which follows, on the message of Christ: "Jesus said, 'Deny thyself!' What a shock and a contrast that seems to be, that after man has developed all his faculties and sharpened his wits with others, that one should come who knew man and who was in God and say, 'Deny thyself.' When we turn to educational science we are told there are just three things that control your life and my life.

"We are told that if we change the environment of human beings, give them good training and schooling, we can lead them to the highest expression of character. There was a time when I thought that if we can control those three facts of heredity, environment and training we can make a man what we will. Then I remembered that Jesus said nothing about these things and yet introduced to the world that fourth factor or spiritual factor by which a man can control heredity, environment and circumstances and training and all the forces of life. We have that great example demonstrated in the life of Jesus."

## David Livingston

In the course of an inspirational address, David Livingston, well-known Biblical authority, said: "We are not limited to a small Convocation. We speak the words of truth to the ether. May they strike the consciousness of those that are ready to receive them. It is my privilege today to introduce to you a master, one of the greatest that is living upon the earth today, Swami Yogananda. If we cannot love those great masters whom we have seen, how can we love God whom we have never seen? To India we owe all. Let us be truly grateful and give honor where honor is due, because if we do not give credit to our teachers after we learn from them, our light will be dimmed."

## Sri Khagen of Los Angeles

Sri Khagen, associate teacher at the Second Temple of Self-Realization in Los Angeles, spoke a few words as follows: "Friends, I am not an orator! I believe that there is the soul that speaks, not the mouth. A sincere soul with a few words will inspire more people than the insincere soul with many words. As our Convocation is nearing a close, I would like to leave with you one principle on which the teachings of Self-Realization rest. That is, service. A few months ago Swamiji wrote and told me to serve everyone with the joy of God and try to serve everyone as I would serve Him. If I can help one soul to the path of spiritual realization I am most happy. I know no one has done more for

humanity than my master, Swamiji. He has traveled everywhere and inspired many thousands of people in this country.

"Friends, this is Christmas time and I believe that is the best time to sow the seed of universal brotherhood and love in our consciousness. Let us not waste our time. Let us all cultivate the spirit of universal brotherhood and fellowship.

"I would like to tell you one thing. Please cultivate the spirit of service—to serve humanity in the best way you can. And don't make any distinction that you are a Chinaman or a Hindu or an American. Try to see God in everyone."

## Swamiji's Speech

Swami Yogananda replied to the Convocation speeches of the leaders in the following words: "Any man or any teacher who does not respond to love is not fit for the name of human being. And the person that responds to love receives the message of God passing through the words of others. I feel this much—praise does not make me any better, blame does not make me any worse. I only know that God is reflected in all. Because of the happiness that I feel in the joy of that Spirit, I want to impart His love to all those that come to me. That is my greatest desire for which I live now. I thank every one of you who have cooperated with this cause to make the occasion a success.

"Very few people understand how to go about contacting God. Many people think, 'Well, whether

we think of God or not, He gives us food. Why bother about him?' Some think, 'We pray, but we don't know if He is listening, so why bother?' Some people think, 'When we die, then we will be angels.' But remember, my friends, if you are not angels before sleep you will not be angels after sleep. Death will not give you wings just by the virtue of death. Whatever we want and expect to be, we must be that now. We must do it today. We must be practical. The practical aspects of true Self-Realization has changed the life of thousands.

"If you live God you will be able to make others feel God, as you are able to make others feel your hate if you hate them. You must use your power. Sincerity is the transparent diamond through which the light of God shines in our lives. How can we approach God when there are so many religions, each one claiming that they will send you to heaven? But do you feel that you are in heaven? Your own self-realization must be the only binding force in your life.

#### *Not Personality*

"I do not want to hold anybody by my personality. For if I do, when death shall cut that string, the flowers of souls will be strewn and trampled by time. I am here to serve souls and the only bait that I shall give is my love.

"Jesus said, 'Pray unceasingly.' Buddha said, 'Meditate on God.' Zoroaster gave the same teaching. The wave cannot say, 'I am the ocean,' because the ocean can exist

without the wave, but the ocean can say, 'I am the wave,' because the ocean can exist without the wave. It is all right to say the ocean has become the wave, however. It is the greatest delusion to say, 'I am God,' until you know within your own experience that you are God and can work His miracles. When you can feel your consciousness in every atom, in all space and beyond all creation, then you can say, 'I am God'—not until then.

"The proof of the existence of God is not in books, nor in the words of others. It is in yourself. When you sit quiet and pray and nothing happens, you have not contacted God. If you want to see that blind prayers don't work, pray from today five hours daily that you might become a Henry Ford. You will not be granted that prayer. But pray to God, 'I am Your child. I am made in Thy image. Make me one with Thee.' That will be granted. And if you can establish your lost relationship with God then you will have everything. Was not Jesus richer than Henry Ford? He had everything that the Father has. His home was the universe. His consciousness was omnipresent. That is why he said, 'The son of man hath not where to lay his head.' Jesus was one with God. He said, 'I could borrow twelve legions of angels from my Father, but I would not.' He never used his powers to destroy those who were crucifying his body. That is where he expressed his god-like qualities. For God does not punish us for our wrongs. When Jesus said,

'Father, forgive them, for they know not what they do,' he represented that life of God by his humbleness and his meekness and tremendous power and by refusing to use that power to punish others.

### *Rules of Religion*

"What is the way to know God? The first thing is that you must follow those rules of all religions. First, don't steal; don't kill. Don't commit adultery. Don't commit any evils. Secondly, follow the positive rules of all religions. Be kind, be sincere, be truthful, love your fellow men. But that is not enough to know God. When no one was with you before you were born, He was with you. He is the only real friend whose love is unconditional. When all your friends will bury you, He shall be with you. Remember that.

"After following the right methods of living come the rules of posture. You must have right posture. You must sit upright; spine always straight. Fourth, switch off the life force from the body. And fifth comes meditation. You can not find God by muscular demonstrations. The life force must be shut off from the body, then the sensations cannot reach the brain. Why do you feel peace? The peace that you feel for so many hours at night, whence do you get it? Something cannot come out of nothing. That peace comes out of something. And the answer is, that God is behind the sleep land. That peace felt in sleep comes from God. So the masters said, 'Practice Self-Realization

by right eating, by right thinking and by oxygenation and *pranayama*.' Every mental state has a corresponding physical state and every physical state has a corresponding mental state.

"After posture comes switching off the life force. That is much faster in its results. In one life you can attain God-consciousness by Self-Realization. Meditation is to remember that state of divine joy (which you feel in sleep) with the full possession of your mind, in the conscious state. So the masters teach that by switching off the five telephones of sight, smell, taste, touch and sound, you can produce that consciousness at will. Then after that you can interiorize your consciousness. You can turn your mind within and enjoy that peace. When you will be able to forget sensations then you will be at the altar of God. Apply the test. No matter what method you are following, you will ultimately have to follow these methods.

### *Test of Truth*

"I can say, 'God, God, God,' and go into the state of ecstasy. I can go into that state by meditation or by seeing beautiful scenery or by looking at someone. Whenever you have reached that state you can go into that state by any method. Test these truths in your meditation. Many people think, 'I am already there.' Then I say, 'Let me break your hand and see if you can heal it at once, as Jesus could.' If you cannot do that, don't think for a minute that you have attained that



Christ-conscious state. You must labor for it.

"First follow the moral rules and then sit quiet and switch off the current from the senses at will. You can do that in three or four years if you are a good student. After switching off the sensations you will find your mind is concentrated within. I can keep my mind on anything that I want. Unless you will be able to do that you have not reached God at all. That is the beginning—when you can shut out thought at will.

"Those who love God are always thinking of Him. You don't have to fly away from the world. You can do everything and still think of Him. Just as the pianist is always thinking of her music, so the lover of God is always thinking of God. That joy feeds the brain, feeds the heart, feeds the soul. That joy is God. God is ever-new joy. In India these things have been proven. God has not been so much talked about as proven by the great masters. You must do likewise.

"Last of all, remember God is joy, God is light. Great light—such light that sometimes I see this earth in it like a dream. It is a dream. By this constant communion everything vanishes but God. He is sometimes like a great light, or like a great sound, or joy. He is light which spreads all over the wings of eternity. He is in the sound that devotees hear. God is love. When you feel love for all, that is God. In devotees you feel the love of God more. I have no nationality. I have no consciousness

of India or America. I love you just as I love my own family. Good or bad I love them alike for they are my brothers and sisters. Naughty or good, we are His children, and we must manifest that love now.

### *Right Patriotism*

"We must practice that love now. It is the greatest of evils to shout patriotism that brings bloodshed. Down with it! Patriotism that teaches everyone to love all nations—that is right patriotism. But patriotism that teaches one to love his own nation and be the enemy of other nations is wrong. If you don't love all as God's children, you have no patriotism. I prophesy that some day the races of Europe shall be dark and Asia shall be white. Europe and Asia are changing already. Be proud of what is beneath the skin and flesh and bones—the Image of God within you. Be proud of that alone.

"It is a strange paradox. You have accepted Christ—one who was an Oriental. He was born in the Orient to show that he was amidst the down-trodden nations and that you should love all nations alike.

"Last of all is oneness with that Light, oneness with that Joy, oneness with that Love, oneness with that Wisdom — not only Oneness but expansion from the limitations of the body to the boundaries of eternity. If you feel these things, I bow down to you. I sit at your feet, as all souls that have felt God will do.

"You must work earnestly and be loyal to what you have received.

Otherwise you shall never know. You cannot keep on travelling in five cars and get anywhere. You must take up one method and follow that if you know that it is the truth. You must realize God yourself. Every night when you sit to meditate, pray to him unceasingly. Tear the silence. Cry. Cry as you cry to your mother or to your father, 'Where are You? You made me. You gave me intelligence. You are in the flowers, in the moon and in the stars. Must You remain secret? Come to me. You must. You must.' With intellect, with the love of your heart, tear at the veils of silence again and again. With the rod of devotion churn the ether and it shall produce God."

---

### FORMAL OPENING OF THE GOLDEN LOTUS TEMPLE OF ALL RELIGIONS

The following news story about the formal opening on Sunday, January 2nd of the Golden Lotus Temple of All Religions appeared in the *Encinitas Coast Dispatch* of January 6th, 1938:

"The Golden Lotus Temple of All Religions is dedicated to the ideal of brotherhood and non-sectarian worship of our one Father,' declared Swami Yogananda, founder of the newly-completed Temple at Encinitas, at the formal opening last Sunday. About 3000 people visited the Temple and 17-acre grounds. The Swami was required to conduct a second service for the benefit of hundreds who could not

find even standing room at the first service.

"The ocean-and-sky altar, visible on all sides through the immense windows, emphasized the Swami's ideal for the Temple as a place for silent meditation and communion with God. The low blue tile altar, flower-decorated, held a beautiful mother-of-pearl reproduction of Christ at the Last Supper, also statues of Christ, Mary, Buddha, Krishna, Lahiri Mahasaya, famous Hindu teacher, Zoroaster, Mohammed and Rama.

"Gold drapes and deep blue rugs added to a scene of rich simplicity. A many-colored star, flashing in the sunlight, hung at the front of the hall, and on the ceiling was a large symbolic glass drawing in blue and orange, representing 'the infinite expansion of consciousness to include all races and all universes within the compass of our love and understanding.'

"The Swami, who played on a small portable organ from India, gave a stirring address, in which he welcomed devotees of the Lord irrespective of their creed or lack of creed, and stressed the 'practical message of self-realization or self-knowledge through which any sincere seeker may learn to contact God.'

"The Self-Realization Fellowship of America, of which Swami Yogananda is the founder and president, has centers in a score of American cities, with headquarters at Los Angeles. Many leaders of these branch centers, including

Brahmachari Jotin of Washington, D. C., where he has established a Temple, Sri Das of New York, Sri Nerode of Los Angeles, Dr. Arthur Porter of England, Mrs. Lloyd Briggs of Santa Barbara, Mrs. E. W. Backus of Minneapolis and Dr. M. W. Lewis of Boston were present at the opening of the new and uniquely-designed lotus temple."

The Temple, the plan of which was designed by Swami Yogananda, was built under the able supervision of Mr. Glenn Lewis of Encinitas and Mr. O. O. McReynolds, well-known Los Angeles contractor.

---

### MAX MULLER TRIBUTE

"*Vedanta* is the most sublime of all philosophies and the most comforting of all religions. None of our philosophers, not excepting Heraclitus, Plato, Kant or Hegel, has ventured to erect such a spire, never frightened by storms or lightnings. Stone follows on stone, in regular succession, after once the first step has been made, after once it has been clearly seen that in the beginning there can have been but One, and there will be but One in the end, whether call it *Atma* (soul) or *Brahma* (Creator)." — Professor Max Muller, in his *The Six Systems of Indian Philosophy*.

---

You never enjoy the world aright, till the sea itself floweth in your veins, till you are clothed with the heavens, and crowned with the stars.—*Thomas Traherne*.

MARCH, 1938

# BOOKS

By SWAMI YOGANANDA, A.B.

## Whispers From Eternity

3rd Ed. "This is the fountain of prayers for all religions—the most inspirational way of contacting God." Contains gems of pure Truth, which will penetrate the darkness of every-day existence. "Best Spiritual menu, which will nourish your daily spiritual life." With a Foreword by Madame Amelita Galli-Curci. Cloth-bound, \$2.50 postpaid. Paper cover, \$1.50 postpaid.

## Scientific Healing Affirmations

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

## Science of Religion

Sixth Edition, with Frontispiece of Swami Yogananda. Preface by the English poet and philosopher, Douglas Grant Duff Ainslie, who writes: "This small book is the clue to the universe. Its value is beyond estimation in words, since between these narrow covers is to be found the flower of the Vedas and Upanishads, the essence of Patanjali—foremost exponent of the Yoga philosophy and method, and the thought of Shankara, greatest mind that ever dwelt in human body—placed for the first time within reach of the multitude. This is the deliberate statement of one who has at last found in the East, after many wanderings, the solution of the riddles of the West." \$1.50 postpaid.

## SELF-REALIZATION FELLOWSHIP

3880 San Rafael Avenue  
Los Angeles, California

Page 19

# Soil and Soul

By LILLIAN R. CARQUE

**N**UTRITIONISTS are rapidly awakening to the recognition that plants require a certain well-proportioned quantity of all the necessary mineral elements for their healthful growth, just as man and animals do—that insufficiently or wrongfully nourished plants, like the members of the animal and human kingdoms, fall a prey to diseases more quickly than those specimens which are well nourished. Few physicians realize that an unsuspected factor in disease is the use of poor foods grown on impoverished soil, inadequately supplied with essential organic salts.

Insect infestation, germs and microbes in soil, plant and food alike are one of the effects and not the cause of a deplorable soil and food situation. Micro-organisms cannot live and propagate on sound and healthy tissues, whether they be of plant, animal or human life.

Thus for instance we see in cow's milk a variation of the total mineral matter from 0.35 per cent to 1.21 per cent; in grapes from 0.36 to 0.70 per cent; in potatoes from 0.42 to 1.46 per cent; in peas from 1.76 to 3.49 per cent, while sodium, calcium and iron vary as follows:

	Soda	Lime	Iron
In milk .....	from 8.60 to 11.18	17.31 to 27.55	0.33 to 0.76
In grapes .....	from 0.29 to 10.54	1.70 to 22.60	0.05 to 1.68
In potatoes .....	from none to 16.93	0.51 to 6.23	0.04 to 7.18
In peas .....	from none to 3.54	2.31 to 7.90	none to 3.83

According to Watts and other chemists, the following variations in percentage of iron to total amount of mineral matter is revealed in different kinds of cereals:

In oats .....	from 0.1 to 5.1
In wheat .....	from trace to 3.3
In rye .....	from none to 2.2
In barley .....	from 0.1 to 2.1
In millet .....	from trace to 1.8
In rice .....	from none to 1.4

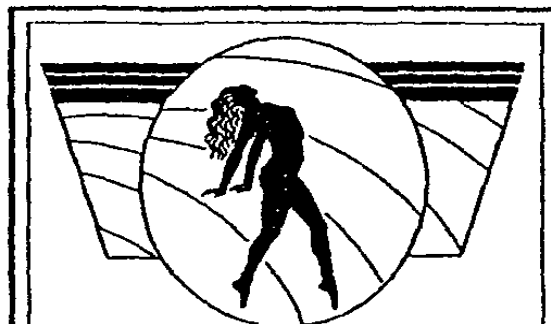
Similar variations could very likely be detected in all food products in different soils. Such changes may go on slowly and imperceptibly, but in the course of years the soil may deteriorate to such a

degree that its products become of an inferior quality. Men and animals subsisting on such abnormal foods will eventually show various signs of degeneration which reveal themselves in defective development of bones and tissues and in the lack of vital resistance or vital force or electricity.

There is a normal rhythmic rate of vibration to which organic salts in soil and food serve as a link in the chain of that mysterious force requisite for harmonious regulation of healthful cellular or soil activity. When the link is broken by the absence of even one essential mineral, harmony ceases and discord ensues. Under adverse conditions, the duration of the soil's fertility will be sustained for a longer or shorter period, dependent upon the earth's final and complete utilization of its reserve stores of essential minerals, and the degree to which it exhausts its less important constituents to this end. The process of infertility is retarded or expedited, diminished or aggravated in intensity to the ex-

tent that the mineral salts are correctly or incorrectly balanced, and to the degree of the severity of the imbalance. But when the depletion period ultimately and inevitably is reached, the soil loses its vitality and its subsequent failure in fertility may be likened to a state of sterility in the human and animal kingdoms devoid of regenerative capacity.

Despite the progress we have made in agriculture, soil culture and horticulture, our foods can be no better than our human relations. Have we ever stopped to realize that we are retarding the evolution of the mineral, vegetable and animal kingdoms by our thoughts, for all life is one? The whole of nature moans in travail over the iniquities of man. Is it not reasonable to assume that the much lamented poisonous spraying to which trees and all vegetation are subjected are due to evil vibratory forces emanating from man himself, objectified into materiality in the form of bugs, worms, weevils, vermin, blight and



“Many foods which in the final end - processes of metabolism would have been potentially or actively alkaline are rendered acid by our wrong thoughts, feelings and motives. Of striking importance is the fact that this acidity is carried back to the mineral and vegetable kingdoms in renewed life cycles, thus reacting unfavorably on the whole of Nature.”

other infestations despite many precautionary sanitary measures? The correct remineralization of the soil undeniably helps to mitigate man's evil emanations, but like healing agents and remedies, it merely serves as a palliative.

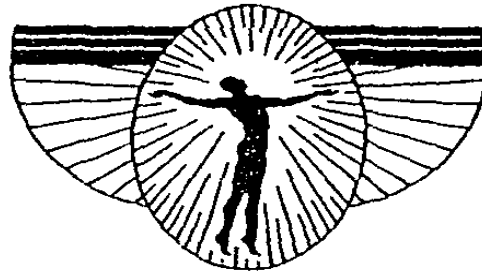
Human beings breathe in oxygen and exhale carbon dioxide, which includes two atoms of oxygen to the molecule. Plants, including all vegetation and food-bearing trees, take up this gas from the air, which will support neither respiration nor combustion, decompose it by liberating the oxygen and retaining the carbon for the gradual building up of the plant and wooded parts of the tree in renewed life cycles. Thus we see the unceasing reciprocity and solidarity in Nature, the human kingdom impressing the vegetable kingdom with a purity or non-purity, resulting in either a normal growth or a degenerate yield.

Every good or evil action has its reactions as sharply perceptible as a stone flung into calm water. The circles whirl with greater or diminished intensity corresponding to

the force with which the missile was hurled; not even the tiniest pebble is left untouched by its ripples. The disturbance is not alone one of surface visibility. Below, unseen, in every direction—outward and downward—drop pushes drop until the sides and bottom

are touched by the pressure. Equally significant, the air above the water is perturbed, and the exertion for good or for ill originally propelled presses forward with great velocity from stratum out into space to the utmost confines of the universe. An impulse given to matter is never lost and can never be recalled. So, too, with agriculture, involving the kingdoms below man, mineral and vegetable—our younger brothers. While the action may be instantaneous, the effects are infinite.

Nothing in the solar system is at absolute rest; bodies that we consider at rest are actually in motion with the earth. Every particle of even seemingly inert, quiet and solid rock is in constant rapid motion, and is conscious in its own degree on its own plane of development.



“Few physicians realize that an unsuspected factor in disease is the use of poor foods grown on impoverished soil, inadequately supplied with essential organic salts. Insect infestation, germs and microbes in soil, plant and food alike are one of the effects and not the cause of a deplorable soil situation.”

Many progressive agriculturists who advocate clean culture deprecate the use of commercial fertilizers and stable manures. They wholeheartedly recommend the use of the mineral bases occurring in finely pulverized primitive rocks, which when perfectly decomposed and judiciously mixed with humus make ideal fertilizers. The resultant benefits are vigorous plant growth and, indirectly, strong and healthy people. Yet the lower kingdoms have been fed by man's iniquity, impoverishing the mineral and vegetable kingdoms to a degree that render them unable to yield desirable foods for the body. This condition will endure so long as man continues to stimulate the fertility of Nature for his own selfishness and covetousness. As pure air is necessary for the nourishment of our gross physical bodies, so too are pure thinking, noble aspirations, sacrifice and right action essential to elaborate the finer forces or essences in all the kingdoms of Nature, man included.

Just as a child in kindergarten has the potential capacity for knowledge

now actually acquired by the grown boy in the graduation class, so too do the kingdoms below the human differ from man only in degree or stratum of consciousness or awareness. All the lower lives have within themselves the potentiality of tremendous growth in the future, and it is man's duty to give them the right impetus and direction, that they too may acquire individualized self-consciousness. The progress of evolving beings up through all the kingdoms is a continuous one, just as a continuous stream of pupils passes through the various grades in a school. In the far distant future during another evolutionary cycle a great host of sub-humans will graduate from the animal kingdom into the human, even as we did during the last evolutionary stream.

The dull apathy of the mineral is aroused to fuller perception when it merges into the vegetable kingdom, and enjoys the accelerated vibratory activity which takes place when the inorganic matter resident in soil and rock is converted into organic material. The vege-

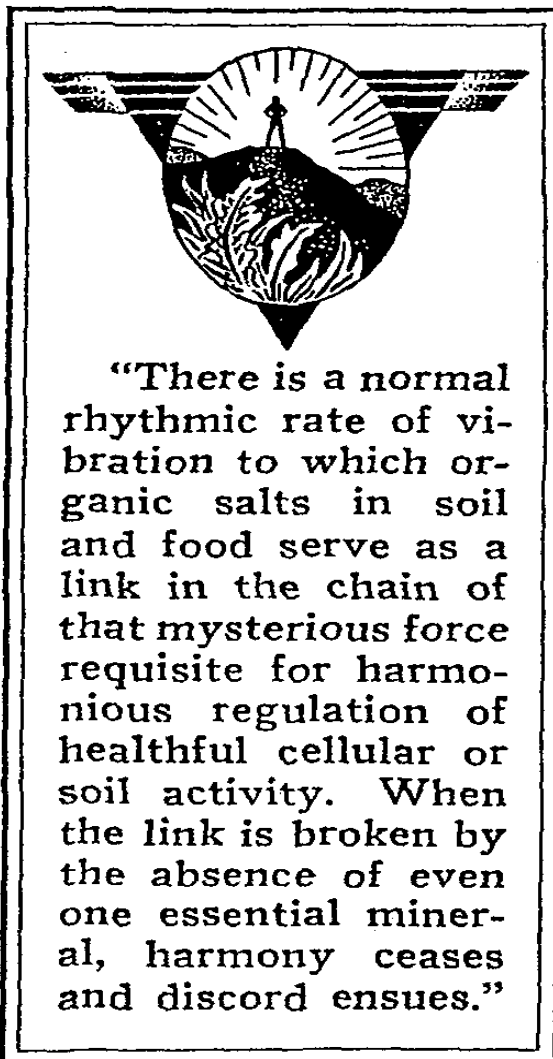


table kingdom liberates energies more powerful with more latent dynamics when it merges into the animal and human kingdoms. The processes of ingestion, digestion, secretion and excretion become involved in the mysteries of alchemy—physiologically called metabolism—that cunning, mysterious and ingenious vital phenomena that readily transforms the food ingested into the more complex human cell, blood, bones, lymph, heat and energy. Thus the lower forms of life inherent in the foods ingested are fused with the higher and more intelligent human cells, and transmuted or sublimated, so to speak, to heightened consciousness or progressive manifestations of vital force, impressed with the higher potencies of the human organism.

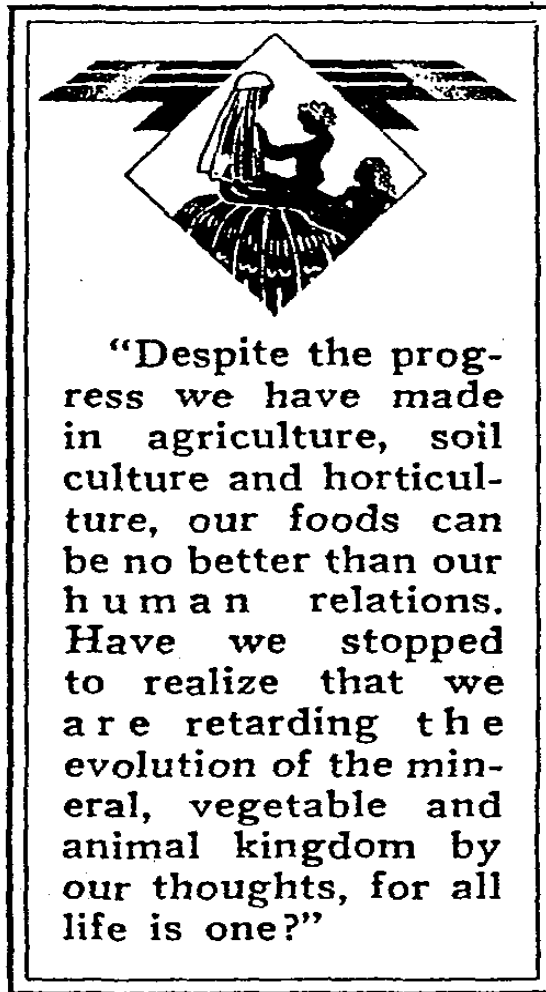
Many foods which in the final end-processes of metabolism would have been potentially or actively alkaline are rendered acid by our wrong thoughts, feelings and motives. Of striking importance is the fact that this acidity is carried back to the mineral and vegetable kingdoms in renewed life cycles,

thus reacting unfavorably on the whole of Nature.

Behind all erroneous action is an incorrect attitude of mind. In the wrong fertilization of the soil is reflected a heedlessness or indifference, an absence of universal kinship, mercy and love for man

and the various expressions of life in Nature; a failure to recognize the reciprocity in Nature, as evidenced by agricultural *mining* instead of sane soil replenishment; a desire for quick accumulation of profits, and hence the use of too much forcing fertilizers which insure luxuriant but rank growth devoid of precious nutrients, analogous to the manufacture of inferior foodstuffs; the necessity on the part of farmers to respond to the violations of natural law, pursuant to

the false and perverted needs and cravings of faulty man; the attacks of parasites, a rebound of the parasitic qualities in man, intensified by lice, fungi and plant diseases which respond to the destructive disintegrating thought entities in Nature nursed and reared by man. Lastly, the general disturbance caused by



“Despite the progress we have made in agriculture, soil culture and horticulture, our foods can be no better than our human relations. Have we stopped to realize that we are retarding the evolution of the mineral, vegetable and animal kingdom by our thoughts, for all life is one?”



a violated equilibrium resulting in a super-abundance of insects that have their place and duties in the natural scheme of things, but which cannot find their niches in an abnormal situation.

In the *Bhagavad Gita* the quality of *Tamas* or darkness is expressed as a state of delusion or ignorance, where work is undertaken without regard for its consequences, or without ability or discrimination as to the harm it may cause. *Rajas* quality springs from a gratification of lust, where work is undertaken only to gratify selfish ends. The *Sattva* man, he of truth and goodness, does his duties because it is necessary, obligatory and proper; because it is the will of the Lord within. The disciple must learn to do every act with the divine in view, yielding his energies wholeheartedly and unselfishly to the great tasks at hand. When this attitude becomes universal, such problems as rational soil fertilization will solve themselves.

**"HINDU DIETETICS  
FOR BODY BUILDING"**

Including the Nervous  
and Glandular Systems  
*Translations from Bengali*

A Unique and Valuable  
Recipe Book

\$1.00 postpaid

**TRUTH BURBERY**

1769 Bush St.

San Francisco, Calif.

**Golden Lotus Temple  
Of All Religions**

Self-Realization  
Fellowship

at  
Encinitas, California

●  
Unique Services  
By-The-Sea  
Every Sunday  
at 11 a.m.

●  
Non-Sectarian Services  
Conducted by

**Swami Yogananda**

and eminent speakers

●  
Communing with the Infinite  
Peace in most Glorious Scenic  
Surroundings

ALL WELCOME

The  
Symbol  
of Trust-  
worthy  
Unimpaired



**NATURAL FOODS!**

Kar-Kay Raw Sugar Con-  
fections Are Deliciously  
Wholesome. Safe for the  
Kiddies!

At the Better Health Food  
Stores

**Kar-Kay Natural Brands, Inc.**

4328 San Fernando Road  
Glendale, California

# Meditations

*For Each Day In March, 1938*

By SRI DAS

Tuesday, 1st. The highest goodness is Absolute Good (God). It is not that which is good for one race and not for another, or for one sex and not for another, or for one age and not for another. These are but the passing shadows to be erased by the sun—the Great Good of All.

Wednesday, 2nd. I am a thought of God and can never lose my place in His mind. The Perfect Mind never loses one of Its thoughts.

Thursday, 3rd. Thoughts are the means through which the Mind works. Solomon says, "As he thinketh in his heart so is he." The *Dhammapada* also says, "All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him as the wheel follows the ox that draws the cart. If a man speaks with a pure thought, happiness follows him like a shadow that never leaves him."

Friday, 4th. Life proves that a mind filled with peaceful, loving, trustful thoughts is in heaven; while one filled with malice, injustice or misery is in hell. My mind is my kingdom. I can make it what I will. Willing with the Divine Will, I shall make it a haven of joy.

Saturday, 5th. Every soul has Faith as a part of its being. A faith in a power that is limited makes life seem limited. May I place my faith in the All-Knowing, All-Seeing, All-Acting throughout this day!

Sunday, 6th. A silent prayer today of thanksgiving and acknowledgment that the goodness of God surrounds me continually.

Monday, 7th. The best educators tell us that all that one shall ever know was in one even as a child, as the oak is in the acorn. Books, travel, and other external things serve merely to draw out the knowledge that is within. In

my seeking the highest wisdom of all, that of Divine Mind, all other knowledge will be added.

**Tuesday, 8th.** What I consciously hold today in my mind, sinks deep into my subconscious realm. Only positive thoughts of reality do I want to be placed there.

**Wednesday, 9th.** The broad, deep mind can see the unity of all religions. Universal tolerance gives true deference to the real of each. My brother and I are One. Let today open a new path to me where I see all my associates in a new light.

**Thursday, 10th.** The purpose of religion is to unite God and Man and to show that we are all One Body and One Spirit in God. Through my impersonal thinking I help lift up all humanity.

**Friday, 11th.** Concentration is the divine art of centering the mind upon what we please as long as we please. Making the All-Source the continued object of my thoughts, every gesture and glance passes on that Spirit to everyone I meet.

**Saturday, 12th.** We become like that which we concentrate upon. We know a thing by becoming it. My true need today is mine to own and feel.

**Sunday, 13th.** Into the silence of my heart and mind I enter, closing the doors of the senses. Thinking spiritually, my manna for today is provided.

**Monday, 14th.** I am Spirit and governed by the law of Spirit. Material prophecies of evil cannot affect me for at any moment the True Word can annul it.

**Tuesday, 15th.** I will not be moved by praise or blame. I give all praise to God and am not touched by blame because God in me is not moved by neglect or insult.

**Wednesday, 16th.** God is all Support. Look away from people to supply our needs, towards the One who is the power back of people and money.

**Thursday, 17th.** There is no superiority or inferiority in God. It is only when we look at ourselves as separate personalities that we see others as superior or inferior. Self-depreciation has no place in the true Self.

**Friday, 18th.** Opening the recesses of the Soul to ever-present Universal Goodness displaces all distorted negatives, for they cannot abide divine companionship.

**Saturday, 19th.** By turning the gaze inward, we discover that the mind of man is the grandest force in existence and truth is its greatest complement.

**Sunday, 20th.** In my real and ideal Being I am perfect. I, in my soul, desire to realize my perfectness and make it manifest. This I will do by feeling and showing love, kindness, mercy, and justice toward all my fellow men.

**Monday, 21st.** The Good is everywhere, and I speak it into visibility.

**Tuesday, 22nd.** As a plant pushes itself up through the ground, there is sometimes quite an upheaval of earth. It is so with Truth. Pushing itself through material sense makes an upheaval of old thoughts of error. But the plant goes on growing, reaching still more for the light. So it is with spiritual progression.

**Wednesday, 23rd.** No thought can bind me but with my consent.

**Thursday, 24th.** In our spiritual nature we are like automatic valves. As we open ourselves to the lower motive and indulgence, we close ourselves to the higher. When we close the lower, we open the higher. The choice is ours.

**Friday, 25th.** There is no problem in life that can come to us without bringing its own method of solution, for life is mathematics.

**Saturday, 26th.** Whenever there is a real want we may be sure that the supply is not far away. Confidence in the operation of the law insures its realization.

**Sunday, 27th.** A higher intelligence than the mortal sees the road before us. We do not have to strive for good, but only go forward and possess it.

**Monday, 28th.** Every day is a new incarnation. It places us in different relations to all persons and events.

**Tuesday, 29th.** I am not bound by any past. I am not limited by any future. I am now and forever eternally free.

**Wednesday, 30th.** As life, truth, and understanding are eternal, death, falsehood, and ignorance must be false appearance.

**Thursday, 31st.** I shall put away the false by ceasing to make this physical plane a plane of cause.



## *Spiritual Interpretation* OF THE ★ **BHAGAVAD GITA**

*Is "Non-Violence" Cowardice or Courage? Can  
 Spiritual Resistance Take the Place of Physical  
 Defense in Time of War?*

By SWAMI YOGANANDA

*Chapter 2, Stanza 32*

### **Literal Translation:**

O son of Pritha, blessed and fortunate are the Kshatriyas (warriors) who are summoned to fight in a righteous battle which comes to them unprovoked and thus opens the gate to heaven.

### **Poetic Rendition:**

O you wavering offspring of Pritha,\* warriors like you should be inspired when the divine opportunity of fighting for an exalted cause knocks at the gates of your lives. For all those who respond

\*When Krishna is referring to the human weakness of Arjuna, he calls his disciple "son of the woman Pritha."

to the celestial call of a righteous battle which comes without aggressive seeking will surely behold in it the secret door to heavenly happiness.

### **Spiritual Interpretation:**

It has been described in the previous stanza that there are two kinds of warriors—first, the warrior who is ready to engage himself in a righteous war for the protection of his family and country. Secondly, there is the spiritual warrior who is ever ready to protect the kingdom of peace and self-control from the invasion of inimical temptations which pour in through the secret pathways of the senses. The *Gita* says no warrior should waver

because of the danger to his life or the killings which he might be compelled to perform, especially when he is engaged in protecting innocent women and children from a bloodthirsty enemy. The *Gita* warns against the practice of using metaphysical doctrines of non-killing and similar teachings as a subterfuge for tolerating the merciless slaughter of innocence by conscienceless marauding armies.

### Gandhi's Methods

The doctrine of non-violence as inculcated by Mahatma Gandhi and Leo Tolstoy consists in resisting evil-doers by mental resistance which may lead even to the destruction of self at the hands of war-mad soldiers. A non-violent person should resist evil-doers not with physical force but with spiritual force. Non-violence signifies passive resistance by love, spiritual force and reason, without actively using physical force as the medium of resistance. The non-violent man maintains that if it is necessary to shed blood in the protection of innocence, then let one's own blood be shed first. That is, if a person spiritually resists the wrong-doings of his enemies to the point of inviting his own death at the hands of his infuriated foes, there will ultimately be less blood shed in the world. The non-violent man teaches that if bloodshed is necessary in a righteous battle let him offer his own blood to be shed first.

Many of Gandhi's followers martyred themselves in following the doctrine of non-violence. When

some of Gandhi's unarmed followers spiritually resisted the enactment of a law they considered unjust, they were attacked and beaten by their political enemies. Many of the followers of Gandhi who were battered and beaten down mercilessly, got up again and urged their enemies to again beat them, pointing to their broken skulls and limbs. It is said by witnesses that this display of tremendous courage on the part of Mahatma Gandhi's followers caused many political enemies to throw down their weapons and fly away, for they were ashamed to beat up brave people who resisted only by spiritual force and were not afraid to be hurt or killed in the practice of their convictions.

### Sacrifice of Self

The doctrine of non-violence maintains that the sacrifice of self would teach one's enemies to break their own swords with the awakening of conscience and the inner urgings of repentance. Whether one can gain the independence of his own country by letting the best of his countrymen perish defenselessly resisting armed armies is a matter yet to be properly and thoroughly experimented upon. But it must be remembered that the resistance of evil by good and not evil means ought to be the ideal method of eradicating the plague of war which has stricken the nations of the earth down all avenues of historical time.

If one brandishes his sword against his enemy it excites him to

use a superior weapon to defend himself. War breeds war. War can be killed by *living* the doctrine of peace in national life. Aggressive wars should be outlawed. Wars of defense are reasonable, but to be able to conquer the conquerors by non-violent methods is greater. Jesus could have borrowed twelve legions of electrically armed angels to destroy his enemies but he conquered them forever by his love and by saying, "Father, forgive them, for they know not what they do."

The non-violent Jesus, though he allowed his blood to be shed and his body to be destroyed, still immortalized himself in the eyes of God and man by attaining victory over the weaknesses of flesh. Jesus temporarily experienced death only to experience immortal life afterwards. A nation which can maintain its independence by peaceful methods would be the greatest example and saviour to the arming and warring nations of the earth.

### Cowardice Not Encouraged

Mahatma Gandhi, the messenger of the non-violent doctrine, maintains, however, that it is better to resist with physical force rather than become a coward. If a man and his family were attacked by a criminal who levels his gun at them, and the man, being actuated by inward fear and without defending his helpless family, says: "Gunman, I forgive you for whatever you may do," and then flies away, this act would not be called one

of non-violence but of cowardice. According to Gandhi, it would have been better for a man in such a situation to resort even to physical violence rather than hide his act of cowardice under the mask of non-violence.

To return a slap for a slap is easy, but to resist a slap by love is more difficult. The *Bhagavad Gita* says any warrior who uses physical or spiritual force to defend a righteous cause always derives a heavenly satisfaction in his soul even if he dies in the attempt.

According to the law of karma a man who dies on the battlefield with a courageous and clear conscience attains a blissful state after death or is reborn on earth with a valiant mind in a noble family.

### Spiritual Warrior

When a spiritual warrior finds himself in a scene of psychological war in which his peace and self-control are invaded by worries and sense temptations, he should not waver nor become vexed but he should see in his inner battle an opportunity to conquer his restlessness and temptations and to establish the heaven of permanent peace within himself. A student of metaphysics, finding himself constantly invaded by battalions of temptations, usually becomes discouraged and thinks his moral and spiritual tests are stronger than his spiritual resistance and are thus calculated to crush him. The *Gita* advises every spiritual aspirant to disband such thoughts of weakness which naturally crop up during a severe

psychological test. Instead, the spiritual novitiate should see in the psychological war a gateway and an opportunity to conquer evil by the power of increased good and to conquer restlessness by a power of increased concentration and to conquer sense temptation by increasing the joy of meditation.

Any devotee who tries to conquer his psychological tests and the trials of delusion by the Christ command of his self-control will gradually find the permanent state of heavenly peace established in this life. According to the law of cause and effect any devotee who can hold on to the after-effects of meditation and maintain his peace to the end of this life in spite of trials, will prolong his happiness of this life into the immortal happiness extending beyond the gates of death unto eternity.

## SPECIAL OFFER

Those readers who send in two paid yearly subscriptions to INNER CULTURE will receive a yearly subscription free. Three Subscriptions for the Price of Two!  
One Year, \$2.50

## WORDS OF WISDOM

"Be free from egotism with its innumerable illusions. It lands you in absolute chaos. It puts the brightest intellect in a frantic puzzle. It only barks at the bad and fails to look for the good. Its dealing with the world is like weaving ropes of sand in despair. It is after all a thing of outward show and inward woe. It cannot stand close scrutiny. If you search, it slips away. Let the shell of egotism perish that the pearl of the Self may appear.

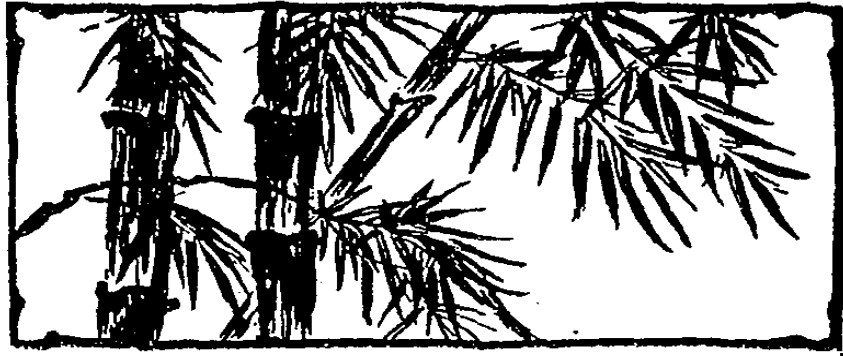
"The world belongs to him who can conquer it. All things gladly serve a brave soul. Take the good things by force of purpose and tenacity of determination and they are yours. No power or grace or chance parcels out good things to a favored few and gives others inferior things. Have no small opinion of yourself. Think upward if you would reach the heights where superiority dwells.

"Every soul has the right to the *Vedanta*. It is the science of Reality beyond time, space and causation. It is as broad as the sky, allowing all luminaries to shine in its spacious amplitudes. It is as deep as the sea, as clear as crystal, as cool as the moon, as bright as the sun and as universal as heat and light. It is free from any dogma or creed, any fossilized traditions or conventions, any dubious uncertainty of philosophical speculation or logical abstraction."—Swami Rajeswarananda in *Words of Wisdom*.



# To the Memory of My Sister, Roma Sasi

By Swami Yogananda



As I walk everywhere  
In the temple of past sweet  
thoughts,  
The faded blossom of your sacred  
self

Rests yet on the altar of my  
memory  
Sending wan wisps of fragrance  
From your many petaled traits.  
Under canopy of your measureless  
sweetness  
My early dreams were cradled—  
Now orphaned by your swift exit.  
A million memories of kindnesses  
Ever have built a temple true  
Enshrining you.

\* \* \*

I cannot broadcast tears  
To worry you there,  
But may you know  
I will always miss you here  
Next to long-lost Mother dear.  
You are everlasting in my mind  
Even though to all you are hid  
Behind the deep tide of time.  
I cannot weep for selfish loss  
And I cannot smile, for you are  
away.

I am glad I will meet you some-  
time—  
And sad I'll ne'er meet you in  
Hindustan as before.

\* \* \*

When I asked you to come to  
America,  
You foretold: "I must shortly go—  
As befits a true Hindu consort  
To go before her mate."  
Your duty done  
You have gone,  
To your Father's place flown,  
A votary now in His temple  
infinite.  
You are gone ahead  
To welcome us there  
Where all must meet  
And end our separation's tear.

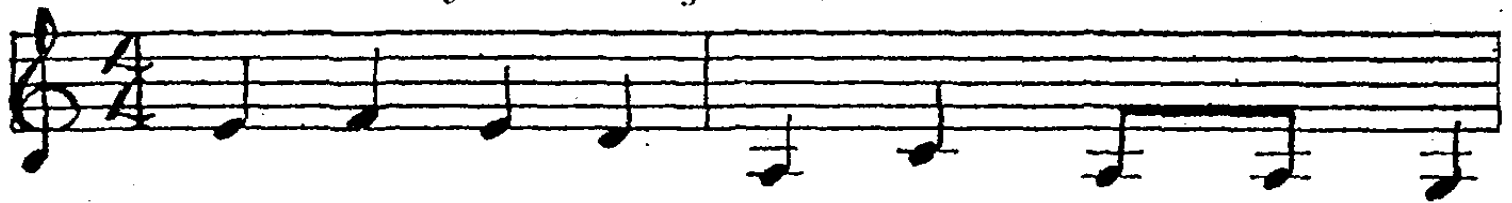
\* \* \*

You have ever been  
A musk in the garden of my in-  
fancy,  
An unforgettable salve for my  
childish sorrows,  
A beacon light in my loneliness,  
A door to the Temple of Peace,  
A fountain of my inspiration.  
O my sister, adieu  
Till again I meet you.

# Polestar of My Life

(Hindu Chant)

Words and Music by Swami Yogananda



I have made Thee Polestar of my life;



I have made Thee Polestar of my life.



Though my sea is dark, and my stars are gone;



Though my sea is dark, and my stars are gone,



Still I see the path through Thy mer - - cy;



Still I see the path through Thy mer - - cy.

(Revised Version)



## Second Coming of Christ

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

*What Is Blasphemy Against The Holy Ghost? Can an  
Evil Man Be a Healer?*

By **SWAMI YOGANANDA**

*And it came to pass afterward, that he went throughout every city and village, preaching and showing the glad tidings of the kingdom of God: and the twelve were with him. And certain women, which had been healed of evil spirits and infirmities, Mary called Magdalene, out of whom went seven devils, and Joanna the wife of Chuza, Herod's steward, and Suzanna, and many others, which ministered unto him of their substance.—Luke 8: 1-3.*

*Then was brought unto him one possessed with a devil, blind, and*

*dumb; and he healed him, inso-much that the blind and dumb both spake and saw. And all the people were amazed, and said, Is not this the son of David? But when the Pharisees heard it, they said, This fellow doth not cast out devils, but by Beelzebub the prince of the devils. And Jesus knew their thoughts.—Matt. 12: 22-25.*

Jesus, having already attained God-consciousness, not theological degrees, and having converted his consciousness into the consciousness of God in order to avoid any sel-

fish thought, went to city and village preaching about the ever-new joyous state which one can attain by meditation in the kingdom of God, that is, in the state of Cosmic Consciousness. Many women were healed who were possessed of evil spirits. Women who are emotional very easily attract disembodied "tramp" souls roaming in the ether trying to possess the bodies of absent-minded souls. Mary Magdalene was relieved of seven devils—that is, seven tramp souls who possessed her body at different times.

### Accusations of Priests

There was one possessed with a devil and who was blind and dumb. Jesus healed him also. All the people were amazed and said, "Is this the son of David?" Or in other words, "Does Jesus belong to a human family?" When the Pharisees and the scribes came down from Jerusalem and heard about the wonderful healings performed by Jesus they accused him of casting out devils or evil spirits by the help of Beelzebub, the prince of the devils.

As there are various kinds of angels in the astral world due to their different kinds of self-realization attained during their earth existence, so, in the after-death state in the astral world, there are various kinds of evil souls who departed from this earth. There are petty evil spirits and powerful evil spirits among evil souls. But when souls attain their complete oneness with God they are all equal. There are no higher or low-

er liberated souls in God. All are equally omnipotent.

Jesus, in order to answer the accusation of the Pharisees, spoke in parables,

*Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand; and if Satan cast out Satan, he is divided against himself; how shall then his kingdom stand? And if I by Beelzebub cast out devils, by whom do your children cast them out? Therefore they shall be your judges. But if I cast out devils by the Spirit of God, then the kingdom of God is come unto you.—Matt. 12:25-28.*

How can Satan, the Cosmic Evil, cast out the satanic souls whom he controlled and who were carrying out his nefarious wishes in the cosmos? If the rulers in a kingdom are divided in their activities and ideals and act contradictorily, they cannot carry on their rule. It is Satan who, working on the evil karmas of individuals, sends bacteria and messengers of disease to infect them. How could Jesus use the same satanic or Beelzebub force to destroy Satan-produced diseases? This view is untenable and unreasonable.

### God Source Only of Good

It is similarly untenable that God, the Source of all good and Who is nothing but good, could send, in any way—no matter what the offense—disease and suffering to human beings. Therefore, all

evil is the creation of Satan and not God. Good health, reason, self-control, peace, desire to meditate, every thought of welfare for the body, mind and soul come from God. And every physical, mental or spiritual ailment which infects the body of man comes from Satan. Satan is trying to torture people by evil and God is trying to redeem people by good. The life of Jesus demonstrated that truth, for, when he was cursed and abused by evil people, he did not use his divine force to destroy them. Instead, he used his love and infinite divine compassion to say, "Father, forgive them, for they know not what they do."

Jesus said that every city or house, whether it is good or evil, cannot exist if its members are divided in their aims. If there are some in the house who want to be evil and others who want to be good there are bound to be clashes and mental collisions. So Jesus said that if the Pharisees accused him of healing by Beelzebub they were wrong, for the evil force certainly does not want an individual to be free from the miseries perpetrated by evil spirits.

Similarly, if a good or bad group of people want to retain their individuality, they cannot act against their own aims. Jesus goes on to say, "If you accuse me of casting out devils by Beelzebub then the same thing must be true of other healers. Those members belonging to your community who have healed others and cast out devils must have done so by the same

power as I have. Therefore, in accusing me of casting out devils by Beelzebub you are also accusing the divine, child-like wise people of your community of having cast out devils by Beelzebub. When they hear this accusation they will certainly condemn you that you maintained that devils are cast out and sickness healed by the power of Beelzebub. But if I cast out evil, disembodied souls by awakening the invisible all-flowing spiritual presence of God, then those so healed will feel in their consciousness not only release from evil spirits but the presence of the Almighty Cosmic Consciousness."

#### Great Law of Unity

Jesus' saying that every city or house divided against itself can not stand is a great law which should govern all successful households, cities, religious organizations, nations and races of people. When there is division in the family or country there are trouble, disharmony and disintegration. Harmony should be the breath of life governing all religious organizations and countries.

*Or else how can one enter into a strong man's house, and spoil his goods, except he first bind the strong man? and then he will spoil his house. He that is not with me is against me; and he that gathereth not with me scattereth abroad. Wherefore I say unto you. All manner of sin and blasphemy shall be forgiven unto men; but the blasphemy against the Holy Ghost*

*shall not be forgiven unto men.*  
—Matt. 12:29-31.

Jesus said: "Or else how can I enter into the strong organization of Satan in the cosmos and destroy his evil works in nature and wicked influence in men unless I bind Satan by my wisdom? It is because I can consciously behold Satan and use my will against him that I am able to cast out the evil spirits which possess souls. But I could not cast out Satan's agencies by the power of Satan. Satan or Beelzebub, not being with me, is against me, and I could not use his power against himself. All souls that are not in harmony with me act against my laws and suffer. Every soul who does not know how to gather wisdom by contacting me in meditation scatters his concentration in the body and remains distracted, suffering from restlessness.

"He who has interiorized his consciousness by meditation gathers wisdom and bliss with the help of my Christ Consciousness within his soul. But he who is not identified with me within his consciousness scatters it in the flesh and sense pleasures and is full of disquiet and trouble. That is why I declare the truth unto you all that all kinds of errors, physical, mental and moral, belonging to those that are identified with their bodies will be forgiven and whatever other errors they do to work unknowingly against God shall be forgiven.

"But those souls who have consciously felt the holy cosmic vibration of *Aum* in meditation and de-

liberately ignore it or ridicule it as a physical sound, the effects resulting from their errors will not be forgiven."

### **Blasphemy Against Holy Ghost**

When a soul contacts the holy vibration (as St. John heard this voice or sound like a trumpet) and feels the ever-new joy in it and then deliberately reverts to an in-harmonious life, he has to suffer the consequences of his actions in the form of a corroding inner restlessness and state of mental destruction. No one can commit any blasphemy against the Holy Ghost who does not know it first as the cosmic sound heard in meditation. If, after listening to this cosmic sound, one deliberately leads an in-harmonious life, he cannot be saved from reaping the result of his bad karma. A person ignoring the intuitional guidance of this cosmic sound in meditation has to work out his own karma of an in-harmonious life and distracted mind.

All kinds of physical and mental errors can be dispelled or their fruition modified with the help of great souls but no one can remove the restlessness of a distracted devotee who blasphemes against his perception of cosmic vibration and bliss. By deliberate deeper acts of meditation he must remove his restlessness in order to regain his bliss consciousness and vibratory contact of God or Holy Ghost. It is clearly evident that all kinds of errors performed by individuals can be more or less destroyed by their own efforts and the blessings of great masters, but no master can give a

soul the contact of Cosmic Vibration and joy of meditation unless he forsakes his restlessness by his own effort of will. This is what is meant by blasphemy against the Holy Ghost not being forgiven. Those that blaspheme against seeking the vibratory contact of God cannot be forgiven by anybody else but must make their own effort to regain the contact of Holy Spirit by deep meditation.

*And whosoever speaketh a word against the Son of man it shall be forgiven him: but whosoever speaketh against the Holy Ghost, it shall not be forgiven him, neither in this world, neither in the world to come.—Matt. 12:32.*

Jesus said: "And whosoever uses wrong language against any son of man or any individual with a body, including Me with My body, will find forgiveness from God and the masters if he seeks it and is repentant. But anyone who contacts the Cosmic Vibration and at the same time thinks or talks evil and vibrates evilly in contradiction to the good and harmonious vibration of the Holy Ghost or Cosmic Vibration or meditation suffers from restlessness in this world and in his next incarnation. If he keeps on doing it he would form the habit of mental restlessness so deep in the soul that he would feel that he was eternally condemned to be restless and to be denied the ever-new blessed contact of holy vibration in the soul."

## MAHATMA GANDHI ON PRAYER

"Prayer has saved my life. Without it I should have been a lunatic long ago. I have had my share of the bitterest public and private experiences. They threw me into temporary despair. If I was able to get rid of that despair, it was because of prayer.

"There are various phenomena from which you can reason out the existence of God, but I would have you brush aside all rational explanations and begin with a simple, child-like faith in God. 'If I exist, God exists.' Once you accept the presence of God, the necessity of prayer is inescapable.

"Let us not make the astounding claim that our whole life is a prayer, and that therefore we need not sit down at any particular hour to pray. Even men who were all the time in tune with the Infinite did not make such a claim. Their lives were a continuous prayer and yet, for our sake, let us say, they offered prayer at set hours and renewed each day the oath of loyalty to God.

"Three of the greatest teachers of the world, Buddha, Jesus and Mohammed, have left unimpeachable testimony that they found illumination through prayer and could not possibly live without it."

---

"Let not a man glory in this, that he love his country;  
Let him rather glory in this, that he love his kind."

—*Persian Proverb.*

# BOOK REVIEWS

## THE QUEST OF THE OVERSELF

By Paul Brunton

(Dutton & Co., N. Y. \$3.00)

"To glorify the resplendent truth and serve the few who will heed it, this script is sent forth from the aged Orient to the younger West"—such is the author's aim in presenting this latest volume from his pen. It is definitely his most important and searching work on scientific Yoga, and one not to be duplicated elsewhere. A mere list of chapter headings—The Mystery of Man, The Analysis of the Physical Self: The Emotional Self: The Intellectual Self, Beyond Time to Eternity, The Genesis of Genius, The Spiritual Culture of Finer Feelings, The Practice of Mental Mastery, The Path of Self-Enquiry, The Mystery of Breath: Of the Eye: Of the Heart, The Overself in Action—cannot indicate the sincere and profound simplicity with which the author has clothed his message of spiritual techniques that illumine the way to the Overself.

Original in outlook, terse and modernistic like all Mr. Brunton's work, this book exceeds its predecessors by a more serious scope and penetrating analysis of philosophic

theory and practice. His definition of meditation is given here:

"All methods of meditation are based on a certain principle, and that is, the throwing of the conscious mind out of gear by means of some physical, mental or emotional device, in order to make us aware of its deeper levels. Owing to the infinite diversity of individuals there is no one fixed method of approach for all."

"Supreme among the ancient lores is the Indian, because it still lives when others have perished, and because India is the land which has mothered the deepest thoughts of man . . . Every philosophy and religion which has appeared in Europe, finds its counterpart in those which dot the long history of India, whilst in addition the latter land has possessed secret systems of mental training nurtured by the yogis who roam through forests or dwell among mountain recesses."

"No one who achieves this balanced life will become a sentimental babbler, drifting on a sea of feeling and doing nothing of creative worth for himself or mankind. The ebb and flow of emotional ecstasy, the rise and fall of personal delights, are poor things besides the grand dignity of the Overself's unchanging peace."



## VEDA AND VEDANTA

By Ernest P. Horowitz

(Published at Advaita Ashrama, Mayavati, Almora, India. Obtainable from the Author at Lee Hotel, Seattle, Washington. \$1.50 post-paid.)

Although this volume is published under the auspices of the University of Bombay, and the eminent author has taught Philosophy and Aryan Semasiology at leading universities in India, the book is notable for a refreshing lack of dull "foot-note" scholarship, though certainly not of true learning.

The reader will delight in the many original and forceful turns of phrases that take the book quite out of the usual "text-book on Hindu Philosophy" class. Although the chapter headings are along the orthodox lines—sections on the *Rig Veda*, the *Upanishads*, *Sankhya*, Buddhism, *Yoga*, *Vedanta* and minor philosophical divisions—Professor Horowitz has dealt with his material from an unhackneyed viewpoint full of vigor and a contagious interest.

An important point the author stresses is the evidence for the Arctic origin of the Nordic race. "Mankind is clogged with prejudices," he writes, "both acquired and inherited. *Veda* and *Vedanta* are educative, and remove the bondage of error. Vedic studies are also informative; they disclose an almost untouched field of polar research. The Arctic origin of the *Veda*, established by Tilak, needs

a more detailed verification, in order to readjust obsolete viewpoints. Soviet aviators boldly restage the exciting scenes enacted by Narayana's doughty sons . . . The world at large knows little of this daring polar drama and the heroic efforts to open up a new country . . . The *Rig Veda* furnishes a prehistoric scaffolding for Arctic exploration.

"But *Rig* poetry has additional merits. Vedic lyrics abound in wild romance and dainty fancies, dear and welcome to spirited youth. Buddhism liberalizes and humanizes; the light of Asia dispels national bigotry and sectarian narrowness. *Vedanta* grips pressing problems of the day, and is a superb encomium on world-fellowship, a panegyric of universal brotherhood, a ninth symphony composed in India."

"Creedless, yet benevolent to every creed, not competing with the world's religions, but supplying a common platform for all, *Vedanta* ("end-of-the-Vedas") seems preeminently fit to function as a sort of international arbitration court between wrangling sects, and settle theological disputes without fear or favor. Every denomination within every faith is inclined to raise the war-cry: my creed alone is true, only my saviour is divine! But *Vedanta*, world-wide in its sympathies, points to the one divine life which is profusely conspicuous in all of God's messengers. They are sent, from age to age, to the soul-sick world to heal disease, and redeem those in bondage. Mankind perpetually re-

lapses into error, and ever needs salvation."

---

**"VALMIKI RAMAYANA"**

**"THE MAHABHARATA"**

**"SRIMAD BHAGAVATA"**

(G. A. Natesan & Co., Madras, India. Each paper-bound volume, Rupees 2, postpaid.)

These three books are standard religious classics found in every Indian home. The present new editions are condensed versions of the very long original epics, though even these condensations run from 400 to 500 pages. The English translation is excellent.

The *Ramayana*, composed in pre-history by Valmiki, records the events in the life of Rama and Sita, the ideal lovers and rulers of ancient India. The text is adorned with moral and philosophic discussions.

The *Mahabharata* is an account by Sage Vyasa of the Great War between the Kauravas and the Pandavas. The *Bhagavad Gita* is one of the many treasures which form a part of the *Mahabharata* whose poems, in the words of Sir Edwin Arnold, "contain almost all the history of ancient India, so far as it can be recovered; together with such inexhaustible details of its political, social and religious life, that the unique Hindu world really stands epitomized in them. The stories, songs and ballads, the histories and genealogies, the nursery tales and religious discourses, the art, the learning, the philosophy, the creeds, the moralities, the

modes of thought, the very phrases, turns of expressions and daily ideas of the Hindu people are taken from these poems."

The *Srimad Bhagavata* is the greatest and most popular of the *Puranas* or religious folklore of the Hindus. This scripture was also written by Sage Vyasa and contains, amid the stories, a careful study of the psychology of *Bhakti* or Love. Numerous episodes in the life of Sri Krishna are here recorded.

---

**THE SPIRITUAL AWAKENING  
OF MAN**

By **Hari Prasad Shastri**

(*Shanti-Sadan*, 30 Lansdowne Crescent, W. 11, London. 2 shillings.)

A book of seven chapters based on the enlightening teachings of the *Upanishad*, the *Gita* and of Shankaracharya the monist. The author, who writes a lucid prose, speaks thus of immortality:

"To die such a death that we may never see death again means that if this highest degree of Yogic Initiation is obtained while yet in the body, then one never reincarnates, never again takes the body of suffering; and if one is never born again, so there can be no more death. He goes 'beyond grief' as it is said, never to return or be subjected to the five great waves of misery in the cycle of birth and death. This is the true meaning of 'overcoming death'; this is the real significance of St. Paul's

words:—'O death! where is thy sting?' It is this deathless death of the emancipated Yogi which is termed the obtaining of immortality."

"To the *gnani* or knower of God the interior and exterior world are the same. For him ignorance and duality have disappeared and also the latent desires. Only when all duality ceases can the mastery of the real 'I' be accomplished. The liberated *Rishi* lives in the world but untouched by it, like the lotus leaf to which the water on which it floats does not adhere. Having attained to what St. Thomas Aquinas called 'God-Vision,' the man who knows 'I am the Self' knows the Self of the whole universe; and such a man is neither moral nor ethical but goodness and morality itself. He it is who is called a Sage; he is the really God-inspired poet, the singer of Truth, the true mystic; and his consciousness is said to dwell in unbroken *samadhi*."

---

## VEDANTA

By Y. Subrahmanya Sarma

(*Adhyatma Prakasha Karyalaya, 3rd Road, New Taragupet, Bangalore City, India. Sixpence post-paid.*)

This little booklet deals with "Avasthattraya or the Unique Method of Vedanta" and discusses the monistic views of the great philosopher, Shankaracharya.

## THE STUDY OF INTERNATIONAL RELATIONS IN THE UNITED STATES: SURVEY FOR 1937

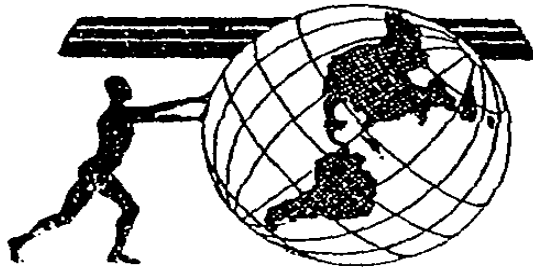
Edited by Edith E. Ware

(*Columbia University Press, New York, xxvii+540. \$3.50.*)

When we seek to understand civil war in Spain, to comprehend the policy of Japan in the Far East, or to formulate a practical foreign policy for our own nation, we are aided, whether we realize it or not, by the many different, active agencies now existing in the United States to further the study of international relations. The aim of this volume is to list and describe in detail what these groups and organizations are, what their purposes are, and how they function. It is thus a guide book to the agencies which are aiding the American people to school themselves in world citizenship and to bring intelligence to bear upon the major problems of nations with a view to securing more peaceful, profitable and sensible relations among them. The 1937 survey is the successor volume to the Survey for 1934, which was the first comprehensive work of reference of its kind. This new volume brings all this information up-to-date. It is published for the American National Committee on Intellectual Cooperation.

---

"The world can only be saved if the kings become philosophers or if the philosophers become kings."  
—*Plato.*



# Around The World

## EINSTEIN TO AID INDIAN UNIVERSITY

Professor Albert Einstein, recently invited to help in the organization of a department of Mathematics and Physics in the newly founded State University at Travancore, is reported to have accepted the offer, and will spend several months in India.

Einstein expressed his regret at having been unable to attend the recent Indian Science Congress at Calcutta, which was honored by the presence of leading scientists from all over the world. Many of the famous delegates, including Sir James Jeans, Sir Arthur Eddington and Dr. C. G. Jung, psychoanalyst of Zurich, received honorary degrees from Indian Universities during their stay.

## "INTERNATIONAL" CONVERSATIONS

A children's telephone exchange, to be operated by children, is being installed at the Moscow Central Park of Culture and Rest. It will carry 80 lines, and connect up all the buildings and institutions of the children's village in the Park. In addition, twenty-five telephone receivers are being installed at different points of the village, each point bearing the

name of a well-known town of an important foreign country. The idea is for the children to carry on international conversations over the telephone in the particular language of the country to which they are speaking. The exchange will be operated by fifty active members of the Archimedes Club—a club for youthful inventors.—*Soviet Union Year Book Press Service, London.*

## GANDHI THE LION TAMER

Lions are being trained to make friends with cows, horses and dogs at a school run by Gandhi near Bombay, where the famous Indian leader is trying to show that the precepts of Hindu philosophy can teach animals, if not mankind, to live together in peace and goodwill.

Recently, Simla was thrilled by the sight of a lioness and a terrier walking placidly along the street with their master, Swami Krishnanj, who had brought them from Gandhi's school. The lioness is now so tame that small girls and boys can stroke her without fear. The Viceroy of India, the Marquis of Linlithgow, was so interested that recently he granted the lioness an "interview" at the Viceregal Lodge.—*Boston Post.*

# SCIENTIFIC DIGEST

## SPLITTING THE SECOND

An electron tube device has been built at the General Electric plant at Schenectady, New York, which splits the second into a hundred thousand parts. So small is the error of the clock driven by the device that approximately  $11\frac{1}{2}$  years would elapse before the time it records would vary from celestial time by as much as a minute.

The ancient *Vaisesika* and *Sankhya* philosophers of India described the smallest unit of time (*kala*) as the period taken by an atom to traverse its own unit of space.

## 3000-YEAR OLD INSECTS

Members of the Soviet Academy of Sciences, probing in the Siberian ice, recently discovered at a depth of 15 feet a number of primitive insects and small sea animals. These creatures are computed to have lain dormant since 1000 B. C. Notwithstanding, they have now, by means of scientific thawing, been brought back to life. Immediately on resurrection, all showed an eagerness to resume their normal functions; even the eggs located beside them have been hatched; and from the frozen crawfish, Prof. P. N. Kapterev, the leader of the expedition, has already bred ten new generations.

As an example of Nature's refrigerating powers, this research triumph is amazing. But scientists

attach a far deeper significance to it. They foresee that if insects can survive for 3000 years, man might well accomplish a similar feat. In America, Dr. Ralph S. Willard, in his campaign to extinguish degenerate cells, has frozen a disease-attacked monkey solid, put it away for a period in an ice-box and then thawed it without the little creature showing any ill-effect.

## UNDERGROUND PLANTS

Strange discoveries 1000 feet below the surface of the earth have recently proved that plants can flourish without the aid of sunlight. A few months ago a South Wales colliery was wired for electric light, and globes of a sunlight type were fitted. Within a few weeks, patches of green plant life began to appear, and have since developed to strong growths.

Viscount Weymouth, an enthusiastic explorer of the Cheddar Caves, recently wired some of the caverns for flood-lights, to show off the gleaming metals in the rocks. After a few months small plants were found to be thriving in the lamp rays, and they have now developed into patches several feet wide.

It seems as though we may, one day, be able to pick select blooms on a winter's day, thanks to the use of the right kind of electric lamp.

# Directory of Self-Realization Fellowship Centers

(Affiliated with Yogoda Sat-Sanga Society of India)

Los Angeles, California

WESTERN HEADQUARTERS of THE SELF-REALIZATION FELLOWSHIP (Yogoda Sat-Sanga Society), Founder-President, Swami Yogananda. Free public lectures when announced. Special meditation services on Thursdays, 8 p.m., 3880 San Rafael Avenue. Phone: Capital 9531.

SECOND TEMPLE OF SELF-REALIZATION FELLOWSHIP, 711 West 17th St. (Georgia and 17th Sts.) Sri Nerode, Director-in-Charge. Seva Devi and Sri Khagan, associate teachers. Teacher and student training classes. Services each Sunday at 11 a.m., and Wednesdays at 8 p.m. Sunday School for children each Sunday at 10:15 a.m. Daily meditation at 2 p.m. Phone: Capitol 9531.

Encinitas, Calif.

Golden Lotus Temple of All Religions. Sunday services at 11 a.m., conducted by Swami Yogananda and eminent speakers. All welcome.

Visitors who wish to see the grounds and ocean view are welcome at the Yogoda Hermitage on Sundays between the hours of 3 and 5 p.m.

Santa Barbara, Calif.

Meetings held Thursdays at 8 p.m. at 39 Mihran Bldg., 17 East Carrillo St. Center will be open afternoons for study and meditation. Study group and meditation, Mondays at 7:45 p.m. Mrs. Lloyd Briggs, Conducting Teacher, Residence address, 1740 Prospect Ave. Telephone, 27984. Associate teacher, Mr. A. Van der Voort.

\*Gardena, Calif.

Conducting Teacher, Mrs. Harriet Grove, 16425 Halldale Ave. Associate Teacher, Mr. W. Monnie. Secretary and Treasurer, Mrs. W. R. Canham. Meetings each Tuesday and Thursday at 8 p.m., at 1331 166th St.

Washington, D. C.

Brahmachari Jotin, Conducting Teacher. Sunday Service at 8 p.m. Thursday Class on Philosophy and Yoga at 8 p.m. The public is welcome. 1758 Columbia Rd., N. W.

\*New York City

Center at Carnegie Hall, 7th Avenue and 56th St. Studio 906, 7th Avenue entrance. Phone, Circle 6-2987.

Boston, Mass.

Conducting Teacher, Dr. M. W. Lewis, 26 Edgehill Road, Arlington, Mass. Assistant, J. Albert Simpson. Corresponding Secretary, Miss Ellen MacTwiggan, 158 Summer St., Somerville, Mass. Meetings every Monday evening at 8:15, at 543 Boylston St., Copley Square, Boston.

\*Miami, Florida

Conducting Teacher, Mrs. Olga Lade, 2120 W. Flagler St. Meetings at 8 p.m. on Sundays, Wednesdays, and Thursdays. Library.

Cincinnati, Ohio

Mrs. Bertha Shimler, Conducting Teacher. Weekly meetings at 5642 Bramble Avenue.

\*Cleveland, Ohio

Dr. P. M. Wherritt, Conducting Teacher, 10609 Euclid Ave. Mrs. Stella Jurjewicz, 1903 E. 70th St., Secretary and Treasurer. Meetings each Thursday at 8 p.m. at Hotel Statler.

\*Canton, Ohio

Mr. L. K. Wittemore, Conducting Teacher. Thursday meetings at 8 p.m., also Sundays at 8 p.m., at the home of Mrs. J. E. Bowen, 821 Harriet Ave., N.W. Phone 23129. Miss Erna Coleman and Miss Mary Singer, secretaries. Mr. E. Davies, President of Board of Directors.

\*Dayton, Ohio

Conducting Teacher, Mrs. Alma King, 730 North Main St. Telephone Adams 2835. Meetings each Wednesday at 8 p.m.

Minneapolis, Minn.

Conducting Teacher, Ednah F. Hall, 4006 West 44th St. Phone Walnut 0856. Wednesdays, 8 p.m., Inner Circle, at home of Mrs. E. W. Backus, 2201 E. Lake of the Isles Blvd. Public Sunday Services, 8 p.m. Monthly vegetarian supper, 25c, 6:30 p.m., last Sunday of each month. All services at Center, 433-

34 Lumber Exchange Bldg., 5th St. and Hennepin Ave. Center open daily, except Saturday and Sunday, 11 a.m. to 5 p.m. Rental Library.

**St. Louis, Mo.**

U. Punditji, Conducting Teacher. Daily Meditation, 1:30 p.m., open to public. Sunday, 10:00 a.m., Sunday School; Morning Services at 11:20, Evening Services, 8 o'clock. Fridays at 8 p.m., Psychological Study and Question Class; all welcome. The Center is open each day after 11:30 a.m. Library and Center at Maryland Hotel, Room 840-42, 9th and Pine Sts.

**\*Topeka, Kansas**

Meetings the second and fourth Thursdays of each month at the Y. W. C. A. Building, until further notice. Mr. Roy H. Clark, chairman, 532 Kansas Ave.; Mr. A. E. Seal, Conducting Teacher, 2732 Wisconsin Ave. Mrs. Alta M. Redmond, Secretary and Treasurer, 1908 N. Kansas Ave., North Topeka.

**Milwaukee, Wis.**

Meetings every Thursday at 8 p.m., at the Republican Hotel, Room 90. Conducting Teacher, Miss Lillian Grabler, 3035 North Richards St.

**Indianapolis, Indiana**

Conducting Teacher, Sri Ranendra Kumar Das, 38½ Pennsylvania Street, Penn. Bldg., Rm. 408; Sunday services at 11 a.m. Class, Friday evenings at 8:00. Public cordially invited. Miss Meta Eckhardt and Mrs. Chas. Hoffman, Mentors; others when announced. Lending library.

**Denver, Colorado**

Conducting Teacher, Mr. Arthur N. Hilliard, 418 Fillmore St. Meetings are held in Room 209, Y. M. C. A. Bldg., 1545 Tremont Place, every Friday evening. Muriel Friend, Associate Teacher, Secretary and Treasurer, 429 Acoma St.

**Salt Lake City, Utah**

Alyce Gubler in charge. Self-Realization Fellowship Center Meetings held every Sunday, 11 a.m., at the Newhouse Hotel. Meditation meeting each Wednesday evening, 1229 Whitlock Ave.

**Calcutta, India**

Self-Realization Fellowship (Yogoda Sat-Sanga Society) and the Students' Home. Secretary: S. Majumdar, B. A.; 52A Vivekananda Road. Sailen Das Gupta, Superintendent.

Yogoda Girls' School and Yogoda Sat-Sanga Center (for ladies), 39 Raja Dindendra St. Manager, Tulsi Narayan Bose.

**Ranchi, India**

THE EASTERN HEADQUARTERS of YOGODA SAT-SANGA (Self-Realization Fellowship), SHYAMA CHARAN MISSION, with Ashram accommodations and departments for Fortnightly Instructions by Correspondence, and the Brahmacharya Vidyalaya, a Residential School for Young Boys, established 1917 by Swami Yogananda. Patrons: Yuvaraja of Mysore and Maharajah S. Nundy of Kasimbazar, Bengal. Swami Satyananda, Acharya-in-Charge. Prabhas Chandra Ghose, Vice-President. Prokash Das, Director.

Western disciples, guests, and visitors are welcome and will find hospitable and suitable accommodations.

**Puri and Serampore, India**

Self-Realization Fellowship (Yogoda Sat-Sanga) at the Kararashram, Puri. Swami Sebananda in charge.

Yogoda Sat-Sanga Ashram. Motilal Bhattacharya in charge, Bhaktashram, Chatra, Serampore.

**Midnapore, India**

Yogoda Sat-Sanga Ashram, Khukurda. Yogoda Sat-Sanga Ashram, Gobardhanpur.

Yogoda Sat-Sanga Ashram, Handol. Yogoda Sat-Sanga Ashram, Ejmalichak.

Yogoda Sat-Sanga Ashram, Ghatal.

**\*Bombay, India**

Dr. H. W. Nawle, Conducting Teacher. Meetings each Thursday evening at Amarchand Bldg.

**\*Bangalore, India**

Yogoda Sat-Sanga (Self-Realization Fellowship) Center, 52 Second Cross Road, Basavangudi. Yogoda Fortnightly Praecepta and Bhagavad Gita are read in the class. Meetings and prayer are held fortnightly.

\*London, England

Self-Realization Fellowship Center,  
Tobias Matthay Pianoforte School, 96  
Wimpole St., W. 1. (Near Bond Street  
and Oxford Circus Tube Stations).  
Meetings each Monday at 8 p.m. and  
Sunday at 11 a.m. All Welcome. Con-  
ducting Teacher, Mr. Roland T. Hunt,  
155 Gloucester Place, Dorset Square,  
W.C.1.

Tukuma, Latvia, Europe

Mr. Harry Dikman, Conducting Teach-  
er; Zigfr. Meierovica iela Nr. 20. J.  
Vessel, Secretary.

*\*These Centers are newly inaugurated  
and will be acknowledged and ordained  
after three years' trial.*

## BOOKS WANTED FOR LIBRARY IN INDIA

A great library in India, for the  
Calcutta Students' Home and the  
coming World-City in Bengal and  
the Ranchi Headquarters of the  
Self-Realization Fellowship, is de-  
sirable. An appeal is hereby issued  
to all members and friends of the  
Fellowship in America to donate  
books with an educational value for  
this purpose. Dictionaries, encyclo-  
pedias, reference books, books on  
science, philosophy, history, drama,  
art, religion, English language,  
mathematics, dietetics and health,  
also bound periodicals, maps, at-  
lases, etchings, oils and busts will be  
welcome for this important library.

Please address such parcels of  
books to Self-Realization Fellow-  
ship, India Library Secretary, 3880  
San Rafael Ave., Los Angeles, Cali-  
fornia.

"Heaven accepts those who re-  
ject themselves."—E. P. Horowitz.

# BOOKS

By SWAMI YOGANANDA, A.B.

## Metaphysical Meditations

Ninety pages. Deepest meditations  
on the Infinite made tangible and  
practical for the beginner, whose  
thoughts run away during concen-  
tration, and also for the deep stu-  
dent in Metaphysics who is tired of  
vague spiritual realizations. Writ-  
ten in the unique diction of "Whis-  
pers from Eternity." 50c.

## Songs of the Soul

Fifth enlarged Edition. Intui-  
tional Poems inspired through Spir-  
itual Realization. For Chanting,  
Meditation, and Soul Revelation.  
"Exquisite imagery and psycholog-  
ical description of mystic experi-  
ence." "Classical solemnity of  
thought with fascinating sugges-  
tiveness of modern inspired poets."  
"We mark in some poems the pow-  
er of Milton, in others the imagery  
of Keats, and in all the philosophic  
depth of the Oriental Sages." With  
a Preface by Dr. Frederick B. Rob-  
inson, President of College of the  
City of New York. \$1.00 postpaid.

## Psychological Chart

Ninth Edition. This book gives a  
Chart for Analyzing Human Nature  
and Conduct. Practical understand-  
ing of inherent and acquired na-  
tures. Used with great practical  
success at Swami Yogananda's Resi-  
dential Schools in India. 15c.

## Songs for Piano

(Sheet Music). "SONG OF  
BRAHMA," ancient Hindu Temple  
melody, 35c. "OM SONG," beautiful,  
inspiring, 35c. "IN THE TEMPLE OF  
SILENCE," 15c.

## Photographs

of Swami Yogananda. Unmounted,  
75c. Prints, 25c. Post Card Picture,  
10c. Prints of Swami Sri Yuktes-  
warji or of Yogavata Lahiri Ma-  
hasaya, 25c each. Prints of Golden  
Lotus Temple Of All Religions, 25c  
each.

## Self-Realization Emblems

Pins and Lapel Buttons for stu-  
dents. Gold plated, in orange and  
blue enamel. Lotus design. 50c  
postpaid.

SELF-REALIZATION FELLOWSHIP  
3880 San Rafael Avenue  
Los Angeles, California



# ★ Diet and Health ★

By TRUTH BURBERY

Qualities of seeds and spices, as translated from Bengali books on diet, are as follows:

## **Green Ginger Root:**

A small piece of fresh green ginger root with salt in the morning before breakfast tones up the salivary glands and brings out a fresh flow of saliva. It will eliminate foreign matter from the blood, cleanse the blood of bile and act as a cooling agent in cases of fever, burning hands or feet. Green ginger root is nutritious, helps to overcome anemia and colds and clears the voice.

## **Poppy Seed:**

Gives a glowing, healthful complexion and increases resilience and vigor of the body.

## **Sesame Seed:**

Increases heat and liquid in the system and helps to produce milk in nursing mothers.

## **Aniseed:**

Is a good appetizer and acts as a mild laxative. A cough remedy especially useful for children is prepared in the following manner: Boil a handful of rose-petals with a teaspoonful of aniseeds and  $\frac{1}{2}$  lb. rock candy in a quart of water for half an hour. Do not let the steam escape. Make a thick syrup and drink a wineglassful at night.

## **Mustard Seed:**

Crushed and taken with the

juice of a lemon or orange, neutralizes acidity. A teaspoonful of mustard taken in a glass of water is a mild emetic.

## **Sesame Oil:**

Increases digestion and sharpens the memory. It is cooling and will prevent joints from stiffening. Externally it is very useful for a soothing massage.

Qualities of some miscellaneous foods are:

## **Wheat:**

Is body-building, acts as a laxative and has a soothing influence on the system.

## **Cow's Milk:**

Purifies the blood. Milk contains the most nourishing essentials to produce and maintain bodily health.

## **Goat's Milk:**

Is good for wasting diseases of the flesh, for coughs and colds.

## **Sweet Butter:**

Neutralizes bodily poisons, gives a good complexion and a healthful skin. Externally a small piece of unsalted butter put in the eyes at night will remedy defective eyesight.

## **Cottage Cheese:**

Has a drying effect on the system. Helps to furnish the bony material for the body.

# NUTRITIVE NUGGETS

NUTRITIVE NUGGETS are a most distinctive, delicious and beneficial food. They are very appetizing when served for breakfast, lunch, or dinner. Are rich in oil—helpful to the digestive tract, liver, and gall bladder. Are pleasant and nourishing, and although mildly laxative are not habit-forming. Children love them.

Those eating NUTRITIVE NUGGETS will like their fine flavor. The best qualities of meat without its harmful effects.

Pound Package, 50c;  
Half-Pound Package, 30c,  
Plus Postage.



SELF-REALIZATION FELLOWSHIP  
Mt. Washington Estates  
Los Angeles California

# Or-mint ALFALFA TEA

THAT AFTERNOON REVIVIFIER ALFALFA TEA is made from young, tender alfalfa leaves only harvested at bud to insure maximum chlorophyll content, and aromatized with the lasting fragrance of orange blossoms and mint. Moisture content only is removed, retaining maximum food values. ALFALFA TEA should be used by everyone—children, adults, and convalescents. Its delicious flavor and captivating aroma will please the most critical taste. Promotes sound sleep, builds health and energy. Rich in minerals and alkalinity.

Order a Package Now—  
50c per package,  
plus postage.



SELF-REALIZATION FELLOWSHIP  
Mt. Washington Estates  
Los Angeles California

# INDIA INCENSE STICKS AND CUBES

Containing Frankincense and Myrrh

An inexpensive, but greatly appreciated

## GIFT

INDIA INCENSE is now obtainable in several fragrant odors at 25 cents per package.

It will not smut the hands. It burns evenly until entirely consumed. Pleasing odors, each cube colored to represent the flower it typifies.

Four Packages \$1.00

(Wrapped 4 to a Package)

Order Through  
SELF-REALIZATION FELLOWSHIP  
3880 San Rafael Ave.  
Los Angeles, Calif.  
Or any of its Branch Centers.

# INDIA NUT STEAK

THE BEST OF ITS KIND

Many people are enjoying this meat substitute and experiencing a general physical up-building. This new scientific food is delightfully different in flavor and is appetizing when served for breakfast, lunch, or dinner. It is a food that builds brains, muscles, and mind, invigorates the body—makes health lasting. INDIA NUT STEAK is good for those who find themselves physically depleted. It has the best qualities of meat

without its harmful effects. Order now. You will like it because of its nut-like flavor.

1-Lb. Can 50c  
1/2-Lb. Can 30c  
Plus Postage



SELF-REALIZATION FELLOWSHIP  
Mt. Washington Estates  
Los Angeles California



## SPECIALIZED IN SOUL CULTURE

Each land has its distinct contribution to world-culture. America has specialized in industrial expansion, England in political science, Germany in mechanical science, France in art, Italy in music, Japan in agricultural science. But INDIA FROM TIME IMMEMORIAL HAS SPECIALIZED IN THE SCIENCE OF THE SOUL. Learn from her masters the divine soul-unveiling teachings that have kept India's culture alive through milleniums of vicissitudes. The Self-Realization Fellowship of America and India will gladly send to every inquirer a copy of its enlightening booklet, inspired by Swami Yogananda whose teachings are available to all sincere seekers in the western world.

### **FREE BOOK** "HIGHEST ACHIEVEMENTS through SELF-REALIZATION"

Help those of your friends who need a positive guiding hand through life's many pitfalls and heartaches. Send us their names and we will mail to each without cost a copy of "Highest Achievements through Self-Realization."

#### SEND FOR THIS FREE BOOKLET

SELF-REALIZATION FELLOWSHIP  
 Mt. Washington Estates  
 Dept. ICX5, Los Angeles, Calif.  
 Please send free book: "Highest  
 Achievements Through Self-Realization." I am truly interested.

Name .....

Street .....

City..... State.....

Also to these friends:

Name .....

Address .....

.....

Name .....

Address .....

.....

# Another Wakefulness

*By Swami Yogananda*



I am in another wakefulness in Thee.  
I am awake in another world.  
Once in a while I dream of this earth  
And the drama of the little body of mine in it.  
I am awake in ceaseless blessedness  
And my diurnal dream of mundane life  
Is fragrant with the memory fragments  
Of my ever-bubbling joyous wakefulness.  
I am moving through the panorama of dream-  
decked life  
Adorned with many scenic experiences,  
And I carry the aromatic memory of my earth-  
dreams  
Into the awareness of the eternal spheres.  
I weeded out the nightmares  
From the garden of my dreams  
And planted the roses of my inspirations.  
There Thou must come  
Lured by my devotion's fragrances  
And take me back  
To Thy temple of everlasting, ever-new  
Boundless blessedness.