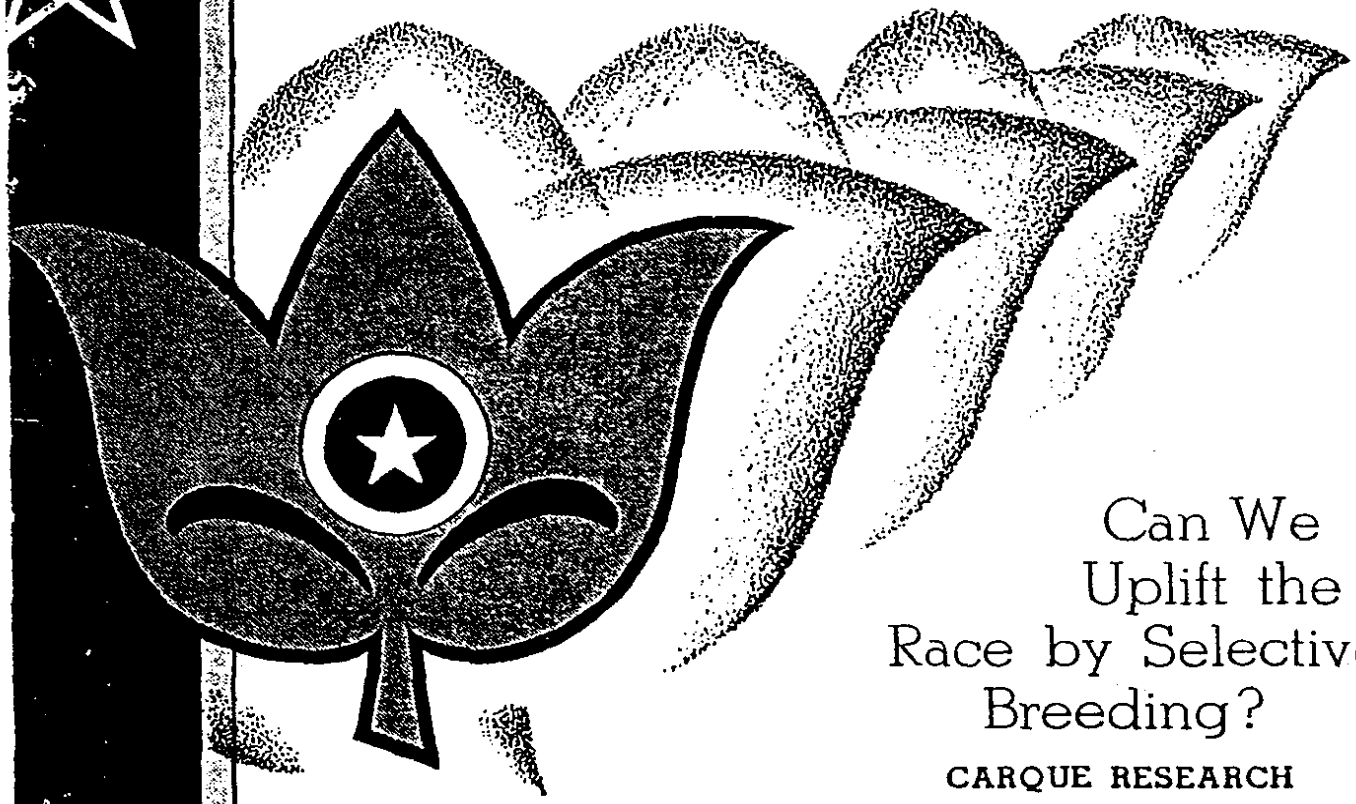


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CARQUE RESEARCH

ESSENCE
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INTERPRETATION BY PARAMHANSA YOGANANDA



GOLDEN LOTUS TEMPLE

An Airplane View of the Golden Lotus Temple, Lotus Pool, and Self-Realization Fellowship Hermitage buildings and grounds at Encinitas, California.

INNER CULTURE

FOR SELF-REALIZATION

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March, 1939

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Parable of the Three Rings

*By Which Nathan the Wise Confounds the
Mighty Sultan*

By G. E. LESSING



In the Parable of the Three Rings, Lessing tells of the reply given by Nathan the Wise (who was a Jew) to the question propounded to him by Saladin, the Mohammedan Sultan, as to which is the true religion—Jewish, Christian or Moslem. Not wishing to give a direct reply to this pointed question, Nathan related the following parable:

NATHAN

In days of yore, there dwelt in Eastern lands
A man, who from a valued hand received
A ring of priceless worth. An opal stone
Shot from within an ever-changing hue,
And held this virtue in its form concealed,

To render him of God and man beloved,
Who wore it in this fixed unchanging faith.
No wonder that its Eastern owner ne'er
Withdrew it from his finger, and resolved
That to his house the ring should be secured.
Therefore he thus bequeathed it: first to him
Who was the most beloved of his sons,
Ordaining then that he should leave the ring
To the most dear among his children; then,
That without heeding birth, the fav'rite son
In virtue of the ring alone, should still
Be lord of all the house. You hear me, Sultan?

SALADIN

I understand. Proceed.

NATHAN

From son to son,
The ring at length descended to a
sire
Who had three sons, alike obedient
to him,
And whom he loved with just and
equal love.
The first, the second, and the third,
in turn,
According as they each apart re-
ceived
The overflowings of his heart,
appeared.
Most worthy as his heir, to take
the ring,
Which, with good-natured weak-
ness, he in turn
Had promised privately to each;
and thus
Things lasted for a while. But
death approached,
The father now embarrassed, could
not bear
To disappoint two sons, who trusted
him.
What's to be done? In secret he
commands
The jeweler to come, that from the
form
Of the true ring, he may bespeak
two more.
Nor cost nor pains are to be spared,
to make
The rings alike—quite like the true
one. This
The artist managed. When the
rings were brought
The father's eye could not dis-
tinguish which

Had been the model. Overjoyed,
he calls
His sons, takes leave of each apart
—bestows
His blessing and his ring on each—
and dies.
You hear me?

SALADIN

*(who had turned away in
perplexity)*

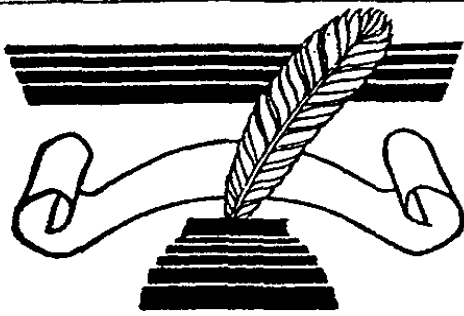
Ay! I hear. Conclude
the tale.

NATHAN

'Tis ended, Sultan! All that fol-
lows next
May well be guessed. Scarce is
the father dead,
When with his ring, each separate
son appears,
And claims to be the lord of all
the house.
Question arises, tumult and de-
bate—
But all in vain—the true ring could
not more



The three outstanding
names in German litera-
ture are Goethe, Schiller
and Lessing. Lessing, ac-
cording to Heine, was the
greatest man since Luther.



Lessing's drama, "Nathan the Wise," is full of that compassionate understanding and sense of the brotherhood of man which all great writers must possess.

Be then distinguished than—(after a pause) the true faith now.

SALADIN

Is that your answer to my question?

NATHAN

No!

But it may serve as my apology. I cannot venture to decide between Rings which the father had expressly made, To baffle those who would distinguish them.

SALADIN

Rings, Nathan! Come, a truce to this! The creeds Which I have named have broad, distinctive marks, Differing in raiment, food and drink!

NATHAN

'Tis true!

But then they differ not in their foundation. Are not all built on history alike,

Traditional or written? History Must be received on trust. Is it not so?

In whom are we most likely to put trust?

In our own people? In those very men

Whose blood we are? Who, from our earliest youth

Have proved their love for us, have ne'er deceived,

Except in cases where 'twere better so?

Why should I credit my forefathers less

Than you do yours? Or can I ask of you

To charge your ancestors with falsehoods, that

The praise of truth may be bestowed on mine?

And so of Christians.

SALADIN

(Aside) By our Prophet's faith, The man is right. I have no more to say.

NATHAN

Now let us to our rings once more return.

We said the sons complained; each to the judge

Swore from his father's hand immediately

To have received the ring—as was the case—

In virtue of a promise, that he should

One day enjoy the ring's prerogative.

In this they spoke the truth. Then each maintained

It was not possible that to himself
His father had been false. Each
could not think
His father guilty of an act so base.
Rather than that, reluctant as he
was
To judge his brethren, he must yet
declare
Some treach'rous act of falsehood
had been done.

SALADIN

Well! and the judge? I'm curious
now to hear
What you will make him say. Go
on, and on!

NATHAN

The judge said: If the father is
not brought
Before my seat, I cannot judge the
case.
Am I to judge enigmas? Do you
think
That the true ring will here unseal
its lips?
But, hold! You tell me that the
real ring
Enjoys the secret power to make
the man
Who wears it, both by God and
man, beloved.
Let that decide. Who of the three
is loved
Best by his brethren? Is there no
reply?
What! Do these love-exciting rings
alone
Act inwardly? Have they no out-
ward charm?
Does each one love himself alone?
You're all
Deceived deceivers. All your rings
are false.

The real ring, perchance, has dis-
appeared;
And so your father, to supply the
loss,
Has caused three rings to fill the
place of one.

SALADIN

O, charming, charming!

NATHAN

And, — the judge con-
tinued:—

If you insist on judgment, and
refuse
My counsel, be it so. I recommend
That you consider how the matter
stands.

Each from his father has received
a ring:

Let each then think the real ring
his own.

Your father, possibly, desired to
free

His power from one ring's tyran-
nous control.

He loved you all with an impartial
love,

And equally, and had no inward
wish

To prove the measure of his love
for one

By pressing heavily upon the rest.
Therefore, let each one imitate this
love;

So, free from prejudice, let each
one aim

To emulate his brethren in the
strife

To prove the virtues of his several
ring,

By offices of kindness and of love,
And trust in God. And if, in
years to come,

The virtues of the ring shall reap-
pear
Amongst your children's children,
then once more,
Come to this judgment-seat. A
greater far
Than I shall sit upon it, and decide.
So spake the modest judge.

* * *

And if now, Saladin, you think
you're he—

SALADIN

This wiser judge? I? Oh, Allah,
no! . . .
That judge's thousand years are not
yet past;
His judgment-seat is not for me.
But go,
And, dearest Nathan, still remain
my friend.

—From "The Dramatic Works
of G. E. Lessing," edited by Ernest
Bell, M.A. This English transla-
tion recently appeared in *The New
Age*.

—❖—❖—❖—

"Man's natural enemies, anger,
lust, pride and avarice, are the
weapons of *Maya* (delusion), and
cannot harm the soul attuned to
God. As the man who makes
friends with the magician is never
fooled nor enthralled by his conjur-
ing tricks, so he who becomes the
friend and disciple of the Lord is
never led away nor deceived by
worldly pleasures."—*Ramayana*.

"The world is upheld by the
veracity of good men; they make
the earth wholesome."—*Emerson*.

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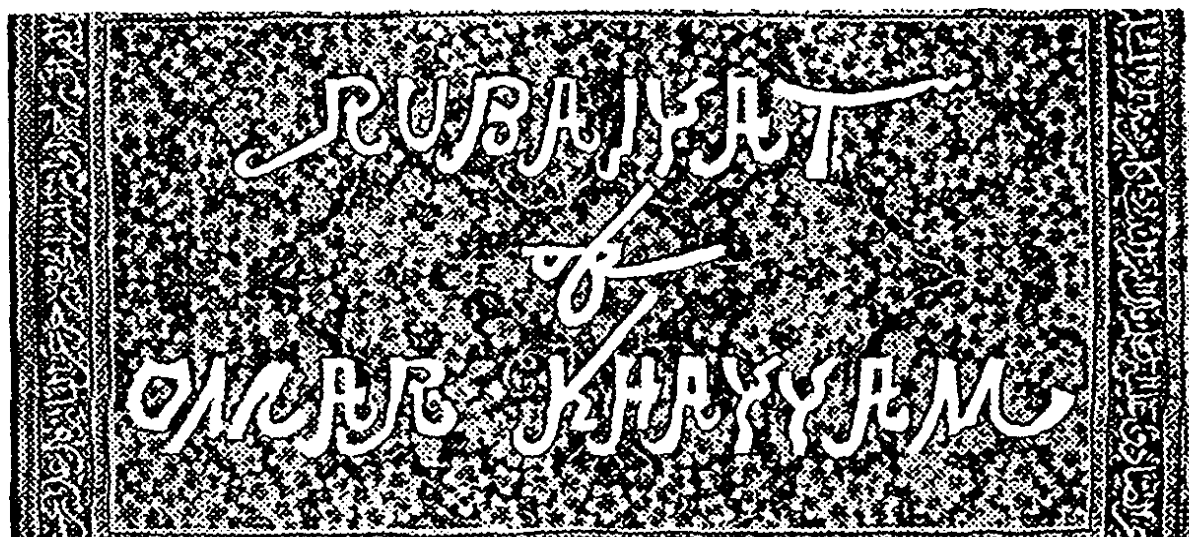
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SPIRITUAL INTERPRETATION BY
PARAMHANSA YOGANANDA

RUBAIYAT OF OMAR KHAYYAM

Translated Into English Verse by Edward Fitzgerald

XXXVIII.

*One Moment in Annihilation's Waste,
One moment, of the Well of Life to taste—
The Stars are setting, and the Caravan
Starts for the dawn of Nothing—Oh, make haste!*

"The soul is first conscious one moment of the inner void or negative state of Nirvana in which all worldly desires are felt as annihilated. Then another moment, by deeper contact with Spirit in ecstasy, the soul tastes the positive state of ever-new Bliss which is the well of all living creatures, quenching the thirst of all inner desires. When all human Karma is burned in the fire of wisdom or God-Bliss, then the stars no longer govern the life of the true devotee, and the caravan of Intuition, Love, Self-control, Ecstasy, Inner Joy and all soul qualities assemble for the dawning of the highest state of wisdom in which cessation from rebirths in the misery-making world is attained.

"All true devotees should not tarry, indulging in the joys even of a rightly-lived mortal life, but should speed their will and efforts to reach the ultimate goal where the soul force is forever freed from mundane desires. On and on the true devotees should hasten from simple joys to Nirvana state and from that negative state to the union with the positive spiritual state of ever-existing, ever-conscious, ever-new Bliss of the Absolute. This state frees the devotee from compulsory reincarnations. Any such liberated devotee, like Jesus, can of his own accord come on earth to help man."

Applied To Daily Life:

One moment life is beset with storm clouds of troubles. Another moment you behold the silver line of success on the fringe of the clouds of failures. Muster courage, keep calmly peaceful and active, and you will find Destiny will cease to gamble with your life. By continuous efforts you will go beyond the darkness of Destiny and troubles and behold the dawn of fulfillment free from any clouds of calamity. Hurry to achieve that state of unshakable success.

Glossary:

1—*One Moment*—The first, negative state of ultimate divine realization.

2—*Annihilation's Waste*—The negative state of inner void perceived in deep concentration. This state is experienced by the devotee when he is oblivious of all creation, but is yet not fully conscious of the ever-joyous Spirit or Creator. This Nirvana is a negative but very high state of inner consciousness when all creation becomes dissolved and void. This is the Buddhistic conception of Finality. The Hindu scriptures speak of a further goal, the positive state of ever-conscious, ever-existing state of ever-new Joy, as the final illumination of all devotees.

3—*One moment*—The second, positive state.

4—*The Well of Life to taste*—After feeling the negative peace of inner void or Nirvana, to feel the deeper and positive state of union with Spirit as the ever-existing, ever-new ocean of Bliss.

5—*The Stars are setting*—After reaching the divine states the devotee finds that his seeds of past actions (Karma), as symbol-

ized by the planetary positions in his horoscope, have been roasted and destroyed by the fire of wisdom.

6—*Caravan*—The procession of the soul and its noble achievements and divine qualities.

7—*For the dawn of Nothing*—The beginning of the first or negative state of Absolute Truth.

XXXIX.

*How long, how long, in Infinite Pursuit
Of This and That endeavour and dispute?
Better be merry with the fruitful Grape
Than sadden after none, or bitter, Fruit.*

"O Devotee, why waste time struggling and disputing and pursuing unquenchable worldly desires through incarnations? Better be divinely merry by intoxicating yourself with the salvation-yielding (fruitful) wine of divine ecstasy. It is foolish and unnecessary to pass life in sadness, through idleness or through tasting the grief-producing bitter desires of earth-life.

Applied To Daily Life:

What is the use of pursuing endless avenues and blind alleys of desires, struggling and worrying to gain what does not content you? It is better to plan your life and map out the path of your desires to some peace-yielding, mind-satisfying successful goal. It is unwise to waste time in regretting lost opportunities or in indifference or in tasting the bitter fruit of disappointing and only momentarily satisfying sense-pleasures. It is best to pursue the middle or balanced path which leads to permanent peace.

Glossary:

1—*How long*—Through the years of how many incarnations.

2—*Infinite Pursuit*—In the worldly activities of endless reincarnating lives.

3—*Of This and That endeavor and dispute*—Of multifarious material desires and troublesome efforts.

4—*Be merry*—Divinely joyful.

5—*Fruitful Grape*—The bliss-yielding inexhaustible treasures of God-Realization.

6—*Sadden after none, or bitter, Fruit*—Having self-pity that no pursuit or interest in life occupies us, or disappointment over the bitter after-taste of sense-pleasures.

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increased in size; improvements in smoothness, quality, productiveness and earliness of harvest are noteworthy.

Wild Bananas

Do you know that the wild banana is nearly all seeds and very little pulp? Cultivated bananas compare favorably in size with superior grafted varieties, but their skins are literally packed with black seeds that are as hard as bullets. Nor have these seeds natural globular contours, but are wedged so compactly into the flesh that some assume square, triangular or hexagonal shapes. Yet horticulturists must needs revert to the wild banana to aid them in improving the cultivated fruit, or to

encourage its growth in cooler climates.

Non-Fattening Cucumber

And now comes the refreshingly cooling, laxative, non-fattening cucumber, which lends itself admirably to a versatility of unique salads and appetizers. Behind its tender crisp flesh and delicate flavor are reflected repeated untiring attempts on the part of seedsmen and growers to develop varieties that produce fruits of good size, uniform cylindrical shape and attractive dark-green color.

Potatoes next on the menu? But has it ever occurred to milady that fine cooking quality, color and texture of the cooked or baked product, smooth, thin skin and shallow eyes reducing waste in peeling, combined with desirable shape, have been the result of using genetic principles as a working tool? In the last thirty years approximately 10,000 varieties have been collected by the Department of Agriculture. Thousands of these have been discarded because they were considered of no value, while others have provided a wealth of material for the work of potato breeders.

Celery New to Human Diet

Now a triumphant contribution to dinner—but long ago a poisonous plant! So horticulturists have transformed the undesirable wild plant into crisp, sweet, appetizing and wholesome celery. Recorded history indicates that it was not

used as an article of food until modern times, though celery was known to ancient peoples.

Large, sprawling, wrinkled and blistered-type leaves, non-headed in the center, were the ancestral stock of current varieties of cabbage. Such breeding problems as early and late maturity, less outer leaves, more round-headed shape, smaller size, more heat-resistance, winter hardness and other factors have been successfully combatted and conquered.

Experiments With Onion

To conserve the unabashed pungency of the onion has been the task of progressive seedsmen. Experiments at inbreeding, accomplished when a plant is self-pollinated, have permitted many undesirable traits to express themselves, which often have been carried along in the germ plasm hitherto covered up perhaps by dominant traits. Types possessing these objectionable features can now be successfully rogued out.

An interest in early-maturing bean varieties with stringless pods, and a minimum of fibre in the pod walls, combined with a certain smoothness of pod gave the initial impetus to American bean breeding about 1890. An increase in pod size, too, was then considered important. The most highly evolved pea variety so far produced by breeders is probably Laxton's Progress, which has large, straight, dark-green pointed pods, from which peas can be shelled readily; it rep-

resents the gratifying results of intensive and difficult breeding work. Many seed companies are now attempting to develop pea varieties especially adapted to preservation by freezing. Kentucky Wonder beans are susceptible to strains of rust, a problem that has required attention in recent times.

Carrots Rich in Vitamins

Crunchy carrots in the diet? Much attention is being given today to the more modern methods of inbreeding for the purification of commercial stocks, followed by cross-pollination. The attempt to increase carotene content in the carrot is important, because it is a rich source of Vitamin A, so indispensable in the correction and prevention of certain nutritional disorders. Betacarotene and Vitamin A appear to produce identical physiological effects.

Trial tests of Crosberg, a distinctly new type of head lettuce, show it to be capable of producing solid heads comparatively free of tipburn under conditions that result in severe tipburn in most varieties that head at a high temperature. Tipburn is the physiological breakdown of the tissues at the margins of actively growing leaves; the affected area becomes somewhat transparent, it loses its green color, and it finally becomes brown or blackish.

Here we come to our crucial dramatic climax! Eugenics, the science of breeding better men and women, maintains that if Luther Burbank

could breed cactuses without thorns, persimmons without pucker, why can't we breed humans without diseases or criminal tendencies? It is true that humans cannot be bred like plants or even like animals. In the mindless kingdoms below man lie dormant tremendous potentialities impossible of unfoldment, so long as they are devoid of the stimulation of active, not latent, spiritual energies.

The moment we postulate a double evolution, physical and spiritual, we must stand resolutely behind the doctrine of reincarnation or the law of reembodiment. Hence if we supplement the facts of physical heredity by our postulate of reincarnation, we get a true and singularly illuminating picture of the whole process of human evolution, the impetus of which comes *from within outwards*.

Law of Reincarnation or Reembodiment Necessary

That human consciousness exists before physical birth and even before conception is one of the fundamental expressions of the process of repeated embodiment or ensoulment in expanding physical forms. Nor does human consciousness lose any of its mental, moral and spiritual qualities with the death of the physical body; hence these qualities could not have been the product of bodily heredity or cellular structure. There is in man an unchanging, constant and immortal permanency or identity, which per-

sists throughout all changes of embodiments.

Thus reincarnation is the means by which hosts of evolving lives, of all degrees of development, are brought into association with appropriate vehicles, bodies or coats of flesh for the purpose of gaining experience in the world-school of evolution. It is also man's duty to furnish the correct impetus and direction to the kingdoms below him, and thereby propel them forward in their upward and onward evolutionary journey. It is obvious that the tenement or organism inhabited by evolving beings must be harmonious to their differences in individualized consciousness or growing comprehensions.

While our parents furnish our physical bodies, yet as reincarnating egos we bring with us those soul qualities, intelligence and tendencies we have built up during many preceding lives on earth. Transmission of trait and tendency by means of parent and body is exactly the mode selected by nature for providing the incarnating ego with the proper abode in which to work out its further evolution, or to pay some hampering debt. The ego gravitates only to that family whose characteristics are similar to his own, and with whom he was also connected by reason of causes mutually set up in past incarnations.

Ego Gravitates to Its Own

Every capacity of mind, every ability of hand, every quality of heart or character, were not be-

stowed on us as gifts, but were achieved through conscientious, well-merited past endeavors. There is no favoritism in nature—no special gifts or privileges. The differences we observe around us among human beings are due not to any divine favoritism or to the blind working of any law of physical heredity or eugenics, but to the fruition of an immutable law of compensation or retribution, which adjusts unerringly, intelligently and equitably each effect to its cause on the physical, mental and spiritual planes, rewarding or punishing with equal impartiality for right action or misdeeds perpetrated in past lives.

Genius Not Transmissible

The offspring of a genius is seldom noteworthy, for genius apparently does not possess the power to transmit itself. We are therefore forced to the conclusion that the emergence of genius in a family has little to do with physical heredity. The family in which a genius is born is often ordinary, with little promise even throughout the whole of the ancestry. From the viewpoint of reincarnation, genius results when a soul of wide experience along a certain line of endeavor is brought into incarnation in a physical body of exceptional sensitiveness, justly earned by him through his own exertions. The appearance of geniuses and great minds in unremarkable families, as well as the extinction from a family of the genius shown by

some ancestor, can only be explained by the law of rebirth.

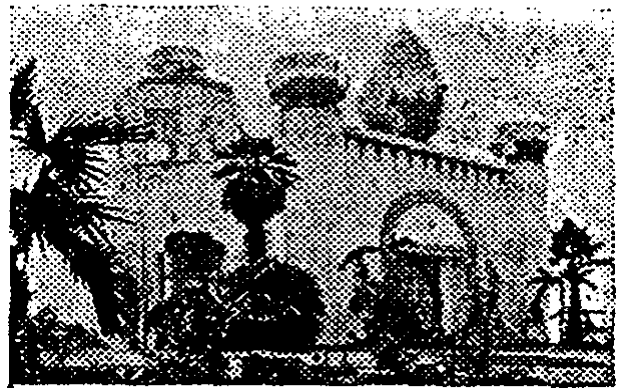
The seeds of past wrong actions sprout again and again as physical and mental diseases, awaiting only the time, circumstances and the appropriate instrument to operate through. Diseases which do not exhaust themselves in this incarnation through the natural gateway, our physical organism, are carried over and may become the basis of a congenital disease or its predisposition in the next life.

There are great and wise beings awaiting rebirth upon this planet, who can incarnate only in bodies corresponding to their exalted nature. To furnish pure vehicles for these great ones of old requires on the part of parents subjugation of selfish and sensual desires. Hence whether we attract to ourselves as parents pure or vicious souls depends upon the purity of our desires, thoughts and will.

—❖—❖—❖—
"Learning is not to be blamed, nor the mere knowledge of any thing whatsoever, for that is good in itself and ordained by God; but a good conscience and a virtuous life are always to be preferred. He is truly learned who doeth the will of God, and forsaketh his own will."—*Thomas A' Kempis.*

—❖—❖—❖—
All tended to mankind;
And man produced, all has its
end thus far:
But in completed man, begins anew
A tendency to God.

—*Browning.*



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Spiritual Interpretation OF THE ★ BHAGAVAD GITA

*The Man Who Finds the Infinite Treasures of God
No Longer Seeks the Poor Wealth of
the World.*

BY PARAMHANSA YOGANANDA

Chapter 2, Stanza 46

Literal Translation:

To the knower of Brahma (Spirit) all the *Vedas* (Scriptures) are of no more utility than is a reservoir when there is a flood in all directions.

Poetic Rendition:

The man who has become one with the ocean of Spirit finds it needless to study the descriptions of God which constitutes most of the ceremonial highest Hindu scriptures (*Vedas*). Even as a reservoir is needless when flood spreads everywhere so the reservoir of wisdom of the *Vedas* becomes useless to one who finds himself flooded by infinite wisdom.

Spiritual Interpretation:

A reservoir of water is of no use where there are raging floods everywhere. Similarly, the soul who by ecstatic communion with God discovers his consciousness commingled with the ocean of omnipresent wisdom finds little inspiration from the theoretical and ceremonial knowledge in the *Vedas* or from the meager material perceptions acquired by following the Vedic injunctions.

As Jesus said, "Seek ye the kingdom of God first and all things shall be added unto you", so the *Bhagavad Gita* says, "Expansion of human consciousness into Cosmic Consciousness by the art of concentration is more important than

the perception of slight happiness which results from the study of the ceremonial rites of the Vedic Scriptures."

According to the above stanza from the *Bhagavad Gita*, each devotee should realize that if he finds the eternal ever-new joy within his soul then he could not be interested in the little pleasures that might accrue by following the injunctions of the ceremonial part of the *Vedas*. Jesus also emphasized the finding of God first, as the attainment of God includes the fulfillment of all lesser human aspirations. It is like this: A man who has been trying all his life to get one thousand dollars suddenly finds himself the owner of a billion dollars. Finding so much money, his desire for the thousand dollars becomes automatically quenched.

All Desires Fulfilled

In the perception of the Infinite lies infinite happiness and fulfillment. Finding the Infinite the devotee discovers all the thirst of his desires of many incarnations becomes suddenly quenched. The *Gita* says, "Such a devotee who has found infinite happiness through the contact of Spirit can never be thirsty for the little happiness which may spring by following the ceremonial injunctions of the *Vedas*." The *Gita* warns the orthodox blind follower of the scriptures that he should keep his eyes open and alert in finding God first and not become identified with the

craving for short lasting material happiness.

The yogi who goes into the depths of silence finds that as his consciousness and life force begin to withdraw from physical sensations and body consciousness he soars through the tunnel of the spine into the God-contact and perception of ever-new bliss in the brain. Then he realizes that finding the joy and indescribable perceptions of ever-new bliss at the spine and the brain, the desire for sense happiness at the sense centers of touch, smell, taste, sight and hearing becomes insignificant.

Veda Means Knowledge

The word *Veda* signifies knowledge, hence according to the above stanza the true devotee loses desire for Vedic rites or sensory knowledge when he becomes an omniscient knower of Brahma (Spirit). A person who remains identified with possessions, body sensations and evil physical habits never knows what tremendous ever-new joy follows by perceiving Spirit after entering into bliss through the portals of deep meditation.

The *Gita* says that every devotee should find God first and finding Him he will discover that the pleasures of the senses which before seemed so tempting become tasteless and useless. Therefore each yogi who scientifically tries to know God must not remain identified with the body and its sense pleasures but should retire his conscious-

ness through the spinal passage into the brain region where the ever-new joyous contact of God is received.

The outer body and the lower nerve centers which induce human activity in the body have been compared to the ceremonial rites of the *Vedas* and the higher nerve centers in the brain, medullary, cervical and dorsal plexuses have been called the seats of the perceptions of infinite happiness. The lower plexuses constitute the lumbar, sacral and coccygeal centers which conduct the short-lived pleasurable activities of the senses of touch, smell, taste, sight and hearing.

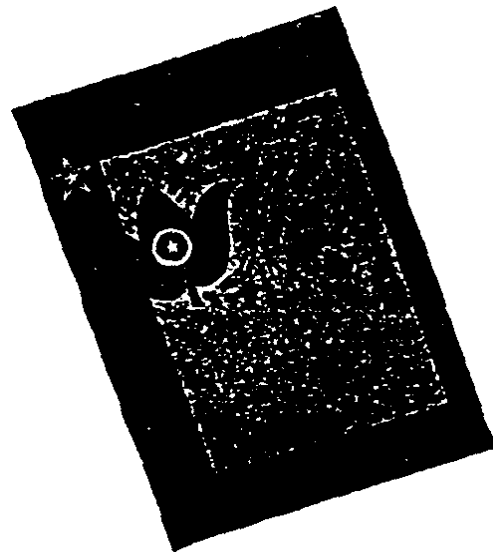
—❖—❖—❖—
"Stand therefore, having your loins girt about with truth and having on the breastplate of righteousness; and your feet shod with the preparation of the gospel of peace; above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God."—
Ephesians 6:14-17.

—❖—❖—❖—
"By thinking of the Lord and hearing His words, it is possible for a man to evoke the mighty energies of nature so that the net of world glamour is rent asunder and destroyed forever and his soul escapes like a homing bird to its Maker."
—*Ramayana.*

—❖—❖—❖—
"Either be silent or speak words better than silence."—*Pythagoras.*

MARCH, 1939

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Meditations

For Each Day in March, 1939

By YOGACHARYA SRI KHAGEN

WEDNESDAY, 1st. There are always two forces working in nature. One is good and the other is evil. The good deeds accelerate our growth and the bad deeds retard progress. I will perform good deeds and cooperate with nature.

THURSDAY, 2nd. Nature silently takes revenge on those who violate her laws. I will obey the laws of nature and be harmonious.

FRIDAY, 3rd. Harmony and rhythm are the two keynotes of nature. They work together and together they attain perfection.

SATURDAY, 4th. Conformity is the law of nature. Through the knowledge of natural law one can rise above it. Therefore, I will seek to know the natural law and thus bring nature under my control.

SUNDAY, 5th. Natural law works not only on the physical plane, but is also present on the mental and spiritual planes. There is always the conflict of nature on every plane of existence, but man can conquer nature in the end.

MONDAY, 6th. Nature always reveals herself to one who knows how to knock hard, provided the blow is accompanied with great will power and concentration. I will concentrate hard and know the mysteries of nature.

TUESDAY, 7th. God is the Soul of all souls and the Soul of all nature. He is the Center of all beings. We are all like radii meeting in one point.

WEDNESDAY, 8th. Varieties are the theme principle of the universe. Without variety the world would come to a standstill and lose its balance. I will see the face of God in all diversified objects and realize all as one.

THURSDAY, 9th. Habit is not only second nature; it is also first nature.

FRIDAY, 10th. Bad habits are destroyed by cultivating the opposite good habits.

SATURDAY, 11th. Will power is the most potent factor in uprooting our bad habits.

SUNDAY, 12th. Reading good books, keeping company with spiritual people and meditating upon God are the ideal ways in conquering bad habits.

MONDAY, 13th. When one is in communion with God one can escape from the influence of bad habits. I will constantly meditate upon God and free my mind from the long-fixed influence of bad habits.

TUESDAY, 14th. Many bad habits enter our mind through the doors of our senses.

WEDNESDAY, 15th. I will constantly guard my sense door so no bad habit can enter into my mind.

THURSDAY, 16th. I will control my senses through the power of my strong will and determination.

FRIDAY, 17th. When my mind is controlled then all my willing and feeling come under my control.

SATURDAY, 18th. My subconscious mind is the storehouse of many bad habits. Therefore, I will command my subconscious mind to take orders from my superconscious mind.

SUNDAY, 19th. I will feed my subconscious mind with healthful thoughts and strong affirmations.

MONDAY, 20th. I will plant good seeds in the soil of my subconscious mind so it will bear good fruits.

TUESDAY, 21st. This Vernal Equinox Day symbolizes the start of Spring in all hearts, giving new life and new courage.

WEDNESDAY, 22nd. Success in life does not depend only on positive and creative thinking, but also on well-regulated habits. Therefore, I will regulate my habits and be successful in every walk of life.

THURSDAY, 23rd. I will regulate my habits in eating, drinking, sleeping, playing and meditating and in every walk of life, thus conforming to the laws of nature and creating permanent prosperity.

FRIDAY, 24th. Prosperity does not come by mere chance but depends upon well-balanced habits.

SATURDAY, 25th. Lazy, mentally unalert people can never get over the threshold of God's kingdom. Only those who are mentally strong can find God.

SUNDAY, 26th. Before we can create abundant prosperity we must invoke God on the altar of our heart. By contacting Him we manifest abundance in our life.

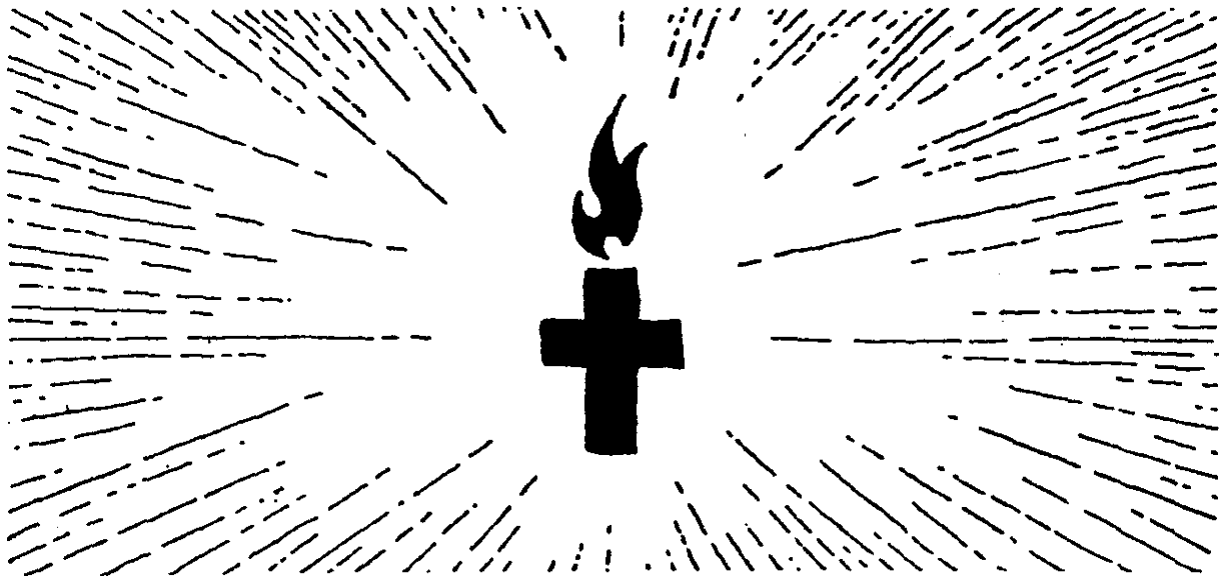
MONDAY, 27th. I will destroy one-sided activities and bring a harmonious balance to the body, mind and soul.

TUESDAY, 28th. I will be mentally and physically strong, finding God through all activities.

WEDNESDAY, 29th. When the mind has become pure, the chances of its being ruffled by external disturbances are greatly reduced. I will destroy the impurities of my mind by practicing non-injury to all living beings and by absolute and strict truth.

THURSDAY, 30th. I will fix my mind on God. By pleasing Him I will destroy all obstacles and attain success.

FRIDAY, 31st. Out of the fullness of our heart, the mouth speaketh and the hand worketh, too. I will send love from the center of my heart and be kind to all humanity.



Second Coming of Christ

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

*Views of the Masters on Diet. Fish-Eating vs.
Vegetarianism. Jesus Explains Why God-
Love Should Come Before Family-Love.*

By **PARAMHANSA YOGANANDA**

Think not that I am come to send peace on earth: I came not to send peace, but a sword. For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. And a man's foes shall be they of his own household. He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me. And he that taketh not his cross, and followeth after me, is not worthy of me. — Matt. 10:34-38.

"O ye beloved disciples, think not that I came to bring a material peace in earthly life. I came not to give a short-lasting material happiness, but to give to the valiant spiritual soul a two-edged sword of wisdom and self-control by which he can slay material pleasure and temptation or any evil family influence which might obstruct his soul from attaining everlasting happiness and spiritual freedom.

"The eternal truth which I preach and which is manifested within you will variously affect people with various good and bad karmas, so

that a good devotee of mine might not agree with his materially-minded father, or a daughter saturated in Christ Consciousness might not be in tune with her unspiritual mother, and the spiritual daughter-in-law might act against the material wishes of her mother-in-law, and a man enjoying ecstasy in Christ Consciousness and meditation might find the members of his own material family acting against him due to their own evil karmas and tendencies.

Parents Given By God

"Since parents are given by God to a devotee, the devotee must not so materially love them that he forgets to love his Heavenly Father. The devotee who materially loves his son or daughter more than God and forgets to meditate upon Him is not worthy to feel God and know Him as the only great Cosmic Lover. He that is not prepared to hold his Christ Peace of meditation at all times during the crucifixion of calmness by restlessness, of self-control by temptation, of divine loyalty by persecution, does not deserve to retain his Christ Consciousness from the earth life to eternal life."

It must be specially noted that Jesus does not mean that his teachings will not bring peace in family life amidst truth-seeking family members, but he warns family members not to remain steeped in the ignorance of a material life but to take the sword of wisdom to destroy all their earthliness.

Jesus goes on to say that if a devotee finds his own family members dissuading him or obstructing him from cultivating God-consciousness, he should not yield to them but should go on developing his divine consciousness. Jesus reminds the devotee that he should remember that he has to reap the consequences of his own actions and he should not let his earthly family because of its perversity turn him against his own Heavenly Father. Jesus points out that those that overcome all obstacles in order to have self-realization create good karma and tendencies which automatically lead them to the attainment of Cosmic Consciousness.

Glossary:

1. *Not peace but a sword.* Not earthly peace but divine strength and determination.
2. *To set a man at variance against his father.* To strengthen a spiritual man to resist the influence of an unspiritual father.
3. *And he that loveth father and mother more than me.* He who loves God's creatures more than God does not deserve to know Him.
4. *Taketh not his cross.* Fights not temptations with self-discipline.
5. *Followeth after me.* Takes his mind from the plane of senses to the star of Christ Consciousness in meditation.

He that findeth his life shall lose it: and he that loseth his life for my sake shall find it. He that receiveth you receiveth me, and he that receiveth me receiveth him that sent me. He that receiveth a prophet in the name of a prophet shall receive a prophet's reward, and he that receiveth a righteous man in the name of a righteous man shall receive a righteous man's reward. And whosoever shall give to drink unto one of these little ones a cup of cold water only in the name of a disciple, verily I say unto you, he shall in no wise lose his reward.
—Matt. 10:39-42.

Material Happiness Is Not Lasting

"A person in tune with a prophet or a righteous man or the vibration of a disciple's name and acts mercifully will receive prophetic qualities, or righteousness, or divine mercy, respectively, according to the merits of his actions.

"He that finds material happiness in his life will lose that happiness in death, and he that loses the material happiness of his life in order to find the Christ Bliss will find eternal happiness. He who is in tune with Christ-tuned disciples is automatically in tune with Christ Consciousness. And he who can receive Christ Intelligence in his expanded consciousness is in tune with the Cosmic Consciousness out of which Christ Consciousness emanates.

"O ye disciples, remember that he who discovers only the mater-

ial pleasures of his mundane life will lose the divine joys hidden behind it. Also, he that finds the cosmic joy of meditation in life loses the desire to be attached to the pleasures of material life. He who loses the desire for material life in order to find the Christ Intelligence within will find the everlasting joys hidden behind material life. That devotee who foregoes the pleasure of the body to feel the ever-new joy felt in ecstasy with Christ Consciousness in meditation will find that all material prosperity and pleasures of earthly life will be added unto him. He who forsakes earthly happiness for God happiness will find earthly happiness too, but he who seeks material happiness only will lose it because of its short-lasting nature.

In Tune With Christ Consciousness

"Those devotees who are in tune with your consciousness, my beloved disciples, will gradually, through your aid and meditation, contact the Christ Consciousness within them. Those who will be able to be one with the Christ Consciousness in all vibratory creation by deep meditation, and will discipline their lives under your tutelage, will ultimately be able to be one with Cosmic Consciousness beyond creation, whose reflection is present in the Christ Intelligence within me. He that receives in his intuition the disciple's consciousness will know Christ Intelligence. That person who feels Christ Intelligence in

meditation will ultimately realize God the Father who is reflected as the Son or Christ Intelligence.

"Beloved ones, you must realize that the devotee who has supremely expanded his consciousness by meditation in order to receive Christ Consciousness or a prophet's consciousness, will be in tune with all vibratory creation, and he that tunes himself with the consciousness of a righteous individual and lives his own life according to the law of cause and effect will be a righteous man. And he that gives even a cup of cold water to the thirsty or a cup of cool wisdom received from any of my disciples to slake the thirst of the little children in the path of God will find good karma and heavenly tendencies that will eventually lift him towards Christ Consciousness."

Parallelism with Gita

The above words of Jesus Christ have a remarkable parallelism with some of the words of the *Bhagavad Gita*. The *Gita* says: "Those individuals that worship different dieties and different ideals attain what they desire, but those devotees who want Me (God) come unto me." Jesus also meant that all good actions are rewarded and followers of different forms of virtue attain their objectives according to their innate desires. But those who are in tune with the prophet or who want to achieve Christhood attain their goal and become prophets and Christlike, according to their heart's desire.

Glossary:

1. *Findeth his life.* Puts material happiness as the goal of his life.

2. *Lose it.* Lose that material happiness in death.

3. *Loseth his life for my sake.* Sacrifices his material pleasures in order to contact the blissful Christ Consciousness in meditation.

4. *Find it.* Find everlasting happiness.

5. *Receiveth him that sent me.* Is in tune with Cosmic Consciousness which reflects the Christ Consciousness present in all creation.

6. *Receiveth.* Holds wisdom by expanding the capacity of his consciousness.

7. *Receiveth a prophet.* Is in tune with a prophet's consciousness.

8. *A prophet's reward.* The wisdom which is rewarded to a prophet.

9. *A righteous man's reward.* The reward of a virtuous happy life which comes to a righteous man.

10. *Little ones.* Beginners on the spiritual path.

11. *A cup of cold water.* A measure of cool wisdom which quenches the scorching thirst of material desires.

12. *In the name of a disciple.* Through the spiritual vibrations of a disciple.

13. *In no wise lose his reward. Will not lose the result or beneficial karma of his good actions.*

Real Service Rendered Humanity By the Disciples

And they went out, and preached that men should repent. And they cast out many devils, and anointed with oil many that were sick, and healed them. — Mark 6: 12-13.

The disciples preached about the vibrations of God-consciousness which came through Jesus and asked people to repent and forsake their material attachments so they could attain God-consciousness through spiritual awakening. The disciples by the power of their developed will freed people from obsessions and healed many sick people of their various diseases, anointing them with oil. These services distinctly show that the disciples were more than products of a theological school; they were preachers who actually lived the truth in life and thus by their spiritual examples did great good to mankind by healing bodies of physical diseases and souls of ignorance. They were unlike the modern theological students who, just by the virtue of an ecclesiastical degree, try to preach the truth to others from book learning and not from living the truth in actual life.

And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught.

And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.— Mark 6:30-31.

“O ye beloved disciples, part with the crowd and come by yourselves into the quietness of the desert place. And relax there and recharge yourself with God-consciousness before you go out to preach again.”

Necessity for God-Communion Before and After Preaching

The above saying of Jesus is extremely important in connection with preaching the divine message. Jesus pointed out that the disciples should always be equipped with divine consciousness through deep meditation before they preached about the gospel of God-consciousness and also after they had finished preaching and felt themselves spiritually depleted, when they should again retire in quiet places and recharge themselves with God-consciousness. The modern minister, instead of wasting time in reading a lot of books in preparation for the Sunday sermon, should meditate very deeply and have ecstatic contact with God before and after each Sunday sermon.

After these things Jesus went over the sea of Galilee, which is the sea of Tiberias. And a great multitude followed him, because they saw his miracles which he did on them that were diseased. And Jesus

went up into a mountain, and there he sat with his disciples. And the passover, a feast of the Jews, was nigh. When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat? And this he said to prove him: for he himself knew what he would do. Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little. One of his disciples, Andrew, Simon Peter's brother, saith unto him, There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many?

And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand. And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would. When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost. Therefore they gathered them together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten.—
John 6:1-13.

It is evident that according to the custom of the time, Jesus did not sponsor strict vegetarianism inasmuch as he often ate with his

fishermen-disciples and here he distributes the two fish to be fed to the multitude.

Vegetarian Diet for Spiritual Discipline

It is true that those that are in a state of spiritual discipline ought to favor a vegetarian diet. But to the great masters, when they have attained God-consciousness, fish eating has little meaning, for they see the whole world as nothing but the manifestation of God's idea. To them all forms of physical experiences are nothing but the different acts of consciousness under the influence of the cosmic dream. When a man is dreaming that he is sitting at a dinner table eating fish, meat, eggs or vegetables, no doubt he feels differently affected according to the taste and different effects of different foods on his dream palate and dream stomach and dream body, but when he awakens from his dream, he finds that his eating of fish, meat, eggs or vegetables in the dream land are nothing but different forms of imagination and fanciful experience. To the dreaming man there is a difference between the dream dish of fish and of vegetables but when he wakes from the dream he finds that the dream fish and dream vegetable eating were nothing but different ideas and mental experience.

To the man of realization, likewise, the very consciousness of giving reality to any form of diet is delusion. When he wakes from

the dream delusion of the cosmos, he realizes he is Spirit and never ate anything nor had any physical experience or body except in dream consciousness.

It should at this time be strictly remembered that the consciousness of the body or the various forms of eating and their different effects on the body must not be ignorantly denied as taught by some orthodox mind-believers. Instead of spending time imagining about the delusion of non-existence of the body, at the same time stimulating the delusion by eating and all forms of activities connected with the body, one should instead spend his time on God-contact. When that individual achieves spiritual ecstasy and becomes awake in God-consciousness, he will realize that the universe with all its experiences are not his dream but God's dream, dreaming through Him.

Hence, all spiritual aspirants must first lead a life of spiritual discipline, observing the more healthful vegetarian diet and meditating on God, and not claiming to be men of great realization who are above all ordinary rules of physical life.

Rules About Fasting

Jesus had told before, that he, the bridegroom, the divine master, and his disciples were not to fast on the Sabbath day as they were already saturated with divine consciousness and needed no fasting to rise above the consciousness of the body. But Jesus also said that when he would be taken away and

his spiritual vibration would not be physically present, the disciples would have to fast and lead a life of strict discipline.

Jesus could not very well ask the multitude to live on vegetables as there were very little vegetables growing in Asia Minor and the desert places where he preached. Jesus saw that the greatest thing he could do would be to saturate people with God-consciousness and when they would become Godlike they would know what to eat.

Jesus always looked to the comfort of the people so he put them by fifties on the green grass. That Jesus also loved order is evidenced by his arranging the multitude into groups. St. Luke, reporting the Miracle of the Loaves and Fishes, tells us: "And he said to his disciples, Make them sit down *by fifties* in a company."

(To Be Continued)

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"Look upon the world as My manifestation and ever give greater devotion to My sages than thou dost even to Me. Manifest devotion to the lotus feet of thy Teacher and be utterly devoid of vanity and pride."—*Ramayana*.

—❖—❖—❖—
"The weapons of our warfare are not carnal but mighty through God to the pulling down of strongholds; casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."
—2 Cor. 10:4-5.

★ Diet and Health ★

INDIAN VEGETABLE STEW

1 cup green peas, 1 large carrot cubed, 2 large potatoes cubed, 3 large tomatoes, 1 small turnip cubed, 1 large sliced onion, 1 clove garlic thinly sliced, 1 dry red chili, 3 sliced green ginger, 2 oz. clarified butter (*ghee*).

Fry onion and garlic in the *ghee*, add chili, tomatoes and ginger; fry 3 more minutes. Add turnip and carrots and 1 cup of water. Cook until vegetables are nearly done; add potatoes, simmer until everything is cooked. No further thickening will be required.

RICE-COCOANUT BREAD

1 lb. rice flour, $\frac{1}{4}$ lb. finely ground cocoanut, $\frac{1}{4}$ lb. sugar. Mix well; make into stiff dough with small amount of boiling water. Flatten small pieces of the dough into rounded biscuits 3 inches across and $\frac{1}{4}$ inch thick. Bake on both sides on a greased griddle.

COLOR AND APPETITE

The lights in your dining room can give you an appetite or take it away, C. A. Patterson told the Club Managers' Association in Denver recently.

"Don't use blue, purple or red in your lighting effects," he said. "Food enjoyment is enhanced by brown, amber, green or yellow color schemes."

INSTITUTE OF NUTRITION

Establishment of an Institute of Nutrition was discussed at a recent meeting of the Associated Grocery Manufacturers of America, Inc. Mr. Charles Wesley Dunn, general counsel to the organization, pointed out that no facilities for pure science research in foods existed in the country today. On the subject of nutrition alone, he said, a whole virgin field awaits the attention of scientists.

"We have heard a lot about malnutrition in the United States," he stated, "but no adequate information concerning its dietary causes or its prevalence is available. Scientists tell me also that little or nothing is known about sub-nutrition, adequate or optimum nutrition. They have assured me that when the diet for optimum nutrition is worked out the life of the average adult can be lengthened by seven years or more, and that many of the ills which now sap the efficiency and health of people in all walks of life will disappear."

SPINAL METALS

Silver, lead, tin, aluminum and copper in biological materials such as spinal fluid can be simultaneously determined by a new spectograph method of analysis, it is reported by the American Chemical Society.

Questions and Answers

By PARAMHANSA YOGANANDA

Question: How can I rejuvenate myself?—T. E.

Answer: There is no effect in your body without a cause. If you know the cause you can remove the effect. Rejuvenation means to live fully and to prolong youth to the end of your days. Some people have good bodies to start with, while others have always been sickly. This is due to past karma, or action.

You must know how to rejuvenate the body not only through proper diet, but through electric energy, by developing will power. You can bring energy into the body by will power. Each one of you can rejuvenate yourself. When your body becomes recharged from the Infinite Source, then you will learn to smile from your soul. You can't smile with a headache or a broken back.

Diet gives partial rejuvenation but how to tap the energy from God is the point. A time comes in your life when, no matter what you eat, nothing helps you. You grow old and nothing can stop it. Why not learn some of the energizing methods of India? You can-

not rejuvenate yourself by diet alone. There is always an inner and an outer method of rejuvenation. When a battery is dead, if you put distilled water in it, that doesn't help. The energy must be there to convert the water into energy. It is the same with the body. There comes a time when outer aids—food, air, and oxygen—will not help the body. The inner source of energy from God is then necessary.

Jesus said: "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Everything you eat is vibration. The air that you breathe is vibration. When you are in tune with God, you can subsist on very little food.

Behind your body wave is the vast ocean of God, behind your soul is the wisdom of God, behind your mind is the great intelligence of God, and tuning yourself in with Him you will know that you are the child of God. Nothing shall ever destroy you. India has specialized in the methods of rejuvenation of body, mind, and soul.

Learn from India's masters the scientific technique of inner rejuvenation.

Question: What causes anger? How can I conquer it?—E. B.

Answer: When a desire of yours is obstructed or contradicted, it usually results in anger. First find out whether your desire was good or bad. If it was bad, you should be grateful to be released from wrong-doing. Be calm; be firm. To be overcome by anger is to defeat your purpose. You must have the consciousness of justice; but do not make concessions to the weaknesses of others.

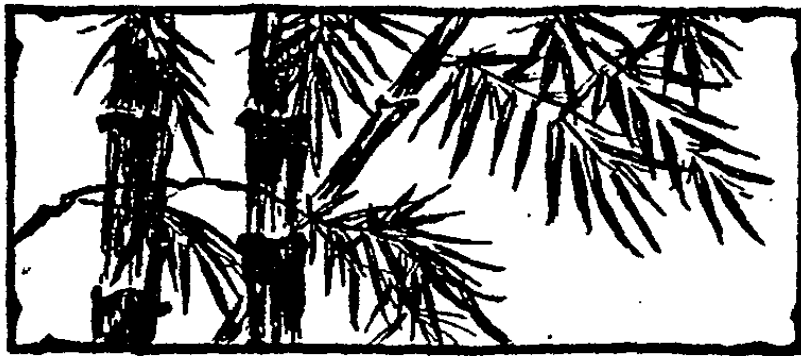
When wrath comes, you forget your position, and when you forget your position, you do wrong things, and when you do wrong things you are the tool of ignorance. If something has gone wrong, correct the error. Look at things intelligently and peacefully. The divine law will give you the right understanding.

If you want to conquer any person, make him break his sword. Conquer evil with love. That is a divine strength. It is much stronger than anger. The person who is angry with you should draw

from you an ocean of love and an ocean of calmness which will quench the fire of his wrath. Learn to give love and calmness and continuous understanding to those who are angry.

Remember, whenever you are angry you must consider that you are in a slow baking oven. All your nerves and your brain cells and flesh are baking in the fire of anger, which at times has caused even death. Anger carried to extremes is not safe for the body, mind, or soul. Many illnesses are caused by anger, which also brings on old age quickly. The face of an angry man is distorted. Do not desecrate your face and mind, which are made in the image of God.

Jesus showed how great he was when he said: "Father, forgive them, for they know not what they do." He showed that he was God. If he had, in anger, used all the powers at his command to destroy others, would mankind worship him today? No! He showed his Godlike qualities then. He is enshrined in every heart. He is the luminary which we behold throughout eternity—a light to warm us and give us strength.



SCIENTIFIC DIGEST

WHAT KEEPS THE SUN HOT?

Solution of the mystery of the fuel supplying the sun with its enormous and inexhaustible supply of radiant energy, without which life on earth could not go on, was announced recently by Professor Hans Albrecht Bethe of Cornell University.

He said that it not only shed significant light on what goes on in the inconceivable inferno in the interior of the sun, but also penetrated to the even hotter interiors of the giant stars and revealed the nature of the fuels that keep them burning.

Strangely enough, it turns out that the element carbon, which is burned on earth for heat and power, either as coal, oil or gas, is the very element that keeps the fires going in the interior of the sun and of stars as well.

Moreover, carbon is the basic constituent of all matter, the substance of life itself. To live is to consume carbon.

To supply the heat radiated by the sun in one second, Bethe found 10,000,000,000,000,000 (ten million billion) tons of coal would have to be burned.

As the sun's actual mass is 2,000 million billion billion tons, it

would last only 6,465 years at this rate, whereas it has already been in existence more than 5,000,000,000 years, according to short-time scale, and from 13,000,000,000 to as high a 100,000,000,000 years according to the long-time scale, as calculated by astronomers.

The reason why the sun and the stars do not burn up their substance, Professor Bethe went on, is that they utilize the vast amounts of atomic energy locked up within the nuclei, or cores, of the atoms.

If the energy contained in the nuclei of the atoms of a cube of sugar were liberated, it would be sufficient to propel the *Normandie* or the *Queen Mary* across the Atlantic and back. It is such energy that is available inside the sun and stars.

Survival of the Carbon

"It is curious, but of course an accident, that carbon, our main source of heat on earth, is also responsible for the heat of the sun and the stars," Professor Bethe explained.

"But on the earth we burn the outside of the carbon atom, whereas in the sun and stars it is its nucleus that is burned.

"On earth carbon burns in the oxygen of the air; in the sun and

the stars it burns in hydrogen. Moreover, actually it is the hydrogen that is burning: Four hydrogen nuclei and two electrons unite to form a helium nucleus, and the carbon serves only to bring them together."

Thus, the sun "eats its carbon and has it, too."

"Since the discovery of the disintegration of atomic nuclei by the impact of other nuclei, it has been generally assumed that such disintegrations supply the heat of our sun. In fact, atomic nuclei provide a much more efficient fuel than anything known on earth.

"When a carbon nucleus is disintegrated by the impact of a fast hydrogen nucleus, almost ten million times as much heat is developed as in the ordinary combustion of a carbon atom in a stove.

"Only it takes much higher temperatures to set nuclei 'afire' than ordinary atoms. Coal lights at a temperature of a few hundred degrees, atomic nuclei only at about ten million degrees.

20 Million Degrees

"Such temperatures are out of the question on earth, but in stars they occur all the time. Eddington has calculated that the temperature of our sun at the center is twenty million degrees centigrade.

"Everybody has agreed for the last ten years that such nuclear reactions could easily account for the heat and light of stars. But nobody knew which nuclei are the fuel in stars. It is this problem that has now been solved by a theory

which is the only one to fit the known facts.

"According to this theory, a carbon nucleus captures a hydrogen nucleus to form a nitrogen nucleus. This nitrogen nucleus again is bombarded by hydrogen nuclei, and finally a helium nucleus is produced and the original carbon nucleus is regenerated."

Professor Bethe has shown, it was asserted, that this feature of regeneration makes the carbon nucleus important above all other nuclei.

He was declared to have shown further that the nuclear reactions between carbon, nitrogen and hydrogen give exactly the right amount of heat to the sun every second, while any other nuclear reaction that could be thought of would give either thousands of times too much or too little radiation.

For his being the first to offer the most plausible solution of the mystery of solar and stellar energy, Professor Bethe recently received the Morrison prize of \$500, given under the auspices of the New York Academy of Sciences. Dr. Bethe is an exiled German scholar from the University of Munich.

—Wm. L. Lawrence in the *New York Times*.

ELECTRONIC MICROSCOPE

Over three centuries ago Anthony van Leeuwenhoek saw strange sights in a drop of water through a powerful small lens of his own

making. Just as the ocean was alive, so this drop teemed with wriggling, swimming, fighting, voracious creatures. A new world was opened, though its full meaning was not revealed until the penetrating mind of Pasteur, two centuries later, identified some of Leeuwenhoek's organisms as the seeds of infectious disease. What began in the little town of Delft as an innocent wondering about forms of life that the unaided eye cannot see has not only advanced medicine but made it possible to unravel a little of the skein that holds the secret of life.

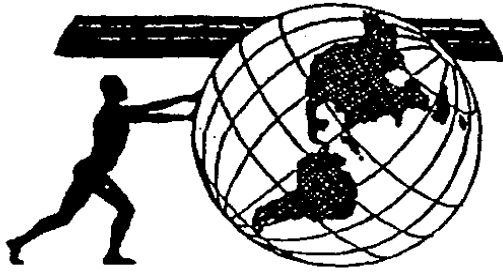
When Dr. Vladimir K. Zworykin exhibited his electron microscope at Richmond recently the scientists who saw molecules of gas in action and specks in viruses that have some connection with such puzzling diseases as infantile paralysis and the common cold must have realized the possibility of penetrating still deeper into the world of the infinitely little. For the ordinary microscope has reached the limit of its power. When light is coarser than the thing that it illuminates, a new principle must be applied in magnification. Physicists found it in the electron. And now the physicist and biologist are given a tool which makes it possible to analyze the fine structure of matter, living and dead. Like a conquistador of old, the scientist stands, awed, upon a new peak in the Darien of physics and biology and gazes upon a Pacific which it

will take a generation to explore even superficially.

The Gradgrind who demands practical results from research and sees nothing in slaving for years to blast atoms apart has here a striking demonstration of the worth of pure theory. Had it not been for the idealism, curiosity, pertinacity and skill of the Curies, Sir J. J. Thomson, Millikan, Einstein, Planck and the rest who gave us the electron theory of matter, Zworykin's dramatic demonstration would have been impossible. Nor is this the end. The electronic telescope already looms as an instrument which will permit a closer examination of the planets, a wider extension of the universe than is possible even with the 200-inch mirror to be mounted on Palomar Mountain. From electrons to viruses and stars—it is to such leaps that the theorists have accustomed us.—*New York Times*.

VOICE CULTURE

Samuel Kayzer, famous 85-year-old dramatic coach who has numbered Edwin Booth, Henry Irving and Modjeska among his pupils and whose present-day Hollywood activities include voice training for Robert Taylor, Maureen O'Sullivan, Janet Gaynor and other stars, gives credit to physical yoga for some of his success. "Years ago," Mr. Kayzer says, "I developed a system of breathing exercises for voice culture from watching a yogi. I still use it."



Around The World

RAY FROM BOMBAY LIGHTS UP S. F. WORLD'S FAIR

"The pre-opening Fair parade was a succession of thrills made possible by the miracles of modern lighting effects, but to San Francisco the greatest thrill of all came at its conclusion when the lights on Treasure Island were turned on at midnight by the rays of a noon-day sun trapped by a photo-electric cell in Bombay, India, 9000 miles away, flashing the magnetic impulse which started the 44-bell carillon in the Tower of the Sun to pealing and plunged the island into a \$1,500,000 bath of radiance," writes the *Los Angeles Times* on Feb. 18, 1939, opening day of the Golden Gate International Exposition on Treasure Island in San Francisco Bay.

The structural theme of the Exposition architecture is based on mystical Oriental forms of ancient history. Malayan and Cambodian art has been combined with the similar architecture of the Incas to revive the early culture of mankind.

The Fair buildings include a non-sectarian Temple of Religion, Tower of Peace and Holy Gardens. Striking religious murals decorate the outside and inside of the

Temple. The exhibit hall includes many first edition Bibles, original manuscripts of famous hymns, Russian ikons and many other religious exhibits representing all creeds.

SCIENTIFIC "SUPREME COURT OF WISDOM"

Sir Richard Gregory, eminent British scientist and former editor of *Nature*, attending the recent meetings of the American Association for the Advancement of Science at Richmond, Virginia, outlined his views on the social responsibilities of science:

"The view that the sole function of science is the discovery and study of natural facts and principles without regard to the social implications of the knowledge gained can no longer be maintained," he stated.

"It is being widely recognized that science cannot be divorced from ethics or rightly absolve itself from the human responsibilities in the application of its discoveries to destructive purposes in war, or economic disturbances in times of peace.

"Men of science can no longer stand aside from the social and political questions involved in the

structure which has been built up from materials provided by them, and which their discoveries may be used to destroy . . .

"Men of science can play an important part in promoting a world outlook in international affairs by contributing to an expert and impartial survey, qualitative as well as quantitative, of the world resources in land and people, raw materials and manufactured articles and other basic needs essential to make adequate provision for a rising standard of life, notably in the most backward countries.

Freedom of Thought

"Scientific workers should not shirk their responsibility for upholding freedom of thought where this principle is still honored and of guarding against abuse of that freedom.

"They should endeavor to extend the principle of impartial scientific inquiry into the many complex social, economic and international problems at present so largely dominated by prejudice and of promoting within their own realm and across its frontiers a spirit of respect for facts and the rights of others."

Sir Richard is British chairman of the Division for Social and International Relations of Science, a society formed as the result of a challenge issued by Prof. Etienne Gilson at the Harvard Tercentenary Conference of Arts and Sciences in 1936, in which Gilson stressed the desirability of forming a "Supreme Court of Wisdom" to

guide mankind and to teach that "there is a spiritual order of realities" whose absolute right it is to judge all things. The "Supreme Court of Wisdom" would unite the scientists of the world into a mighty "macroscope" of living brains, to serve as an articulate body of organized knowledge, giving mankind the benefit of its collective wisdom on world affairs.

TEMPLE OF RELIGION

John D. Rockefeller, Jr., who recently donated \$25,000 towards the erection of a Temple of Religion at the New York World's Fair, stated his views at a luncheon at India House on January 10th, as follows:

"The world today is not so much in need of skill as of character. We do not lack ability so much as we lack purpose. Our capacity for achievement in public life and in private life tends to outrun our ethical impulses. Let us make this World's Fair an exponent of a way of life which is intellectually alert, which is esthetically and emotionally sensitive and which is spiritually vigorous.

"How incomplete would the World's Fair be as a picture of the life of the American people if it did not prominently feature the religious life of the American people? It is to adequately represent that important aspect of human life that the Temple of Religion has been conceived and is being constructed.

"This country was founded on religion. Every day we are hearing of the efforts made to banish religion from other countries and of the ghastly train of events following in the wake of these efforts. Religion is the only foundation upon which liberty and democracy can be maintained.

"The future of this country depends upon the religious foundation upon which it was built. It is, it seems to me and I believe you will agree, not only important but appropriate that the religious life of our people should be properly represented at the World's Fair by the Temple of Religion, not only to show how we in America feel about religion but that our many visitors from all corners of the earth may see the emphasis, the significance and the fundamental importance that we place upon religion."

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"A pure, simple and steadfast spirit is not distracted, though it be employed in many works; for it doeth all for the honor of God, and being at rest within, seeketh not itself in anything it doth."—
The Imitation of Christ.

—❖—❖—❖—
Thine is the seed-time. God alone
Beholds the end of what is sown;
Beyond our vision weak and dim,
The harvest time is hid with Him.
—Whittier.

—❖—❖—❖—
"Conscience is the root of all true courage."—Clarke.

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BOOK REVIEWS

MYSTICISM OF TIME

By Dr. Mohan Singh

(*Atma Ram & Sons, Anarkali, Lahore, India. Paper, 64 pp. Rs. 5.*)

A learned exposition of symbolic references and the law of correspondences as found in the *Rig Veda*, earliest scripture of the Hindus. Dr. Singh points out that "every physical and astral object, every idea and process, is a symbol, simile, metaphor of Him (the Creator)."

The inner significance of time, as expressed in the various seasons, planetary motions and other natural phenomena, has formed the chief expository theme of the author.

THE OCCULT WAY

By P. G. Bowen

(*E. P. Dutton & Co., New York. Cloth, 224 pp. \$2.50*)

The author, who is president of the Hermetic Society of Dublin, has written an interesting metaphysical volume with an Oriental and Hermetic background, dealing with subjects such as "The Ten Virtues," "Balance," "Invocation," "Evocation" and "Natural Magic." Of the secret of Invocation, Mr. Bowen has the following to say:

"Scriptural rules and precepts and teachings are not such in reality: they are affirmations concerning the nature of life made by a being that

is one with Life. Who is there who has thought and observed at all that does not know the strange power which even a feeble human affirmation concerning the body has upon the health of the body, and upon the emotional principle that governs the body? And if such is recognized, may not something of the power invoked through affirmation of one's identity with the All-Being also be recognized, even if only remotely and dimly?

No Beginning Nor End

"Never read a scripture as you read a common book, thinking that before you can grasp its full meaning and know what effect it is designed to produce you must read it to the end. No true scripture has any real beginning or any real end. Thought of end and of beginning drags the mind down into the time-consciousness. It is wholly unnecessary to true comprehension for you to know every sentence, page and chapter that a scripture may contain. One single precept from the *Bhagavad Gita* or from any other scripture of similar status, if truly understood, will suffice to give you comprehension of the whole book.

"Why then, it may be asked, are the teachings given in such books reiterated in such a host of forms? The answer is: Because

Life is Everbecoming, ever expressing itself in innumerable aspects of itself. This 'Procession of the SELF in Self' revealed in all great scriptures has also a highly important suggestive value for the student who approaches them seeking their power."

"It is a dream or a cherished fable of the men of every one of earth's myriad races that their forefathers walked with the gods over the face of the young earth, and were themselves as gods.

"It is an occult truth that man cannot dream that which is impossible or utterly untrue. The Golden Age is no fable: it existed, and it still exists all about us, though unseen by the eyes of fallen man. It is man who dreams when he imagines that the world he perceives is a reality, and not until it dawns upon his consciousness that he lives in a nightmare does he approach any realization of the true world.

"But his full awakening will come only when he embraces nature with a comprehending heart, and wakes within her being the soul-power that has flowered silently in his own being during his long dream in the darkness."

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 "For the word of God is quick, and powerful, and sharper than any two edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."
 —Hebrews 4:12.



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NEWS OF THE CENTERS

LADY CAREY TO SPEAK

Lady Willoughby Carey, whose late husband was a member of the India Legislative Assembly, and at whose home in India Sir Rudyard Kipling wrote *Gunga Din* and other famous East Indian works, will be a guest at the S. R. F. Hermitage at Encinitas on March 4th and 5th. She will be a guest speaker at the Golden Lotus Temple on March 5th, choosing a very interesting subject, "Phenomenal Occurrences in the Castles and Great Houses of the British Isles."

Lady Carey has been a member of court circles during the reign of four British sovereigns—Queen Alexandria, George V, Edward VIII and George VI.

GUESTS AT ENCINITAS

Thousands of Self-Realization Fellowship students and their friends visited Encinitas to attend the Golden Lotus Temple services during 1938. Among the prominent guests who visited the S. R. F. Hermitage at Encinitas last year were Grace Thompson Seton, Mrs. Sass Brunner and Miss Elizabeth Brunner of Budapest, noted artists; Ram Gopal of Bangalore, well-known Indian temple dancer; Paul Brunton, famous writer; Amelita Galli-Curci and Homer Samuels, Nagesh T. Yawalkar, eminent Bom-

bay artist, and Dr. Frederick B. Robinson, president of the College of the City of New York.

INTERNATIONAL PEACE PROGRAM

An International Peace Program and Hindu Banquet will be given at the Second Temple of the Self-Realization Fellowship in Los Angeles on February 26th. Sri Nerode, the director, will present, as speakers, Paramhansa Yogananda, Judge Georgia P. Bullock of the Superior Court of Los Angeles, Dr. Orvil F. Myers of Los Angeles City College, Rev. Dr. Julius Goldwater of the Buddhist Temple, Mr. James Warnack, Church Editor of the *Los Angeles Times*, Dr. H. I. Bird of Waseda University of Tokyo, Dr. Frederick W. Roman of the World Fellowship, and Dr. Robert John Taylor of the University of Southern California, all of whom will speak on various problems and aspects of world peace. There will be a musical program by Yvonne Black and Dr. George Liebling, famous pianist.

RANCHI NEWS

Amrita Bazar Patrika, leading Calcutta daily, published the following news item recently:

"Mr. G. C. Chandra, Superintendent of the Archaeological Sur-

vey of India at Madras, paid a visit to Yogoda Sat-Sanga (Self-Realization Fellowship) at Ranchi. He was highly impressed to see the various departments of the Society. He visited the gymnasium and admired the *yoga asanas* of the students. The archaeological, geological, anthropological and numismatic collections of the Museum attracted his deep attention."

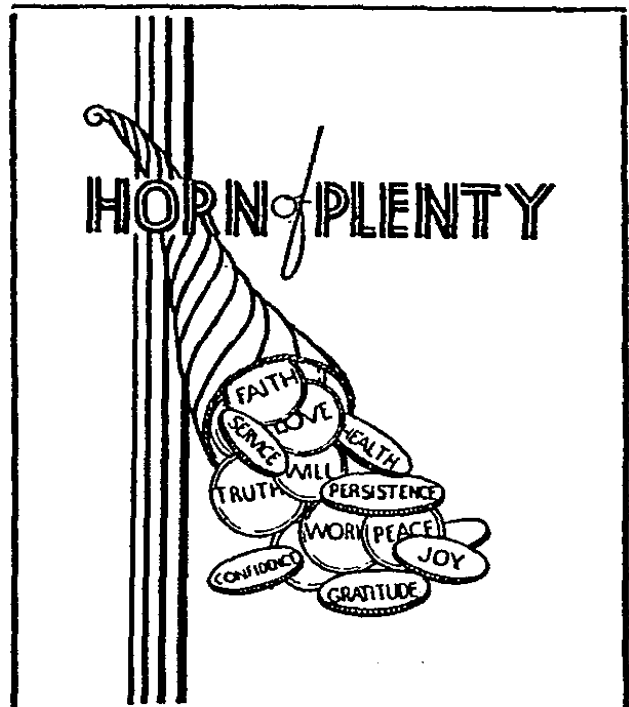
To encourage the young gymnasts and athletes of Bihar Province, an All-Bihar Body Building and Muscle Posing Competition has been announced to take place the latter part of January, 1939, at the Yogoda Sat-Sanga Gymnasium.

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DESTROYING DESIRE

"Desire for pleasure is not destroyed unless one experiences contentment, and until the desire for pleasure is rooted out there is no bliss even in the dream state. The worship of God is the only known method of destroying the desire for pleasure.

"Good men are endowed with faith, forgiveness, friendliness, compassion, cheerfulness and devotion to Me and are untouched by *Maya* (delusion). They have abounding intelligence, discrimination, humility and that higher knowledge and wisdom which are defined by the scriptures. Thinking, seeing and hearing the history of My incarnations, they are without selfish objectives of their own and continually delight in doing good to others."—*Ramayana*.



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TITLE OF "PARAMHANSA"

The English equivalent of *Paramhansa* is "Master."

The title *Paramhansa* supersedes the title of *Swami*. The followers of Yogananda's teachings now address him, in accordance with his Guru Sri Yukteswarji's wishes, as *Paramhansa* (or *Paramhansa-ji*. *Ji* is a term of respect in India and is always used when addressing a spiritual teacher, as *guruji*, *Yoganandaji*, *Mahatmaji*, etc).

The title was bestowed on Yogananda when he visited his Guru in India in 1936.

MARCH, 1939

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 desirable. 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 and encyclopedias, reference books, books on science, philosophy, history, drama, art, religion, English language, mathematics, dietetics, and health, also bound periodicals, maps, atlases, etchings, oils and busts will be welcome for this important library.

Please address such parcels of books to Self-Realization Fellowship, India Library Secretary, 3880 San Rafael Ave., Los Angeles, California.

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Encinitas, Calif.

GOLDEN LOTUS TEMPLE OF ALL RELIGIONS, (100 miles south of Los Angeles). Phone: Encinitas 218. Sunday services at 11 a.m., conducted by Paramhansa Yogananda and eminent speakers. All welcome.

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

*Santa Barbara, Calif.

Conducting Teacher, Yogacharya Khagen. Meetings each Thursday at 8 p.m. at 39 Mihran Bldg., 17 East Carrillo St. Center open daily at 2 p.m. Meditation at Center on Sundays at 7:30 p.m. Secretary-Treasurer, Miss N. M. Ruud, 1421 Chapala St. Associate Teacher, Mrs. Lloyd Briggs, 1740 Prospect Ave.

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*Gardena, Calif.

Meetings on Mondays and Tuesdays at 7:45 p.m. at the home of Mr. E. C. Fredricks, 1630 W. 168 St. Conducting Teacher, Mrs. Harriet Grove, 16425 Halldale Ave. Associate Teacher, Mr. W. W. Monnie. Secretary: Mrs. Blanche Fredricks.

*Fresno, Calif.

Dr. George H. Sciaroni, Conducting Teacher, Mr. Mihran Saroyan, Associate Teacher. Mrs. Anna English, Secretary; Mrs. Myrtle Root, Treasurer. Meetings at Pacific Southwest Bldg., 1060 Fulton St., Rm. 1410, every Friday at 8 p.m. Phone 2-5181.

*San Francisco, Calif.

664 Powell St. Telephone: EX. 0873. Visiting Teacher and Director in charge, Yogacharya Khagen. Secretary, Miss Wanda Horton. Treasurer, Mrs. Emma Schouboe, 1010 Hyde St. Phone PROspect 6463. Meetings on Sundays and Fridays at 8 p.m. All are welcome. Class on Tuesdays at 8 p.m. for students only. Center is open daily.

Washington, D. C.

Brahmachari Jotin, Conducting Teacher. Sunday Service at 11 a.m. Thursday Class on Philosophy and Yoga at 8 p.m. The public is welcome. Self-Realization Fellowship Temple at 4748 Western Avenue, N.W. Phone: Wisconsin 4748.

Boston, Mass.

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INNER CULTURE

Mass. Phone: Arlington 2118J. Assistant, J. Albert Simpson. Corresponding Secretary, Miss Ellen Mac-Twiggan, 158 Summer St., Somerville, Mass. Meetings every Monday at 8:15 p.m. at Hotel Statler, Boston.

***New York, N. Y.**

Center at Carnegie Hall, 7th Avenue and 56th St., Studio 915, 7th Avenue entrance. Meetings every Monday at 8:30 p.m. Secretary, Miss Ollie A. Learnard, 3701 Foster Ave., Brooklyn. Treasurer, Mr. John Fuerth, 804 W. 180th St., N. Y.

***Buffalo, N. Y.**

Meetings at the home of Mr. Dareid L. Pestell, Sr., 90 Welker St., every Tuesday at 8 p.m. Phone: Garfield 0207. Secretary, Mrs. Dareid L. Pestell, Sr. Treasurer, Miss Alice Jeske, 408 Franklin St.

***Miami, Florida**

Conducting Teacher, Mrs. Olga Lade, 2120 W. Flagler St. Associate Teachers, Mrs. Marion Going and Mr. Fred Terry. Secretary, Mrs. Alice Bates. Meetings on Sundays, Wednesdays, and Thursdays at 8 p.m. Library. Phone: 25305.

Cincinnati, Ohio

Conducting Teacher, Mrs. Bertha Shimler, 5642 Bramble Ave. Phone, Bramble 2078W. Classes on alternate Friday evenings at 8 p.m., at 403 Palace Theatre Bldg., 16 E. Sixth St. Open Forum on third Sunday of each month, 8 p.m., at Liberal Savings Bank Bldg., 24 E. Sixth St., Room 700.

***Cleveland, Ohio**

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

***Canton, Ohio**

Conducting Teacher, Miss Emma Coleman, 323 12th St. N.W., Apt. 3. Meetings on Thursdays and Sundays at 8 p.m., at the home of Mrs. D. P.

Weber, 1213 14th St. N.E., Phone 2-3074.

***Dayton, Ohio**

Conducting Teacher, Mrs. Alma King, 732 North Main St. Telephone Adams 2835. Meetings each Tuesday at 8:30 p.m.

Minneapolis, Minn.

Meetings at Hotel Radisson, Sundays at 8 p.m., open to the public. Class on Thursdays at 8 p.m. Inner Circle Meditation Class at the home of Mrs. E. W. Backus, 2201 E. Lake of the Isles Blvd., Wednesday at 8 p.m. Secretary, Miss Virginia Newhall, 335 Loeb Arcade. Phone: Main 7621.

***St. Paul, Minn.**

Meetings each Monday evening at Y. W. C. A. Chapel, 123 W. 5th St. Secretary, Miss Sadie T. J. Woll, 1011 Hastings Ave.

St. Louis, Mo.

U. Punditji, Conducting Teacher. Daily meetings at Maryland Hotel, Room 840-42, 9th and Pine Sts.

Milwaukee, Wis.

Meetings every Thursday at 8 p.m., at the Republican Hotel, Room 53. 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, Fridays at 8 p.m. Lending Library. Associate Teachers, Mrs. Chas. Hoffman and Mrs. Minnie F. Miller.

Denver, Colorado

Conducting Teacher, Mr. Arthur N. Hilliard. Meetings each Friday at 8 p.m. at Mr. Hilliard's residence, 418 Fillmore St.

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Conducting Teacher, Mr. M. W. Nabrotsky, 968 Blaine Ave. Joseph A. Reiser, Secretary. Meetings each Sunday at 11 a.m. at Hotel Newhouse.

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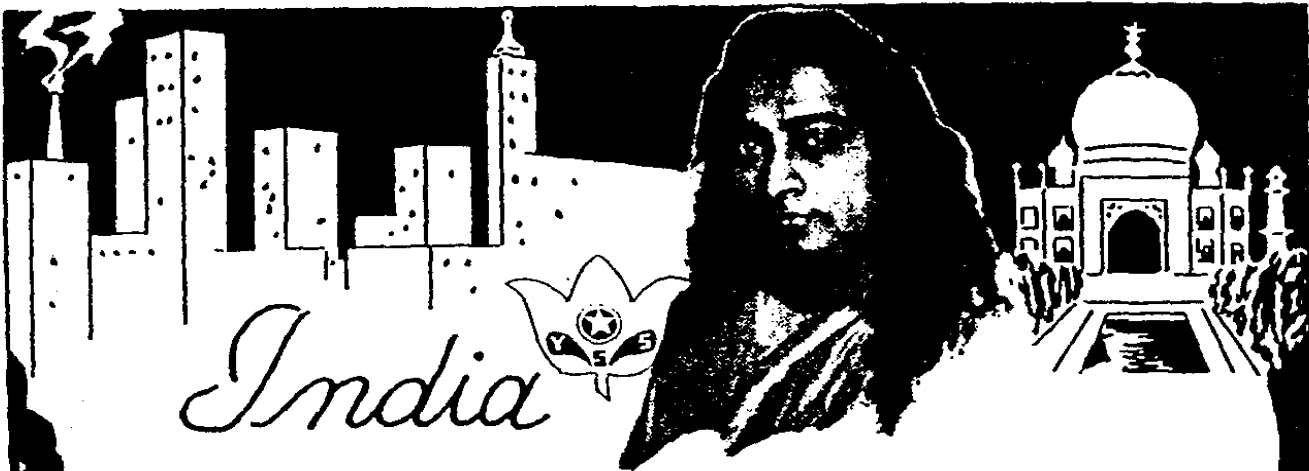
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Fall around thee
Remain castled in love.
While bombs of misunderstanding
Keep bursting
Remain hidden
'Neath the deep caves of compassion.
While poisonous vapors of delusion
Seek to choke the life of thy wisdom
Mask thy soul with taintless love.
For the castle of love divine
Is a safe haven
From temptation's armies.
Dig a moat of steadiness
And fill in with love's waters
That selfishness may not swim across
To behead thy soul's wisdom.