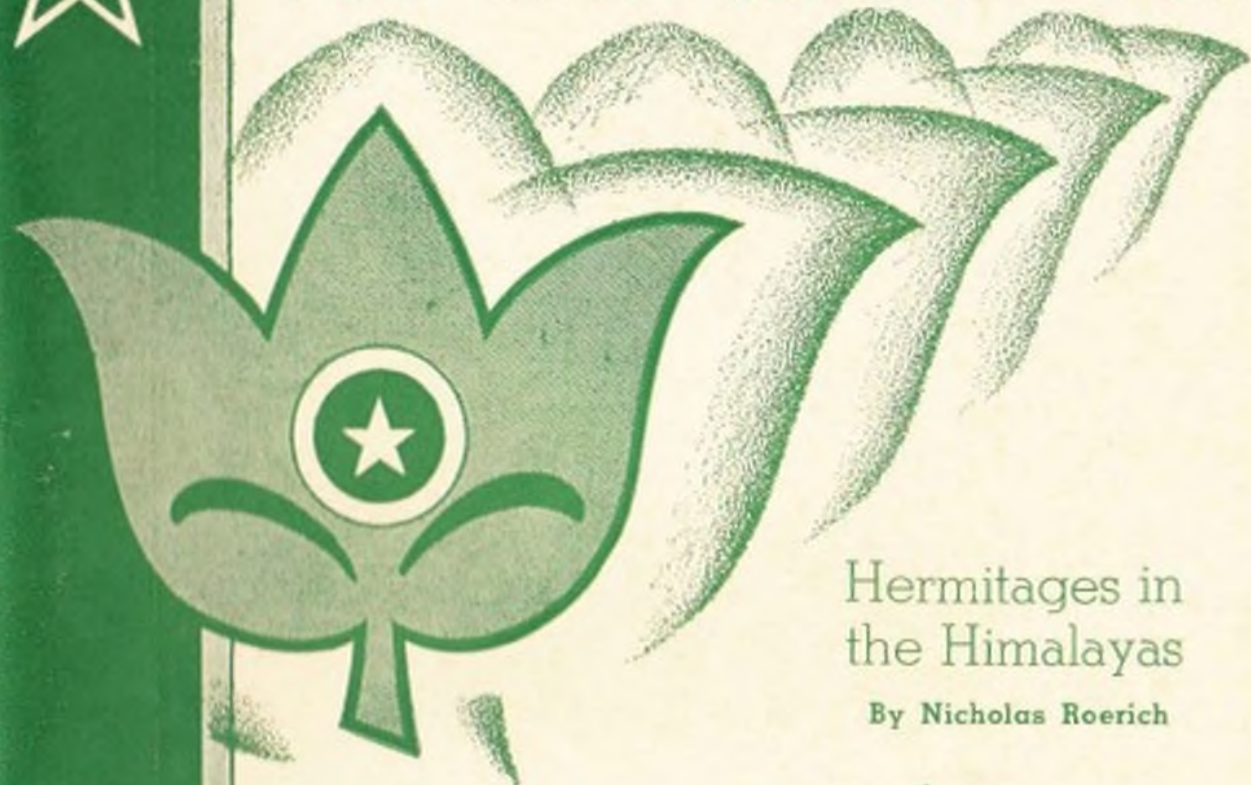


# INNER CULTURE

FOR SELF-REALIZATION



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the Himalayas

By Nicholas Roerich

—❖—  
"Once I Was A King"

The Romance and Abdication of King Edward VIII as Related  
by Rev. Jardine, the Minister who Defied his Church to Marry the  
Duke and Duchess of Windsor in France.

—❖—  
"Follow the Commandments of God,  
Not of Men"

An Interpretation of Jesus' Words  
By Paramhansa Yogananda

AUGUST  
1939

Price 20 Cents  
Vol. XI, No. 10

Health from Natural Foods

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—Bharatvarsha.

**MOONLIGHT IN WINTER**  
By Sivapada Bhowmick



# INNER CULTURE

## FOR SELF-REALIZATION

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# "Once I Was A King"

*The Romance and Abdication of Edward VIII*

By REV. DR. R. ANDERSON JARDINE



If I tried to tell you the whole story that I have to tell it would require a two-hour sitting so I shall have to just go right into the subject of this greatest romance that ever occurred in the history of the English nation and give you what you call in America the highlights.

I look forward to years ahead and I see many young lovers standing at the ruins of a chateau in France. Each young man is telling again the story of ONCE THERE WAS A KING who loved so greatly and so nobly and so purely that he sacrificed his throne for the love of a woman. That is history. I wonder how it is going

to be written in the history books of the future. But we need not be afraid because already that history of the King is being written by Edward himself privately and in due course, if necessary, the true story of the abdication will be released to the world.

### **The Lion and the Mouse**

Now I am a very small figure in comparison to Edward, but I used to read, as a little boy, how a lion once got caught in a net and couldn't get free, when a little mouse came along and gnawed at the net until the lion was freed. Edward was the lion and I am the mouse that came to help him get out of the entangling net.



Word had gone forth from the Bishop to the chaplains (our English clergymen are called chaplains) that Edward might approach them to perform a marriage ceremony for him, and that they were to refuse. One of the leading clergymen in Paris said this to the press, that he had not been approached by Edward to perform the ceremony but if he had been he would have refused. From the highest dignitaries, the Archbishop down to the ordinary clergymen, no one was supposed to perform that marriage. Later on the Bishop said that "every one of his clergymen had been true to him." But whether they had been true to God is for you to decide. One great cardinal once said, "I wish I had been as true to my God as I have been to my king."

How do I come into the picture? It happened like this. I had a large church in Darlington, seating from 800 to 1000 people. There was a splendid congregation, a beautiful choir, everything that made up a great church. And I had a very lovely vicarage. Not far from the church was a tent where I used to go for devotion and meditation.

### **I Upset the Plans**

Coming down one morning to my breakfast table, I saw the newspaper headlines which said, "NO RELIGIOUS CEREMONY FOR THE DUKE." I am afraid I exploded. I said something and my wife said, "What did you say, dear?" I replied, "I am not talking

to you." I went to my study and took a pair of scissors and cut out that piece from the paper. I said, "We will see about that. We will just see whether they are going to do this to him."

I went out to my tent and meditated. I get my instructions from God. I never have taken my instructions from man. Straight to the Father Himself I went, and there I waited for my instructions—and I received them.

### **Post-Card Invitation**

So, I took a post-card and wrote, "Will you please convey to His Royal Highness my congratulations on his coming marriage. If the Duke really desires a religious marriage I am prepared to give it to him." I sent that message off to France to Mr. Herman Rogers. He read it and immediately rushed to the Duke and said, "Just read that." The Duke said, "Get in touch with Rev. Jardine at once."

Now after I had written that card to Mr. Rogers I got up and walked into the house. My wife was standing there and I said to her, "My dear, I am going to prophesy to you. Edward has received my card and they have had a consultation and he has ordered that a telegram be sent to me, and I want you to know that I am going to marry them in France." My wife said, "Don't be silly." I replied, "I know. It is settled."

That was on Saturday. On Sunday morning I was in my Children's Church. You know what a Children's Church is? It is where





**Rev. Dr. R. Anderson Jardine, the courageous English minister who defied his church to follow his conscience in performing the marriage ceremony of the Duke and Duchess of Windsor in France, was one of the most dynamic speakers ever heard at the Golden Lotus Temple of All Religions at Encinitas. He spoke there on July 2nd as the guest of the Self-Realization Fellowship.**

the children conduct the entire service themselves. I only give a five-minute talk and just see that everything is conducted in order. I came from the Children's Church and my wife said to me, "You don't know what has happened." I said, "I do. You have a telegram for me. I told you he would send me a telegram."

In that telegram was the message that I was to get in touch with him immediately and arrange to go to France, which I did. And nobody was any the wiser except my wife and my family and right now I take my hat off to the women

because I found they could keep a secret. No one knew of this secret until it came out later in the papers, that I was to perform the Duke's marriage ceremony.

Both the Duke and Mrs. Warfield desired a religious ceremony, and God, who sees the heart, fulfils its righteous desires. From all over the world I received letters from every nation under the sun except the Eskimo and I am sure he sent one but it got lost in an iceberg. There were letters from people who said, "Mr. Jardine, we were praying that God would find a man to conduct that ceremony and God found him."

#### **"Why Does the Church Refuse to Marry Us?"**

The first question that the Duke asked me was a difficult question. He was seated at a table writing, acknowledging the good wishes that were sent to him. He was wearing a pair of shorts and he said, "You have caught me in this dress." Then he said, "Mr. Jardine, will you tell me why the Church will not give us a religious ceremony, seeing that we both are Christians?" What would you have said to that? He was the ex-King and he was asking one of his humble servants why the Church would not give him a religious ceremony. I couldn't reply. And he went on to say, "The Church is too busy with politics to fulfil its mission. Its mission is to save souls." Those were the words of Edward VIII.

Why did I interfere and go



against the wishes of the Government and against the Church? I don't believe that 99 out of 100 people understand the true situation. In the first place, I was guarding Edward's honor and good name. He had been refused a religious ceremony. He was going to be married in a civil ceremony and then going from France into Austria for his honeymoon.

#### **Austrian Peasants' Attitude**

After the marriage the Baroness of Rothschild came to me and said, "You don't know what good you have done for this couple."

Now I know the Austrian peasant. They are very religious persons, who believe if a person is married at a civil ceremony and not by the Church they are living in sin. Had Edward gone to Austria without the blessing of the Church the Austrian would have said, They are not married; they are not blessed by God. Do you see what situation the bigotry and hypocrisy of the Church were putting Edward and Wallis into? Time will prove that the British Government and the Church will regret that they were unwilling for a religious ceremony to be performed. Only the other day in England there went up a cry from the people: "We want Edward back in London."

#### **Octavian Society**

I belong to a Society called the Octavian. Immediately after the ceremony this Society got together in London and I was made a life member of it. There was a meeting held at the hotel, at which I

was guest speaker. There were 350 people present. A week ago I received a letter from my daughter. She said, "Father, the Society has grown until it has 50,000 members. From 350 people it has grown to 50,000 banded together to defend the name of the Duke of Windsor." Does that look like a waning of the popularity of the Duke? It speaks eloquently of the man who still has that wonderful hold on the hearts of the people.

A rather amusing thing occurred just the day before I performed the marriage ceremony. One reporter came to me and said, "You have received a telegram from the Bishop telling you not to perform the ceremony." I said, "I have not received such a telegram." He said, "But we went to the Bishop and he told us the contents of the telegram." I replied, "You can go back to the Bishop and tell him that I have not received his telegram. Even if he sent one hundred telegrams I am still going to do what I feel is right."

#### **The Missing Telegram**

What happened to that telegram? 2000 telegrams had arrived at the chateau. The Duke had them all piled up on a gold plate taking a photograph of them. Right in the middle of that pile was the Bishop's telegram to me. When Edward was in Austria reading over those telegrams he found the one the Bishop had sent and he was so much amused that he sent this wire back to me saying I would be "pleased to receive it." So, that



is what became of the Bishop's telegram to me. It didn't reach its objective.

Why did Edward abdicate? You get the story over here that the reason was that he was marrying an American woman who had been twice divorced. Don't you believe it. When one has something that he wants to "put over" he has to have a "peg to hang the hat on." And unfortunately this marriage plan of Edward's occurred at a time when it was very convenient to make it the peg on which to hang the hat.

### **Casting the First Stone**

I was speaking in Oakland and a woman kept interrupting. Afterward she came to me and said, "Do you know that you aided a woman to commit adultery?" To this I said, "Do you mind my asking you a question? Did you ever commit sin?" "Oh, yes." "Well, it says in the Bible that he that is without sin, let him cast the first stone. You are not eligible, my friend." She just turned on her heel and left as if I had a plague.

Many people quote, "*Whomsoever God has joined together, let no man put asunder.*" But the Bible does not say that. It says, "*Whomsoever God hath joined together . . .*" There is a great difference. I ask them, "Had you ever been indiscreet in your life before you were married?" They say, Yes. Then I say, "He that is joined to a harlot is one flesh—one body." It hits them straight between the eyes. I have performed a great

many marriages at my church. More perhaps than any other clergyman. And I can tell you that all the marriages were not made in Heaven.

### **Victim of Conspiracy**

What was the reason for Edward's abdication? He was the victim of a religious and political conspiracy to get rid of him. There is no one who can deny that fact when one gets to know what was going on behind the scenes. It is terrible when the political and religious factions get together to victimize anybody. What happened? It seems they had created a Frankenstein and when it began to walk they didn't know what to do with it. They had made a democrat of democrats.

Edward was the man who had made the royal family so popular, a man with a heart big enough to take in all nations, and a heart big enough to take in all peoples. As he said one day when somebody was telling him something about his sister's husband, Lord Lascelles, "Well, the Lascelles get royaler and royaler while I get commoner and commoner." And through that divine commonness he was getting into the very hearts of the people. He was not content to be a rubber stamp. There were certain things he was going to do for the common people and in his attempt to do those things he aroused a section of the established Church.

I say a section because the Church is divided into two sections. The Anglo-Catholic party



was against the Duke, along with the Archbishop of Canterbury and the man who "fired the shot," Dr. Blunt. When Dr. Blunt was in Canada and I was in Niagara Falls I couldn't get a hall or a church where I could speak. I was booked to speak there but the Church intervened to stop it. They will not let me speak anywhere in the Church. Both the Bishop of New York and the Bishop of Long Island were ordered to close their pulpits to me even before I landed in America.

But one Bishop came to me and said, "I want you to come to my church to speak." I went to his church. We had a glorious time, and I was to have spoken the following week. I waited and when the next Saturday arrived, just as I had expected, a nice letter came to me to say that he was very sorry. He would have to make other arrangements.

I was visiting at the Rotarian Church and the minister said, "Mr. Jardine, what are you going to do after this?" I said, "I will go to California." He said, "Why don't you stay here and talk? You can lecture here." "Does your vicar know?" I asked. He said, "That doesn't matter. Anything I say goes." To this I replied, "Go phone him." He did this, and when he came back, as the saying in America goes, was his face red! "Let's just skip it," he said.

But, to come back to the story, the Duke got that Anglo-Catholic section against him. I thought

that that medieval spirit of the Church had gone, but it still remains to hound the man who dares to do what God and his conscience tells him to do.

The next party against the Duke is that old die-hard Conservative Party of England. Edward aroused these old die-hards, and mine owners. When Edward was hitting this old die-hard party, he was hitting the vested interests. He had ideas of better housing of the poor and clearing out the slums. Up to the very last moment, I believe, before Edward left England, he was completing those plans of his. If any man has the interest of the people in his heart that man is Edward.

When Edward went to Wales and saw mining conditions he said, "I am going to see that something is done about it." The moment he uttered those words it was fatal. Why? Because he had aroused the animosity of the vested interests that had royalties from those mines.

### **Mining Conditions**

If you could see those places where they live, in Glamorganshire. It was terrible! My heart bled when I walked down its streets. And Edward was coming there. Hundreds of men were out of work. They weren't even expected to pay their rent. They were out of work, not because there was no coal to mine, but to keep the price of coal up. So the mines were closed and hundreds of men were thrown out of work to keep the prices of coal up. Who cares



whether the people have any money to pay for their rent or food? The Duke sat by me hours and hours talking about this. If ever there is a man who has a remedy for these ills, it is Edward. I was surprised. He amazed me with his knowledge.

### **The Visit to the Slums**

Then Edward visited Glasgow. Before he went there everyone was told to clean house because the King might stop to inquire about conditions. They arranged Edward's program in Glasgow. But Edward disappeared. He went down to see the slums. I have seen them, men, women and children living huddled together. Edward was going down to see those conditions.

I know what happened in one of those slums. Edward went to one house where there was a woman and her son. He talked with the woman who recognized him and said, "You are the King, aren't you?" And the little boy said, "You ain't the King. You ain't got a crown on." They were talking and getting right down to the root of their life (Edward doesn't ask foolish questions. He asks questions that bring out what he wants to know). While he was questioning this woman about the cost of rent and sugar and so on, a voice from upstairs cried out, "Who is it you have down there?" The woman said, "You would be surprised." Edward went upstairs and there he saw an old ex-service man lying on the bed. As soon

as he saw Edward he knew him and started to get up. Edward said, "No, don't get up." He sat down to talk to this ex-soldier.

All this time his party was looking for Edward. When Edward returned and went to see the beautiful ship *Queen Mary* and walked around its deck, exploring its luxurious furnishings and so on, he looked at the people and said, "How can you? How can you build a ship like this when all these people are suffering?"

You see what he had done? He had criticized the Government. Here was a king busy with the problems of his subjects while Parliament put thousands of pounds into the building of a luxury ship at a time when men, women and children were starving.

### **"What Will He Do Next?"**

Do you wonder that they wanted Edward out of the way? They were asking, "What will he do next?" And very conveniently, when the time was ripe to strike (if you know the exact time to strike and the convenient time to do a thing, it works most effectively) they timed this little event in England right up to the very coronation. Everything was perfectly timed. Then they struck. They gave the man ten days to undo twenty-five years' service—ten days in which he had to make a decision. Mrs. Warfield left the country and told Edward to decide for himself what he wanted to do.

Ten days in which the greatest Parliament was not to speak of the



decision that was about to be made. Twice an attempt was made in Parliament to discuss Edward's situation but the speakers were told to "sit down." What did they discuss during those ten days? They discussed lunacy bills and all kinds of things but not once did they say, "We have to discuss this question because not only does it affect the people of this nation but the whole Empire." One man got up in Parliament and said "Why doesn't he decide? We are losing our greatest trade now." You know what that greatest trade was? The selling of Coronation souvenirs. These included cups, busts and so on. The moment Edward abdicated every cup and stamp bearing his names were bought up. Instead of ruining the trade Edward simply made people long to get those souvenirs.

Where was the head of the Church all this time? The greatest friend of the Queen Mother? A man who said he was the best friend that George VI had? During those ten days the Archbishop of Canterbury never went near Edward. He said, "It might do more harm than good."

### **No Help From the Church**

Now I have been a pastor for 45 years. I have worked in the slums for years and once when I was walking down the street I saw a woman who was on fire. I didn't say, "I had better not go in there; it might do more harm than good." I went in and tried to help her. I did what I could. She died, but I

did what I could to help her. And the people said, "That is the kind of work we expect our parson to do."

And here was a man who had prayed for Edward for twenty-five years in the Church. We prayed for him when he became King and his father's name was taken out of the prayer book and his name put in. The Church which prayed for him day and night for twenty-five years turned its back on him. That is shame! Shame! And the Archbishop of Canterbury never went near him. A second reason that he gave for not going was that he was a very good friend of his father. I should expect the father's friend who loved him so much to do something for the son who needed help.

### **Radio Criticism**

That was bad enough. Edward left England as an exile and as soon as his back was turned the Archbishop went on the radio. In England we have a dictatorship over the radio. No one can go on the radio unless the B. B. C. allow him to do so. They would never allow Edward or me to go on. When the Duke spoke recently on peace they wouldn't allow his speech to be broadcast in England. The moment Edward left the country the Archbishop deliberately kicked him in the back, talked against his companions and the people he went with. Immediately the Archbishop dropped in the estimation of the world.

These are the reasons why Ed-



ward was forced to abdicate. He left because he was a victim of a political and religious conspiracy.

### **The Charm of the Duchess**

American women will want to know something about the Duchess. She is one of those people who come into the world with a charm and a personality that other people don't seem to possess. With a slim, girlish figure, not a beautiful woman but a striking one, she has a charm and a personality that I have never met in anybody else. Her lineage is good. I believe she would have made a very fine Queen. I believe that if they had been wise enough to allow that marriage to go on it would have done more to unite these two countries than anything in the world.

The night before the wedding there was a gathering at the chateau. The Duke was sitting with me. The Duchess beckoned to the Duke and he rose and went to the door. Then he beckoned to me to follow him. I went outside and they both began to thank me for what I had done and for what I was going to do for them.

### **Her Influence for Good**

The three of us were near tears. I said, "Now look here, if you go on like this you will have me blubbering like a kid." Then in a minute all the indignities and persecutions came into the mind of the ex-King and he said, "Mr. Jardine, I have suffered." "My God", he said, "I could have answered them." And the Duchess put her hand on his shoulder and said, "My dear,

that is not the spirit." He looked at her and he looked at me and he said, "You are right. That is not the spirit."

Wasn't that lovely? Do you know anything finer than that marvelous influence she has over him for good? And I want to tell you that today they are more in love than ever. They simply idolize each other.

That is Edward. But what is the future of Edward? I have told him that God has a great work for him to do, if he will yield himself entirely to God. I told him that God saw he was too great for one kingdom and that He wanted him free for the world, and that he is destined, if he will follow the lead of the Almighty God, to be the greatest man of peace that the world has ever seen. He didn't reply to that. I know he got it and I know it has influenced him. Because you see just the other day he spoke on peace.

### **The Ideal Prince of Peace**

There is no man today who can solve the war question as Edward can. There is no man who can act as a meditator except him. Here is a man who is an exile and who has no country. He loves everybody. He is friendly with everybody. Put him at the head of a peace table and let him talk. Let him show the way. Things will be different. That is why God set him free from the throne of England to make him a mediator of peace in the world. God knows we need it. He is friends with



Hitler and Mussolini and America and with his own brothers at home.

### **His Compassion**

Why is he so beloved? Once he was invited to go to a private hospital. In that hospital there were thirty-seven men — all war wrecks. He was taken into a very large room and spoke to the men. Then he said, "You told me there were thirty-seven men in this hospital. Well, there are eight men missing. Where are they?" He was told they were in another room but they were so badly disfigured that it would be embarrassing to go in. He said, "Embarrassing to them or to me?"

They took him into another room and he sat down and talked with the men and thanked them for what they did and then he walked to the door and he said, "Eight men. Let me see. There are just seven here. Where is the eighth man?" "We don't want you to see him." "Why?" "Because he is battered about so much. We wouldn't like you to see him. Besides it would be useless if you did because he is deaf, blind, dumb, just waiting for death." He said, "I am going to see that man. Take me to him." And so Ed-

ward was taken into a private room. And when the King saw the man lying there, he turned as white as a sheet. He never saw such a wreck of a man in his life.

### **Tribute to the Soldier**

Edward stood there and looked down at the man wondering, "How can I tell this man that I am here and that I love him? He can't see me or hear me or speak to me and he is practically paralyzed." Then Edward solved it. He knelt down there and put his arms around this man's neck and kissed him on the cheek. Just a flicker went through that man's body. The man knew there was somebody in that room who loved him. Then Edward got up and looked at the man and walked to the door and stood there just lost in thought; then he quietly said to himself more than to anybody else, "That man's body was broken for me."

I wonder how many of us during the Great War had the grace of God to think a thought as great as that? That is Edward. The Peace Prince. The greatest man that the royal family has ever produced. The greatest loss to the British Empire.







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

*Advice From this Great Hindu Bible on the Art of  
Proper Action in the World. How to Work With  
True Non-Attachment.*

By **PARAMHANSA YOGANANDA**

*Chapter 2, Stanza 50*

**Literal Translation:**

One who is united to cosmic wisdom in this life goes beyond virtue and vice. Therefore, devote thy own self to the art of divine union or Yoga. Yoga is the art of proper action.

**Poetic Rendition:**

The exalted being who is conscious only of Omnipresence is already released from the prison-house of this life where the dualistic drama of virtue and vice is being played. O devotee, be merged in that constant divine union and perform actions, intoxicated with the celestial wine. Any

devotee who works merged with God knows the greatest art of working in the world, free from the misery accruing from earthly desires. To work united with God is the greatest art of all actions. To perform all actions with God Consciousness is Yoga.

**Spiritual Interpretation:**

When a soul is identified with material life due to a false consciousness of himself as the doer of all actions he is bound to reap the good and bad results of all prenatal and post-natal actions.

But when the soul by meditation and ecstasy becomes one with omnipresent wisdom it goes beyond



the limited good and bad influences in the prison-house of earthly life. Such a soul in the after-ecstatic state feels not the ego but God working in all actions. Hence, the soul finds itself free from the results of all past good or bad actions. In other words, anyone who lives and works in the consciousness of his ego has to reap the results of all past good or bad actions.

### **Freed From Past Actions**

But when the devotee, knowing the wicked exacting ways of past actions, unites his consciousness with God by Yoga, he finds that his ego no longer has to reap the results of past actions. Hence, the *Bhagavad Gita* says that everyone should work immersed in Yoga or in union with Spirit.

To perform all actions with God Consciousness is called the greatest art of action, as it frees the soul from earthly bondage of all actions and insures permanent freedom in Spirit.

As a prisoner who serves his time grudgingly or selfishly or rebelliously is not set at liberty until he has worked out his full term, but a prisoner who works to please the warden may find himself quickly paroled, so those people who work in this world guided by their rebellious desires find themselves imprisoned in misery, while those who work only to please God find themselves quickly pardoned and freed from this prison-house of earthly limitations.

To earn money in difficult times,

to create something unusual in this world, to invent new things, to perform wonders, may all produce notable results, but to do all work in the consciousness of God is the greatest art of action or Yoga. Such work frees the soul forever from all misery and brings unto it the everlasting satisfaction which comes from the contact of Spirit.

The above stanza of the *Bhagavad Gita* specially asks all human beings to learn the divine art of action and to become spiritual specialists, performing all actions with the consciousness of God so that they become, not the cause of later bondage, but the cause of everlasting freedom. Let every devotee have the following motto: "The greatest art of all action is to work always in the consciousness of God."

### **Seeds of Unfinished Desire**

The ordinary individual works while conscious of the body, its sensations, and all the desires patterned after its sensations. When such a man dies he leaves the world with unfinished desire. That is why he has to come back again.

The *Gita* advises the devotee to concentrate at the point between the eyebrows in the Christ Center and go into ecstasy or *Samadhi* with Spirit. In the state of ecstasy the false consciousness of the ego as the doer of all actions in the body dissolves. Hence the vanished ego's prenatal seeds of good and evil actions, accumulated in the brain, finding no egotistical consciousness as the soil on which



to grow, become destroyed without germinating into further actions.

Therefore every devotee should practice union with Spirit, to evade being swept away by the flood of the effects of good and evil past actions. When the devotee is unable to stem the tide of the on-rushing flood of good and evil tendencies, he should dissolve his ego into Spirit by the ecstatic communion of meditation.

In this way the flood of action goes by the expanded soul without affecting it. A God-tuned ego cannot be affected by the flood of effects of past actions. Yoga is thus spoken of as the art of preventing the flood of past karma (actions) from overwhelming the soul.

A soul united to God becomes God, so it automatically disowns all the effects of its past actions of past lives. In this way the status of the soul is changed from a body-identified, limited and karma-bound entity to one ever-free, beyond the influence of karma (past actions). Therefore the yogi should always remain concentrated at the point between the eyebrows, feeling the joy of God even while

attentively performing all dutiful actions. When he is able to do that he knows the greatest art of action and is called a yogi.

### **Guru Will Visibly and Invisibly Direct the Disciple**

Every true disciple should remember that if he follows with great devotion the yoga technique taught him by his *guru*-preceptor, when he is deeply spiritually advanced his *guru*-preceptor will invisibly direct him to find out the higher and higher steps in the art of divine union, by which the ultimate goal will be attained.

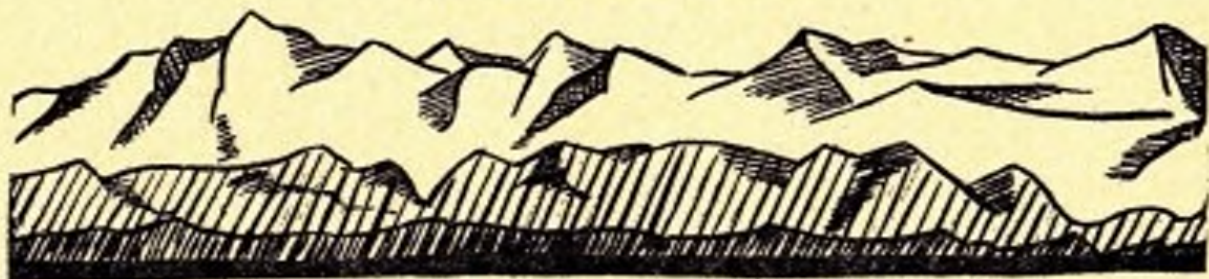
The disciple who daily practices the *guru*-given spiritual exercises deeply and advances in the path, may find the *guru* appearing visibly on the astral plane to acquaint him with the greatest art of inner yoga actions (God-uniting technique) by which the devotee will be able to unite his consciousness with Cosmic Consciousness and find ultimate liberation. The true disciple following the instructions of the *guru*-preceptor in deep meditation finds all the inner screens of ignorance burnt away, revealing the indescribable glory of the inner world.





# Hermitages In The Himalayas

By NICHOLAS ROERICH



The sacred hermitages at Manasarowar, Kailas, Badrinath, Kedarnath, Triloknath, Ravalsar, these glorious gems of India, always fill the heart with special blissful tremor. When we were within a day's journey from Manasarowar the entire caravan already became uplifted—thus far around does the aura of a holy *ashram* (hermitage) act.

Another vivid recollection arises from the path of Triloknath. A long line of wanderers and *lamas* (Tibetan holy men) stretches along this road—the old sanctuary, the site of pilgrimage and prayer. These pilgrims have met here from many different roads. Some, already completing their spiritual journeyings, are walking along with a trident; some carrying bamboo staffs; others are without anything, even without clothing. And the snow of the Rotang Pass is no impediment for them.

The pilgrims proceed, knowing that the *rishis* (sages) and the

*Pandavas* (holy clan) dwelt here. Here is the Beas of Vyasa; here is Vyasakund—the place of the fulfilment of all wishes. Here, Rishi Vyasa compiled the *Mahabharata*.

Not in legend alone, but in reality, did the great *rishis* (sages) live here. Their presence breathes life into the cliffs which are crowned with glaciers, into the emerald pastures where the yaks graze, and into the caves and the roaring torrents. From here were sent forth those spiritual calls which humanity has heard through all ages. These calls are taught in schools; they have been translated into many languages, and this crystal of spiritual acquisitions has been stratified on the cliffs of the Himalayas.

"Where can one find words with which to praise the Creator, after seeing the incomparable beauty of the Himalayas?" sings the Hindu. Along the paths of *guru* (spiritual teacher), along the peaks of the *rishi* (sage), along the mountain paths of the pilgrims of the spirit,



lies that treasure which no torrent of rain can wear away, nor any lightning turn to ashes. He who walks towards the Good is blessed on all paths.

How touching are all the narratives which tell of the meeting of the righteous ones of various nations. The tops of the deodars in the forest touch one another in the wind. Thus everything that is of the highest meets without injury and harm. Time was when decisions were reached by a conference of chiefs. So do the deodars discuss among themselves.

#### Deodar—"Gift of God"

What a meaningful word: deodar—the gift of God. And this significant name is not without reason; for the resin of the deodar has healing powers. Deodar, musk, valerian, roses and other similar substances comprise the beneficent medicines of the *rishis*. Some have wanted to do away with these medicines by substituting an invasion of new discoveries; however, humanity again reverts to the foundations.

Here is a photograph of a man who walks through fire without harming himself. This is not a fiction. Witnesses will tell you of the same trials by fire in Madras, Lucknow, Benares. And not only does the *sadhu* (ascetic) walk harmlessly on the flaming coals, but he leads behind him those who desire to follow him and hold on to him.

In Benares a *sadhu* sits in sacred posture upon the water of the Ganges. His crossed legs are cov-

ered by the brim of the water. The people flock to the banks, amazed at the holy man.

#### Miracle Men

Still another *sadhu* has been buried alive for many days; another swallows various poisons without any harm. Here is a *lama* (Tibetan priest) who can levitate himself; another *lama* by means of *tumo* can generate his own heat, thus protecting himself against snow and mountain glaciers; there a *lama* can give the death stroke with his "deadly eye" to a mad dog.

A venerated *lama* from Bhutan relates how, during his stay in the Tzang district in Tibet, a *lama* asked the ferryman to take him across from Tzampo free of charge, but the cunning man replied, "I will gladly take you over, if you can prove that you are a great *lama*. A mad dog is running about here doing great harm—kill it." The *lama* said nothing; but looking at the dog, he raised his hand and said a few words and the dog fell dead! The Bhutanese *lama* saw this himself.

#### Strange Tales

One hears frequently in Tibet and in India of the same "deadly eye" and the "eye of Kapila." On a map of the 17th century printed in Antwerp by authority of the Catholic clergy, is mentioned the name of the (supposedly mythical) country, Shambhala.

If one can walk through fire, and another can sit on water, and a third remain suspended in the air,



and a fourth repose on nails, and a fifth swallow poison, and a sixth kill with a glance, and a seventh lie buried without harm, then one may collect all those grains of knowledge in himself. Thus the obstacles of lower matter can be transmuted. Not in a remote age, but now, right here where Millikan's cosmic ray, Rhine's thought transference and the reality of finest psychic energy are also being studied and affirmed.

Every *rishi* (sage) pronounced in his own language the sacred pledge for the construction of a revived, refined and beautiful world!

### One Can Save Many

For the sake of a single righteous being, a whole city was saved. As beacons, lightning rods, and citadels of Good, stood the *rishis* of various nations, of various creeds, of various ages, yet one in the spirit of salvation and ascension for all.

Whether the *rishi* came upon fire, whether he arrived home upon a stone, whether he came upon the whirlwind—he always hastened for the general Good. Whether he prayed on mountain summits, or on a steep river-bank, or in a hidden cave, he always sent out his prayers for the unknown, for the stranger, for the laborers, for the sick and the troubled.

Whether the *rishi* (sage) sent out white horses to save unknown pilgrims, or whether he blessed unknown seafarers, or guarded a city by night, he always stood as a pil-

lar of light for all, without condemnation, and without extinguishing the flame.

Without blame, without mutual suspicion, without weakening one another, ever upwards, the *rishis* ascended the eternal Mount Meru.

### The Mount of the Bell

Before us is the road to Kailas. There rises one of the fifteen wonders described in Tibetan books: The Mount of the Bell! Along sharp ridges one climbs to its summit. It stands higher than the last junipers, higher than the last yellow and white mountain ranges. There Padma Sambhava walked—this is recorded in the ancient monastery of Gando-La. It is exactly here that the caves of Milarepa (a famous Tibetan saint) are situated. And not one but many have been sanctified with the name of the hermit who hearkened before dawn to the voices of the *devas* (gods).

Here also are the spiritual strongholds of Gautama Rishi (Buddha). Not far away are also legends which surround Pahari Baba. Many *rishis* walked here. And he who gave the mountain its enticing name, "Mount of the Bell," also thought of the call of the Bell for all, of helping all, of the Universal Good!

### The Land of the Good

When *rishis* (sages) meet on the mountain paths they do not ask each other, "From where do you come? Is it from the East, or West, or South, or North?" This is quite apparent: that they come from the Good and go to the Good. An



exalted refined flaming heart knows where is the Good and in what it can be found.

Some of the travelers in our caravan were once discussing the qualities of the various *rishis*. But a grey-haired pilgrim, pointing to snowy peaks, effulgent in their complete beauty, said:

"Are we to judge the qualities of these summits? We can but bow in admiration before their unattainable splendor!"

❖ — ❖ — ❖ — ❖

### BATTLE OF LIFE

O King of kings, train thou, in the camp of discipline, the nobilities of self-control and calmness in me. Be Thou their Divine General, like Krishna of yore, against the invading hordes of darkness, passion and greed. Protect Thou the celestial kingdom of my mind against the entry of the tenacious evil warriors. Let Thy banner of peace forever wave over the living soil of my soul. — *Paramhansa Yogananda*.

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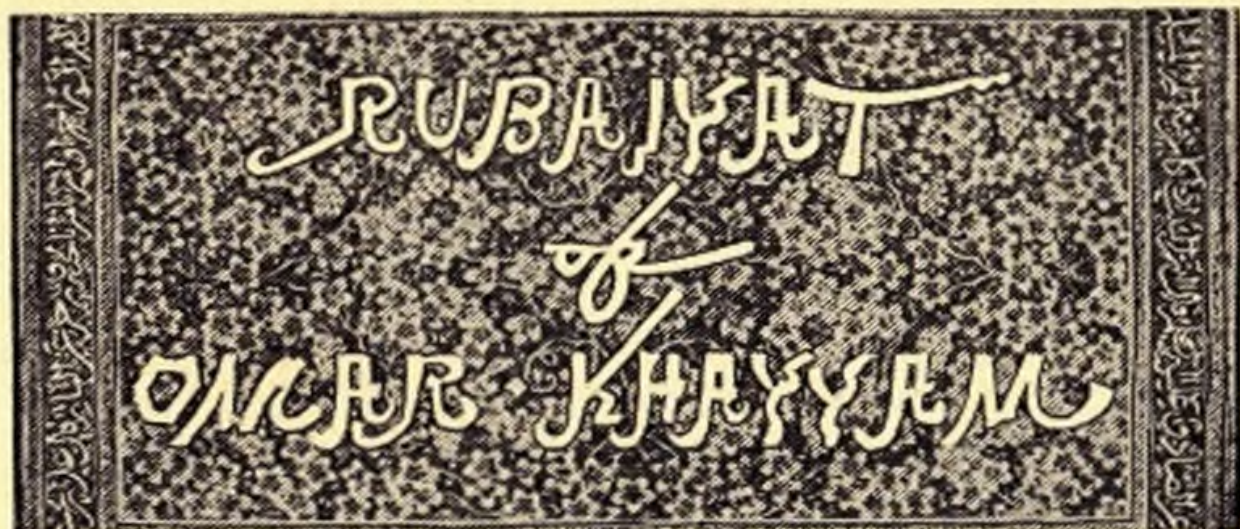
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SPIRITUAL INTERPRETATION BY  
PARAMHANSA YOGANANDA

RUBAIYAT OF OMAR KHAYYAM

*Translated Into English Verse by Edward Fitzgerald*

XLVII

*And if the Wine you drink, the Lip you press,  
End in the Nothing all Things end in—Yes—  
Then fancy while Thou art, Thou art but what  
Thou shalt be—Nothing—Thou shalt not be less.*

**Spiritual Interpretation:**

"Since the wine of ecstasy and the union of Soul and Spirit end in the consciousness of the Absolute state—Nothingness (Nothingness), or Nirvana, or vast Spatial Perception wherein all things melt and hide—then realize you have attained now, in this life, the complete Endlessness which perfected souls experience.

"Even though material consciousness has gone and you are in tune with the Vast Void now, you shall not, in all future time, be anything less than you are now, having attained the Spirit of Nirvana's ultimate peace."

**Applied To Daily Life:**

If by glimpsing God, you lost the zest for all your earthly desires, do not feel forsaken and lonely. There is a deep gorge



between desirelessness and Ultimate Divine Joy. When you bridge that gulf by conscious communion with the Infinite Contentment, you will know you have reached that realm of realization which is free from all imperfection. Then all your imaginations and expectations of incarnations about the vastness of your being will be known and satisfied beyond your deepest dreams. You will find your Spirit more entrancing than anything your incarnations of fancy pictured.

**Glossary:**

1—*Wine*—Intuitional Wisdom.

2—*Lip you press*—The merging of individual soul-wisdom with God-wisdom.

3—*End in the Nothing all Things end in*—All spiritual states will unite and end in the consciousness of ever-new joyous omnipresence and freedom from all imperfect desires.

4—*Nothing—Thou shalt not be less*—"Nothing" implies the cessation of useless desires through finding the ultimate happiness. Nirvana is the complete extinction, by wisdom, of misery-making desires within the conscious and subconscious minds, thus destroying all chance of their recurrence.

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# Health From Natural Foods

Edited by CARQUE NATURAL FOODS RESEARCH



When Sir Walter Raleigh first brought the humble potato from the New World to the Old, the dreaded disease of scurvy held Europe in its clutches with viselike grip. But this little gift to humanity from the Americas enjoyed a well-merited popular acceptance and was a factor in the decrease of scurvy epidemics. In Cieca's *Chronicles of Peru*, published in 1553, he reported that the potato was grown by the inhabitants of those regions traversed by the Spaniards on their march through Colombia, Ecuador, Peru and Bolivia in their conquest of the Incas of Peru.

## Alkaline Salts in Potato

More than thirty analyses of the potato assembled by Dr. William Tibbles, an English authority, have determined its average composition to be 75.66 per cent water, 2.05 per cent protein, 19.94 per cent

carbohydrates, 1.02 per cent fiber and 1.08 per cent mineral matter. Phosphate of potash, magnesia and chlorine constitute the larger portion of the organic salts.

Because the percentage of iron and lime is rather small in the potato, it should be eaten with an abundance of green leafy vegetables to counterbalance the deficiency. Several organic acids, such as citric and tartaric, are also found in the potato. It is the latter that contribute to the potato its anti-scorbutic or Vitamin C content. Among the richest sources of Vitamin C, however, are oranges, lemons, tomatoes and raw cabbage. Potatoes are richer in alkaline salts than are bread and cereals, and their higher water content and moderate amount of carbohydrates remove them from the list of "fattening foods."



In the usual preparation of the potato for the table a large part of its nutriment is lost. In paring raw potatoes by hand, the average loss is about 20 per cent, and this includes not only all the skin and cortical layer, but also 10 per cent of the flesh. The mechanical potato peeler usually removes the skin with little loss of edible material.

### **Proper Cooking Essential**

A further loss of nearly 20 per cent occurs by boiling peeled potatoes. Boiling them in the skin, steaming them or, best of all, baking them, are the methods to be recommended from an economic and hygienic point of view. To prevent overbaking, a dish of water may be placed in the oven with the potatoes. The heat and steam break up the cell walls and release the starch, which is partially changed into dextrin, and is very readily assimilated.

If the uncooked potato is sufficiently masticated, or finely grated, so that the cell walls are ruptured, the raw starch will be dissolved by the digestive juices, and at the same time the action of the vitamins occurring in the potato will be assured.

### **Stone Age Meal**

In the Stone Age a coarse flour was made by crushing the whole grain on a slightly hollowed rock with a small stone held in the hand. Moistened with water, patted into little cakes, and baked in the sun or on a heated stone, this coarse whole meal gave to

ancient man a breadstuff that was satisfying and strengthening. The civilizations of Egypt, Greece and Rome all developed from the successful cultivation of wheat. Fortunately, "white" bread was a luxury in Biblical times, because it represented much laborious hand-grinding and sifting in transforming the wheat berry into refined flour.

White bread propagandists emphasize that white bread supplies both body-building elements (the protein of the wheat gluten) and fuel elements for bodily heat and energy, profusely provided by its starch content. It is not a question of condemning white bread for what it contains, but for what it lacks.

### **Superiority of Whole Wheat**

Only one-fifth of the weight of wheat consists of bran, but this small portion contains three-fourths of all the salts and nearly all the cellulose (roughage) of the entire berry. Bran contains one-twentieth of its weight in salts, one-thirtieth of its weight in phosphate of potash, and seven to eleven times as much salts as are found in white flour. Ordinary bran consists of about one-third starch, three per cent fat and twelve per cent protein.

While whole wheat is only nine-tenths as digestible as white flour, because of its cellulose content, it is decidedly more than nine-tenths as healthful. When used separately, bran frequently irritates the lining membranes of the stomach and intestines and clogs the colon; but



when eaten in its natural form, un-separated from the whole wheat berry, and not devitalized by over-baking or overcooking, it acts kindly as a cleansing sweeper for the body.

One slice of whole wheat bread contains more bone-building lime than three slices of white bread. Whole wheat contains four grains of lime to the pound; white flour only one grain. Lack of sufficient lime causes premature decay of the teeth. A pound of bran contains 119 grains of potassium, while a pound of white flour contains only 11 to 12 grains of this important element. The loss of potash predisposes to cancer. Hogs and cattle are fattened on those portions of the whole grain that are invariably discarded by modern milling processes. The death rate in Denmark was reduced thirty-five per cent during the World War by banishing white bread.

#### **Natural Whole Rice**

Whole brown rice contains the bran, cuticle and germ of the cereal. In the milling process only the husk and dirt are removed. Natural whole rice is made white or

pearly by a series of machine processing that scours, polishes and in some cases coats the grains with glucose and talc. This is done to improve its appearance, but the peeling and polishing remove the germ and outer layers of the kernel, leaving it deficient in vitamins and in such minerals as calcium, magnesium, iron and silicon.

Natural whole rice is rich in valuable blood and bone-building elements which are almost entirely absent in peeled and polished white rice. Modern milling processes remove from 50 to 75 per cent of the organic salts, and nearly all the vitamins are lost.

In comparing the chemical composition of whole brown rice with those of other cereals, we find that the fat content is lowest in rice—about 0.5 per cent. In the amount of protein (tissue-building material)—about 7 per cent—rice again scores lowest of all cereals. Its mineral matter is less than 1 per cent. Its low protein and fat content places natural rice in a front rank position as the most easily digested and the least acid-forming of all cereals.







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# Meditations

*For Each Day in August, 1939*

By **SISTER GYANAMATA**

**TUESDAY, 1st.** Have you seen the King in His Beauty?

**WEDNESDAY, 2nd.** "Make life a little easier, O Lord. Then I will have strength to find Thee." The Eternal Goodness answers by adding weight to the burden. What does His smile mean?

**THURSDAY, 3rd.** Watch for His golden smile. Any moment it may shine through the darkness.

**FRIDAY, 4th.** Listen for His voice. Shut out the noise of the world, or you will miss it.

**SATURDAY, 5th.** Would you like to feel His hand take yours and hold it? Then drop your earthly treasures.

**SUNDAY, 6th.** Hark to that sound that seems to come ever nearer. He will join you at the appointed meeting place.

**MONDAY, 7th.** The King's children are glorious within. Tear off the covering that obscures the light of your own soul.

**TUESDAY, 8th.** Let it not be said that he who might walk with God prefers some earthly companionship, some earthly occupation.

**WEDNESDAY, 9th.** He is the Self of your self.

**THURSDAY, 10th.** The Infinite may be enjoyed, but never fully found.

**FRIDAY, 11th.** Do not cling to phenomena.

**SATURDAY, 12th.** You have nothing that is your own.

**SUNDAY, 13th.** Surrender thoughts and feelings to God. Know Him to the exclusion of all else, and swim in that perennial Bliss.

**MONDAY, 14th.** But if pain be your portion, then suffer, and die to self that you may live in Him.

**TUESDAY, 15th.** It is in the silence of body, mind, and senses that you will hear God speak.



WEDNESDAY, 16th. The thought, "I am Spirit. What is this trifle to me?" gives both peace and power.

THURSDAY, 17th. It is through the power and grace of the *Guru* (spiritual teacher) that God draws ever nearer and nearer.

FRIDAY, 18th. The fear of the Lord is the beginning of wisdom. Its end is Bliss.

SATURDAY, 19th. I pick and eat the fruit of karma, bitter and sweet, from the tree of my life.

SUNDAY, 20th. "I give Thee back the life I owe,  
That in Thine ocean depths its flow  
May richer, fuller be."

MONDAY, 21st. All are eager to accompany the Master to the Mount of Transfiguration, but few have devotion enough to stand beside Him in the judgment hall or forego an hour's sleep for His sake.

TUESDAY, 22nd. Have one idea—God.

WEDNESDAY, 23rd. Overcome restlessness by meditation.

THURSDAY, 24th. Observe some rule of silence.

FRIDAY, 25th. Outer silence is not to talk with the mouth. Inner silence is not to talk with the mind.

SATURDAY, 26th. He comes, and joy floods your being. He goes, and your mantle is woven of sadness. But this is only in appearance. In reality, He is ever at your side.

SUNDAY, 27th. There is no such hour on the timepiece of fate as "too late."

MONDAY, 28th. When you become luminous there is no pain. There is only Bliss.

TUESDAY, 29th. Listen to a voice from the fourth century: "For Thou hath made us for Thyself, and our hearts are restless until they rest in Thee."

WEDNESDAY, 30th. Watch your thoughts.

THURSDAY, 31st. I am safe in the everlasting arms.



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## Second Coming of Christ

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

### *Jesus' Reproach to the Pharisees that They Followed the Commandments of Men Rather than the Commandments of God.*

By **PARAMHANSA YOGANANDA**

*Then came to Jesus scribes and Pharisees, which were of Jerusalem, saying, Why do thy disciples transgress the tradition of the elders? for they wash not their hands when they eat bread. But he answered and said unto them, Why do ye also transgress the commandment of God by your tradition? For God commanded, saying, Honor thy father and mother: and, He that curseth father or mother, let him die the death. But ye say, whosoever shall say to his father or his mother, It is a gift, by whatsoever thou mightest be profited by me; And honor not his father or his*

*mother, he shall be free. Thus have ye made the commandment of God of none effect by your tradition.*

*Ye hypocrites, well did Esaias prophesy of you, saying, This people draweth nigh unto me with their mouth, and honoreth me with their lips; but their heart is far from me. But in vain they do worship me, teaching for doctrines the commandments of men.—Matt. 15:1-9.*

"Tell me, why do you spend your time in following localized customs and forget to follow God's commandments? Tell me, which is



a greater sin—to ignore tradition and follow God's commandments, or to ignore God's commandments in order to follow traditional customs? You know full well that in order to outwardly appear holy you prefer to follow your traditional customs and utterly reject the commandment of God.

"For God commanded, that is, God vibrated His law and wish through the prophet's intuition: 'Honor your father and mother with the devotion of your heart as they are the divine instruments of your creation, and he that curseth or uses vile language or thinks evil thoughts against his father and mother, let him die the death'—that is, let him be remorseful with the agony as intense as death and let him change himself and his consciousness even as one is changed in death.

#### **"Honor Thy Parents"**

"One must remember that the parents are the physical incarnations of God who protects the baby. Therefore, a son who blasphemes against his parents blasphemes against God who manifests on earth as the parental love which protects the son. Yet you have made laws which enable a man to be free from his obligations to his parents, and thus help him to break the commandment of God for honoring father and mother.

"O ye hypocrites, who are outwardly holy and inwardly wicked, how fittingly Esaias prophesied about you after feeling these truths from his consciousness of cosmic

vibration. Indeed he prophesied correctly about the nature of those who come to Masters with sweet language and respectful utterances but with hearts sunk deep in the depths of insincerity. In vain do such men worship me, since they teach for doctrines the commandments of men in preference to the commandments of God.

#### **"Wash Your Souls"**

"Because you have laid aside the law of God for perfect living as revealed through the prophets, you have clung to useless traditions of men, such as the washing of hands before meals. Isn't it better that you wash your souls by following the pure laws of God as revealed through the seers rather than spend your time in following traditional customs which produce no lasting spiritual results?"

Many priests of East and West emphasize the following of traditional rules in preference to the following of the spirit of spiritual rules. Some of the ancient Jews made a law that if a man in a fit of anger or with wicked intentions promised to give his earthly goods to the service of the temple and even though they might never be utilized for that purpose, he could not then be required to give those goods to help his needy parents. Obedience to this Corban law made by man amounted to disobedience of the commandment of God. Jesus by his criticism pointed out how the following of this ceremonial law might lead to the violation of divine law.



*And he called the multitude, and said unto them, Hear, and understand: Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.—Matt. 15: 10-11.*

"Lend me your attention, all of you, and by tuning your attention with me try to understand that no outward custom or evil environment can affect a man from outside his consciousness, but any experience or thought which gets into his consciousness and saturates it and then comes out of him as an evil desire or action does desecrate him and bring suffering unto him. If any man has the ears of understanding, let him understand."

In the above Jesus points out that the action of his disciples of eating bread without washing their hands did not affect their souls. The Pharisees and scribes who practiced holy customs outwardly were not affected spiritually inside and were thus hypocrites.

Jesus says that no matter what the outer environment, whether good or bad, it cannot affect a man like the good or bad in his own heart. A virtuous man in a bad environment usually remains good, and a wicked man in a good environment usually remains evil.

Jesus does not say that the outward environment has no effect on man but he emphasizes that the inner environment of man is of more importance than the outward environment. A man should first

establish good within his soul, think good, and live good, and automatically he will attract a good environment. But a man who emphasizes the following of outwardly practiced good customs but does not take care to drive away the evil thoughts coming out of his inner self, is defiled and full of evil.

In order to know a man, one should judge him, not from his outward actions but according to the springs or motives of his actions. It is the evil motive coming out of a man which actuates him to do evil, nothing else. Of course, there are some evils committed by children through imitation. In that case, of course, the children cannot be held responsible. But when the child does evil through his own innate desire, he becomes increasingly evil and is defiled.

### **An Experience With My Great Master in India**

Once my great Master, Swami Sri Yukteswarji, watched me raise my hand to kill a mosquito which was biting my body. But when he found that I suddenly changed my mind, he said: "Why don't you finish the job?" In astonishment, I replied: "Why, Master, do you advocate killing?" To that the Master replied: "You have killed the mosquito in your mind already and have already committed the sin. What is the difference if you do not kill it physically?"

The Master did not mean that



whenever anybody has a desire to kill a man or a mosquito, he should kill them, but he meant that a man should not feel the desire to kill at all. For the desire to kill, harbored in the mind even for a moment, might turn the individual eventually into a murderer. But it must also be noted that it is better to suppress the desire to kill anything or anybody than to commit the actual act of killing. But it is the greatest achievement when one can remain free from evil thoughts which are the basic cause of all evil actions.

*Then came his disciples, and said unto him, Knoweth thou that the Pharisees were offended, after they heard this saying? But he answered and said, Every plant, which my heavenly Father hath not planted, shall be rooted up. Let them alone: They be blind leaders of the blind. And if the blind lead the blind, both shall fall into the ditch.—Matt. 15: 12-14.*

"Every plant of human law of living which is grown only on the soil of tradition is a weed and shall be destroyed by the Cosmic Law as useless to mankind. All those rules that the prophets have declared through their cosmic consciousness as useful to mankind will endure to the end. Let the Pharisees alone. Leave them in their much-loved self-created darkness. The Pharisees are spiritually blind leaders of their spiritually blind followers. If the spiritually blind lead the people blind with ignorance together they

must fall into the misery-making ditch of ignorance.

### Parallel Quotation

There is a parallel quotation in the Hindu Scriptures which says: "A blind man leading the blind; both are misled." In the above words Jesus expressed indignation, for the disciples felt that he had offended the Pharisees. Jesus replied by saying that all evil man-made customs would perish and God-made eternal rules of life would endure to the end.

*Then answered Peter and said unto him, Declare unto us this parable. And Jesus said, Are ye also yet without understanding? Do not ye yet understand that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashed hands defileth not a man.—Matt. 15: 15-20.*

"O you, my true disciples, are you also without divine understanding? Don't you understand that any outward custom cannot spoil a man because he does not feel it in his heart?"

### Heart, Seat of Feeling

According to the great Hindu Master, Patanjali, the feelings of the heart are responsible for all our



entanglements in earthly lives. According to him, man was sent on earth as a perfect image of God to be entertained there. But when a man forgets the immortal nature within him, and forms likes and dislikes in his heart about material things, he becomes earthbound. He reincarnates on earth due to the likes and dislikes in his feelings acquired in past lives.

The soul that comes on earth and experiences everything with non-attachment in the heart does not reincarnate but becomes liberated in God from which it came. Man is sent on earth to witness earthly experiences with the attitude of a divine being made in the image of God. But when man builds likes and dislikes in his heart about all earthly experiences, he becomes entangled in them.

That is why Jesus emphasized that actions like eating bread with unwashed hands does not touch a clean heart. The bread only affects the stomach whereas evil thoughts affect the soul. But those springs of action which appear as evil language and come out of the mouth, come from within the heart which first feels evil and then manifests it in spoken language.

#### **Evil Thoughts Defile**

Those evil thoughts which man feels within himself actually defile him. Evil thoughts act as a smoke screen of ignorance which hides the purity and everlasting joy of the soul from the conscious mind of man. A man who feels evil

and harbors wrong thoughts within him is unable to perceive the evil-hidden subtle beauty of his own soul. A man who lives in the darkness of evil invites physical, mental and spiritual suffering.

A man who thinks bright and cheerful thoughts and feels noble thoughts within him finds that through the transparency of his inner luminous living all the beauty and joy of his soul pours forth and shines into his conscious mind.

Jesus said: "Don't you know, dear ones, out of the evil tendencies stored up in the heart of men (*chittwa* or feeling) through their past stored-up bad karma, all evil thoughts and actions spring? Desires for adultery, and adulterous actions, fornications or idolatry, desires for murders and murderous actions, theftful thoughts and theftful actions, covetous thoughts and covetous actions, desire to appear as false witnesses and the act of appearing as false witnesses, desires to deceive and deceitful actions, lascivious thoughts and actions, desires to curse and curseful actions, desires to blaspheme and blasphemous actions, feelings of pride and boastful actions, and all foolishness, are the children born out of the wicked tendencies stored up in the heart of man, through his ignorant actions of this life and past forms of existence. All these evil tendencies defile him, bringing all forms of miseries unto him. But outward ceremonies such as eating with washed hands do not affect the soul of man."



# BOOK REVIEWS

## INDIAN PHILOSOPHY AND MODERN CULTURE

By Paul Brunton

(E. P. Dutton & Co., N. Y. \$1.00.)

"It is my object", Mr. Brunton writes in his newest book, "to open up the curiosity of the thoughtful Occidental mind by exploring ancient Indian texts and comparing excerpts from them with parallel passages or ideas from the writings of representative modern Western thinkers: philosophic, scientific, and literary." In pursuing this aim the brilliant English writer has given us a number of stimulating quotations from Eastern and Western sources. Some extracts from the book follow:

"Indian culture is fruitful in the domain of psychology, philosophy and religion, so fruitful that there are few doctrines which appeared out of original Western sources that have not already been anticipated and developed in a primitive manner in India."

"The work of physicists like Curie, Rutherford, Fermi, Cockcroft, Anderson and Millikan has brought us to the practical and proven scientific principle that the inner structure of matter is reducible to a single fundamental substance, an essential and im-

mortal energy which is the 'life' of the myriad forms that make up our universe. If, as now seems likely, modern developments in the laboratory will vindicate the theory of a single element underlying all the visible and different manifestations of material Nature, we shall have to grant that the assertions of the Hindu philosophers on this point, made thousands of years ago, are not worthless primitive beliefs but results of the insight practised by keenly perceptive and concentrated minds."

### *Intellect Not Enough*

"If there is any contribution to be made to our quest of truth by Eastern thought, whether ancient or modern, the most practical, I believe, would be the idea that until there is, in addition to the existing lines of laboratory research, a re-orientation of our own search from its objective phase to a purely subjective one, the realization of the highest truth, as opposed to its mere intellectual discernment, will continue to elude us. For let us not forget that even the Western scientist who postulates a spiritual basis for the universe has done nothing more than perform an intellectual operation; he has not come into personal contact with that spiritual basis as the ancient Asiatic thinkers asserted he could.



But can man really transcend the intellect? The wisest men of the East have always declared that he can.

"Whilst Western psychologists carry out most of their experiments upon other persons, the proponents and exponents of Indian systems are expected, and do, carry out their experiments upon themselves first and foremost. And because man is a key to the universe, because the mind of man is somehow linked with the Mind behind creation, the way to understanding of the universe must finally embrace the thorough understanding of the mystery behind man."

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### MYSTIC SCREENS

O Father, Thou art just behind my vision with which I see Thy beauty without. Thou art just behind my listening power with which I hear Thy voice in creation. Thou art just behind my touch with which I feel Thy world. In the sweetness of flowers, and in the zest of sustaining food, lies hidden the essence of Thy being—Thy eternal sweetness. Thou art just behind the voice of my prayer. Thou art just behind the mind with which I pray. Thou art just behind my glistening feelings. Thou art just behind my meditations. Thou art just behind the veil of nature's splendors. Thou art just behind the screen of my love. Reveal Thyself as Thou art, behind these mystic screens!—*Paramhansa Yogananda.*

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# SCIENTIFIC DIGEST

## HOGS AND INFLUENZA

Scientific proof is at hand that the ancient Mosaic, Mohammedan, Hindu and other scriptural prohibitions against the use of hogs for human food were based on well-founded evidence. A July 20th INS news item bears on this point, as follows:

Science today moved nearer the end of one of its greatest quests—discovery of the source of influenza epidemics.

The American Medical Association announced that the hunt for the origin of such scourges as the disastrous "flu" epidemic of 1918 has led to hogs and earthworms.

So strong is the evidence at hand that the association's journal has warned physicians that "hogs and earthworms may conceivably serve as the source of some future human epidemic."

The journal's editorial told of research—with surprising results—done by Dr. R. E. Shope of the Rockefeller Institute.

Dr. Shope's observations are so astounding that if they are confirmed much of the medical literature on virus diseases, such as infantile paralysis, will have to be rewritten, the journal said.

Doctor Shope found that earthworms were "carriers" of swine influenza virus. He asserted that earthworms swallow eggs of swine

lungworms, that the larvae of these parasites develop in the earthworms and reenter the hogs when they eat earthworms.

The origin of the infectious malady which swept much of the world in the summer and fall of 1918, killing millions, has long been sought by scientists, and its discovery would give them their first chance to strike at the beginning of an outbreak.

## BRAIN TELEPHONE

A fugitive Jewish woman physician from Vienna recently demonstrated in Chicago for the first time in America an electrical model of the human brain.

By operating switches to control several hundred different electrical circuits it is possible to duplicate the nerve impulses received and sent out by the brain, Dr. Edith Klemperer, the inventor, showed in her presentation of the model before the American Psychiatric Association.

Neon tubes running through the huge model are controlled by the electrical switches to duplicate flashes of thought, automatic movements such as breathing, and the complex reactions of disordered minds in various forms of mental disease when the "telephone switchboard" of the brain develops short circuits.—A. P.



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# Questions and Answers

By PARAMHANSA YOGANANDA

## Overcoming Past Evil

*Question:* Can one overcome in this life the effects of bad karma (action) in past lives, or will it take several lives?—L. B.

*Answer:* If all windows in a room have been closed and the light shut out for, say, a hundred years, and then, one day, suddenly the light is allowed to enter, there will be no darkness, of course. We cannot say that it will require one hundred years to bring in the light just because the room has been dark for one hundred years.

In the same way, the darkness of ignorance, bad karma, or the effects of evil actions in the form of concentrated tendencies, might reign in the soul for hundreds or thousands of years, but as soon as the light of God-contact comes, all the darkness of karma is dispelled at once.

God is not revengeful. Because a person has been in ignorance for one hundred years does not mean that he will have to work for one hundred years in several lives in order to work out his accumulated karma of one hundred years of ignorance.

If a soul is determined enough

and meditates a great deal, he can destroy all the bad karma of his past lives in this one life. People suffer the lengthy effects of their actions because they don't use the antidotes by which they can destroy the hidden tendencies accruing from their past bad actions.

We are made in image of God. We are eternally the same, as God is. Ignorance is not our true nature. It has come through the misuse of the free choice of the soul. It can be instantly, or within a few years, removed by the right teaching.

The early settlers in America reasoned that crossing from one coast to another would require six months or a year, because they had no other conveyance except wagons, and they would have laughed if some one had told them that in 1939 the country would be crossed in 12 hours by airplane.

The Self-Realization Fellowship teaches very high techniques to quicken the evolution of man. The fire of deep and constant meditation cauterizes the brain grooves which contain the records of bad karmic tendencies of past lives, and thus overcomes their hidden evil.



## Proof of God

*Question:* What proof have we of the existence of God?—*T. B. I.*

*Answer:* We read about God in the various scriptures. We hear of His presence and hear Him praised in the sermons of religious men and saints. We imagine Him behind the veils of beauty in Nature. We think about His existence through the logic within us. But all of these windows through which we try to see God are fitted with the opaque glass of uncertain inference drawn from untested, unscrutinized data.

God's light can never shine through the closed doors of blind sentiment. Through the open windows of logical seeking God may be found. Satisfaction in a belief about God without actually contacting Him is the death of wisdom and divine acquaintanceship. Do not remain idle and hidden behind the cloak of a denominational religion, and thus cease making a real effort to know God in this life.

### *Can Only Be Found Within*

The great proof of the existence of God can only be found within, by deeply, daily practicing some right method of meditation. Find Him within, and you will find Him not only in the holiest of holy places, but you will find Him everywhere. One hour of deep meditation will make you feel truth more than a lifetime of theoretical study of scriptures.

When your mind is free from prejudice, when narrow-mindedness vanishes, when you unreservedly

sympathize with everybody, when you hear the voice of God in the chorus of churches, tabernacles, temples and mosques, when you realize that life is a joyous battle of duty, and at the same time a passing dream, and above all, when you become increasingly intoxicated with the joy of meditation, and in making others happy by giving them God-Peace, then you will know that God is with you always, and you are in Him.

Never mind if first you cannot see God or hear His knock at the gate of your heart. For a long time you have been hiding from Him and running away in the marsh of the senses. It is the noise of your own rowdy passions and of the flight of your heavy footsteps in the material world that has made you unable to hear His call within. Stop, be calm, pray steadfastly, and out of the silence will loom forth the Divine Presence.



## MASTER MARINER

O Father, my little raft of meditation is floating toward Thy shore, buffeting the furious storms of distraction. The sea of my mind is rough, yet I am heading toward Thee. Master Mariner, come, take charge of my boat!—*Paramhansa Yogananda.*



Let every man be swift to hear, slow to speak, slow to wrath: for the wrath of man worketh not the righteousness of God.—*St. James.*



## NEWS OF THE CENTERS

### GOVERNOR OF BIHAR VISITS RANCHI SCHOOL

His Excellency Sir M. G. Hallet, Kt., Governor of the Province of Bihar, paid a visit to the Yogoda Sat-Sanga Ashram (Self-Realization Fellowship) and the Yogoda Brahmacharya Vidyalaya (Boys' School) at Ranchi, India, on June 3, 1939. Later he wrote:

"I am very glad to have been able to pay a visit to the Yogoda Brahmacharya Vidyalaya. The ideals of this institution are noble and it serves a most useful purpose. I was much impressed by the demonstration of physical exercises given by Mr. K. K. Banerjee and others. They certainly seem to have achieved the ideal of a 'sound mind in a sound body'. A start has been made with medical work and a small dispensary has been opened; I hope it will be possible to develop this side of the work.

"The institution is not merely an educational institution and a center of Hindu culture, which combines the ancient Hindu system, but the teachers and students also do much to help those living in the neighborhood. I have no doubt that the Vidyalaya will develop and progress and will prove

of lasting benefit not merely to this district but to India generally."

### CENTER NEWS

Rev. R. Anderson Jardine, eminent English divine who performed the marriage ceremony for the Duke and Duchess of Windsor, was a recent guest at the Self-Realization Fellowship Hermitage at Encinitas. His talk at the Golden Lotus Temple is reproduced in this issue of the magazine.

Other recent and welcome visitors at the S.R.F. Headquarters in Los Angeles and at Encinitas include Mr. Waldo Campbell Moe, conducting teacher of the S.R.F. Center in Chicago, and his wife and mother; Miss Sylvia Sette, secretary of the S.R.F. Center in Milwaukee; and Sri R. K. Das, traveling lecturer for the S.R.F., whose inspiring work is bringing thousands to a new understanding of life. He is giving classes in Denver at present.

Brahmachari Jotin, dynamic leader of the S.R.F. Center in Washington, D. C., extends a cordial invitation to all vacationists who may be going to visit the New York Fair, to stop off at Washington and attend services or classes at the new Temple of Self-Realization at 4748 Western Avenue; phone Wisconsin 4748.



## **GOLDEN LOTUS HOTEL OPEN FOR GUESTS—CLASSES AND UNIQUE MEALS**

The Golden Lotus Hotel, which adjoins the grounds of the Self-Realization Fellowship Hermitage and Golden Lotus Temple at Encinitas, California, has recently been acquired by the Fellowship. It has been newly painted and renovated. Improvements in the grounds include a pleasing palm tree grove.

Three very attractive features for guests are the Sunday services conducted by Paramhansa Yogananda at the Golden Lotus Temple, special classes in Self-Realization Fellowship instruction, and unique health meals which are fast winning an enviable reputation for the hotel.

The climate of Encinitas is, according to Government weather records, the most healthful in the country. Guests at the hotel will also enjoy the glorious ocean stretches and the beach nearby. The hotel is only a few miles distant from famous Del Mar and San Diego.

Rates for transient and permanent guests are very reasonable. Special rates for S. R. F. students. Write for reservations to Manager, Golden Lotus Hotel, Encinitas, California.

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### **ROOMS AVAILABLE AT L. A. HEADQUARTERS**

The Western Headquarters of Self-Realization Fellowship on Mt.

Washington, twenty minutes from downtown Los Angeles, has available a few rooms for the use of members and those in sympathy with the S. R. F. ideals of life.

Those who have retired from business or domestic activities and who wish to spend the remainder of their lives in spiritual surroundings, and those who wish to devote themselves to spiritual development and service to all will be welcome to live at Headquarters. The requirements are that they must be healthy, upright in character, of peaceful, harmonious disposition, and financially stable. Rates are very reasonable.

Such persons will find the Headquarters a heaven of their dreams. Charming rooms with inspiring mountain views, enjoyable vegetarian meals, the company of spiritually-minded S. R. F. members, and class instruction and meditation periods, all contribute to the joy of living at this beautiful place.

The Headquarters is the most scenic, ideally located, healthful mountain resort in southern California. On clear days the ocean is visible over the hills. At night the Headquarters looks like an island swimming in the twinkling waves of myriads of city lights. There are twenty acres of grounds, with an orchard and tennis court.

Those interested are requested to write to Miss Orpha L. Sahly, Self-Realization Fellowship, 3880 San Rafael Avenue, Los Angeles, Cal.

Rooms are also available by the day and week.



# ★ Diet and Health ★

By CARQUE NATURAL FOODS RESEARCH

## **Pomegranate Ice**

- 1 1/3 cups raw sugar
- 3 cups water
- 2 cups unfermented and unsweetened pomegranate juice
- Juice of 2 lemons
- Juice of 2 oranges
- 2 egg whites.

Boil sugar and water together about five minutes. Add fruit juices and freeze to a mush. Stir in stiffly beaten egg whites and continue to freeze until firm.

## **Vegetable Nut Loaf**

- 1 cup shelled Brazil nuts or peanuts, ground fine
- 1 beaten egg or 2 tablespoons unroasted peanut butter dissolved in one cup of water
- 1/2 cup bread crumbs
- 1 onion chopped fine
- 2 cups finely grated carrots
- 1/2 teaspoon sage or thyme
- 1 teaspoon salt substitute or salt.

Mix all ingredients thoroughly. Form into one or two loaves; put into oiled pans, cover with cracker dust, brush with vegetable oil and bake in a moderate oven about 25 minutes.

## **Lentil Soup**

- 1 cup lentils
- 4 cups water (1 quart)
- 2 tablespoon nut creme (nut

butter diluted with water)

- 1 medium onion, chopped fine
- 4 stalks of celery, chopped fine
- 1 teaspoon lemon juice
- 1 tablespoon powdered spinach
- 1/2 teaspoon powdered garlic.

Soak the lentils overnight in the water, using the same water for cooking. Simmer slowly for about 2 hours, or until the lentils are soft, taking off any scum that rises. Add the vegetables; stew for another hour. Rub through a colander, if desired. Add lemon juice, together with nut creme, and serve.

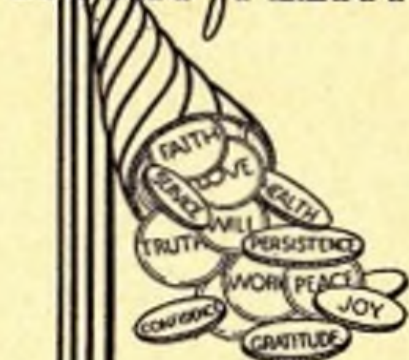
## **Wheat Germ Drop Cookies**

- 1/2 cup butter
- 1 cup raw sugar
- 1/4 cup milk
- 2 tablespoons baking powder
- 2 eggs
- 2 to 2 1/2 cups whole wheat flour
- 1/2 cup wheat germ
- 1 teaspoon nutmeg.

Cream the butter and add the sugar gradually. Add the milk and beaten eggs, then stir in the dry ingredients and beat well. Drop by teaspoonfuls on a greased baking sheet. Bake for about 12 minutes, the first 5 minutes in a moderate oven (350° F.) then in a slow oven (300° to 325° F.). Makes about 3 dozen cookies.



## HORN OF PLENTY



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## PSYCHOLOGICAL CHART

*By Paramahansa Yogananda*

This chart will be very helpful in indicating the good and bad qualities that govern your life. By Analysis and Introspection you will learn to know yourself through this chart, and the knowledge of how to improve will follow naturally. 15c.







# Directory of Self-Realization Fellowship Centers

(Affiliated with Yogoda Sat-Sanga Society of India)

*Paramhansa Yogananda, President*



## Los Angeles, California

**WESTERN HEADQUARTERS of THE SELF-REALIZATION FELLOWSHIP (Yogoda Sat-Sanga Society),** Founder-President, Paramhansa Yogananda. Free public lectures given by Paramhansa Yogananda on Thursdays, 7:30 p.m., Mount Washington Estates, 3880 San Rafael Avenue. Phone: CApitol 0212.

**SECOND TEMPLE OF SELF-REALIZATION FELLOWSHIP, 711 West 17th St. (Georgia and 17th Sts.)** Sri Nerode, Director. Services each Sunday at 11 a.m., and Wednesdays at 8 p.m. Phone: CApitol 1-6346.

## 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.

**GOLDEN LOTUS HOTEL,** adjoining the Temple and Hermitage grounds. Exceptional Health Meals. Classes in S.R.F. teachings. Daily, weekly and monthly accommodations.

## \*Santa Barbara, Calif.

Conducting Teacher, Yogacharya Sri Khagen. Meetings each Thursday at 8 p.m. at Van de Voort Music Studio, 12½ W. Carrillo St. Meditation on

Sundays at 7:30 p.m. Associate Teacher, Mrs. Lloyd Briggs, 1740 Prospect Ave. Phone 27984.

## \*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. Myrtle Root, Treasurer. Mrs. R. W. Morrison, Secretary. Meetings at Pacific Southwest Bldg., 1060 Fulton St., Room 1410, every Friday at 8 p.m. Phone 2-5181.

## \*San Francisco, Calif.

Visiting Teacher and Director-in-charge, Yogacharya Khagen, 450 Geary St., Room 206. Meetings on Sundays, Tuesdays and Fridays at 8 p.m. Phone PR. 6909. Treasurer, Lillian Hauser, Phone: OR. 8434. Secretary, Delia Arrieta. Center is open daily from 12 to 2 p.m.

## Washington, D. C.

Brahmachari Jotin, Conducting Teacher. Sunday Service at 11 a.m. Wednesday 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.**

First Self-Realization Fellowship Center in America, founded by Paramhansa Yogananda in 1920.

Conducting Teacher, Dr. M. W. Lewis, 29 Edgehill Road, Arlington, 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 8:15 p.m. Secretary, Mr. Cecil Hathaway, 310 E. 31st St. Treasurer, Mr. John Fuerth, 804 W. 180th St., N. Y.

**\*Chicago, Ill.**

Conducting Teacher, Mr. Waldo Campbell Moe. Secretary, Miss Marie M. Schwarz, 360 No. Michigan Avenue. Meetings each Thursday at 8 p.m., at 28 East Van Buren St.

**\*Miami, Florida**

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

AIN SOPH, Self-Realization Fellowship Church, 1034 N. E. 2nd Avenue. Conducting Teacher, Yogacharya Praetorius. Secretary, Lucille Andre. Services Sundays at 8 p.m. Classes on Wednesdays at 8 p.m.

**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.

AUGUST, 1939

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 West Hotel, Room 122, Sundays, 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., Wednesdays at 8 p.m. Secretary, Miss Virginia Newhall, 335 Loeb Arcade. Associate Teachers: Mrs. Martha Jaeger and Mrs. M. Peterson. Treasurer, Mrs. Gertrude Hirschfield.

**\*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.**

Study Group meetings held at the Cabanne Library, 1106 Union Avenue, on the following dates: August 5, 19; Sept. 2. Secretary, A. Carrol Brinckwith.

A second St. Louis group meets at 4146 W. Bell Place; Ollice Bryant, Associate Teacher.

**\*Belleville, Ill.**

Associate Teacher, Oscar Wills. Secretary-Treasurer, Mrs. Theresa Haak. Meetings each Thursday at 8 p.m., at 409 East Main St.

**\*Milwaukee, Wis.**

Meetings each Sunday at 11 a.m. Class meetings each Wednesday at 8 p.m. Fine Arts Bldg., 2nd Floor. Secretary, Miss Sylvia Sette, 825 N. 25th St.

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**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 Teacher, Mrs. Chas. Hoffman.

**Salt Lake City, Utah**

Conducting Teacher, Mr. M. W. Nabrotsky, 968 Blaine Ave. Joseph A. Reiser, Secretary. Meetings each Sunday at 6:30 p.m. at Hotel Newhouse.

**\*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. Conducting Teacher, Mr. Roland T. Hunt, 155 Gloucester Place, Dorset Square, W.C.1.

**\*Kent, England**

Praecepta Study Class, each Thursday evening at the home of Mr. and Mrs. A. W. Johnson, St. Mary's Mount, Bexley, Kent.

**Tukuma, Latvia, Europe**

Mr. Harry Dikman, Conducting Teacher; Zigfr. Meierovica iela Nr. 20. J. Vessel, Secretary.

**\*Gold Coast, West Africa**

Conducting Teacher, Mr. Okartei-Akko, P. O. Box 199, Provincial Commissioner's Office, Koforidua, Eastern Province, Gold Coast.

**Ranchi, India**

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# Some Treasure of My Own

*By Paramhansa Yogananda*

Whatever I tried to give to You  
I found was Yours.  
So I threw away the flowers from the altar;  
I put out the candles in the temple;  
That I may offer You some treasure of my own.  
Searching on the tract of my heart  
I found some perennial plants  
Of my innate craving for You.  
For You are mine  
And 'tis my free choice to love You as mine.  
Even though love came from You  
And was Your gift unto me,  
I know since You gave me love,  
That love was no longer Yours.  
So I want to love You with Your-given love,  
Now belonging to me alone.  
Alas! I know Your gift of love  
Was not given with command to love You alone.  
I could have used Your love  
To love only Your *gifts* forever,  
Or saturate love in a material life.  
Now I will pick the flowers of love  
Growing on the perennial plants of my soul-craving  
Amidst the garden of incarnations  
And lay them in the temple of Your heart,  
For they alone are mine.  
Of my own accord I love You,  
Through my own desire I prefer You to Your gifts.  
And I will use my free choice  
To offer You all my love:  
To You alone and nothing else.  
You are mine; You must receive what's mine.