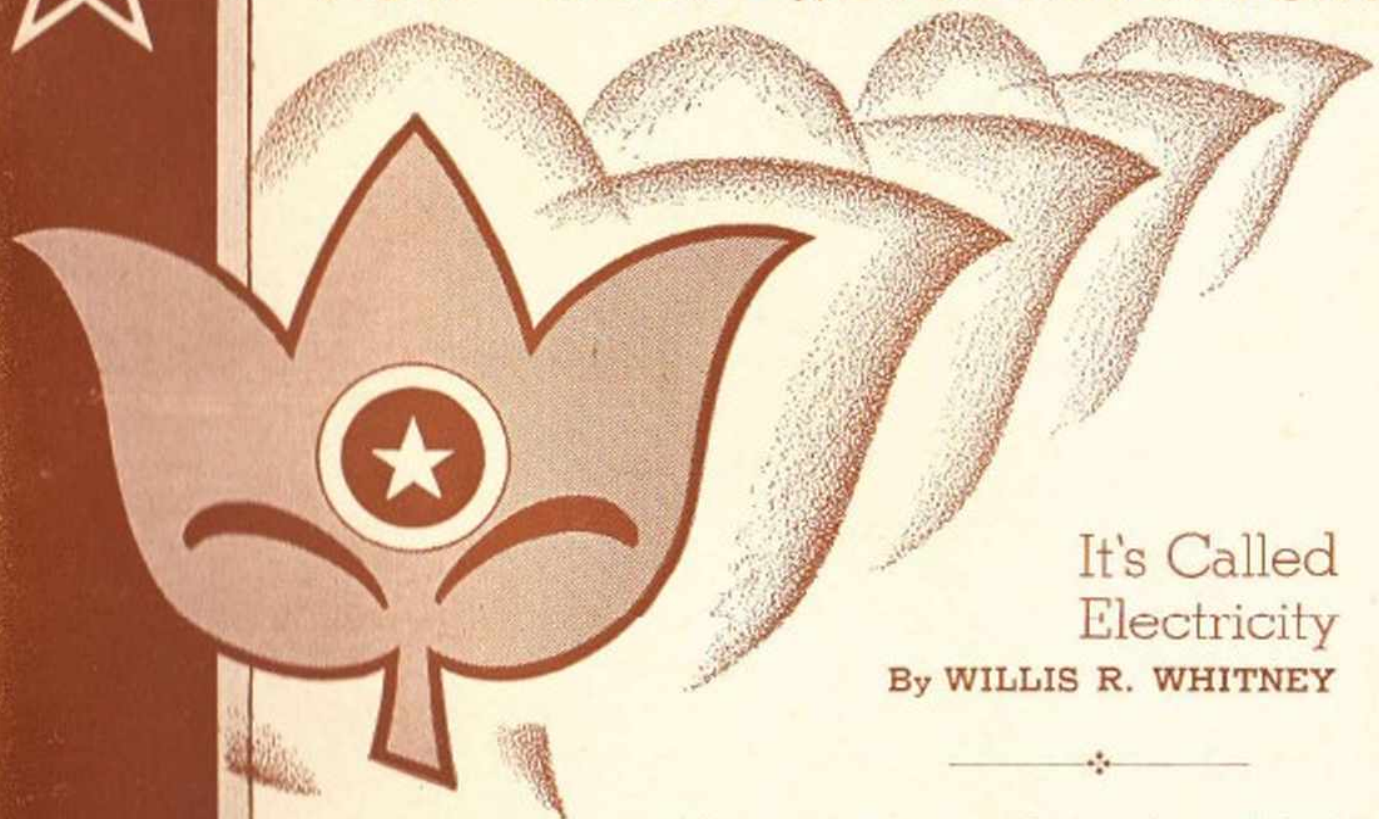


INNER CULTURE

FOR SELF-REALIZATION



It's Called
Electricity

By WILLIS R. WHITNEY

Choose Your Diet by Color
CARQUE RESEARCH

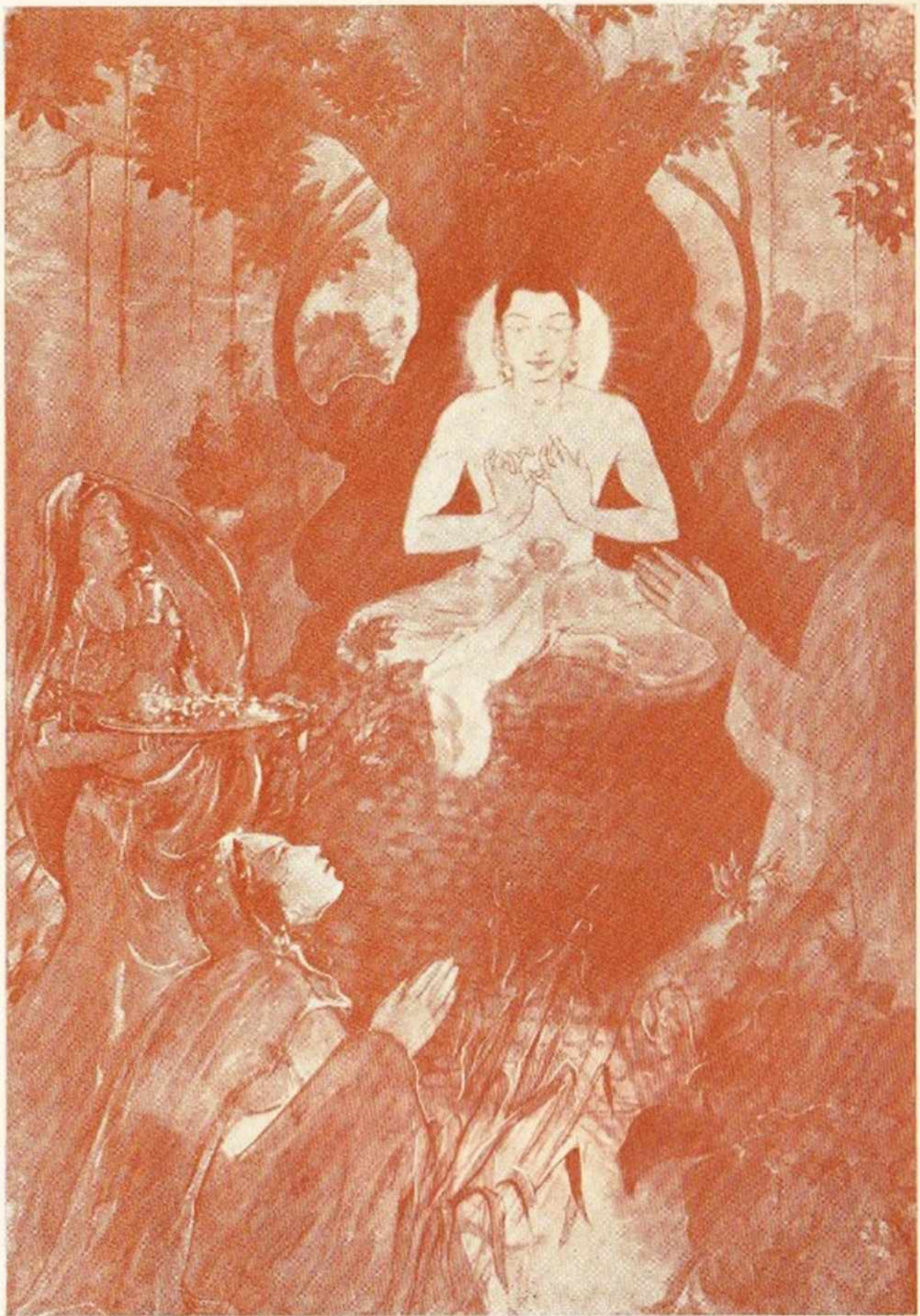
JANUARY
1939

Price 20 Cents
Vol. XI, No. 3

"Wise as Serpents; Harmless as Doves"
*Jesus Referred to the Serpentine Kundalini Power and
to the Dovelike Spiritual Eye.*

By PARAMHANSA YOGANANDA

HAPPY NEW YEAR TO ALL!



Devotees Paying Homage to Buddha After His Illumination

By Nagesh T. Yawalkar

(See Page 36)

INNER CULTURE

FOR SELF-REALIZATION

IN THIS ISSUE

| | |
|--|---|
| Devotees of Buddha (Picture)..... 2 <i>Nagesh T. Yawalker</i> | Around the World.....33 |
| It's Called Electricity..... 4 <i>Dr. Willis R. Whitney</i> | News of the Centers.....36 <i>Yogananda's Brother Now in America.</i> <i>Hindu Artist Visits Encinitas.</i> <i>Sri Das in Minnesota.</i> <i>American Students Visit Ranchi.</i> |
| Rubaiyat of Omar Khayyam..... 8 <i>Paramhansa Yogananda</i> | Scientific Digest.....39 |
| Choose Your Diet By Color.....13 <i>Carque Research</i> | Book Review.....41 |
| God Alone, Not Miracles or Powers, is Desirable.....18 <i>Paramhansa Yogananda</i> | Questions and Answers.....43 |
| To Seva Devi.....21 <i>Paramhansa Yogananda</i> | Diet and Health.....44 |
| Daily Meditations for January....24 <i>Sri Das</i> | Healing Service.....45 |
| True Meaning of Christ's Words: "Be Ye Wise As Serpents, and Harmless as Doves.....26 <i>Paramhansa Yogananda</i> | Title of "Paramhansa".....45 |
| | Directory of Self-Realization Fellowship Centers in America, Europe and India.....47 |
| | The Garden of the New Year....52 <i>Paramhansa Yogananda</i> |

Vol. XI, No. 3

January, 1939

L. V. PRATT
Editor

LOUISE GUNTON ROYSTON
Circulation Manager

BRAHMACHARI JOTIN
International Secretary

Change of address should be sent to *Inner Culture* two weeks before the date it is to go into effect. Both the old and new address should be sent.

Yearly subscription, \$2.00. Trial Subscription: 6 months for \$1.00. Single copies, 20c.

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

It's Called Electricity

By DR. WILLIS R. WHITNEY

Vice-President in Charge of Research, General Electric Company

It seems regrettable that a man who has spent half a century in close contact with electrical experiments should confess ignorance as to just what electricity is!

And yet, I reflect, having in some way collected a knowledge as to what water is, what copper is, and even what faith is, why need I remain so ignorant when it comes to such a common thing as electricity?

I consult history and learn that for centuries of unaltered viewpoint, electricity was known as a spirit, and because spiritual affini-

ties and human affections were obviously correlated, magnetic powders were prescribed by physicians to increase the attractiveness of unattractive people.

It was not till the days of our own Benjamin Franklin that electricity became one or two kinds of fluid. Fluids seem a little more tangible than spirits, and electricity became quite tangible with Franklin. By simply touching a container he could tell whether or not it was charged with electricity. But with more refined criteria, the fluid idea had to be given up. Electricity acts more like a gas in some cases. Later the gas idea too was inadequate. The only safe way with electricity is to expect a new picture whenever new tools for better measurement are discovered.

I want to be exact in dealing with electricity, but also imaginative, in order to encourage myself and others. Conceptions of electricity will continually change by expanding, as they have always done. Indeed, expansion is a most marked property of electricity. Even the smallest trace of it, an electron, may exert influence anywhere. The motion of a speck of electricity in San Francisco is felt in New York, whether it goes by wire or wireless.



"Expansion is a most marked property of electricity. Even the smallest trace of it, an electron, may exert influence anywhere. The motion of a speck of electricity in San Francisco is felt in New York, whether it goes by wire or wireless."

Stretch Your Imagination

For utility we ought to encourage our instinctive interpretations, even though we know that the pictures cannot endure unaltered. Fortunately we ourselves are sums of different experiences, so picturing natural phenomena is always a new personal, subconscious integration. The logic may be very extensive, complex, but fortunately it is always individually different. Value is measured by works, and individual contributions may either be firm stepping stones to better things or perhaps only very useful negations.

Guessing, if you will, is not as much encouraged in youth as I wish it were. I myself cramp and cripple my imagination from habit. When we review a subject like electricity, we find that someone has had carefully to make and test all conceivable guesses, good and bad. Someone digressed with his pure imagination far enough to establish new and useful things, like Franklin's lightning-rod, Faraday's electromagnetic generator, or Marconi's wireless.

Theory of Wireless

In 1889 Professor Trowbridge published his book, *What Is Electricity?* He wrote, "This wonderful something we call electricity circulating around coils of covered wire, makes an iron core a magnet," and, elsewhere in the same book, "Is it not possible, therefore, by enormously increasing the frequency of electrical oscillations, to drive them completely off metallic conductors



The basis of electric phenomena defies ultimate analysis . . . A challenge to the highest type of thinkers, the study of electricity is an inexhaustible subject . . . Franklin Faraday, Maxwell and Marconi all were "visionary and practical." Biological implications now to fore, with "Berger rhythm" indicating that the brain is analogous to a radio station.

and compel them to be propagated through the ether of space?" That's wireless.

It is this kind of hesitant divination that I enjoy finding in the minds of men. I think some useful people unconsciously, some intentionally, cultivate it, while satisfied and fearful folk deprecate it.

A sealed letter deposited by Faraday with the British Royal Society over a century ago was recently opened. It was sealed and preserved because Faraday wanted the world finally to know that a new view had come to him first, before there was any way to demonstrate it. Faraday had been led to the view that electromagnetic ac-

tion progresses through space, and, he says, "requires time for its transmission." He even added, "I am inclined to think that the vibratory theory will apply to these phenomena as it does to sound, and, most probably, to light."

It was not until thirty-three years after Faraday secretly recorded his thought that Maxwell showed mathematically that electromagnetic waves should propagate with the velocity of light. Twenty-two years later Hertz confirmed this conclusion by his striking experiments and it was still nine years later (1896) when Marconi made the whole useful. It is interesting to know that Faraday had that particu-

lar vision. But it was important to see that Franklin, Faraday, Maxwell and Marconi were all visionary and practical.

We think now that everyone knows the electron. It is the indivisible atom of electricity. I hoped it would stay simple. But experts say that it must be regarded as complex, and one adds, "We cannot hope to know what electricity is until much more is learned about the electron's structure." Getting at the internal structure of electrons will doubtless proceed, for we appreciate the growing architecture of atoms and nuclei. It will be interesting, disturbing, and useful. Thus experience teaches: The more we learn about our ignorance, the larger and more useful it becomes. Electricity is less likely to be confined by our limited concepts the more we know about it, but we may always continue to find new uses for it. It was simpler as a spirit, but it is more diffuse as it is.

The "Berger Rhythm"

I cannot leave electricity without referring to at least one of its biological implications. Here, too, my idea is to show how little we know and how the interesting unknown grows with new views or imagination. In our radio sets a suitable antenna picks up from space electrical influences called waves, which are reinforced, come from the electrical loud speakers as waves of air in imitation of the noises or music actually made at some distant place. This phenome-



"In recent biological experiments it has been possible to pick up close to and get from the human head, electrical waves which are amplified into sounds and recorded as waves on paper. The motion of electrons of cerebral metabolism may not differ essentially from those of other radio sending stations."

non is so common that we forget its physical beauty. But in recent biological experiments it has been possible to pick up close to and get from the human head, electrical waves which are amplified into sounds and recorded as waves on paper.

That is the Berger rhythm. This resulted from new views on nervous systems, including the brain, all of which apparently operate electrically. Therefore the motion of electrons of cerebral metabolism may not differ essentially from those of other radio sending stations.

No one can safely predict the outcome of studies in electricity when they involve our bodies, nervous systems and brains. Electricity is, perhaps, like us, various, and yet the sum of all the parts, and certain to be forever growing. The growth will always be due almost exclusively to the inquisitive mixture of imagination and experiment and is in the hands of the young.—From "Think Magazine," New York.

—*—*—*—*—*—*—
IMPEDE HIM NOT

"Sow nothing of thyself; but offer the ground of thy heart cleared of everything; for then He will sow His own seed therein according to His good pleasure; and so shall it bring forth fruit. Remember always that He will have this soul of thine to be solitary and detached from all things, that He may unite it to Himself. Leave Him alone to choose thee; impede Him not by thy free will."—*Loranzo Scupoli.*

JANUARY, 1939



**Golden Lotus Temple
Of All Religions**

**Self-Realization
Fellowship**

at

Encinitas, California
(100 miles south of Los Angeles on Highway 101)

Unique Services

By-the-Sea

Every Sunday

at 11 a.m. by

**Paramhansa
Yogananda**



**GRAND FIRST
ANNIVERSARY**

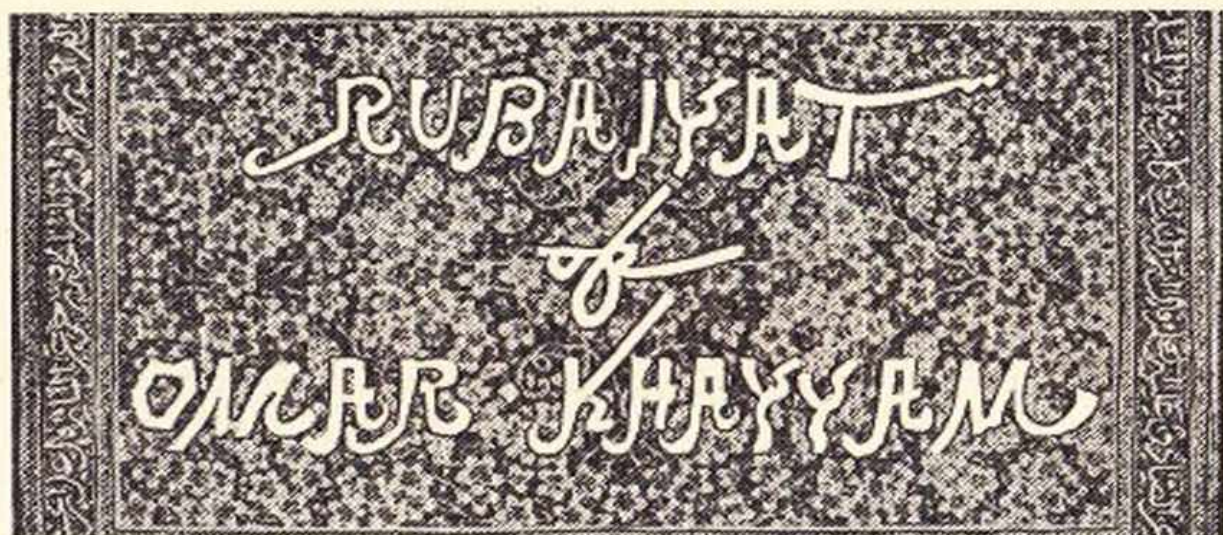
Sunday, January 8, 1939

Services 11 a.m.

Hindu-American Banquet

3 p.m.

ALL WELCOME



SPIRITUAL INTERPRETATION BY
PARAMHANSA YOGANANDA

RUBAIYAT OF OMAR KHAYYAM

Translated Into English Verse by Edward Fitzgerald

XXXIV

*"Then to this earthen Bowl did I adjourn
My Lip the secret Well of Life to learn:
And Lip to Lip it murmur'd—"While you live,
Drink!—for once dead you never shall return."*

Spiritual Interpretation:

"After feeling the vast Spirit in all space without body consciousness my soul returned to the brittle earthly bowl of flesh to taste the Waters of Bliss residing there, having trickled down from the well of eternal life."

The devotee in the first state of ecstatic (*Sabikalpa-Samadhi*) God-contact sees and feels Him as invisible, all-pervading, ever-new Bliss without the perception of creation. In this state the devotee is not unconscious but so engrossed in God-consciousness that he is oblivious of the cosmic creation. The devotee sees the ocean of Spirit without the waves of creation.

Later, by higher ecstatic divine contact (*Nirbikalpa-Samadhi*), he learns to bring back his experience of God-contact and keep it constantly united to the body-perception. In this state the devotee is conscious of his body as God-possessed and not as belonging to an ego, as felt by the ordinary human being. In his highest state of Cosmic Consciousness the devotee, like God, is simultaneously conscious of Spirit, all matter and his little body too.

In this highest state the devotee beholds the ocean of Spirit with all its waves of creation simultaneously. He intuitively feels in his bodily bowl the Well of eternal life, signifying through its Cosmic Consciousness:—"O devotee, as long as you are consciously alive, with your developed self-realization, drink of the immortal nectar of Spirit—and then, when you are metaphysically dead, that is, when you are able to get out of the confinement of the three physical, mental and spiritual bodies, you will never again reincarnate on this doleful earth, being forced there by the law of cause and effect (Karma) which governs all lives."

Applied To Daily Life:

No matter how high we soar in the skies of transcendental wisdom and intellectuality, we ought to keep our feet on earth by being able to drink the beauty honeycombed in all life. A man without the knowledge of reincarnation thinks he lives only once and dies only once, never to return again, and therefore that it is wise to make the best use of life by seeking as much pleasure as possible.

Whether one believes in reincarnation or not, it is true that each soul is born on earth in one particular form only once and no more. Hence everyone should play his part best while in this present divine drama on earth and thus please God. Every man should do his very best by properly utilizing his one chance in this particular life and play well and thus please the Heavenly Father.

Many of us reason that whether we are wise or ignorant we lose our mortal life just the same and cannot return to life if we want to, so what is the use of worry and of scientifically struggling to learn the laws of life? But we must remember that it is advantageous even for the immediate present to live our life in the safe castle of wisdom rather than the misery-erupting, scorching volcano of pessimism.

Glossary:

- 1—*Then*—After feeling the vast Spirit without creation.
- 2—*This earthen Bowl*—The earthly consciousness as well as the body consciousness.
- 3—*Adjourn My Lip*—Apply my individual wisdom.
- 4—*The secret Well of Life to learn*—To feel the hidden fountain of Spirit trickling through all material life.
- 5—*Lip to Lip it murmur'd*—The transcendental Spirit intimated to my inner wisdom.
- 6—*While you live*—As long as you are to live in the present body.
- 7—*Drink!*—Feel the Divine Bliss of Spirit.
- 8—*Once dead*—The state when your soul is really free not only from the confinement of the physical body of sixteen elements (as in death) but free also from the astral and causal bodies. The astral body is made of conscious electricity or luminous life force. The causal body is made of mind, intelligence, feeling, the subtle senses and the residual seeds of actions or stored-up tendencies for future lives. The wise man through higher wisdom knows how to free his soul made in God's image from the bondage of the physical as well as the astral and causal bodies and to unite it with omnipresent Spirit.

XXXV

*I think the Vessel, that with fugitive
Articulation answer'd, once did live,
And merry-make; and the cold Lip I kiss'd
How many Kisses might it take—and give!*

Spiritual Interpretation:

"As my interiorized soul beheld the divinely tuned deathlike (or deep sleeplike) entranced body, it told me in the universal intuitively-understood language that it once, as the true image of Spirit, lived the godly life, later reveling in the trivial pleasures of flesh. In divine ecstasy I beheld the pleasure-loving body outside of myself in a suspended state of animation, freely expressing itself about its past life and experiences in answer to the critical queries of my soul.

"My soul during the state of ecstasy kissed or tried to instil its divine perceptions in my matter-loving body which lacked the warmth of wisdom. I tried to find if the body in the ecstatic state would learn to be spiritually alive by exchanging perceptions of divine love and joy many times with the soul, and thus become immortalized."

The body has a deep sleeplike outward appearance in ecstasy. The soul, being intoxicated with God-joy, is absent in the physical, yet is really spiritually alive. Just as in sleep the body is partially inert but the mind is happy, so in trance or a deeper state of conscious sleep the soul is superbly happy. As it is foolish to be alarmed to see a person sleeping, so it is foolish to fear to see a devotee in real ecstasy. Those who at will can reach complete absorption in prayer can ultimately attain ecstasy. Very few can attain the highest state of internally conscious but outwardly indifferent ecstasy.

Ecstasy or true trance is not a mental chloroform attended with inner and outer unconsciousness. When a person becomes outwardly and inwardly unconscious he is in a state of catalepsy which can be induced by glandular pressure or fits. But the trance of ecstasy is produced only by extreme intoxication in Divine Love.

When a man reads a book with deep concentration and fails to hear a sound, he is not unconscious. He is so engrossed in the book that he is outwardly oblivious of all sensations. Likewise, the adept can so inwardly merge himself in the joyous contact of divine consciousness that he is not cognizant of his bodily sensations or outward noise.

In the deathlike state or deep sleeplike state of ecstasy the body learns to exchange perceptions of Divine Love with the pure soul. Thus the body may forget its material pleasures and become spiritually alive. To be pleasurablely alive only in the plane of senses is to be really dead. To be alive in God and withdrawn from the outer world is to be really alive.

Applied To Daily Life:

No matter how outwardly dead and negative a person is, still in his inner soul he is a powerful image of God. But by delving in short-lived pleasures, the soul forgets the reservoir of

rejoicings within. It is our duty to inspire courage into souls who have shrouded their true nature with ignorant living and to try to awaken response in them. By riotous living all the candles of happiness are consumed at once. By self-controlled living the lamps of joy burn brightly forever on the altar of immortality.

Glossary:

- 1—*Vessel*—The physical body.
- 2—*Fugitive articulation*—Escaped or freed universal speech heard by intuition.
- 3—*Once did live, and merry-make*—Once lived conscious of the image of God-joy within.
- 4—*Cold Lip*—Deathlike entranced but spiritually alive body or negative soul.
- 5—*How many kisses might it take—and give!*—The latent power of the body or material consciousness to receive and respond to divine realization and, in turn, inspire others with it.

BACK NUMBERS
of
INNER CULTURE

Inspiring Articles by Paramhansa Yogananda and other enlightening writers, in **Inner Culture** from 1932 to 1936.

10c each

Special Issue

Lavishly Illustrated

Giving History of Self-Realization Fellowship in America and India, and the Message of India's masters. 80 Pages. **25c copy.**

THE SCULPTOR

"Withdraw into yourself and look, and if you do not find yourself beautiful as yet, do as does the creator of a statue that is to be made beautiful;—he cuts away there, he smoothes here, he makes this line lighter, this other purer, until he has shown a beautiful face upon the statue. So do you, also. Cut away all that is excessive; straighten all that is crooked; bring light to all that is shadowed; labor to make all glow with beauty, and do not cease chiselling your statue until there shall shine out on you the Godlike splendor of virtue, until you shall see the final goodness surely established in the stainless shrine."—*Plotinus*.

Choose Your Diet by Color

Edited by

CARQUE NATURAL FOODS RESEARCH

Glendale, California

Nature's purpose in coloring her foods is not merely to make them look attractive. Each color serves as a key to nutrient virtues. The color arises from the elements that the food organizes into its structure from the soil in which it is grown. Scientists tell us that ninety-two different elements have been discovered and tabulated. Every one of them has its own rate of vibration, its own colorful spectrum, and each gives off its own color identification, when heated to the point of luminosity; no two have the same spectrum.

Every cell in our body has its own rate of vibration; hence when the organism receives affinity waves in color, harmony and health result. We are told that vitamins are wavelengths of light and color, stored up in foods by the sunlight, to which the human body reacts and responds, according to quality and relationship. Experimentation has proven that colors, chemical elements and vitamins in their natural state are all interrelated and interdependent.

Few people realize that foods are often chosen, consciously or unconsciously, by the colors predominating in the human aura—that in-

visible atmosphere surrounding and interpenetrating the human organism. For thoughts take form and color; indeed, all vibrations are either the direct or indirect result of thought, ranging in emanations from the first divine impulse down to every thought of man. Rates of vibration and color energies differ according to the quality of thoughts, their moral and intellectual degree of excellence—a reflection of the character and development of the individual.

Emotion Colors Thoughts

When the animalistic tendencies in man are in the ascendancy, or when they overshadow the intellect, red vibrations become the predominating ones, and are diffused throughout his organism, also enveloping his aura. His thoughts assume the coloring of this ruling emotion, which serves as an obstruction, momentarily at least, to his intellectual faculties.

This will explain the predominance of the red flesh of the animal in the average diet, as it helps to feed and replenish our emotional nature. Flesh foods of reddish cast are rich in nitrogen—that repressive conservative element which



"In color therapy, the green ray is utilized as a germicide because of its prophylactic virtues. Green color energies serve as a purifier of our emotional excesses."

is craved and consumed to excess by sluggish negative temperaments, guilty of inertia and indifference. Oxygen, possessing opposite characteristics to those possessed by nitrogen, is nature's great energizer, activator or propelling agent. Oxygen is much too active alone, however, and needs the restraining influence of nitrogen to supply the brakes or dampers to subdue its feverishly burning pace. That is why most oxygen-charged fruits and vegetables, of strong alkalinity, have a crimson blush, thus yielding warmth and stimulation in balanced proportions for healthy metabolism.

Potassium Furnishes Red

In the organic world, red coloring matter is provided by potassium or potash, one of the principal alkaline minerals occurring profusely in all fruits and vegetables. The reason is obvious, for the magenta hue of potassium is indispensable in the formation of red

blood corpuscles. In the mineral or organic kingdom, potash has high explosive properties, and is used extensively in the manufacture of gunpowder and lucifer matches. Small wonder then that potassium occurs, never in a free state, but as chloride of potassium, chlorine providing the green coloring matter of nature, in cooperation with sodium, iron and calcium.

When man's emotions are not overstimulated, his objective mentality contributes a greenish hue. This color, when combined with the red of his emotional nature and the orange life force (which will presently be discussed) imparts to him a brown vibration. This shade unfortunately is the condition in which the mass of humanity finds itself at the present time. Green is the color of the objective mind of man, when he first begins to individualize as a permanent center of consciousness in the Deific Essence. It is the color of the manifested lower mental nature, which is sometimes called brain consciousness. For just as soon as man arouses within himself even feeble but stirring mental impulses towards a finer, more sympathetic life, he exerts a genuine effort, consciously or unconsciously, to place his animal appetites and passions subservient to the will of his higher mind and nobler soul.

Clean Protein of Nuts

We can now readily understand why many nuts and legumes of brown and yellow color energies are representative of clean and pure

sources of protein, enjoying, as they do, an accelerated vibratory activity as compared with the sharply descensive vital force of dead animals. The molecular structure of nuts and legumes is more constant, and hence is immeasurably freer from bacteria of putrefaction which abound in meat.

It also becomes comprehensible to us why nature provides vast fields of green, for they are the rebound of dynamic but low mental energies projected by imagination as creative, fashioning impulses into the various kingdoms of nature, molding their character and tendency. That is why green color vibration enjoys selective absorption by the earth that it may feed and replenish our lower mental faculties. Chlorophyll is the "red blood corpuscles" of all plant life. The indisputable need for green leaf vegetables in the rational dietary is thus explained.

Cleansing Properties of Green

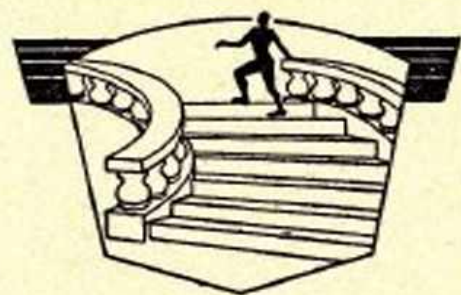
In spinach, for example, nature has provided one of the finest organic materials for effectively cleansing and regenerating the entire intestinal tract. In color therapy, the green ray is utilized as a germicide because of its prophylactic virtues; green color energies doubtless serve as an antidote or purifier of our emotional excesses.

In the course of our stumbling, cluttered and roughshod evolutionary journey, our subjective minds or the divine portion of our natures struggle for the ascendancy, just as man's lower intellect is now

combating his emotions. Forthwith, blue vibrations assert themselves, and commence to tinge the inner man. Blue is the primary color of the subjective mind. When the higher intellect and intuition assume the offensive and threaten to overpower the passions and desires, a fierce battle begins to rage between the objective (lower) and subjective (higher) minds. Clairvoyants can see the auras changing in swift procession, advancing and retreating, oscillating from green to blue, with bombs bursting into flashes of red glare, and then reverting back again to green, or perhaps to purple, a combination of blue and red.

Blue Color Energies

It is not accidental that the blue color energies are a prolific source of phosphorus, for the brain and nervous system contain an appreciable amount of lecithin (phosphorus compounds), the gray matter of the brain enjoying seventeen percent of this substance. It is not



"Each of the 92 elements gives off its own color identification, when heated to the point of luminosity."



"Green is the color of the objective mind, when man first begins to individualize as a permanent center in the Deific Essence."

surprising also, and very much in harmony with natural law, to find that the blue group of foods is available to us mostly in our fruits, for their vibratory forces are of a higher grade in the school of evolution than are those occurring in the vegetable kingdom. Prunes and plums, black mission figs, some classes of berries, blue and purple grapes and raisins as well as currants are examples of foods that come within the range of the blue classification.

Here we have the occult explanation why the electric cellular vibrations or vital electrical forces are most intense in fruits, and why this source of sustenance is actually sought and craved by those evolved souls of refined tastes and of nobler minds and morals.

In our upward and onward sweep towards evolutionary victory, the passions and desires ultimately lie irretrievably conquered, and are reduced to the role of submissive servants. The spiritual or nobler forces

then assume front rank position, and propel the intuitions forward to their rightful commanding activity. Then the holy yellow, indigo and violet colors of spirituality reign supreme, interblended with blue. The ultra-violet at the very extreme end of the sun's spectrum is of a very dark shade, which explains the deep color of so-called black berries and black mission figs, which are by no means black fruits.

Black Symbol of Night

Black symbolizes darkness, night, crime, evil and destruction. In manifestation and representation it is the very opposite power from that of white, which suggests angelic radiance, wholeness, perfection, divinity and holiness. Black is not, strictly speaking, a color, but includes all colors by absorption, impression, depression, compression, or congestion. In striking contrast, white is the complete blender, composition and unity of all colors, their hues, shades, tints, tones and their shadows. Note the scarcity of our deeper hued blue, indigo and violet fruits, in all probability due to our failure to attract or desire the higher vibratory expressions of mind and soul.

Orange Vital Force

Vital force, otherwise called "life," expresses itself as orange vibration, manifesting as a separate and distinct power on the subjective plane, fashioning and preserving the forms visible to our physical eyes. Its orange hue may be seen by the clairvoyant from the

subjective side sweeping into everything and giving vitality to all vehicles of consciousness, bodies or coats of flesh in nature.

All citrus fruits teeming in vitamins and minerals, many other summer fruits, sweet potatoes, squash, carrots and other red-orange, orange, yellow and yellow-green fruits and vegetables abound in this vital force. Indeed all green-leaf vegetation disclose it as their foundation building material when they become pale or etiolated. The corresponding minerals are calcium predominating, iron, sodium and magnesium. Calcium or lime, as we know, builds bones and teeth, and hence we can now see why its orange and yellow color energies serve as the lime frame-work, skeleton or foundation building material for the temple of our soul.

❖ — ❖ — ❖ — ❖

FRAGMENTS

And what is it but fragments of your own self you would discard that you may become free.

If it is an unjust law you would abolish, that law was written with your own hand upon your own forehead.

You cannot erase it by burning your law books nor by washing the foreheads of your judges, though you pour the sea upon them.

And if it is a despot you would dethrone, see first that his throne erected within you is destroyed.

For how can a tyrant rule the free and the proud, but for a tyranny in their own pride?

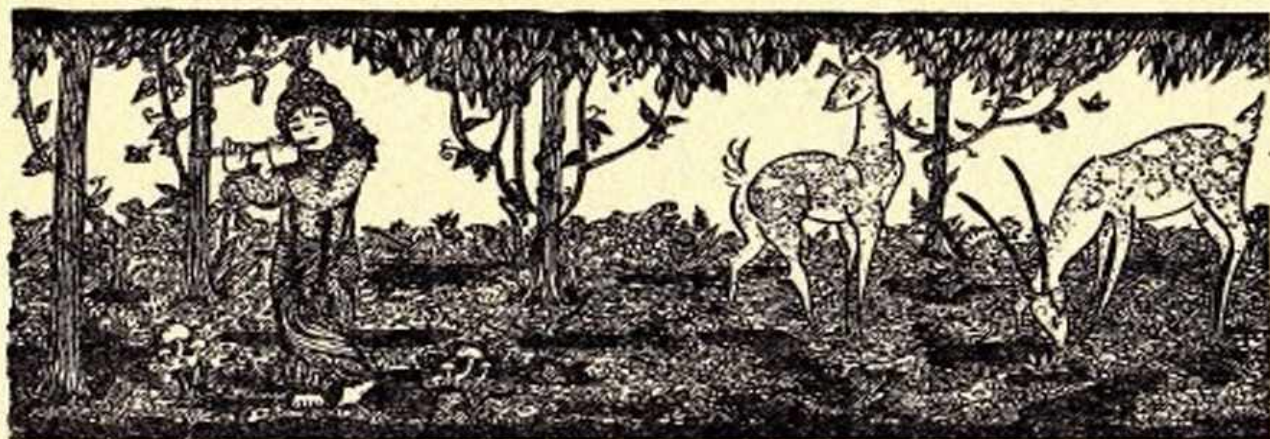
—Kahlil Gibran.

ORDER BLANK

Self-Realization Fellowship
3880 San Rafael Ave.
Los Angeles, Calif.

Please send me the items checked below, for which I enclose
(cash, check).

- Cosmic Chants \$1.00
- Whispers From Eternity 2.00
- Science of Religion 1.50
- Songs of the Soul 1.00
- Healing Affirmations50
- Metaphysical Meditations .. .50
- Psychological Chart15
- Song Celestial (Bhagavad Gita) Leather \$1.50; Cloth.. 1.00
- Books by Brahmachari Jotin
- Books by Sri Ranendra K. Das
- Hindu Dietetics, by Truth Burbery55
- Sweet Waters, by Orpha L. Sahly50
- Photographs, Golden Lotus Temple10
- Lotus Pins or Buttons25
- Sadhu Sambad Magazine from India25
- Nutritive Nuggets, lb..... .50
- India Nut Steak, lb..... .50
- Alfalfa Tea50
- Mt. Washington Prunes, 2-lb. .35
- India Incense, 25c, box of 4. 1.00
- Inner Culture for 6 months.. 1.00
- Yearly Subscription 2.00
- Back Issues up to 1937, each .10
- Horn of Plenty Bank (Free)
- Highest Achievements Through Self-Realization (Free Booklet)



Spiritual Interpretation
OF THE
★ **BHAGAVAD GITA**

*Tune the Soul-Radio, that It may not Register the Static
of Earthly Desires. God Alone, Not Miracles
or Powers, is Desirable.*

By **PARAMHANSA YOGANANDA**

Chapter 2, Stanzas 42, 43, 44.

Literal Translation:

O Partha, no single-pointed resolution grows in the thoughts of individuals who cling tenaciously to power and sense delights. Such individuals whose wisdom is destroyed by the specious talk of the spiritually ignorant and who are full of earthly inclinations and behold the pleasures of heaven as their greatest goal and who incline to a belief in panegyric scriptural aphorisms of a profitable heaven, believe there is no higher goal.

O Partha, the individuals who are unwise, desire-infected, intensely paradise-loving and who rejoice in the creed and rites of the *Vedas*

and thus declare that they believe in nothing else, will find their spiritual discrimination stolen by the flowery words of the unwise. Such individuals are full of smooth words which are exuberant with the consciousness of the correct performance of special religious ceremonies as the medium of receiving sense pleasures and earthly power and which lead them to embrace the causes of new births as the consequence of their actions (instigated by desires).

Persons attached to sense pleasures cannot gain the mental equilibrium of meditation and thus do not receive union with God through ecstasy (*samadhi*).

Poetic Rendition:

O Partha, souls who are drunk with the delusion of pleasure and power and whose wealth of wisdom is stolen by the tricky words of learned fools and who do not believe in any higher heaven than the enjoyments obtained by scriptural rites and sacrificial ceremonies cannot throw the searchlight of their vision into the fathomless territory of the blissful cosmic consciousness.

Such souls are gorged with the thoughts and words of the specific rites which lead to limited pleasure and power and thus they have no appetite for the taste of boundless bliss. Such souls, greedy for earthly pleasures, wander in the mazes of misery-making births and deaths and cannot find unending union with Spirit and freedom from reincarnation.

Spiritual Interpretation:

In the above three stanzas the *Bhagavad Gita* analyzes the inner delusions of individuals which prevent them from tuning in with cosmic consciousness. As a radio due to various atmospheric conditions registers static and thus cannot clearly receive a broadcasting program, so the individual who is filled with the static of material desires cannot tune into the changeless immortal emancipation of Spirit.

Tune The Soul Radio

The *Gita* points out that deep attachment to pleasure and power, discrimination stolen away by the

superficially - convincing flowery words of the unwise, desires for the astral heaven as the highest goal and pleasures obtainable by the limited sacrificial rites as enjoined by the *Vedas* and no other greater spiritual goal of life, are the psychological static which disturb the soul radio from being perfectly tuned to the all-freeing cosmic consciousness.

The *Gita* says so long as the soul radio will keep on registering the static of earthly desires, so long it will have to experience the misery born of births and deaths. But when the soul radio will tune out all the above psychological static it will rejoice in everlasting happiness, being saturated with the all-satisfying God consciousness.

The *Gita* warns every devotee to be careful about listening to the superficial words of those who indulge in sense pleasures. The easy-going path of the sense pleasures is really the path of endless misery because it produces endless births and deaths.

The Soul Remembers All

An individual might reason thus: "Since I do not know what I was before nor what I shall be after this life, what is the use of fearing the miseries of various births and deaths?" In answer to this delusion of the mind, every individual must remember that although he is born only once under one particular name and form, his soul remains unchanged; the soul may relinquish the various names and forms of different incarnations

but it carries within itself subconsciously all the terrors and pleasures of all experiences of all past lives.

That is why each individual should free himself as much as possible from all the fears and miseries of past incarnations and should increase his consciousness of all soul-emancipating good qualities. Every individual feels within himself many unconscious fears due to the experiences of past lives. By deep meditation and ecstasy all fears due to these past terrifying experiences of the soul can be erased and the unchangeable consciousness of everlasting freedom can be gained.

Sensory Heaven

Therefore the *Gita* says no individual should concentrate on the evanescent pleasures and powers which can be attained by the following of Vedic rites. The *Gita* also warns against the desire for a heaven which is nothing but a glorified conception of sense pleasures. Some religionists even believe that heaven is a "happy hunting ground" and a place where wine and women can be enjoyed without satiety.

Any soul desiring any other heaven than the contact of the pure, ever-existing, ever-conscious, ever-new joy of Spirit is in delusion, and will find himself again and again reincarnating on earth to work out the imperfect earthly desires. Therefore the *Gita* says every soul should desire only *samadhi* or ecstatic union with the

everlasting joy of cosmic consciousness.

The *Gita* also warns every devotee that he should guard his discrimination and not let it be stolen by any specious talk of pleasure-mongers or the seekers of psychic and astral powers. The *Gita* teaches every true devotee to concentrate on no other mental miracles or powers but the attainment of the unending joy of God which alone can satisfy the soul forever and thus free it from imperfect, reincarnation-making desires.

—❖—❖—❖—
"He knows not God nor performs His worship who is not contented with his lot."—*Saadi*.

—❖—❖—❖—
"Knowledge of the Self is the most excellent knowledge, for it is the first of all sciences, because through it immortality is gained."
—*Manu*.

"HINDU DIETETICS FOR BODY BUILDING"

Including the Nervous
and Glandular Systems
Translations from Bengali
A Unique and Valuable
Recipe Book

Now Out of Print. A Few
Copies Left At

55c postpaid

TRUTH BURBERRY
1769 Bush St.
San Francisco, Calif.

To Seva Devi

(MRS. JEAN CHAMBERLIN)

By PARAMHANSA YOGANANDA

O Seva Devi, I miss you so;
In this doleful vale of earth
When so many wicked ones walk
here

Your good service had to be taken
away.

I am not complaining
About the ways of the just Lord—
But wondering about His mysteri-
ous ways.

His dramatic book of each life
Can only be understood
When He Himself condescends to
reveal

The last pages of the life of a
liberated soul . . .

In the meantime,
The earth and we cry for you.
Many God-hungry souls
Are orphaned by your absence.
Your sweetness and fragrant faith,
The beauteous orchid of your rare
devotion,

Ever lingers in the garden of our
memory,
Even though the petals of your
earth-life

Have drooped and dissolved in
Him.

* * *

During my last visit,
And by letter, you entreated me
To hold you no more
With cords of strong vibrations,

For you wanted to flit afar
To enjoy the pension of peace
At the end of your strenuous work
In the office of life.

* * *

Then on that sacred dawn
Your sweet soul beckoned my
astral self
To usher you into the Infinite.
Reluctantly yet joyously my Spirit
went

And you exclaimed—
A little while before your astral
travel—

"Swamiji is here; Swamiji is here!"
And then you sealed your lips in
joy

For being delivered from the
limitations
Of the mortal prison,
And plunged with me into the
Eternal Flame.

Now, dear one, your little life
Has become the Cosmic Fire,
And your joy
Has become the Boundless Joy.

* * *

Then after your timeless bliss in
Spirit
When you and I will come again
To take other souls back to His
mansion
We will rejoice.

Until then, adieu here
Where we worked together.
Unending union and joy
I wish you
Where you and I
Are ever-living now in Him.

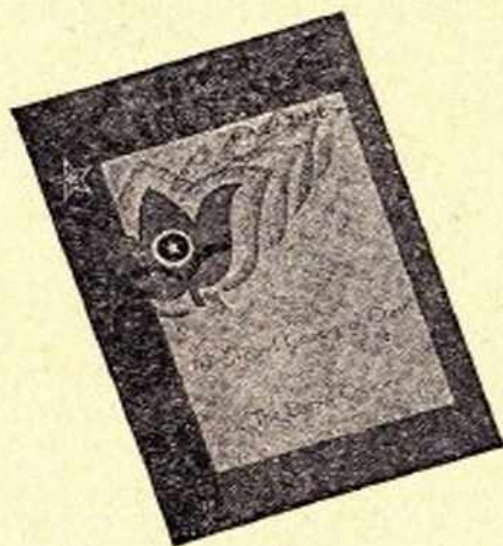
* * *

In this dream of life
You were a dream
As you sang His songs
And spoke His sermons
In dream Mount Washington
In the dream language
Of your dream devotion.
And in the same dream
Of eternal life
I dreamed your wan frame
Sleeping in the cold coffin,
Flower-decked in Forest Lawn.
I dreamed you were alive
And I rejoiced in the dream.
I dreamed you are gone
And I cried and missed you in
this dreamland.
But as I woke in Him
I find you were alive only in a
dream,
And that you died only in a dream.

* * *

Life's beautiful dreams are joyous,
Life's sad dreams are grievous.
All dreams are unreal, yet they are
real
When they are working in the
brain.
Your body was a real dream to us,
And now that it is no more
It has become an unreal dream.
But your soul has shed the garment
of unreal dreams
And has forever become real
With the One Beloved Reality.

INNER CULTURE



**A Trial Offer
For New Subscribers**
Special Rate

\$1.00 for 6 Months
Anywhere In The World

NEW 1939 RATE

Because of the gratifying increase of INNER CULTURE subscribers, the Self-Realization Fellowship is glad to announce the following new reduced 1939 subscription rates:

\$2.00 A Year
*(Renewals and New Yearly
Subscriptions)*

Anywhere In The World

TRUE PACIFISM

"Most pacifism is motivated by the fear of the consequences of a modern war, not by an increase of love for all people. Being negative and defensive and inspired primarily by fear, it does not go very far. The real problem is to build a new and better civilization founded on love and service to all rather than the present jerry-built, insane and cruel affair. Training to create that is a deep and difficult and wide-ranging job, and few people are willing to see the necessity for it or to leave their old habits of thought, feeling and action."
—Richard Gregg.

SOUL'S LABORS

"The soul returns by the way it came, from those high spheres to the body, to take up its labors in this world. What are its labors? It has to make conquest of this world, become master of the nature which envelopes us, until the eternal is conscious in us, and we have made this world into a likeness or harmony with the Kingdom of Light. As our being here becomes transparent to the Light, we receive more and more of the true. Intuitions begin to leap up in us every instant, and we receive, according to our capacity, vision, imagination, knowledge of past and future, illuminations about the nature of things, wisdom and poetry."—A. E., in *Song and its Fountains*.

"Fear habits more than enemies."—St. Isaac of Syria.



"Cosmic Chants"

A New Bound Volume of
DEVOTIONAL SONGS

**Words and Music
For Piano**

By

Paramhansa Yogananda

These beautiful God-Invoking Chants are for the Purpose of Arousing the Liberating Consciousness of the Omnipresent Lord, and the Divine Healing of Body, Mind and Soul.

Special Limited Edition

38 Chants With Music

*New Flat Plastic Binding
Especially Convenient for
Piano Racks*

The Preface explains the Value of these Spiritualized Songs and the Special Use of Each One.

Notes On Indian Music

\$1.00 postpaid

Meditations

For Each Day in January, 1939

By SRI RANENDRA KUMAR DAS

SUNDAY, 1st. I joyously hail the limitless opportunities of the New Year.

MONDAY, 2nd. Having no belief in the reality of evil, I overcome fear and feel the freedom of peace.

TUESDAY, 3rd. Only the good is real and true. Good is found in every creature.

WEDNESDAY, 4th. Truth is a working principle that waits in the silence to be recognized and set into action.

THURSDAY, 5th. When we say God is omnipresent, and *mean* what we say, we are giving those words life-giving quality.

FRIDAY, 6th. The *spirit* of the word gives it life.

SATURDAY, 7th. "To be spiritually-minded is life and peace." The spiritually-minded look to and understand divine principle, and *trust* the law that is set into action.

SUNDAY, 8th. The conscious mind can be trained to differentiate between man *divine* and the visible body in flesh which is shadow.

MONDAY, 9th. To be free, in the truest sense, each must conquer the intellect by making it the servant instead of allowing it to be the master of the soul.

TUESDAY, 10th. Open-mindedness unlocks the door of the intellect that gives entrance to the spiritual world.

WEDNESDAY, 11th. Narrow dogmas and creeds are the doors that shut man out from the spiritual realm.

THURSDAY, 12th. When we cease to rely on intellectual impressions as the foundation of *absolute* knowledge, we are placing ourselves in right relation to the universe.

FRIDAY, 13th. Learn to know that your body is not *you*. It is only a something that belongs to you, a means by which you can express yourself.

SATURDAY, 14th. Matter is mind viewed exteriorly.

SUNDAY, 15th. I will discipline myself today by using words that harmonize with divine law.

MONDAY, 16th. Holding true words in mind generates power.

TUESDAY, 17th. The life-work of each is to find the real Self under the willing guidance of divine wisdom.

WEDNESDAY, 18th. The ambition to succeed in undertakings to the disadvantage of others is the cause of many of our troubles. The world is gradually awakening to this truth.

THURSDAY, 19th. We radiate health and confidence when we live in the assurance that God is our health and our success.

FRIDAY, 20th. What one knows by spiritual perception is one's possession forever.

SATURDAY, 21st. The ideals of the Masters are to the materialist wild flights of the imagination, but through those ideals comes eventually the *power* of realization.

SUNDAY, 22nd. Our high spiritual ideals act as magnets, drawing the conditions required to bring them into outward manifestation.

MONDAY, 23rd. The higher consciousness is a reservoir from which a continuous supply of nervous energy and muscular strength pours.

TUESDAY, 24th. Let the divine life of the One Soul flow freely into your life.

WEDNESDAY, 25th. The real Being, which lies beneath every finite, human mask, can be appealed to and will respond to beauty, truth, goodness and harmony.

THURSDAY, 26th. No true thought or word of loving intention can possibly be lost.

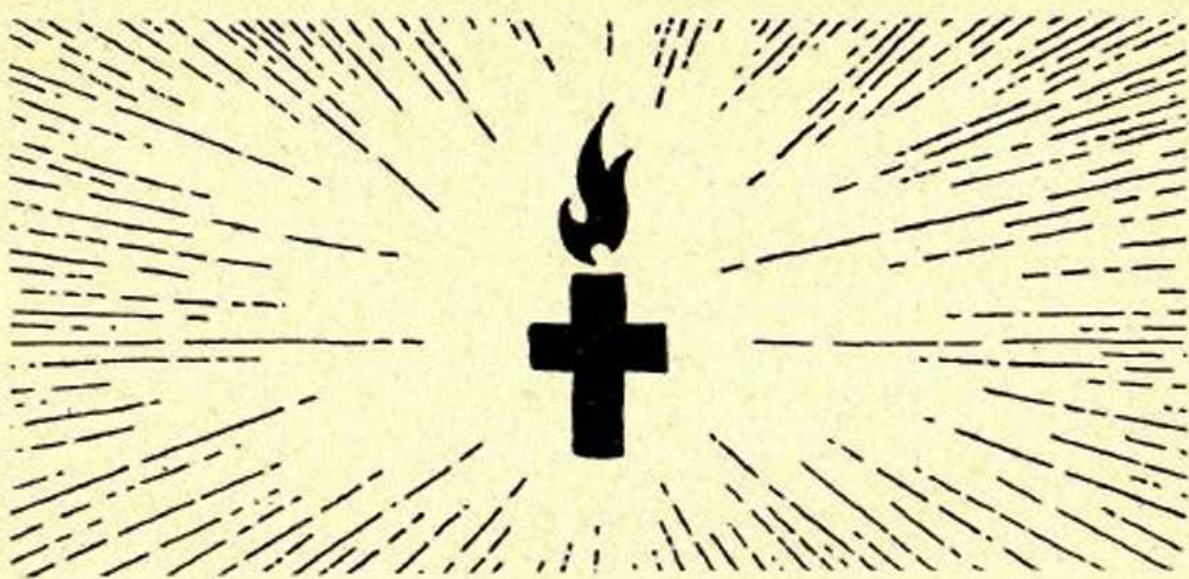
FRIDAY, 27th. The will of God is the only good. I will merge myself with the divine will and be one with divine perfection.

SATURDAY, 28th. No matter how confused things may seem, the good will conquer.

SUNDAY, 29th. All kind thoughts are loving messengers that find entrance into some heart.

MONDAY, 30th. A clear vision of the Higher Self lifts us to triumphs over the lesser self.

TUESDAY, 31st. The kingdom of heaven comes by knowing the true way and walking in it.



Second Coming of Christ

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

"Be ye Wise as Serpents, and Harmless as Doves". Jesus Spoke of the Serpent or Kundalini Spinal Power, and of the Third or Spiritual Eye, Symbolized by a Dove.

By **PARAMHANSA YOGANANDA**

And into whatsoever city or town ye shall enter, inquire who in it is worthy; and there abide till ye go thence. And when ye come into an house, salute it. And if the house be worthy, let your peace be upon it: but if it be not worthy, let your peace return to you. And whosoever shall not receive you, nor hear your words, when ye depart out of that house or city, shake off the dust of your feet. Verily I say unto you, It shall be more tolerable for the land of Sodom and

Gomorrha in the day of judgment, than for that city.—Matt. 10: 11-15.)

"And into whatever city or town you go, find out who are spiritual and worthy to receive your message of salvation; there abide with such people, accepting their hospitality as your spiritual wage, until you have taught them enough and are ready to go elsewhere to help others. On visiting another family salute it humbly as the manifestation of God. If the family is spiritually deserving then make it feel

your soul's peace. But if you find that family unspiritual and unappreciative of your gift of peace then withdraw it to your own soul. And whosoever will not receive your message of divine liberty, nor listen to your words of wisdom, then depart you from that house or city—shake off the dust of their evil vibrations. This will be a proof of their evil natures before their own conscience. Verily I say unto you that the law of karma will punish that city or home who refused your soul-liberating message even more than Sodom or Gomorrha suffered due to the effects of their own misdeeds."

Transferring God-Consciousness

It has been explained before that great teachers can transfer their God-consciousness and peace to worthy disciples just as a rich man can transfer his wealth to anyone. The disciples of Jesus having the power to transmit peace to God-seeking people were advised in the following way: "O ye beloved disciples, transmit peace into worthy souls in spiritual homes and places, but if you go to a place and find the people spiritually unworthy, retain your peace within you and leave. Even though I ask you to live by the charity of the people in a house, in no way forget to retain the consciousness that you are spiritual lions, divine children made in the image of God. That is why if any house that will not appreciate your exemplary spiritual lives or profit by the words of your wis-

dom, then go away from that place, not in anger, but firmly declaring the folly of the ignorant people who could have had salvation through you but failed to receive it due to their extreme unfriendliness and unreceptivity. The actions of those that treat you with unfriendliness will be recorded by the Cosmic Law and thus attract evil karma. Verily I say unto you that the judgment of the Cosmic Law against the ignorant evil-doers of Sodom and Gomorrha would be less severe than the judgment of that Law against those spiritual offenders who blaspheme against God by not recognizing you who are the highest representatives of Christ-intelligence and God."

Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves. But beware of men: for they will deliver you up to the councils, and they will scourge you in their synagogues; and ye shall be brought before governors and kings for my sake, for a testimony against them and the Gentiles.—Matt. 10:16-18.

"Behold, wherever you go, my consciousness must be manifest in you and you must consider yourselves always humble, inoffensive, unrevengful, like a meek lamb, even when you are surrounded by ruthless, conscienceless people like ravenous wolves. In order to deal with satanic, wolfish people and sense-temptations, you must always abide within your great wisdom and

calmness born of the divine realization which you received by awakening your serpent-force or coiled divine energy and in the peace which you have acquired by concentrating in your peace-producing, dove-like, three-colored spiritual eye."

Inner Meaning of Serpent

What Jesus meant when he spoke of being wise as serpents and harmless as doves is not generally understood. Ordinary serpents have no wisdom, are quick to anger, and are stupid enough to bite people and get killed. Doves are not harmless, for they kill and eat insects. Even though the dove might be used as a symbol of peace for its peaceful looks, the serpent certainly does not look wise or inspiring. Jesus used these words in a symbolic, esoteric sense, since he was talking to his advanced disciples.

The Oriental scriptures have used the simile of a serpent to illustrate the coiled force or the force that passes through a coiled passage at the base of the spine. The astral force which passes through the coiled serpentine passage at the coccyx from the senses to the brain with the help of some high technique of Self-realization, is termed the awakened *Kundalini* or awakened coiled force.

Kundalini Force Cannot Be Accidentally Awakened

Many people think that this *Kundalini* force can be easily awakened or roused by accident. They

are the ones who mistakenly speak of the *Kundalini* awakening or divine awakening as being dangerous. In the state of sleep the energy and consciousness in the human body retire from the muscles and sensory nerves and senses to the region of the heart, spine, and brain. In deep ecstasy the devotee knows how to consciously withdraw life force from the coccyx and heart and to race it through the coiled passage at the base of the spine and through the spinal plexuses and brain, upwardly reversing their direction, toward God.

In the ordinary body-identified individual the life force and consciousness continuously flow downward through the coiled passage at the base of the spine, so that he is conscious only of the body and its sense pleasures.

Any great saint of any religion who has attained God-consciousness knows how to withdraw his consciousness and life force from the sense regions and the spinal cord passage and the plexuses in the spine to God-consciousness in the brain and the eternal space surrounding the body.

Moses Lifted Up the Serpent in the Wilderness

Moses is spoken of as lifting up the serpent in the wilderness—that is, by deep meditation, he lifted his consciousness and life force through the coiled passages at the base of the spine to unite them with God-consciousness in the brain, in the wilderness or deep silence born of meditation.

Awakening the *Kundalini* force is extremely difficult and cannot be done accidentally. One who is able to awaken the *Kundalini* fast approaches the state of Christhood. Many ignorant teachers think that awakening the *Kundalini* force is identical with awakening sex-consciousness, an extremely ridiculous and erroneous conception. Jesus knew that most of his disciples had awakened their consciousness by rousing the *Kundalini* or coiled serpentlike force and therefore he asked his advanced disciples to retain their deep wisdom and calmness which they had acquired by the *Kundalini* awakening, whenever they were confronted with persecution.

Warned Against Revenge

Anyone who has awakened this coiled force, that is, has taken his consciousness through the coiled passage at the coccyx to the brain, has acquired miraculous power and by the powerful awakened energy in his brain and will power, can destroy his enemies or conquer all temptations. That is why Jesus warned his disciples not to use divine power to wreak revenge on enemies, but to use the celestial power of love to conquer them. Jesus elsewhere demonstrated this conviction when his enemies arrested him to bring him before Caiaphas, and Jesus would not use his spiritual powers against them, though he plainly said: "Thinkest thou that I cannot now pray to my Father, and he shall presently give

me more than twelve legions of angels?"—(Matt. 26:53.)

Jesus later, when crucified and suffering on the cross, performed the greatest spiritual miracle of his life by saying: "Father, forgive them; for they know not what they do."—(Luke 23:34.)

Demonstrates Love Silently

No matter how much a person is evil or acts against divine laws, God never uses His miraculous powers to destroy him. The evil person destroys himself by his own sins. God is love and He demonstrates love by silence; by silently loving the wrong-doer, He calls him back to the Divine Home. God with all His almighty power never uses physical force to conquer evil. He uses love and wisdom to defeat evil in the world. All those Christlike souls who love Him know that they should never use divine power to destroy God's erroneous children, but should use His love to win them.

To use divine power for evil purposes is blasphemy and conducive to great spiritual downfall. That is why Jesus asked his disciples to use the most harmless and strongest peace-force by awakening the spiritual eye by meditation to conquer all other so-called strong forces of evil.

When anybody concentrates at the point between the eyebrows with eyes closed, he sees a light which has a white star in the middle, encased within a sphere of blue light which is encircled by a golden ring of light.

When the light switch in an automobile is turned on, it sends light through one wire into two wires which illumines two headlights of the automobile. Similarly, the medulla oblongata sends life force through two optical nerves into the two physical eyes.

The Single Spiritual Eye

Jesus said, "If therefore thine eye be single, thy whole body shall be full of light." He meant that any devotee who knows how to focus his inward gaze at the point between the eyebrows finds that the light traveling through the two eyes and optic nerves becomes centralized into a single visible spiritual eye at the point between the eyebrows.

By higher meditation the devotee knows how to penetrate his consciousness and life force through the telescopic spiritual eye of three colors into eternal space. Any devotee who can focus his eyes and is able to behold this spiritual eye and is able to enter it finds his physical body and his body of the universe filled with cosmic light and the light of wisdom.

The Christmas Shepherds Followed A Spiritual Star

When the shepherds saw a star intimating to them the birth of Christ, they beheld through their spiritual eye the star of wisdom where Christ Consciousness was manifested in the body of Jesus.

Every devotee must know how to take his wisdom through the star of the East or the rising star of wisdom which he beholds in front of

him in meditation, to the Christ Consciousness lying behind it.

Those spiritual teachers who have gone beyond their human consciousness into Christ Consciousness by penetrating through the spiritual eye have tremendous powers and can perform many divine miracles. So Jesus warned his disciples, who had found infinite peace by penetrating their consciousness through the spiritual eye or the dove of light, that they should not misuse their spiritual powers when they were confronted by the wickedness of mistaken children of God.

The Three Colors of the Spiritual Eye Compared to a Dove

The spiritual eye has been compared to a dove because of its three colors—the mouth of the dove is compared to the white star in the middle of the spiritual eye, and the two other colors—blue and gold—in the spiritual eye have been compared to the two wings of the dove.

All Christlike souls aspiring to attain the kingdom of God must behave divinely and conquer evil only by soul force even as God does. Evil cannot be conquered by the evil use of divine power.

It would be easy for devotees who have acquired miraculous power to try to conquer their enemies by the evil use of divine force. So Jesus warns his disciples of the danger of losing hardly-acquired divine force, if one uses it to wreak vengeance against his own divine brethren working under the influence of the intoxication of delusion.

Evil Cannot Conquer Evil

Now we understand what Jesus meant when he commanded his disciples: "Be ye therefore wise as serpents and harmless as doves."

Jesus further prophesied as to the persecutions his disciples would meet at the hands of uncomprehending men. That is why Jesus said: "My children, beware of materially-minded men who will deliver you up to the judges and get you whipped in the synagogues for preaching the gospel of divine freedom. Ye shall be taken to task before governors and kings for living my truth and preaching it. The Gentiles and the political forces who oppose you for living the truth and preaching my message will be condemned before the tribunal of Cosmic Law. Their evil treatment will remain as testimonials which will act against them during the judgment delivered by Cosmic Law."

Beholding Our Cosmic Body

An ordinary man, consciously identified with his own body, uses his eyes and feeling to see himself limited by his body, family, society, country, world, and a certain portion of space. But when he meditates and penetrates his consciousness through his spiritual eye, he beholds himself in all space, and all living creatures as different forms of his own self. In that state, with his body and mind as the central states of consciousness, he beholds all living beings as the limbs of his vast cosmic body. Such a devotee who has awakened his

serpent force has taken away the searchlight of his consciousness from a limited part of matter and sensations in one body and has expanded his consciousness to light up all space and has an actual perception of the sensations of all living beings.

Such a devotee by awakening his serpent force, or reversing the searchlight of his senses through his body to God, becomes identified with eternal wisdom and is not at all disturbed by trials and temptations. Such a devotee who beholds through his spiritual eye his existence in all, who feels an ineffable peace and attunement with all living creatures and things, and who beholds all selves as manifestations of his own being, becomes harmless to all, equally loving all different parts of his own cosmic body. This attainment is what Jesus meant when he asked his disciples to be wise as serpents and harmless as doves.

—❖—❖—❖—

"Strive not to hold back the wind with your hand—that is, faith without works."—*St. Isaac of Syria.*

"But what is your duty? The carrying on the affairs of the day that lie before you."—*Goethe.*

The fetters of my tongue do Thou unbind,
That I may have the power to sing of Thee,
And sound Thy praises everlastingly.

—*Michelangelo.*

MT. WASHINGTON PRUNES

Honey-dipped fruit with a flavor developed in orchards located at the edge of a desert, high above sea-level.

It is not necessary to cook these prunes. Serve as a glace fruit.

35c for 2-lb. package.

F.O.B. Los Angeles

"SWEET WATERS"

By Orpha L. Sahly

*(Director of S.R.F. Center
Activities)*

Inspiring Essays
and Poems

*Tastefully Bound in Green
Cellusuede*

50c postpaid

"SONG CELESTIAL"

BHAGAVAD GITA

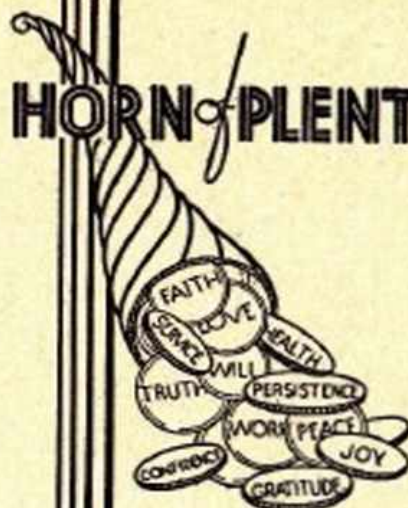
*Rendered into English Verse
by the Inspired Poet, Sir
Edwin Arnold*

\$1.00 cloth; \$1.50 leather

Order from

Self-Realization Fellowship
3880 San Rafael Ave.
Los Angeles, Calif.

HORN OF PLENTY



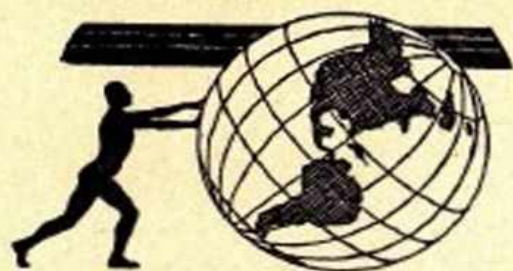
Will you accept a Horn of Plenty Bank from the Self-Realization Fellowship, as a beautiful reminder to keep the idea of divine abundance always present in your consciousness? The services of trained workers who pray for your success, health or happiness are freely offered to you. Complete instructions in the use of the bank and also a lesson in Demonstration are sent with each request for a Horn of Plenty Bank.

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

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

Name

Address



Around The World

TRADE COMMISSIONER FOR INDIA IN U.S.A.

The first official representative of the Government of India, Mr. Hardit Singh Malik, Trade Commissioner for India to the United States of America, recently arrived in New York with his wife and two children. His duties are the establishment of direct trade relations between India and America. Hitherto, trade relations have been handled by Great Britain. "The reception given me here," Malik said, "symbolizes the dawn of a new era in direct Indo-American relations and a recognition of India's changing status in the comity of nations."

SCIENCE RECORDS ITS ACHIEVEMENTS FOR POSTERITY

What the inhabitants of the earth 5,000 years hence may think of the present era, its scientific developments and labor-saving machinery can easily be clarified for them when an 800-pound metal "letter" addressed to the people of that period is unearthed and made public in New York City.

The metal envelope will preserve for the scientists of 6939 A.D. a

tangible record of life in our time and the secret of hardened copper.

Craftsmen at the East Pittsburgh works of the Westinghouse Electric and Manufacturing Company recently completed the casting of the 7-foot "time capsule" which was deposited September 23, 1938, fifty feet in the earth beneath the Westinghouse exhibit at the 1939 New York World's Fair.

The "letter" will contain a cross-section of modern achievements in science and art, as represented in newsreels and books, reproduced in microfilm. It will also preserve for future generations selected products of the Westinghouse laboratories and factories.

The "time capsule" is constructed of cupaloy, the result of five years of research to make copper as hard as steel. The "capsule" also will contain the secret formula of cupaloy.

The "time capsule" will contain letters from Albert Einstein, Thomas Mann and Robert A. Millikan, giving the inhabitants of the earth 5,000 years from now their opinions of present-day civilization.

Dr. Einstein's Message

Einstein's letter, written in German, sums up his impression of

the modern age in 161 words. The authorized English translation follows:

"Our time is rich in inventive minds, the inventions of which could facilitate our lives considerably. We are crossing the seas by power and utilize power also in order to relieve humanity from all tiring muscular work. We have learned to fly and we are able to send messages and news without any difficulty over the entire world through electric waves.

"However, the production and distribution of commodities is entirely unorganized, so that everybody must live in fear of being eliminated from the economic cycle, in this way suffering for the want of everything. Furthermore, people living in different countries kill each other at irregular time intervals, so that also for this reason any one who thinks about the future must live in fear and terror. This is due to the fact that the intelligence and character of the masses are incomparably lower than the intelligence and character of the few who produce something valuable for the community.

"I trust that posterity will read these statements with a feeling of proud and justified superiority."

Thomas Mann's Letter

Dr. Mann's message said:

"We know now that the idea of the future as a 'better world' was a fallacy of the doctrine of progress. The hopes we center on you, citizens of the future, are in no way exaggerated. In broad outline,

you will actually resemble us very much as we resemble those who lived 1,000 or even 5,000 years ago. Among you, too, the spirit will fare badly—it should never fare too well on this earth, otherwise men would need it no longer. That optimistic conception of the future is a projection into time of an endeavor which does not belong to the temporal world, the endeavor on the part of man to approximate to his idea of himself, the humanization of man. What we, in this year of our Lord 1938, understand by the term 'culture'—a notion held in small esteem today by certain nations of the Western world—is simply this endeavor. What we call the spirit is identical with it, too. Brothers of the future, united with us in the spirit and in this endeavor, we send our greetings."

Dr. Millikan's Message

Dr. Millikan wrote:

"At this moment, Aug. 22, 1938, the principles of representative ballot government, such as are represented by the governments of Anglo-Saxon, French and Scandinavian countries, are in deadly conflict with the principles of despotism, which up to two centuries ago had controlled the destiny of man throughout practically the whole of recorded history. If the national, scientific, progressive principles win out in this struggle there is a possibility of a warless, golden age ahead of mankind. If the reactionary principles of despotism triumph now and in the fu-

ture, the future history of mankind will repeat the sad history of war and oppression as in the past."

The "time capsule" will be deposited at latitude 40 degrees 44 minutes 34.089 seconds north and longitude 73 degrees 50 minutes 43.842 seconds west. These figures are accurate enough to locate a specific spot on the earth's surface no larger than a 25-cent piece.

A book of record, with instructions how to find the capsule, will be printed and distributed, it was announced. Among other items the book will include a key to the English language, a "mouth map" and a vocabulary of "high-frequency English." The book will be printed on rag paper and printed in special black and red inks, designed to be imperishable.—*New York Times*.

SUCCESS OF PROHIBITION IN INDIA

The success of liquor prohibition in India has been as signally successful as it was unsuccessful in America.

The results of nine months' working of the Prohibition experiment in Salem, India, are now before the public in the form of a very interesting report issued by the Ministry of Public Information, Madras. "The success of the campaign," says Mr. Dixon, I.C.S., Collector of Salem, in his review of the working of the Act, "has exceeded the expectations even of

some of the most ardent supporters of the movement."

To change the habits of 7½ lakhs (750,000) of people scattered in 1,827 villages was certainly a formidable task which the administration undertook with a courage worthy of the cause. It must be heartening to all concerned to read this record of fine achievement and a wholesome lead to workers in other areas.

Oran-mint ALFALFA TEA

THAT AFTERNOON REVIVIFIER

Read What a Vitamin Expert says (Page 44) on the Unusual Values of ALFALFA. Alfalfa is extremely rich in Vitamin A, contains smaller amounts of all other Vitamins, and is a good source of Minerals.

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

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



SELF-REALIZATION FELLOWSHIP
Mt. Washington Estates
Los Angeles California

NEWS OF THE CENTERS

YOGANANDA'S BROTHER NOW IN AMERICA

Bishnu Charan, younger brother of Paramhansa Yogananda and a renowned physical culturist of India, has arrived in America after an extended tour of Europe where he was acclaimed on all sides as a wonderful exponent of Yoga as applied to the physical body. He and Buddha Bose, his star pupil, had great success and appreciation at Caxton Hall, London.

Very interesting demonstrations of intricate life-renewing body postures given by Bishnu and Bose have been warmly received at several New York universities lately.

Paramhansa Yogananda, during his visit to India three years ago, met many scores of Bishnu's remarkable pupils with the most beautiful athletic bodies he had ever seen. Buddha Bose is considered to have one of the most perfectly proportioned bodies in India.

Paramhansaji is especially grateful to Bishnu for Krishna Kali, one of Bishnu's best students, who is now in charge of the Ranchi physical culture department and gymnasium at the Eastern headquarters of the Self-Realization Fellowship in India.

It is expected that Bishnu and Bose will show some of their mar-

velous demonstrations during their stay in Los Angeles. Western headquarters at Mt. Washington warmly welcomes them both.

NOTED HINDU ARTIST VISITS ENCINITAS

Nagesh T. Yawalkar, prominent artist of Bombay, India, and protege of the Maharajah of Gwalior, recently paid a visit to the Golden Lotus Temple at Encinitas, where he enjoyed the ocean and matchless scenic beauty. Paramhansaji greatly appreciated Yawalkar's wonderful spirit and artistic ability when he visited his recent art exhibition held at the Beverly Hills Hotel in Hollywood. Such enterprising young artists from India are a great glory to her name.

His Highness, the Maharajah of Gwalior, one of India's wealthiest princes, is to be commended for his philanthropic activities in India and for his patronage of gifted young artists like Yawalkar. His painting of Buddha's Illumination has been photographed for this issue of INNER CULTURE.

The Santa Barbara Center of Self-Realization arranged a banquet in honor of Paramhansa Yogananda on November 20th.

SRI DAS IN MINNESOTA

On December 9th Sri Das, traveling lecturer of the Self-Realization Fellowship, concluded a very successful series of lectures and classes in Minneapolis at the Hotel Radisson and in St. Paul at the Hotel St. Paul. Large audiences attended the lectures and many students enrolled for the classes.

The Higher Initiation ceremony for Minneapolis and St. Paul students, conducted by Sri Das, was a memorable occasion. The altar was decorated with flowers and candles as in a Hindu temple. On December 9th Sri Das entertained all Center members and their friends with a program of motion pictures taken at Mt. Washington and Encinitas.

A warm welcome is extended to the new Self-Realization Fellowship Center established in St. Paul by Sri Das. New life was also infused into the ten-year-old Minneapolis Center by his visit.

AMERICAN STUDENTS VISIT RANCHI IN INDIA

The following news story appeared in *Amrita Bazar Patrika*, leading Calcutta newspaper, on October 21, 1938:

Two American disciples of Swami Yoganandaji, Dr. Omar Garrison and his wife, have just completed a visit of over two and a half months at the Yogoda Sat-Sanga Ashram in Ranchi. During their sojourn there, both Dr. and Mrs. Garrison lived on the most cordial and intimate terms with the

students and teachers of the Ashram, making a thorough study and survey of the organization and its work in India.

On the eve of their departure from Ranchi, Dr. Garrison said: "We cannot sufficiently commend the high aims and commonsense methods of this institution. We have had the invaluable opportunity of visiting at great length the humanitarian activities carried on here. And the thing most admirable in all the work is its comprehensive-ness; here there is no one-sided development, no wild experimentation with alien culture, but an all-round sane application of principles intrinsically Indian.

"We have seen a charitable dispensary serving the sick without regard to caste or creed. We have seen clean, well-ordered schools for the aborigines, where they may secure a fundamental education without expenditure of any kind. There is a splendid open-air gymnasium where the boys are trained under the competent guidance of a qualified physical instructor. In fact, many of their feats would astound the most progressive physical culturists of our hemisphere.

Books for India Library

"The Ashram library which was already a large one, has been augmented by a large shipment of books from America and will be further enlarged by another lot of over six hundred volumes from English members. Thus we may say that it may well become a

center of culture for the whole community. As a feature of special interest and education a museum of well-classified rare objects from all parts of the world has been opened to the public as well as to the students. Particularly noteworthy is the geological collection which is one of the best and most complete of its kind in India.

"Best of all are the paramount virtues of harmony and good-will that we have found here. In our journey around the world, we have encountered so much of greed and hate and war; so much of selfish aims and arrogant ambitions, that it has been good to rest here where the best of Indian ethics and culture still prevails. I might better say, it has been our vast delight to halt for a while at this caravanserai of peace while the world around us thunders on in its course of mad destruction."

MEDICAL ACTIVITIES

The Yogoda Sat-Sanga Medical Department of Ranchi, at a recent meeting, advanced a plan to take up education and preventive propaganda work among the public, in addition to carrying on the regular daily outdoor dispensary work.

Steady progress of the Department was evidenced by the report read by the medical officer, Dr. S. N. Pal, part of which follows:

"This Medical Department of Yogoda Sat-Sanga (Self-Realization Fellowship) came into existence to render medical aid particularly to the poor and needy, and also to impart some knowledge of health

and preventive medicine. The first part of the work has been begun. Our charitable dispensary, though it has not passed its infancy, has attracted the sympathy of the local people. For the last seven months we have treated about 2500 patients . . .

"Today our work is small and much below the requirements of our project but we have the firm conviction that through the sincere efforts and good-will of the people this small institution will develop into a wide field of service, this small dispensary will grow into a first-grade hospital with numerous branches in distant villages where medical aid is badly needed."



THE PARROT-SAINTE

"Parrots are taught to speak without understanding the words. The method is to place a mirror between the parrot and the trainer. The trainer, hidden by the mirror, utters the words, and the parrot, seeing his own reflection in the mirror, fancies another parrot is speaking, and imitates all that is said by the trainer behind the mirror.

"So God uses prophets and saints as mirrors whereby to instruct men, viz., the bodies of these saints and prophets: and men, when they hear the words proceeding from these mirrors, are ignorant that they are really being spoken by Universal Reason or the Word of God behind the mirror of saints."—*Jalal-ud-din Rumi.*

SCIENTIFIC DIGEST

STRANGE CREATURES— FIRST ANIMAL, THEN PLANT

A strange race of animal-plants, hitherto hardly known to science, is being studied by a United States Department of Agriculture specialist.

They are voracious creatures which start life and live as independent, free-moving animals until their food supply is exhausted. Then great hosts of them get together to form fruit-bearing plants which produce seeds from which new animals arise.

The story of the *Dicthyostelia*, as told to the National Academy of Sciences by Dr. Kenneth B. Raper of Washington, who has been trying to graft species of them together, would have seemed incredibly fantastic were it not for the tiny size of the creatures—only a few ten-thousandths of an inch in diameter and visible only under a powerful microscope. They are at the plant-animal crossroads in evolution, and, seemingly unable to decide which way they want to go, behave in turn as animals and as plants.

At first they behave as protozoa, tiniest of animals. Each individual lives its own life, moving freely by the snakelike "flowing of protoplasm" mechanism common to so many microscopic animals, and feeding very greedily on tiny plants.

These plants are the bacteria, many of whom are responsible for deadly human and animal diseases. The bacteria are engulfed in the fluid-like bodies of the animals and completely digested. They will eat almost any kind of bacteria offered them, Mr. Raper says, including all of the "cocci" which cause pneumonia, meningitis, gonorrhoea and the like, as well as the causative organisms of diphtheria, anthrax and other fatal diseases. They have enormous appetites and keep on eating until there is hardly a bit of bacteria left.

Their greediness for bacteria, probably exceeding that of any other known organism, suggests a possible future use in medicine and sanitation, but, Mr. Raper says, there is no indication as to what road this use will take.

During all this animal, free-feeding stage the creatures are reproducing rapidly by the customary protozoan method of splitting in two, each half becoming a new, entirely independent animal. But with the bacteria all eaten, Dr. Raper says, the tiny creatures call into play mechanisms of life of which science has as yet no comprehension.

Up to now they have been wandering at random. Some happen to be placed so that they form a nat-

ural cluster. From this cluster, it seems, go forth mysterious lines of force which draw in all the other animals in the immediate neighborhood. These are crowded together in a single, compact bunch composed of millions of individuals. This bunch starts to move like a single animal. Then it stops and from it arises a stalk, about a twenty-fifth of an inch in height—a giant tree compared with the size of any individual animal. At the end of this stalk is formed a "fruit." This fruit ripens and is filled with "spores," not exactly seeds, but the germs from which that low order of plants, the fungi, reproduce themselves.

"Raising Elephants From Seeds"

The stalk is toppled over by a breath of wind or a drop of rain, the spores are released, and each one changes into a new animal. It is almost as fantastic as raising elephants or tigers from seeds, except that the phenomenon can be seen only under a microscope. The creatures live in countless hordes, Mr. Raper points out, wherever there is decaying animal or vegetable matter, signifying the presence of any kind of bacteria. They may be important members of nature's microscopic sanity force who keeps the hosts of death-dealing bacteria within normal limits.

The whole life cycle lasts only three or four days, so that generation after generation can be watched under the microscope. This makes them ideal for the study of genetics at the very

threshold. The Department of Agriculture specialists played all sorts of tricks on them and found that, even at this low level of life, "family pride" was an inescapable factor. When it came to changing into plants one group positively could not be made to mix with another.

Associated With Food Supply

Before plant metamorphosis, all the individual animals are indistinguishably alike. Once they have combined to form a "tree," however, some of them, obeying an unfathomable law, calmly accept the fate of being trunk cells, while others become spore cells endowed with the job of continuing the species. Here, at its very beginning, may be hidden the hitherto unfathomed secret of how cells in those vast, organized colonies which constitute all the higher, multicelled animals and plants are disciplined to accept specialized jobs, such as brain cells, bone cells and leaf cells.

The animal-plant metamorphosis, Dr. Raper showed, is closely associated with the food supply and in some way is a clever trick of nature to save the race from perishing of starvation. It always started when the bacteria supply was exhausted. He proceeded to break up the aggregate just before the stalk started to grow, at the same time putting into the petri dish pasture some new bacteria. The separate cells became individual animals again. When

(Continued on Page 48)

BOOK REVIEW

PHILOSOPHY OF RELIGIONS: A CRITICAL EXAMINATION

By Sadhu Santinatha

(*Oriental Book Agency, 15 Shukrawar, Poona 2, India. In 2 volumes, paper, 1110 pp. 4 shillings postpaid.*)

These two large volumes give a scholarly and critical survey of the various philosophical systems evolved by man in his attempt to fathom the mystery of creation and of God.

The learned author presents the pros and cons of the outstanding philosophical trends of thought, including the well-known Six Systems of Indian Philosophy and the Jain, Buddhist and Western views.

Search for Ultimate Cause

A critical examination is made of the theories of God, Prakriti, Maya and Atoms as the ultimate cause of creation. Absolute Reality, the author contends, is unknowable by the human intellect or intuition. Views on Karma, Maya, Sadhana (religious disciplines), the Self, Bhakti, Avatars and Liberation are set forth in detail. A discussion of the conception of liberation follows:

"Every religious system seeks to form a definite conception about the ultimate goal of human life, which being attained there should be nothing further to search after, nothing

more to know or to do or hope for. The fundamental assumption underlying this idea is that life in this world is neither for its own sake nor for nothing, that life does not appear in this phenomenal system only to disappear in due course as an incident like the other incidents of the physical world, but that life is manifested in order to fulfil some definite purpose in this cosmic plan.

"It is only in the stage of humanity that life becomes self-conscious and self-determining. Hence man is expected to fulfil the mission of life through self-conscious and self-determined efforts. Man's voluntary efforts are directed toward the culture of knowledge and pursuit of truth, the performance of actions and the production of desirable changes in his environments, the play of emotions and the enjoyment of happiness:

"But in no case are the efforts made for their own sake without any purpose in view. Knowledge seeks fulfilment in the attainment of truth, action seeks fulfilment in the attainment of what is regarded as good, emotion and enjoyment seek fulfilment in the attainment of beauty and bliss.

Ultimate Goal Achieved

"The efforts in the direction of knowledge should cease when the highest truth is known and there is nothing more to know; those in

the direction of action should cease when the highest good is realized and there is nothing more to do; those in the direction of enjoyment should cease when the highest beauty and bliss are enjoyed and there is nothing further to enjoy.

"Thus when the ultimate purposes of all efforts are achieved, the mission of life in this phenomenal world is fulfilled; there is no further necessity for the continuance of efforts and therefore for the continuity of life in this phenomenal world.

Individual Mission

"But since every living being has an individuality and a mission of individual life, the fulfilment of the mission of life in the case of one individual releases only that individual from the troublesome journey in this diversified world and does not affect the presence of innumerable other lives in it. Hence the world-process and the efforts of lives in it go on through eternity in spite of the liberation of particular lives in it.

"Religion consists in the systematic discipline of all human efforts in the direction of the absolute fulfilment of knowledge, action and enjoyment, the perfect attainment of absolute truth, absolute good and absolute beauty and bliss, and thereby the absolute liberation from the bondage of mundane life."

—❖—❖—❖—
"Our bodies are our gardens, to which our wills are gardeners."
—*Shakespeare*.

Self-Realization Fellowship

PINS AND BUTTONS

Lotus Design

*Gold-plated, in orange
and blue enamel*

Members, wear this attractive emblem of your Fellowship.

25c Postpaid

Pins and Lapel Buttons
(State your preference)

PHOTOGRAPHS OF Golden Lotus Temple of All Religions

at Encinitas

In Three Colors

Suitable for Framing

10c each, postpaid

SADHU SAMBAD

A Quarterly Magazine in English and Bengali (about 20 Pages in English). Inspiring Articles on Religion and Philosophy. Published by the Self-Realization Fellowship in India. 25c copy; \$1.00 a year. Order from:

Self-Realization Fellowship
3880 San Rafael Ave.
Los Angeles, Calif.



Answers



By PARAMHANSA YOGANANDA

Meaning of Prosperity

Question. What is real prosperity?—H. J.

Answer. You must find the real purpose of life; real prosperity lies in supplying the needs of the mental and spiritual as well as the physical man.

Knowledge of how to become prosperous is always important. Real prosperity comes by increasing the power of your mental efficiency, by which you can supply the things you need. There is a great difference between things that you need and things that you want.

Attract Needs at Will

If you know how to withdraw your attention from all objects of distraction and place it upon one object of concentration, then you know how to attract at will what you need. When you find the answers to everything within yourself, then you can say, "I am prosperous".

Real prosperity means when you have all things at your command—the things that are necessary for your entire existence. But very few people understand in what lies real necessity. Very few people know the real meaning of "needs." If the need is boiled

down to certain definite things, then the need can be easily satisfied.

Find Out True Needs

Money is not a curse. It is the manner in which you use money that is of importance. You take a dollar bill and ask it: "Shall I buy poison with you?" It doesn't answer, but if you misuse this brainless dollar, it will punish you. When you use it rightly, it gives you happiness. There is no saint, no savant, who does not use money in his work. Whoever eats has to pay for the food, and it is better to be able to buy your food than to have to live on charity. There is a value in all things.

Most people spend their entire mental energy in trying to make money, and some who are successful find out that they die of heart failure when they are about to secure happiness. If you have lots of health and lots of wealth and lots of trouble with everybody and yourself, you have very little. The entire purpose of life becomes futile when you cannot find happiness. When wealth is lost, you have lost a little, when your health is lost, you have lost something, but when your peace of mind is lost, all is lost.

the direction of action should cease when the highest good is realized and there is nothing more to do; those in the direction of enjoyment should cease when the highest beauty and bliss are enjoyed and there is nothing further to enjoy.

"Thus when the ultimate purposes of all efforts are achieved, the mission of life in this phenomenal world is fulfilled; there is no further necessity for the continuance of efforts and therefore for the continuity of life in this phenomenal world.

Individual Mission

"But since every living being has an individuality and a mission of individual life, the fulfilment of the mission of life in the case of one individual releases only that individual from the troublesome journey in this diversified world and does not affect the presence of innumerable other lives in it. Hence the world-process and the efforts of lives in it go on through eternity in spite of the liberation of particular lives in it.

"Religion consists in the systematic discipline of all human efforts in the direction of the absolute fulfilment of knowledge, action and enjoyment, the perfect attainment of absolute truth, absolute good and absolute beauty and bliss, and thereby the absolute liberation from the bondage of mundane life."

—❖—❖—❖—
"Our bodies are our gardens, to which our wills are gardeners."
—*Shakespeare*.

Self-Realization Fellowship

PINS AND BUTTONS

Lotus Design

*Gold-plated, in orange
and blue enamel*

Members, wear this attractive emblem of your Fellowship.

25c Postpaid

Pins and Lapel Buttons
(*State your preference*)

PHOTOGRAPHS OF Golden Lotus Temple of All Religions

at Encinitas

In Three Colors

Suitable for Framing

10c each, postpaid

SADHU SAMBAD

A Quarterly Magazine in English and Bengali (about 20 Pages in English). Inspiring Articles on Religion and Philosophy. Published by the Self-Realization Fellowship in India. 25c copy; \$1.00 a year. Order from:

Self-Realization Fellowship
3880 San Rafael Ave.
Los Angeles, Calif.



Answers



By PARAMHANSA YOGANANDA

Meaning of Prosperity

Question. What is real prosperity?—H. J.

Answer. You must find the real purpose of life; real prosperity lies in supplying the needs of the mental and spiritual as well as the physical man.

Knowledge of how to become prosperous is always important. Real prosperity comes by increasing the power of your mental efficiency, by which you can supply the things you need. There is a great difference between things that you need and things that you want.

Attract Needs at Will

If you know how to withdraw your attention from all objects of distraction and place it upon one object of concentration, then you know how to attract at will what you need. When you find the answers to everything within yourself, then you can say, "I am prosperous".

Real prosperity means when you have all things at your command—the things that are necessary for your entire existence. But very few people understand in what lies real necessity. Very few people know the real meaning of "needs." If the need is boiled

down to certain definite things, then the need can be easily satisfied.

Find Out True Needs

Money is not a curse. It is the manner in which you use money that is of importance. You take a dollar bill and ask it: "Shall I buy poison with you?" It doesn't answer, but if you misuse this brainless dollar, it will punish you. When you use it rightly, it gives you happiness. There is no saint, no savant, who does not use money in his work. Whoever eats has to pay for the food, and it is better to be able to buy your food than to have to live on charity. There is a value in all things.

Most people spend their entire mental energy in trying to make money, and some who are successful find out that they die of heart failure when they are about to secure happiness. If you have lots of health and lots of wealth and lots of trouble with everybody and yourself, you have very little. The entire purpose of life becomes futile when you cannot find happiness. When wealth is lost, you have lost a little, when your health is lost, you have lost something, but when your peace of mind is lost, all is lost.

Diet and Health

EAT ALFALFA

There's no use suffering from rheumatism, gout or housemaid's knee. Instead of moaning with pain, step out into the garden, pluck a handful of alfalfa leaves and eat them with your salad. Then you'll have enough vitamins, maybe, to make you well again.

That's the advice of Carl Rehnberg of Balboa Island, who "manufactures" vitamins.

While selling milk in China many years ago, Rehnberg began to wonder at the peculiar properties of the fluid, which apparently had everything necessary for complete nourishment of babies. So, as a hobby, he began studying vitamins. The more he studied the more he became engrossed in his hobby, until finally he gave up all business and started his small experimental laboratory on Balboa Island.

From that small start Rehnberg has built up a business of supplying physicians with vitamins in the form of pills and capsules.

Greener the Better

Admitting that public knowledge of proper diet eventually will ruin his business, the vitamin expert still offers advice as to proper methods of handling food. Most vegetables are better raw, and the greener they are consumed the better, he advises.

The alfalfa advice isn't a joke, either. Add a handful of green alfalfa leaves to salads, Rehnberg says, as it is extremely rich in Vitamin A and contains smaller amounts of all other vitamins and is a good source of minerals.

Plant Sources

Rehnberg makes concentrates from plant sources through a method of solvent extraction in obtaining vitamins. — *Los Angeles Times*.

FAT IN DIET

You can get along with very little fat. An experiment has been reported in which a man lived for six months on a diet containing only two grams of fat per day. Two grams is equivalent to about seven-hundredths of an ounce—a mighty small speck of butter. Surprisingly, this man felt no fatigue. The rest of his diet, however, was very carefully planned. An ordinary fat-lacking diet, such as was eaten in European countries during the World War, results in premature hunger, lowered energy and reduced capacity to work.

The average adult should eat about one-third of his daily calories as fat. Margarines or processed vegetable fats give better value for the money than butter, but ordinarily lack the vitamins A and D which butter supplies.—*Science Service*.

HEALING SERVICE
AVAILABLE TO ALL



Every morning Paramhansa Yogananda sends a Divine Healing Prayer Vibration to his students and all those who ask his help in healing and liberating themselves from material or physical or mental troubles or the soul-suffering of spiritual ignorance.

INNER CULTURE readers who wish to avail themselves of this help, which Paramhansaji is happy to extend to all, may write to Personal Problems Department, 3880 San Rafael Ave., Los Angeles, California, briefly stating the nature of their illness or difficulty.

—*—*—*—

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.

JANUARY, 1939

BOOKS

By PARAMHANSA
YOGANANDA

Metaphysical Meditations

Ninety pages. Deepest meditations on the Infinite made tangible and practical for the beginner, whose thoughts run away during concentration, and also for the deep student in Metaphysics who is tired of vague spiritual realizations. Written in the unique diction of "Whispers from Eternity." 50c.

Songs of the Soul

Fifth enlarged Edition. Intuitive Poems inspired through Spiritual Realization. For Chanting, Meditation, and Soul Revelation. "Exquisite imagery and psychological description of mystic experience." "Classical solemnity of thought with fascinating suggestiveness of modern inspired poets." "We mark in some poems the power of Milton, in others the imagery of Keats, and in all the philosophic depth of the Oriental Sages." With a Preface by Dr. Frederick B. Robinson, President of College of the City of New York. \$1.00 postpaid.

Psychological Chart

Ninth Edition. This book gives a Chart for Analyzing Human Nature and Conduct. Practical understanding of inherent and acquired natures. Used with great practical success at Paramhansa Yogananda's Residential Schools in India. 15c.

Photographs

Paramhansa Yogananda. Unmounted, 75c. Prints, 25c. Post Card Picture, 10c. Prints of Swami Sri Yukteswarji or of Yogavatar Lahiri Mahasaya, 25c each. Prints of Golden Lotus Temple Of All Religions, 10c each.

SELF-REALIZATION FELLOWSHIP

3880 San Rafael Ave.
Los Angeles, California

Page 45

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 when announced. Special meditation services on Thursdays, 8 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. Teacher and student training classes. Services each Sunday at 11 a.m., and Wednesdays at 8 p.m. Sunday School for children each Sunday at 10:15 a.m. Daily meditation at 2 p.m. Phone: CApitol 0212.

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.

Visiting 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. Associate Teachers, Miss N. M. Ruud, Montecito Hotel, Montecito, and Mrs. Lloyd Briggs, 1740 Prospect Ave., Santa Barbara.

*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 Thursday at 8 p.m. Phone 2-5181.

*San Francisco, Calif.

664 Powell St. Phone Yukon 0186. Center is open daily. Conducting Teacher, Yogacharya Khagen. Secretary, Miss Wanda Horton. Treasurer, Mrs. Emma Schoubee, 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.

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.

First Self-Realization Center started by Paramhansa Yogananda in 1920. Conducting Teacher, Dr. M. W. Lewis, 26 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 evening at 8:15, at 543 Boylston St., Copley Square, 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 Walker 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. Meetings at 8 p.m. on Sundays, Wednesdays, and Thursdays. Library. Phone: 25305.

Cincinnati, Ohio

Conducting Teacher, Mrs. Bertha Shimler, 5642 Bramble Ave. Phone, Bramble 2078W. Secretary, Ruth Howk, 2729 Springer Ave.; Phone: East 7277. 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 Wednesday at 8 p.m.

Minneapolis, Minn.

Wednesdays, 8 p.m., Inner Circle, at home of Mrs. E. W. Backus, 2201 E.

Lake of the Isles Blvd. Public Sunday Services, 8 p.m. at Center, 433-34 Lumber Exchange Bldg., 5th St. and Hennepin Ave. Center open daily, except Saturday and Sunday, 11 a.m. to 5 p.m. Rental Library.

***St. Paul, Minn.**

Meetings each Monday evening at the Health Foods & Herbs Shop, 6 West Sixth Bldg. near Wabasha, Phone CE. 0426. 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.

Salt Lake City, Utah

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

***London, England**

Self-Realization Fellowship Center, Tobias Matthey 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.

Tukuma, Latvia, Europe

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

***Johannesburg, South Africa**

Conducting Teacher, Mrs. Elizabeth Schulman, 10 Lawson Mansions, Bree and Loveday Sts.

Ranchi, India

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

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

Calcutta, India

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

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

Puri and Serampore, India

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

Yogoda Sat-Sanga, Gurudham Chatra, Serampore. Acharya Motilal Mukherji in charge.

Midnapore, India

Yogoda Sat-Sanga Ashram, Khukurda.

Yogoda Sat-Sanga Ashram, Gobardhanpur.

Yogoda Sat-Sanga Ashram, Handol.

Yogoda Sat-Sanga Ashram, Ejmalichak.

Yogoda Sat-Sanga Ashram, Ghatal.

***Bangalore, India**

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

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

BOOKS WANTED FOR LIBRARY IN INDIA

A great library in India, for the Calcutta Students' Home and the coming World-City in Bengal and the Ranchi Headquarters of the Self-Realization Fellowship, is 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.

(Continued from Page 40)

the same experiment was tried without putting in any fresh bacteria, the plant stage started again immediately, but instead of a single large plant 15 or 20 smaller ones would be formed.—*Washington Star.*

BOOKS

By PARAMHANSA
YOGANANDA

Whispers From Eternity

3rd Ed. "This is the fountain of prayers for all religions—the most inspirational way of contacting God." Contains gems of pure Truth, which will penetrate the darkness of every-day existence. "Best Spiritual menu, which will nourish your daily spiritual life." With a Foreword by Madame Amelita Galluceri. Cloth-bound, \$2.00 postpaid.

Scientific Healing Affirmations

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

Science of Religion

Sixth Edition, with Frontispiece. Preface by the English poet and philosopher, Douglas Ainslie, who writes: "This small book is the clue to the universe. Its value is beyond estimation in words, since between these narrow covers is to be found the flower of the Vedas and Upanishads, the essence of Patanjali—foremost exponent of the Yoga philosophy and method, and the thought of Shankara, greatest mind that ever dwelt in human body—placed for the first time within reach of the multitude." \$1.50.

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

JANUARY, 1939

Inspirational Books on SELF-REALIZATION

by BRAHMACHARI JOTIN

| | |
|-----------------------------------|-----|
| The Universal Reality..... | 75c |
| Realization of The Self..... | 35c |
| Free Will and Divine Guidance.. | 25c |
| "Thine Is The Glory" | 25c |
| Universal Truth—Our Belief.... | 25c |
| The Religion of Man..... | 25c |
| Chintamani—Thought-Jewels | 35c |
| Prayers of Self-Realization.... | |
|Paper, \$1.00; Cloth, \$1.50 | |

Order From

SELF-REALIZATION FELLOWSHIP
1758 Columbia Rd., N.W.
Washington, D. C.

BOOKS BY

SRI RANENDRA KUMAR DAS

| | |
|---|--------|
| IN THE REALM OF THE INFINITE | \$1.00 |
| IT CAN BE DONE—Law of Prosperity and Success..... | .50 |
| DIVINE TRUTH— | |
| Part 1 | .25 |
| Part 2 | .25 |
| Part 3 | .25 |
| ORIENTAL INTERPRETATION OF CHRIST | .25 |
| LAWS OF SPIRITUAL SUCCESS | .20 |
| THE PHILOSOPHY OF YOGODA OR SELF- REALIZATION | .20 |
| REINCARNATION | .30 |
| RESURRECTION AND IM- MORTALITY | .25 |
| HOW TO QUICKEN HUMAN EVOLUTION | .30 |
| HOW TO CONQUER DESTINY AND RENUNCIATION—One Booklet of two articles | .25 |

Order From

SELF-REALIZATION FELLOWSHIP
Pennsylvania Building
38½ N. Pennsylvania Street
Indianapolis, Indiana

Please do not send stamps. All the above books can be ordered from

SELF-REALIZATION FELLOWSHIP
3880 San Rafael Ave.
Los Angeles, California

NUTRITIVE NUGGETS

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

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

Pound Package, 50c;
Half-Pound Package, 30c,
plus postage.



SELF-REALIZATION FELLOWSHIP
Mt. Washington Estates
Los Angeles California

The
Symbol
of Trust-
worthy
Unimpaired



NATURAL FOODS!

Sundried Fruits; Raw Sugar Confections; Fruit Juices & Jellies; Substitutes for Coffee, Tea & Salt; Breakfast Foods; Honey, Olive Oil, Nut Butters; Soya Bean Foods; Powdered Vegetables; Remedial Preparations.

Direct Inquiries Welcome

Carque Natural Brands, Inc.
4328 San Fernando Road
Glendale, California

INDIA INCENSE STICKS AND CUBES

Containing Frankincense
and Myrrh

AN INEXPENSIVE, BUT
GREATLY APPRECIATED
GIFT

INDIA INCENSE is now obtainable in several fragrant odors.

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

25c Package

Four Packages \$1.00

(Wrapped 4 to a Package)

Order Through

SELF-REALIZATION FELLOWSHIP
3880 San Rafael Ave.
Los Angeles, Calif.

Or any of its Branch Centers.

INDIA NUT STEAK

THE BEST OF ITS KIND

Many people are enjoying this meat substitute and experiencing a general physical upbuilding. This new scientific food is delightfully different in flavor and is appetizing when served for breakfast, lunch, or dinner. It is a food that builds brains, muscles, and mind, invigorates the body—makes health lasting. INDIA NUT STEAK is good for those who find themselves physically depleted. It has the best qualities of meat without its harmful effects. Order now. You will like it because of its nut-like flavor.

1-Lb. Can. 50c; ½-Lb. Can 30c,
Plus Postage

SELF-REALIZATION FELLOWSHIP
Mt. Washington Estates
Los Angeles California



SPECIALIZED IN SOUL CULTURE

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

FREE BOOK



SELF-REALIZATION FELLOWSHIP
Mt. Washington Estates
Dept. IC-11, Los Angeles, Calif.
Please send free book: "Highest
Achievements Through Self-Realization." I am truly interested.

Name

Street

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

Also to these friends:

Name

Address

Name

Address

The Garden of the New Year

By Paramhansa Yogananda

The echo of the sorrow and laughter of last year
Has died away.
Now the encouraging, hope-imparting song-voice of the
New Year
Is resounding through us
To remodel our life in a new way
As we enter the portal of the New Year.
All weeds of worries of the past year must be left behind
And never brought back.
The seeds of all joys and achievements, all hopes,
All good habits and thoughts, all noble desires,
We must garner from the forsaken garden of the past
year
And sow them on the soil of new effort
Of every day in the New Year,
Watering those good seeds of last year's experiences
Until our life becomes a fragrant garden
Of rare flowering qualities.
Each New Year comes
To awaken our habit-driven Spirit
To make new effort
Until the Eternal Freedom
Is usurped from the hands
Of ever-pursuing Karma.
Let us all, hand-in-hand,
With ever-enlivened, unending united mind,
Walk and dance forward
Until we reach the Home of complete fulfillment
From whence we return no more.