

CULTURE

FOR SELF-REALIZATION



"Blessed Are
the Obstacles"

By NICHOLAS ROERICH

The Philosophy of Love

By BRAHMACHARI JOTIN

"I Am the Good Shepherd"
An Interpretation of Jesus' Words

By PARAMHANSA YOGANANDA

The Importance of Mineral Salts

By CARQUE RESEARCH

The Secret of Inward Peace

WISDOM FROM THE BHAGAVAD GITA

JANUARY
FEBRUARY
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1941

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Vol. XII, No. 11



—Kalyana-Kalpataru

"Rasa-Lila". Krishna, the Divine Flutist,
plays the melody of eternity to His enraptured devotees.

INNER CULTURE

FOR SELF-REALIZATION

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L. V. PRATT
Editor

LOUISE GUNTON ROYSTON
Circulation Manager

BRAHMACHARI JOTIN
International Secretary

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The Philosophy of Love

A Treatise on Bhakti Yoga

By BRAHMACHARI JOTIN



In every man are hidden three divine qualities, intelligence, will and feeling. The ideal of his life is to unfold these qualities to their absolute perfection. Intelligence attains its perfection in wisdom, will in immortality, and feeling in love.

When we realize that we are Spirit, the Self, that the whole manifested universe is a projection of the Self, and that we are one with all, then we have attained wisdom. Wisdom is the realization of our divine nature. To realize that we are Spirit, God, the absolute Self, is wisdom. This is *Jnana Yoga*, the path of pure consciousness.

Will finds its perfection in the realization of immortality. We are immortal. Birth and death pertain to the body. We are not the body. We are the soul, the Self. Soul is

immortal. Then alone our will receives its perfect manifestation on earth when every action becomes the worship of the Lord, and the revealing power of our eternal existence. This is *Karma Yoga*, the law of Self-manifestation.

Perfection of feeling in absolute love is *Bhakti Yoga*, the religion of love. Love captures every heart. No other word has greater magnetizing and uplifting power than the word "love". Utter one word of love, and all thoughts of cruelty cease. The most ruthless heart melts in the presence of a loving soul. If we can but truly love, the whole world is ours; nay, love conquers the whole universe.

"Be of good cheer, I have overcome the world," was the realization of Jesus. This realization might

be further expressed, "I have no enemy. There is none to hate me, persecute me, kill me. All are my beloved. All belong to me. All are one with me. I am one with all. I love all. All are one with me in love." No amount of persecution can torture the heart that has learned to love. In the strength of love the sting of pain is powerless. The beloved cannot possess the power to hurt the lover. Love is a sublime power, invincible by the littleness of life. Love that reflects the radiation of cruelty from the beloved is conditional.

Jesus Did Not Suffer

We are sometimes inclined to feel that Jesus suffered while he was being persecuted. But we are mistaken in this feeling. Jesus did not suffer. He could not. We think he suffered because we judge his life from our state of conditional love. The law of reciprocity dominates our love. Therefore we suffer when our love remains unrequited.

Reciprocity is not the law of spiritual love. Therefore a true lover never suffers. Jesus realized absolute love. He received all in transcendental love. He received persecution and returned love. His whole being was saturated with love. His mind was concentrated on love. His soul revealed love. How could there be any room for pain in his consciousness?

The feeling of pain arises in us when we descend from the state of absolute love. Jesus received every stroke of persecution with the power of love. He did not see

any one except through love. Therefore, he did not suffer.

Chaitannya, of India, realized such love. He conquered by love one who hated, persecuted, struck and wounded him. Our deadliest enemy becomes the greatest friend if we can approach him with a loving heart. Love never fails. What more than love do we need to win the heart of another? Love is potent with all divine qualities.

One word of love inspires a man with vision, courage, faith, determination, strength and joy. It sets his soul free. One word of love fills the heart of a woman with devotion and self-sacrifice. It makes her divine. Man is a creature of love. He longs for love alone. Love inspires wisdom, it overcomes the pangs of separation, and fills our being with gladness. Even the birds and the animals of the forest become friends to one who knows the art of love. No creature is immune to the power of love. To live is to love. Love completes life.

Love reveals God. God does not refuse the demand of his devotee. Love wins God. God becomes a devotee in the presence of devotion. Why? Why is it that God, man and animals, nay, all objects of the universe respond to the power of love? Why do we all long for love? Because love is the essence of creation. Love is the very nature of man. Love is his soul. Creation is the manifestation of love; and God is love. None can escape the ruling power of love.

Love is eternally within us. We feel its presence; we know it exists



This article on "Bhakti Yoga" is from Brahmachari Jotin's newest book on "The Magnetic Power of Love." Other Yoga works by the leader of the S. R. F. Center in Washington, D. C. include "Karma Yoga" and "Jnana Yoga."

in us; we realize its powers; yet we are unable to express it in words. Who has ever succeeded in giving the fullest expression of love in words? None. Love is transmitted from heart to heart, from soul to soul. Love is manifested only through heart and soul. In love we become silent. In the fullness of love, we are speechless. In love, our whole being vibrates in the rhythm of joy. Love needs no words to express itself. The moment we attempt to express love in words, it loses its charm, its magnetism is gone. Truly did the poet realize:

"When words are spoken,
Love's accent is soon forgot."

Do not inquire about love, find it, live in it, and be immersed in the sweetness of joy. Love cannot be understood by intellect. Love dies when we try to intellectually analyze it. Love is a quality of soul, it is realized in soul alone.

Love is an eternal tie. It binds man with man, man with the universe, and the universe with God. Without love the world would be a place of horror, a prison-house of incessant tragedy. Love sweetens life. Love unites in freedom. Freedom is the expression of unobstructed love. The reward of love is freedom. The tie of love is not a chain of bondage. Love is the uniting power that brings completion in life, and sets it free in understanding and joy. Love in itself is pure, infinite and perfect.

Love permeates all. It is present in every object. Yet love assumes various aspects, according to the character and the quality of the individual who manifests it. The divinity of love never changes, though its manifestation varies. Broadly speaking, love is manifested in four different aspects, namely, molecular attraction, animal passion, human affection, and divine love.

Molecular Attraction

(1) Molecular attraction.—Attraction and gravitation that we experience in the solar and the planetary systems are the manifestations of love through these phenomena. These specific names are given to love not because the quality of love is changed, but because of the individual character of the channels through which it is manifested. Every electron of energy (*prana*) is saturated with love. And it is precisely the same love that is within you and me. The power of mutual attraction of the various heavenly bodies has its origin in

the identical source from which you and I draw our power of love for each other. The source is one. It is eternal love. The infinite love that flows through our hearts also emanates from the stars, the planets and from all objects of the universe as the force of nature. The force of nature is simply a different expression or aspect of love.

There is mutual action and reaction between the heavenly bodies in space and human beings on earth. But what is the cause of this attraction? Both heavenly and terrestrial bodies draw their power of attraction from the same source which is infinite love. This is the basic truth of the science of astrology. Uplift your vision, and realize that love permeates every atom of the universe. Love is not limited. Love is infinite.

There is no repulsion. All is attraction. What we call repulsion is greater attraction by or for another. We cannot have repulsion towards any object; we only have greater attraction for another. We have love for all, but in varying degree. The greater the manifestation of love, the stronger the power of attraction; the more abundant the flow of peace. It is the touch of love that makes creation beautiful.

(2) Animal passion. — Love that excludes all other consciousness except that of one's own physical being is animalistic love or passion. By animalistic love I do not mean love that exists in animals alone. In bird and animal life, we observe unquestionable expressions of

divine love such as understanding, kindness and sympathy. With what inexpressible joy have I watched the mother bird caring for its young, with no less caution and tenderness than a human mother of high spiritual unfoldment would show for her child! Some may call this instinct. But I doubt it. I question it. I refuse to accept it.

The old idea that plants and animals are devoid of self-consciousness is being discredited by the advancement of science. A plant is just as self-conscious at its level of manifestation as you and I are within our own. It possesses just as great potentiality as human beings. A little bird is as divine as you and I, sometimes it appears to be more so. Perfect love is manifested in the beauty of a little flower. Only a loving heart can realize this. An unrighteous person seldom understands the love of a saint. Many fail to realize the presence of love in a little flower.

Animalistic attraction is found mainly in animals. But not all men are free from its sway. Many human beings have not yet risen above the level of the animalistic nature. The expression of animalistic passion is physical attraction for the enjoyment of the senses, chiefly sensual gratification. The chief characteristics of one who is dominated by animalistic love are extreme selfishness, cruelty, ruthlessness, cowardice and, worst of all, sensuality. In our understanding and realization of love, we refuse to place animalistic passion within the category of love. We call it

lust. Lust is not love. Nevertheless, it is a gross manifestation of that same love which is also found in the highest reaches of selfless devotion.

Human Affection

(3) Human affection. — Love that seeks objective manifestation is human love. An example of this type of love is found in the love of a mother for her child. In her love for the child, she really projects her love and limits it within the child, and then reacts to her own love reflected through the child. This complete cycle of extension, limitation, reflection of, and reaction to love is called objectified love. These four conditions must all be present in objectified love.

Love is an absolute quality. It is present in each of us. But when we love another, we simply objectify our love in the beloved, and then we respond to that objectified love. Without objectifying our own love, we cannot feel love for another. In loving another we objectively realize our own love. It is like the light which is not perceived unless it is obstructed by an object. We could not see light in this room if there were nothing to obstruct and reflect it. Objective perception is the reaction to subjective quality which has been objectified.

Objectified love is human love. In my love for you, I simply react to my own love objectified in you. In your love for me, you simply enjoy your own love reflected in me.

The love of parents, children, husband, wife, friends, is objectified or human love. To human beings objectified love is the sweetest of life's experiences. Without it we should not care to live. What a horrible burden life would become if we did not have some one to love and some one to love us! Without love life becomes a dreary desert. Creation is based on love. Man cannot exist without love. To love is to live. Love is the secret of a joyous life.

Unfortunately, we sometimes choose the wrong person in whom to objectify our love, and the consequences are disastrous. We must be wise in placing our love. In objective love, it is prudent to be cautious and to use discretion in choosing the object of love. Human affection is complete and sublime when the lover and the beloved manifest love in perfect harmony. The reward of human love is joy. Human affection is subject to the limitations of time and space, because all phenomena in the objective world are restricted by these conditions. No form is eternal. Therefore, objectified love cannot be eternal.

Divine Love

(4) Divine love. — Unconditional love is divine love. Absolute love is divine love. Love that is free from all conditions of time, space and causality is divine love. Perfect love is divine. Divine love is eternal. It is not subject to any limitations. Divine love includes all. It excludes none. No matter

how imperfect the object of love may be, it has a place in divine love.

Love in its absolute perfection is divine love. It is called the love of the Divine Reality, God. In it there is no consciousness of distinction between righteous and unrighteous, ugly and beautiful. Bird, animal, plant, flower, man and all objects of the universe are accepted, spiritualized and included in divine love. Blessed is the man who has reached the state of divine love, for at this state man becomes God.

The religion of love, *Bhakti Yoga*, is the way following which we may unfold our love to the state of divine love. Animal passion is spiritualized and human affection transcended in the realization of divine love. Divine love is the goal of a devotee of *Bhakti Yoga*, a *Bhakta*. At some time each heart will be filled with divine love. Since man is Spirit and his heart is pure, the love that rules his heart must be divine. He cannot be satisfied in love until it is perfected in divine love.

But how shall he realize and manifest divine love? There are two things he must do. The first leads to the second. First of all, in *Bhakti Yoga*, we must unquestionably admit the existence of God and put our absolute trust in Him. There must be no argument, no intellectual analysis regarding the existence and perfection of God. We must accept the axiomatic fact that He exists and that He is perfect.

This should not be confused with arbitrary dogmatism. *Bhakti Yoga* does not want our blind acceptance of any transcendental truth. Its sole object is to inspire us first to attain direct realization, and then to discuss, if we so choose, the truth that is realized. This is a very wise method of training a novice. It is foolish and destructive to discuss a subject unless we are competent to do so. How can a child who has yet to learn the rudimentary principles of mathematics comprehend the laws and the reality of the astronomical universe? Many people think that they are competent to discuss God, regardless of their lack of realization. Mere book knowledge is not the necessary qualification to discuss God. For this reason such a great teacher as Buddha consistently refused to discuss God with those who came to him armed only with pedantic learning.

Man is not qualified to discuss God unless he has attained mastery over his senses, calmness of mind and at least some degree of realization of the Self. It is better not to discuss God with one who is not thus qualified. He will ridicule the truth about God because he is morally and spiritually unfit to understand higher truths. How can a selfish man ever conceive of the joy of unselfishness? How shall a man who is identified with his senses realize that which transcends sense-perception? First realize God, then discuss Him. Such discussion is constructive and beneficial.

The great blessing in *Bhakti Yoga* is the immediate realization of God. In it there is no waste of time. A *Bhakta* has not the time to inquire about God. God is good, merciful, kind, loving, omniscient, eternal, blissful. He is one with all. From the very start of his spiritual life, the *Bhakta* accepts God, and the glory of such faith is that he is immediately lifted into divine consciousness. He does not seek God; he sees God everywhere. He does not inquire about God; he realizes God's perfection. God is the supreme Deity. He is within us. He guides all our thoughts, actions, and feelings. Nothing ever happens without His knowledge and guidance. Believing in such an all-knowing, all-pervading and blissful God, the devotee resigns himself to and puts his absolute trust in Him.

Dedication to God

His whole life, with its every detail, is given to God. He has nothing to hold back from his Deity. His righteousness and unrighteousness, his success and failure, temptation and the power to overcome it, all are resigned to God. Whatever comes in his life is from God. His whole life is a dedication to God. In all actions he worships the Lord. He eats, plays, loves, meditates, prays, serves, and his every act is an offering to God. He takes good care of his body not because it is his body, but because it is the temple of God. In his life he reveals God.

To a devotee, every individual

is a medium through which he beholds God. His father, mother, friends, and all are such media. He receives his friend not with the thought that he is a human being, but with the realization that God has come to him as a friend. His attitude is the same towards all who come into his life. Whatever he perceives, he sees God in it. To him, a flower is not a flower, but the expression of divine beauty. The little veins on the leaves are not ordinary marks, they are the blessed names of the Lord written thereon. He listens to the song of the bird. To him it is not the bird that sings, but the Lord who sings to him songs of love and joy.

Thus, the whole life of the devotee and the universe around him are spiritualized in the twinkling of an eye. That state which the *Raja Yogi* realizes only by years of rigid practice, the *Jnana Yogi* after lives of discrimination, and the *Karma Yogi* after many reincarnations of service, the *Bhakta* may attain in an instant.

Overcoming All Evil

A devotee refrains from all unrighteous actions, not so much because he thereby seeks his own salvation, but because otherwise it will be contrary to the will, pleasure and nature of the Lord. He will not become angry, because the Lord is all-loving. He will not hate, because the Lord is all-merciful, understanding and kind. The sole object of a devotee in his righteous living is to refrain from all that does not harmonize with the divini-

ty of the Lord. This really is the easiest way to overcome our unrighteous habits and inclinations. It is a fact of everyday experience that we often find greater inspiration in being loving, kind, understanding and beautiful for the joy and happiness of our beloved. The devotee makes his inner life beautiful for the Lord.

The religion of love accepts all; it rejects none. A devotee loves all, God and God's creation. But, in his love for the created, he does not forget the Creator. This is the beauty and secret of the path of devotion. He remembers God always, and in everything. This constant remembering purifies the heart and awakens an intense love for God, a love that desires nothing but God.

This is the first and preparatory stage of *Bhakti*. In it we are dominated by the consciousness of duality. God is my ideal. I am his devotee. I am in God. God is in me. The thought of "I and my God" is uppermost in the mind of a devotee at this stage of the path of devotion. This is called the state of qualified love.

Then follows the second stage of unfoldment, the state of absolute love. In that state there is no consciousness of distinction between the devotee and his God. All is God. I am God. I am the omniscient Spirit, omnipresent Lord, all-blissful God. I am all. All is myself. I am in all. All exists in me. Here love knows no bounds. It is unconditional love in its absolute perfection. Here love, lover and

beloved are one. I am love, the lover and the beloved. This is the highest ideal attained through the religion of love; this is the goal of life of a *Bhakta*.

Having realized the absolute stage of love, we live on earth like a Buddha or a Christ. Our daily life is inspired by this realization: "I am the absolute love. I extend my love to include all. I have none to hate me, none to persecute me, none to kill me. All is in my omnipresent being. I receive all with whatever imperfections they have, and purify them by my power of love. I give joy to the sorrowful, peace to the sufferer, comfort to one who mourns. I offer love to all."

The religion of love is the simplest way to know God, to attain salvation or Self-realization. All can love. My limbs may be paralyzed. I may be unable to follow the path of work, but I have a heart to love. I may have no learning, I may not know the path of wisdom, but I have a soul to love. My health may not permit me to practice various meditation techniques, but I can realize my transcendental perfection in love.

Every man possesses love. I may be poor, but I have love to offer unto God, man and all. And what can be more precious than love! We all possess love. We can increase this imperishable wealth by sharing it with all beings, unconditionally. Love unfolds from within the realization of our oneness with God and with all creation.

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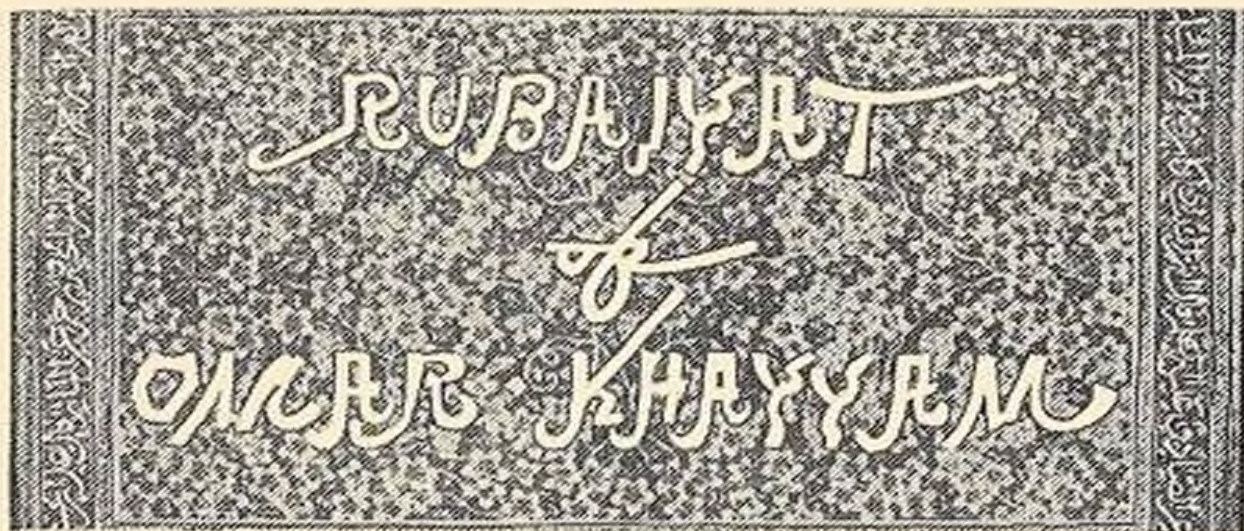
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RUBAIYAT OF OMAR KHAYYAM

Translated Into English Verse by Edward Fitzgerald

SPIRITUAL INTERPRETATION BY
PARAMHANSA YOGANANDA

LX

*And strange to tell, among that Earthen Lot
Some could articulate, while others not:
And suddenly one more impatient cried—
"Who is the Potter, pray, and who the Pot?"*

Spiritual Interpretation:

"It is mysterious to the ordinary mind why some people can translate human experiences and nature in terms of wisdom, while others live in relative ignorance. The wise know that all signs of intelligence or ignorance in human beings in infancy are due, not to the arbitrary decision of God, but to specific tendencies cultivated in former lives. When God has given free-will equally to all men, He can not be accused of starting some with mental deficiency and others with brilliant minds. The different qualities of brains and intelligence are created by the exercise of free-will in man. Each individual carries over his good or bad inner acquisitions of one life to another."

Now and then, due to the exercise of discriminative introspection, man cries out the impatient question: "Who is the Creator of this body and what is the mystery of existence?"

Applied to Daily Life:

This earth is a medley of the wise and the ignorant. Very few understand the meaning of the paradox of why some are born with deep intelligence and others cannot properly express themselves. There are a few rare souls who through introspection become awakened to pray and meditate eagerly, to explore the nature of the Creator of the body and its mysterious mechanism and purpose.

Glossary:

1. *Earthen Lot*—Countless individuals born on earth.
2. *Some could articulate*—Some people can speak with wisdom.
3. *Others not*—Others live in ignorant darkness.
4. *Suddenly one*—One roused by introspection and spiritual hunger.
5. *Who is the Potter*—Who is the Creator of human beings?
6. *Pot*—The bodily vessel.



Tactica Adversa

Blessed Are the Obstacles

By NICHOLAS ROERICH



Genghis Khan frequently resorted to feigned retreat in order to draw the enemy into pursuit, and thus the more easily to smite him in the rear with his reserve forces. Thus is it told. It is likewise said that the tireless conqueror sometimes set fire to the steppe behind his hordes in order thus to speed the movement of his army. Perhaps such tales of versatile military technique of the great warrior are true, but in any case they are plausible, because in his great campaigns Genghis Khan undoubtedly made use of the most diverse tactics unforeseen by his enemies.

Genghis Khan's Tactics

It is also said of him that, wishing to maintain a healthfully austere way of life, he ordered his high officials to tear their expensive silken garments on thorn bushes in order to demonstrate the inapplicability of such clothing. It is said

that he simulated indisposition from imported beverages in order to attract people to the local milk products.

In ancient history can be found many examples of the most unexpected counter tactics which produced most conclusive results.

In battle man cannot discriminate precisely when he is exposed to the utmost danger. During the impact itself it was impossible to examine which circumstance was most perilous or most beneficial. What blow saved one from a still greater blow? A stumbling horse by its fall protected one from an unexpected overthrow. A casual outcry caused one to turn around and thus avoid a deadly arrow.

Each traveller knows how clearly and beautifully a snow-covered peak shows at a distance, and how much it loses form during the severe and hazardous approaches to it. Like-

wise, in events it is difficult to make a proper estimate in close proximity to them. But counter tactics say reassuringly that where there is a pure fiery striving, there also all accompanying manifestations are shown to be systematic. But much refined consciousness must be applied in order to evaluate the unusual actions of counter tactics. True invincibility will always be concomitant with extreme resourcefulness. People cannot recognize the upward leading paths and, for their part, must apply all sensitiveness of resourcefulness and mobility.

Everything Has a Purpose

Each worker knows the value of mobility. When a worker is asked how he walks, he will reply that he does not know precisely how, but whither he knows steadfastly from the hour of setting out. In the same way no sort of "unexpectedness" of the path confuses the true doer of things. He has already assumed the premise that in everything which happens will be the element of utility.

He likewise knows that certain encountered actions must be brought to the opposite extreme, because only then is their meaning manifested and in the same way panaceas found. Each senseless attack thus acquires greater evidence of absurdity if it is helped to roll along to the limit. Then is unrolled the whole abominable absurdity and even a casual observer will apprehend its degree of hideousness.

So many times an experienced leader, having an opportunity to cut short a stream of absurdity, has held back his followers, saying: "Let it roll on." The wise leader calls up his hidden troops only after necessary measures have been carried out. What sort of a leader would he be if he summoned his secret reserves prematurely? The enemy would not yet be fully disclosed. The hostile forces still would not have attained their utmost intensity, yet his reserve troops would be fully engaged. Therefore counter tactics know, first of all, such practice of economy.

But the unexperienced watcher cries out; "Stop! This is senseless!" But the experienced worker counsels him: "It is not only foolish but also ugly. Wait a minute and you yourself will see this intolerable degree of ugliness and ignorance devour itself."

Overthrow of Darkness

So many times the best covenants speak about smiting darkness. This means the overthrow of darkness must come to pass and therefore counter tactics must be only a means of conflict but in no wise a permissible inaction. When people say: "Give a thief rope and he'll hang himself," in this is foreseen a whole series of actions. The thief must be discovered. The rope must be at hand, there must be enough of it and it must be given. While the thief must carry out an action, for he must hang himself with this rope.

History does not relate how Judas found his rope. It is thought that he found it in some special way, because his unheard-of evil-doing led him to self-destruction.

Only observe, and you will see how evil-doing defeats itself. I have already had occasion to write about many observed cases of diverse forms of overthrow of villainy. Actually in this multiformity of automatic retribution is contained the singular refinement of the laws.

Here we speak about justice, yet we know that around this concept cling the counter tactics, and by their often inexpressible reactions they help in the discovery of every step of evil.

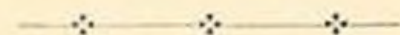
Underground Labors

For a structure a clean place is needed. Each builder is first of all concerned about the ground on which the foundation is to stand. He sees if there are any fissures of dangerous crevices. He avoids corroding moisture, and first of all he fills up any cracks.

After the erection of a structure, no one pictures to himself what deep underground labors have taken place for the solidity of walls and towers! Before beginning his upper structures, the builder directs his attention to all the deep-seated unexpectedness. If moisture should appear he will not suddenly abandon the sandy ground but will carefully observe what are the ultimate quantities of the moisture and where its source. We know how sometimes even urgent structures have been delayed while unexpected

underground conditions were put in order.

"Blessed are the obstacles; by them do we grow." He who said this knew all the dimensions of the obstacles, and by his experience could appraise them and apply them beneficially. Construction in goodness is tireless, prudent, attentive. What beauty is contained in this inexhaustible creation!—*The Scholar*.



THE CURTAIN OF LIFE

By Sharon O'Neil

When falls the curtain on the stage of earthly life,

And some actor is hid from our view;

We—weep for the form that is hidden,
He—laughs at the scene that is through.

Think not that an act is ended;
Another one will start;

He enters on a larger stage
To play a greater part.

Could we divide the curtain
And see with keener sight,
We'd know our God-Director
Guides the Play of Life aright.



MERCY OF GOD

"Whereupon then can I hope, or wherein ought I to trust, save in the great mercy of God alone, and in the hope alone of heavenly grace? For whether I have with me good men, or religious brethren and faithful friends; whether holy books or fair treatises, or sweet chanting and hymns, all these help but little, and have but little savor, when I am forsaken of grace, and left in mine own poverty."—*Thomas A. Kempis*.

Yours for the Asking . . .

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CANADIAN METAPHYSICAL ALLIANCE

264 Portage Ave., W.
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Spiritual Interpretation
OF THE
★ **BHAGAVAD GITA**

*The Secret of Inward Peace. The Devotee is Advised
How to Guide his Soul-Boat to the Haven of Peace.*

By **PARAMHANSA YOGANANDA**

Chapter 2, Stanza 66

Literal Translation:

To the disgruntled does not belong discrimination or meditation. To the unmeditative there is no tranquillity. To the peaceless how is happiness (possible)?

Poetical Rendition:

Anyone disunited to the divine soul does not display its deep-seated discrimination and is thus devoid of meditation and its magnificent peace. The unmeditative man thus cannot manage to receive that ineffable peace. And the peaceless person cannot possess happiness.

Spiritual Interpretation:

The individual who is attached to the senses is as a logical sequence disunited to the soul and is utterly incognisant of its superb qualities. The identification of the human mind with the senses produces restlessness. If one is not in light, he is in darkness; so anyone who is not concentrating upon the luminous beauties of the soul is identified with the dark delusion of the senses. Thus it follows that the man who has separated his mind from the soul cannot manifest its true discrimination.

Peace is a true quality of the soul. Thus anyone not in tune with the

soul has no peace. The peaceless person has no happiness. Peace denotes the absence of sorrow. Sadness is usually followed by mental indifference or the negative state of peace. When peace or a negative state of absence-of-sorrow is immediately preceded by deep sorrow then through contrast a mental tranquillity is experienced which the person calls peace.

Meaning of Peace

Peace ceases to be peace when it does not come after some miserable experiences. Hence peace is conditional to sadness. "I have long been peaceful," signifies, "I have long been without the excitement of troubles."

Continued peace which is not broken and checked by trials becomes insipid, meaningless and ceases to exist. The state of peace is the altar and foundation on which the mansion of happiness is built. Happiness is positive and tangible. In between the states of sorrow, indifference and happiness is the state of peace. Happiness is therefore impossible if peace, the ambassador of joy, is missing. Peace is the forerunner of happiness.

Therefore the *Gita* in the above stanza warns each carelessly living, materially minded individual not to be identified with the misery-producing restless senses. For anyone not in tune with the soul is without its true wisdom and peace and thus cannot remain concentrated upon it. An individual not concentrated upon the real fountain of soul-peace

within cannot bathe in its deep waters of happiness.

In order to be really happy one must be peaceful. In order to be tranquil, one must resort to the source of all peace in the soul. One who is in tune with the soul possesses all its qualities of peace, happiness and true unerring wisdom. A soul-tuned individual also displays self-control, morality, patience, super-soul attunement, divine devotion, and ecstasy.

A body-identified individual lacking meditation on the soul is restless, peaceless, joyless and without discrimination. He who is without peace is without happiness too. He who has no soul-contact is without peace, happiness and the guiding light of true wisdom.

Chapter 2, Stanza 67

Literal Translation:

As a boat on the water under a gale is carried away from its destined path, so an individual's discrimination is scattered away from its course by storms of the wandering senses.

Poetical Rendition:

As a boat plying on peaceful waters is suddenly struck by the fury of a gigantic gale and willy-nilly side-tracked from its course, so the raft of human discrimination, invaded by the sudden storm of the senses, deviates from its path to the shores of Spirit.

Spiritual Interpretation:

In the above stanza the *Gita* warns the soul-boat headed for the

shores of Spirit to beware of the obstructing deviating storms of the senses. If a soul-boat is navigated with discrimination and avoids the storms of the senses then it is sure to reach the shores of ultimate freedom.

A boat on calm seas during good weather is bound to have smooth sailing and to reach its destination without difficulty. But a boat venturing out during stormy weather may experience severe difficulty and even be sunk. So a soul who sails in the sea of life during the good weather of spiritual habits is bound to reach the shores of Infinite Bliss without difficulty.

Guide the Soul-Boat

But the devotee who tries to navigate the boat of his life through the stormy waters of an ungoverned mind may be diverted from his goal of Spirit or be lost for incarnations from reaching Its shores. A soul tossed by the storms of the senses may be lost for a while or a long time, but it can never be lost for-

ever, as it is immortal and made in the image of Spirit.

This does not mean that a soul who suffers from the storms of sensuality should not try to navigate towards the Spirit shores. It is to be remembered that a soul who aspires to smoothly sail towards Spirit should be free from the storms of sensuality.

But in case a sense-free individual sailing smoothly towards Spirit finds himself amidst storms of sense addictiveness through error or prenatal or post-natal subconscious bad habits, then by the Christ power of his soul he should command the storm of the senses to subside and thus quickly and safely reach the shores of Spirit.

In every way the spiritual aspirant should remember it is very difficult to navigate the boat of life to the divine shores amidst self-created storms of sense weakness rooted in this life or past lives.

In order to attain the pure joy of the soul, the spurious, delusive, temporary pleasures of the senses must be relinquished.



The Importance of the Mineral Salts

By

CARQUE NATURAL BRANDS RESEARCH FOUNDATION



Because Spirit or Life is the all-pervading and unlimited source from which all proceeds and to which all must return, many students of metaphysical, occult and kindred philosophies assume erroneously that there is only ONE END to the pole of being, and that end has everything, is everything and does everything. The spiritual element becomes active only to the extent that the human instrument through which it desires to act enables it to manifest that activity.

Masculine and Feminine

Power can be generated, the invisible brought into the objective, only because of the attraction of the more ponderable substances. They are of the nature of mothers or magnets. Just as the female attracts the male, so does matter

(*mater* or mother) attract Father Spirit, the masculine principle which gives the initial impetus to all creative processes. The feminine principle, however, always does the active creative work on all planes; it is analogous to the Universal Mother Nature, from whose womb all things are born. Spirit and matter, Father and Mother, positive and negative are the two ends of the pole of being. Comprising one and the same essence, they complement each other.

A seed thrown into the soil may grow and produce a plant, but this phenomena could not be achieved unless the seed was acted upon by the sun; the soil in like measure would be powerless to produce a seed, no matter how long the sun would shine on it. An adequate inbreathing of oxygen, the Life

Breath, (the male principle) depends upon a full quota of iron (the female principle) in the blood. Nothing from without, no breathing exercises, can induce the entrance into the body of the finer etheric forces of air in absence of the chemical pull or attraction of the iron mineral element. Electricity cannot be generated until there is breath or air, the medium of Spirit. Only in direct ratio to the presence of iron in the body is the intake of that finer force called oxygen possible.

Thousands of cattle living in the open air succumb to tuberculosis. This proves conclusively that oxygen must not only enter the lungs, but be absorbed into the system. This can be achieved only if the blood contains a sufficient number of red blood corpuscles; an adequate inbreathing of oxygen, however, depends upon a full quota of iron in the blood.

Indispensable Mineral Salts

That is why the natural diet is most successful when due attention is paid to a well-balanced supply of mineral salts in foods. The organic salts furnish little or no potential energy. They are none the less indispensable in the performance of all the physiological functions of the system, in the processes of digestion and assimilation, secretion and excretion, in the neutralization of poisons constantly arising from processes of oxidation in the cells, and in the purification of the blood from waste matter. Obviously foods must contain more than ele-

ments for the renewal of the tissues and the production of bodily heat and energy.

If the alkaline elements are not furnished in the right proportions, the living cells of the body are rapidly broken down in order to make up for this deficiency of our diet. Thus the mineral reserves of the organism are depleted, thereby lowering our powers of resistance. Sodium, calcium and iron especially are nature's real antitoxins, insuring as they do an ample supply of life-giving oxygen and the quick removal of such poisonous wastes as carbonic acid and uric acid from the system. They enter into the composition of every tissue, of all the digestive fluids, of the secretions of the various glands, thus keeping the proper balance between assimilation and elimination, and insuring at the same time the normal and healthy development of the organism. Blood enriched with alkaline salts makes the digestive juices stronger and more active; in this way more nutriment is abstracted from a certain quantity of food than when the blood is in an acid condition.

Despite the fact that the organic salts comprise but five per cent of the human organism, they are nevertheless most vital constituents, each element having some distinct physiological duty. They hold the key to nearly all the material manifestations of life. They are indispensable in the formation of cells and tissues, giving them firmness and form. They are also the conveyors of vital electricity and mag-

netism, constantly recharging the human dynamo. The life-giving oxygen is carried to all parts of the body through their medium. To enjoy perfect health and immunity from disease, our blood-stream must therefore contain all the necessary mineral elements in their wonderful combinations. For it is the blood that transports them to the different parts of the body, nourishing and cleansing the tissues and creating animal heat, magnetism and electricity.

Iron and Sodium

The late Otto Carque maintained that one of the principal causes of diabetes is a deficiency of iron and sodium in the blood. Thus the system is unable to take up sufficient oxygen to burn up the carbon in the starchy constituents of the food ingested. Carbohydrates, as we are well aware, produce heat and energy. Oxygen is essential, however, to burn starches and sugars. When insufficient iron and sodium prohibit an adequate supply of oxygen, an excessive accumulation of carbon dioxide takes place in the body, with symptoms of carbonic acid poisoning following in its wake. Sodium is one of the most powerful solvents, especially efficacious in the removal of carbonic acid. Yet it is one of the principal alkaline elements which is usually not available in sufficient quantity.

Sodium further serves to render more soluble the lime and magnesium salts in our food, and to keep them in a liquid state in the blood for perfect assimilation. Lime

and magnesia, if not kept fluidic by sodium, are soon deposited in various parts of the body, obstructing the capillaries; such obstructions are known to cause gall and bladder stones. Sodium, moreover, plays an important part in the formation of saliva, the pancreatic juice and bile.

Calcium stands for strength and durability of the animal organism. Without an adequate quota of lime, firm and healthy bones cannot be built. Even in the adult the body tissues must be renewed from time to time, as they are subject to change like all other tissues of the body. Blood vessels enter the bones. They supply them with the necessary material not only for growth but for tissue replenishment.

Calcium For Bones

Calcium, combined with magnesium, phosphorus and silicon, make up more than half of the bony structure of the body, and impart textile strength to all the tissues. An insufficiency of lime salts in our food and subsequently in our blood causes the gelatine of the bones to lose their chemical support and decomposition sets in. Tooth decay and teeth losing their hold are the inevitable result.

Magnesium salts can operate efficiently only when there is sufficient calcium present. Magnesium exists in the body principally as phosphate of magnesia in the bones, which contain about fifty per cent of phosphate of lime and one per cent of phosphate of magnesia. Yet

this comparatively small quantity gives the skeleton its firmness and prevents softening of the bony tissues.

Nerve substance embodies nearly the same amount of silica as does the albumen in the blood, this element forming the connecting link between blood and nerves, thus preserving their proper relations. The skin, and likewise the walls of all cells, contain a considerable amount of silica, which has been placed there by nature to prevent a too rapid radiation of the body's heat and electricity. Silicon gives the glossy finish to hair and nails. In vegetable foods silicon is combined with cellulose, and forms the skin of fruits and vegetables and the outer coats of cereals. In white flour, degerminated corn meal, polished rice, etc., this coat has been removed in the form of bran. In peeling fruit we also lose an appreciable amount of silicon.

Traces of fluorine are found in the bones and enamel of the teeth and exists in nature chiefly combined with calcium. The iris of the eye with its delicate structure also requires fluorine. A deficiency of this element in the lens or the iris is followed by ophthalmic derangements. An inadequate supply of this element is the principal cause of premature decay of the teeth, curvature of the spine and early weakening of the eye sight.

Sulphur For Resistance

Sulphur is a constituent of the hemoglobin of the blood, where it also serves as an oxidizing agent.

Sulphur enters into the composition of albumen, gelatin, etc., in all the tissues. It is one of those elements that make up the natural resisting power of the body, as the sulphuric acid salts have a cleansing and antiseptic influence in the alimentary canal. Sulphur must always keep the balance in the body. Many diseases of the nervous system are due chiefly to the unbalanced proportions in which the elements of sulphur and phosphorus are supplied in the usual foods. Normal blood plasma and blood serum have about equal quantities of phosphoric acid and sulphuric acid salts.

Chlorine has great germicidal properties. Dr. Victor G. Rocine in his book, *Chemical Diagnosis*, states that "for every ounce of potassium eliminated from the body, fifty-five to sixty ounces of sodium and chlorine are also eliminated." It is therefore comprehensible why a diet consisting mainly of vegetables and fruits calls for a greater proportion of these salts in the form of a nutritional adjunct, in order to prevent metabolic disturbances. Chlorine is especially deficient in fruits and vegetables. Such sea vegetation as Pacific Ocean Kelp (*Macrocystis Pyrifera*) and Sea Lettuce (*Dulse*) and many reliable salt substitutes abounding in assimilable sodium and chlorine should fortify the diet. Indeed inorganic sodium chloride is absorbable if triturated to homeopathic attenuation.

Chloride of potassium has been aptly called the spinning salt, for it spins the threads from which the

seamless garment of flesh is woven. Where chlorine is adequate, the muscles, tendons and ligaments are powerfully knit together, the fibrous tissues and cell structures being dense yet elastic.

Essential For Nerves

Phosphate of potassium is the mineral basis of all muscular tissues, giving them their characteristic pliancy; it also makes up the greater part of the mineral content of the seeds of plants. Potassium phosphate is also a predominant element in the red blood corpuscles and in the brain. It is definitely concerned in the generation of vital electricity and in the functions of the brain and nervous system. Phosphate of potassium is the essential and indispensable medium through which the higher intellectual forces manifest themselves.

UNIVERSAL LOVE

And let not men's sin dishearten thee; love a man even in his sin, for that love is the likeness of the divine love, and is the summit of love on earth. Love all God's creation, both the whole and every grain of sand. Love every leaf, every ray of light. Love the animals, love the plants, love each separate thing. If thou love each thing thou wilt perceive the mystery of God in all; and when once thou perceive this, thou wilt thenceforward grow every day to a fuller understanding of it: until thou come at last to love the whole world with a love that will then be all-embracing and universal.—*Dostoeffsky*.



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Meditations

DAILY MEDITATIONS FOR JANUARY, 1941

By Paramhansa Yogananda

WED., Jan. 1st. With the coming of the New Year, all the closed portals of limitations will be thrown open. I will move through them to vaster fields where my worthwhile dreams of life will be fulfilled.

THURS., Jan. 2nd. Heavenly Father, I will obey Thee in the temple of discipline. I will love Thee in the temple of devotion. I will worship Thee in the temple of my love.

FRI., Jan. 3rd. This day I will worship God as Beauty and Intelligence in the temple of nature. I will worship Him as Power in the temple of activity and as Peace in the temple of silence.

SAT., Jan. 4th. Today I will help someone establish a temple of devotion in his own soul in order that God may eternally dwell there as kindness and understanding.

SUN., Jan. 5th. Teach me to behold Thy face in the mirror of my stillness within.

MON., Jan. 6th. When my two eyes of good and evil become single, able to behold only the divine goodness of God in everything, then I shall find my body, mind, and soul filled with God's omnipresent light.

TUES., Jan. 7th. Behind the wave of my consciousness is the ocean of Cosmic Consciousness. Behind the ripple of my mind is the touch of God's vastness. I am protected by Divine Mind, which is just behind my consciousness.

WED., Jan. 8th. Today I will seek God's vitality in the sun, bathing my body directly in the sun to appreciate the life-giving, disease-destroying gift of the ultra violet rays from God.

THURS., Jan. 9th. Each day I will meditate deeper than yesterday. Each tomorrow I will meditate deeper than today. I will establish the joy of meditation in the temple of each thought.

FRI., Jan. 10th. I will seek my prosperity in making other people prosperous. I will increase my true happiness by showing others how to be happy.

SAT., Jan. 11th. The light of God's perfect health shines in all the dark nooks of my bodily illness. The All-Seeing Eye is behind my eyes; they are strong, for God sees through them. In all my body cells God's healing light is shining. They are entirely well, for His perfection is in them.

SUN., Jan. 12th. Today I will build a temple of wisdom in every friend I love. I will establish a temple of understanding in hatred-stricken souls. I will behold the perfect, healthy, all-wise, all-blissful image of God in my own life.

MON., Jan. 13th. Since all business, directly or indirectly, is connected with God's laws, I will bring His conscious Presence into my mind through meditation, in order to solve my God-given problems. I will use His wisdom-guided will to direct my habit-guided will.

TUES., Jan. 14th. I have been seeking God's love in the barren dryness of short-lived human likes and dislikes. Wandering through the desert of undependable human sympathy, at last I have found the inexhaustible oasis of God's sweetness.

WED., Jan. 15th. The door of my friendliness ever will be open equally for those who hate me as for those who love me. I will put the pole star of perpetual friendship in the mental firmament of my seeking brothers to bring them safely to their lost home of Peace within.

THURS., Jan. 16th. God neither punishes me nor rewards me, since He has given me the power to reward or punish myself by the use or misuse of my own reason and will. It is I who transgress the laws of health, prosperity or wisdom and punish myself accordingly with ill health, poverty or ignorance.

FRI., Jan. 17th. Peace flows through my heart and blows through me as a zephyr. It fills me like a fragrance. It runs through me like rays. Peace is the ambrosial wine of Spirit flowing from the cask of silence. Like a boundless aureole, peace encircles my body of Infinity.

SAT., Jan. 18th. God's light of goodness and His protective power are ever shining through me. I saw them not, because my eyes of wisdom were closed. Now His touch of peace opened my eyes to see His goodness and protection flowing through me.

SUN., Jan. 19th. There is no separation of Christ intelligence and my intelligence. Christ is the knower of all things to be known. I am a ray of Christ. I know everything, even as all knowledge exists in Christ Consciousness.

MON., Jan. 20th. O Divine Silent Laughter, be enthroned beneath the canopy of my countenance. Smile Thou through my soul. Let my soul smile through my heart, and let my heart smile through my eyes, that I may scatter Thy rich smiles in sad hearts everywhere.

TUES., Jan. 21st. Today I will worship God in deep silence, waiting to hear His answer through my increasing peace of meditation. I will build an universal temple of love within myself, without bars of color, caste, or creed, where all may offer the flowers of their understanding unto the one altar of wisdom.

WED., Jan. 22nd. Since God has supplied all my needs, I will use His counsel to desire and to do what He wills. Knowing Him, I will be satisfied. I will desire only what He wishes me to possess.

THURS., Jan. 23rd. Through meditation, I will stop the storm of breath, mental restlessness and sensory disturbances raging over the lake of my mind. In the rippleless waters of my mind, I will behold the undistorted reflection of my soul-moon glistening with the light of God's Presence.

FRI., Jan. 24th. Divine Broadcaster, tune me that I may hear Thy call. The voice of Thy wisdom is roaming through the ether of minds, searching for ecstasy-tuned hearts. Tune me with the fine touches of Thy perceptions, and thus grant me the privilege of hearing Thy magic song of ecstatic awakening.

SAT., Jan. 25th. Today I will seek prosperity, health and wisdom without measure, not from earthly sources, but from God's all-possessing, all-powerful, all-bountiful hands. I know that God is the power behind all wealth and all values. Finding God first, I shall find all good things through Him.

SUN., Jan. 26th. This day I determine to be happy. I will not wait for my circumstances to change, falsely thinking that there lies the trouble. I will try to be happy under all circumstances. I will not be bound by set rules. I will make up my mind to be happy within myself, right now, where I am today.

MON., Jan. 27th. As I worship God in the outer nature temple of dawn, noonday, gloaming and night, so will I worship Him in the morning of wakefulness, the noonday of activity, the gloaming of advanced age, and the night of death. From today I will broadcast my soul-call into the ether and God will respond through the receiver of my silence.

TUES., Jan. 28th. I will use the starry openings, the telescopes of sun and noon, the windows of open flowers and luminous human minds in which to behold God's omnipresent hiding place. I will break the limitations of restlessness and expand the power of my meditation until the universal Christ Consciousness is able to manifest through me.

WED., Jan. 29th. I will make a bonfire of all my desires, tossing them into the one great ever-increasing flame of desire to know God. He will take away the weight of indifference and forgetfulness from my mind and make me drink the nectar of His ever-blessed Presence.

THURS., Jan. 30th. Universal Christ Consciousness appeared in the vehicle of Jesus. Now through Self-realization and intuitively received interpretations of the scriptures, Christ Consciousness is coming a second time to manifest through my consciousness.

FRI., Jan. 31st. Through the transparency of my deepest meditation I will receive the light of the omnipresent Father passing through me. I will be a son of God, even as Jesus was, by receiving God fully through my sacred meditation-expanded consciousness. I will follow the Shepherd of faith, devotion and meditation, who will lead me through the star of inner wisdom to the Christ in all.

DAILY MEDITATIONS FOR FEBRUARY, 1941

By Paramhansa Yogananda

SAT., Feb. 1st. Through the portals of the New Year I will follow the straight path of Self-realization. Through the gateway of meditation, I will enter God's temple of peace everlasting. There I will worship Him at the altar of ever-new contentment. I will kindle the fire of happiness to illuminate His temple within.

SUN., Feb. 2nd. Beginning with the early dawn today, I will radiate joy to everyone I meet. I will be the mental sunshine for all who cross my path. I will burn the candles of smiles on the bosom of the joyless. Before the unfading light of my cheer, darkness will take flight.

MON., Feb. 3rd. God is the fountain of wisdom, the radiant inspiration flowing through all souls. He is the fragrance oozing from the incense-vase of all hearts. He is a garden of celestial blossoms and bright thought-flowers. He is the love which inspires our love-dreams.

TUES., Feb. 4th. Heavenly Father, I will fear no longer. Through many deaths and many incarnations Thou hast shown me that I still live and that I shall live forevermore. Through the portals of my silence I will behold Thee hiding behind the screen of my thoughts and perceptions. Command my soul to arise from the sepulcher of littleness into Thy vast omnipresence.

WED., Feb. 5th. Hunger of the body is strong and clamoring, but hunger of the soul is meek and hidden. I spied God through the telescope of human wisdom and got a vanishing glimpse of Him, but when I looked through the perfect instrument of His love, I saw Him in the nearest and in the farthest horizon of my consciousness, everywhere.

THURS., Feb. 6th. Today I will behold my love serving in all hearts. I am the servant ready to aid all needy minds with my simple advice, with my gifts, and with my humble wisdom gathered at the shrine of silence.

FRI., Feb. 7th. Heavenly Father, Thou art present in every atom, every cell, every corpuscle, in every particle of nerve, brain

and tissue. I am well, for Thou art in all my body parts. Thy eternal protection surrounds me, whether my soul moves through the corridors of life or death, disease or health, sorrow or happiness.

SAT., Feb. 8th. Like a silent, invisible river coursing beneath the soil, the vast dimensionless river of Spirit flows through the sands of time, through the sands of experience, through the sands of all souls, through the sands of all living atoms, and through the sands of all peace.

SUN., Feb. 9th. To please Thee, my love-perfumed tears will wash Thy feet of silence. The altar of my soul will be kept empty until Thou comest.

MON., Feb. 10th. I will take pride in being humble. I will feel honored when chastised for doing God's work. I will rejoice for the opportunity of giving love when hated. I will always hold the unfading torchlight of kindness in the hearts of those who misunderstand me.

TUES., Feb. 11th. The temple-bells of nature's harmony, the drum-beats of sea-roars, the myriad candles of minds, the chants of all churches, the devotion-flowers from the garden of souls, and the incense of love—all are assembled by me to worship Thee, O Invisible Idol of my soul.

WED., Feb. 12th. Heavenly Father, Thou art more vitally enjoyable than the combined vitality of all youth, for Thou art the Fountain of perpetual youth. To acquire Thee is greater than acquiring money, for Thou art true security throughout eternity, whereas money gives only a partial and temporary security. Thy Cosmic Bank of All Power never fails.

THURS., Feb. 13th. God is like a gentle breath of bliss breathing throughout the universe. I perceive Him shining through the bright twinkles of all luminosity and through the waves of Cosmic Consciousness. I behold Him as the light of solar inspiration holding the luminaries of my thoughts in the rhythm of balance.

FRI., Feb. 14th. My little searchlight of attention and my five senses ordinarily are focused on imperfect matter. When thrown back upon Spirit, they disclose the Infinite Perfect Light

forever dancing on God's fountain of bliss emanating eternally from omnipresence and Christ Consciousness.

SAT., Feb. 15th. I built a fire of devotion in the dark forest of delusion, but the fire only smoldered. Then God came and set fire to a few frailties. His fire quickly spread over the bushes of my prickly desires, over my tall vanities, and through the thick underbrush of my arrogances. The whole forest of my darkness is now blazing and I behold God's light everywhere.

SUN., Feb. 16th. In reality I am a son of God. I have been dreaming that I am a mortal man, but now I am awake. The dream that my soul is imprisoned in a bodily cage has vanished. My Heavenly Father is the King of the universe. I am the heir to all His kingdom of power, wealth and wisdom.

MON., Feb. 17th. God beholds through all eyes. He is working through all hands; He is walking through all feet. He is thinking through the minds of all. He is dreaming through all dreams and feeling through all feelings. The flowers of joy blooming in all heart-soils are His flowers. He is the wind of wisdom which dries the sighs and sorrows of all souls. He is the silent joy of life moving through all beings.

TUES., Feb. 18th. I will take all sorrows from the attic of memory and cast them into the fires of oblivion. Within my soul is the joy which my ego is seeking. I have suddenly become aware of the God-Bliss honeycombed in the hive of silence. I will break the hive of secret silence and drink the honey of unceasing blessedness.

WED., Feb. 19th. I will not take birth and death seriously. I know they are but changing scenes in the drama of my immortal soul. I demand my divine birthright because I intuitively realize that all wisdom and power already exist in my soul. I am constantly surrounded by the immortal currents of God's omnipresence.

THURS., Feb. 20th. I am riding in the armored car of God's protecting presence. I am soaring in the aerial ark of His wisdom. I am far above the guns of human ignorance. I am the mighty flood of peace which sweeps away all embankments of human worries. I am the avalanche of love which covers over all forests of hate. I am God's child.

FRI., Feb. 21st. Heavenly Father, resurrect my consciousness from beneath the sepulcher of ever-thirsty, mad, earth desires into the omnipresent, ever-abiding, ever-satisfying Christ Peace within me. Even as Jesus resurrected Himself, so bless me that I may resurrect myself from beneath the tomb of all bad habits into the freedom of Christ wisdom.

SAT., Feb. 22nd. I poured the bluebells of sadness and the red roses of joy on God's altar of smiles within me. All the blossoms breathed His immortal life and remained as unfading flowers to decorate His temple. In my basket of goodwill I hold blossoms saturated with God's blessings, and I am pouring them onto the altar-hearts of souls.

SUN., Feb. 23rd. Storms and gales of trials rock my boat of unceasing spiritual efforts. I am being tossed about, but I will keep casting my net of love until my Heavenly Father becomes entangled in it. Unable to escape again, He will surrender Himself to me. I know that sometime I will catch Him in the net of my devotion.

MON., Feb. 24th. With open physical eyes and with the eyes of my mind, I will behold Thee, my Living Idol of Nature-God. I will worship Thee with vocal or mental chants with a bouquet of devotion, activity and wisdom, with the language of love, heart-whispers, meditation and the silent cry of intuition.

TUES., Feb. 25th. After shedding bitter tears of separation, I know now that it is Thou, O God, who hast played hide-and-seek with me in many lives. Thou disguised Thyself as my parents and other loved ones that I might at last discover Thy love behind the screen of omnipresence. I punished myself with sorrow, want, fear, false ambition, worry, sickness and ignorance, seeking Thee in matter when I could have found Thee and Thy complete happiness within myself.

WED., Feb. 26th. I am the immortal child of God, living for a little while in this mortal body. I am here to behold the tragedies and the comedies of this changeable life with an attitude of unchangeable happiness. I am a child of immortality sent here to play the drama of birth and death, remembering always my deathless Self.

THURS., Feb. 27th. I will wash the altar of my heart with tears of repentance, so that Christ Consciousness and the love for all races and all creatures may be resurrected within me. I will lift up my soul from the tomb of reincarnations.

FRI., Feb. 28th. O, Infinite Spirit, today I will worship Thee as finite. O, Cosmic Silence, I shall hear Thy voice through the murmur of brooks, the song of nightingales, the sound of blown conch-shells, the beat of oceans and the hum of vibrations. In the cosmic temple of my mind I will worship Thee, my Idol of Finitude. In reverence I will behold Thy face, glowing with vital power in the sun, and bestowing soothing moonbeam-glances to dispel my gloom.

DAILY MEDITATIONS FOR MARCH, 1941

From "The Imitation of Christ" by Thomas A. Kempis

SAT., March 1st. If you withdraw yourself from superfluous conversations and inquisitive restlessness, as also from hearkening to news and rumors, you will find that you have sufficient and fitting time for making good meditations.

SUN., March 2nd. The greatest saints—whenever they were able to do so—shunned human companionship, and preferred to live in secret with God.

MON., March 3rd. No one can with safety appear in public unless he himself feels that he would willingly remain in retirement.

TUES., March 4th. No one can with safety speak who would not rather be silent.

WED., March 5th. No one can with safety command who has not already learnt to obey.

THURS., March 6th. No one can with safety rejoice unless he has the testimony of a good conscience.

FRI., March 7th. Never promise yourself security in this life, although you may be a good religious person or a devout hermit.

SAT., March 8th. O, what great peace and repose would he possess, who would banish every vain anxiety, and think only upon profitable and divine subjects, and place his whole trust in God.

SUN., March 9th. If you want to feel compunction, enter into your closet, and shut out the tumult of the world, as it is written,—“Commune with your own heart, and in your chamber, and be still.”

MON., March 10th. If you keep up the habit of retiring for prayer, you will find it sweet; but if it is irregularly done, a distaste for it will be the result.

TUES., March 11th. If in the commencement of your spiritual life you form the habit of retirement well, and keep it, afterwards it will become to you a dear friend and a most refreshing solace.

WED., March 12th. In silence and quiet the devout soul advances and learns the hidden things of scriptures.

THURS., March 13th. Do not make it a matter of moment, who may be for you or against you; but let it be your business and care, that God be with you in all you do.

FRI., March 14th. Keep a good conscience, and God will well defend you.

SAT., March 15th. The perversity of man cannot injure those whom God wills to befriend.

SUN., March 16th. If you can suffer and be silent, you will doubtless experience the help of the Lord.

MON., March 17th. The consciousness that others know our faults and reprove us is often very helpful in preserving greater lowliness of spirit.

TUES., March 18th. God protects the humble and delivers him; He loves the humble and comforts him; He inclines His ear to the humble; He bestows great grace upon the humble, and after his humiliation He raises him to glory.

WED., March 19th. Love is a great thing, in every way a great good; it alone can make the heavy burden light, and bears with evenness all inequalities. For it bears a burden without a sense of its weight, and makes every bitter thing sweet and pleasant.

THURS., March 20th. Love wills to be free and detached from all worldly affection, that its inner sight may not be over-

clouded; that it may not be entangled by any temporal interest, nor overthrown by any loss.

FRI., March 21st. Nothing is sweeter than love, nothing stronger, nothing higher, nothing broader, nothing more pleasant, nothing better either in heaven or earth, because love is born of God; and rising above all created things, can find its rest in Him alone.

SAT., March 22nd. One who loves, flies, runs, rejoices, and is free and unrestrained.

SUN., March 23rd. Love gives all for all, and has all in all, for it rests in Him Who is Sovereign and above all, and from Whom every good flows and proceeds.

MON., March 24th. Love looks not at the gift, but has its eye upon the Giver more than upon all goods.

TUES., March 25th. Love often knows no limits, but is fervent beyond all bounds.

WED., March 26th. Love feels no burden, never thinks things tasks, willingly attempts what is above its strength, never argues that things are impossible; because all things seem to it possible and lawful to be undertaken.

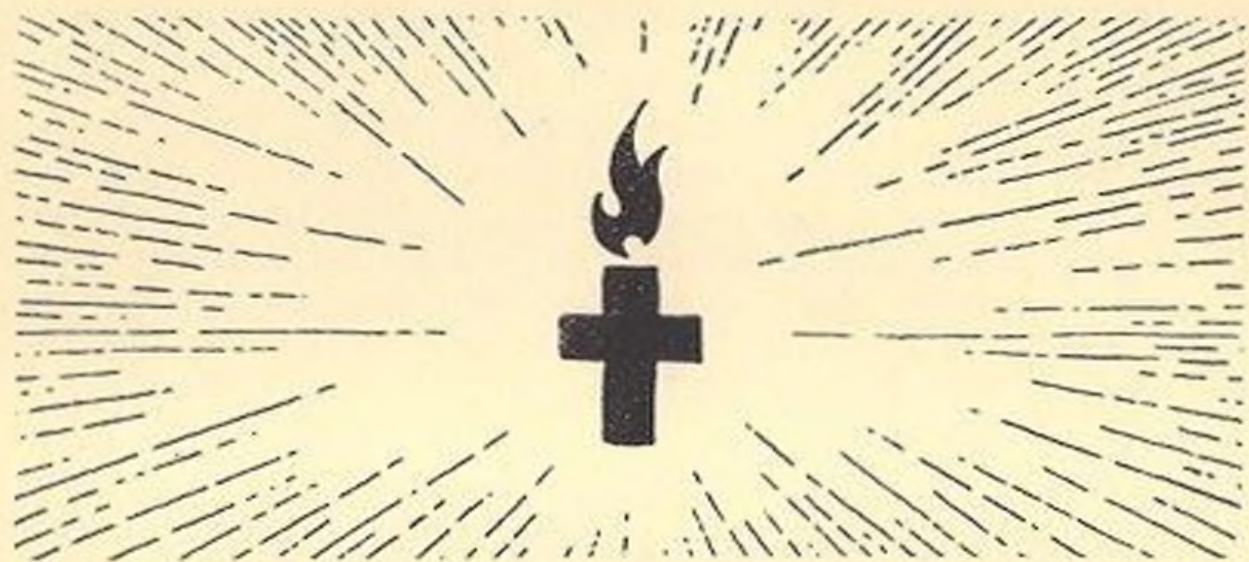
THURS., March 27th. Love watches, and slumbering does not sleep; if weary, it wearies not; if restrained, it is not straitened; if fearful, it is not dismayed; but as a living flame and glowing torch it bursts upward and safely keeps its onward course.

FRI., March 28th. Let me sing the song of love, let me follow Thee my Beloved on high, let my soul exhaust itself in Thy praise, being jubilant through love.

SAT., March 29th. Let me love Thee more than myself, and love myself only for Thee, and all others in Thee according to the law of love, which shines out from Thy example.

SUN., March 30th. Love is swift, sincere, tender, pleasant and sweet, courageous, patient, faithful, wise, long-suffering, noble, and never self-seeking, for whenever anyone seeks his own advantage, he then falls from love.

MON., March 31st. Love is circumspect, humble, and upright; not yielding to softness, levity, or vanity; love is sober, steady, chaste, quiet, and keeps a guard over all the senses.



Second Coming of Christ

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

*"I Am the Good Shepherd; The Good Shepherd
Giveth His Life for the Sheep."*

By **PARAMHANSA YOGANANDA**

(Continued From Last Issue)

He answered and said, Who is he, Lord, that I might believe on him? And Jesus said unto him, Thou hast both seen him, and it is he that talketh with thee. And he said, Lord, I believe. And he worshipped him.—John 9: 36-38.

"Thou hast seen the body in which is encased the Christ Consciousness. It is the Christ Consciousness, the Son of God, who is behind the speech of the man called Jesus."

In the above words, the natural humbleness of Jesus is manifest.

Jesus never spoke of his ego as the Christ, but referred to his own reflection of God as the Christ Consciousness.

And Jesus said, For judgment I am come into this world, that they which see not might see; and that they which see might be made blind.—John 9: 39.

"I am the Christ Consciousness present in the cosmos to give it judgment and guide it intelligently. Also, the same Christ Consciousness is manifest in my body that I may give discriminating wisdom to

those who, spiritually ignorant, yet confess their ignorance that they see not and try their utmost to see the truth. The wisdom manifest in my life will help to awaken those who think they know truth but are actually ignorant. By my wisdom the humble, spiritually blind aspirant will see truth, and the light of my wisdom will reveal the blindness of worldly-wise, spiritually ignorant people who think they see truth and do not."

Spiritually Blind

And some of the Pharisees which were with him heard these words, and said unto him, Are we blind also? Jesus said unto them, If ye were blind, ye should have no sin: but now ye say, We see; therefore your sin remaineth.—John 9: 40-41.

"If you acknowledged your spiritually blind mentalities, then you would have no sin, but would be helped by me to be free from all ignorance; but as you say in your ignorance: 'We see,' while you do not know the truth, therefore the sin of ignorance abides with you."

In the above words, Jesus points out that those who acknowledge their spiritual blindness and try to heal themselves with the help of a proper Guru-preceptor are on the road to freedom from sin. But those who think they have spiritual vision and do not have it will find themselves entangled in the net of sin or ignorance.

Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some

other way, the same is a thief and a robber. But he that entereth in by the door is the shepherd of the sheep. To him the porter openeth; and the sheep hear his voice; and he calleth his own sheep by name, and leadeth them out. And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice. And a stranger will they not follow, but will flee from him; for they know not the voice of strangers. This parable spake Jesus unto them; but they understood not what things they were which he spake unto them.—John 10: 1-6.

"With the assurance of the intuitive truth which I feel within me, I declare unto you that any so-called spiritual teacher who has not taken his consciousness through the door of Cosmic Consciousness, but by pretension, false personality, animal magnetism, assumed spirituality and insincere oratory seeks to guard the sheepfold of sincere truth-seekers is a metaphysical thief who by false representations steals the devotion of seekers.

Devotion is for God

"Any false spiritual teacher who by pretense diverts the devotion of his devotees to himself is a robber and a thief. The true Guru-Preceptor relays all the devotion of his disciples to God. The false teacher revels in the adoration of his blind followers and therefore is a psychological thief. But the spiritual teacher who has attained Christ Consciousness is the true

Guru-Shepherd or guide of the obedient, truth-seeking, meek, lamblike followers.

"To a true Guru-Preceptor, the Heavenly Porter opens the door to all divine secrecies. The true devotees who are in tune with the Guru-Preceptor's voice or vibrations and are consciously drawn to him are successful in following his leadership until they reach the heaven of Cosmic Consciousness. When the spiritual teacher leads the consciousness of his devotees toward God in meditation he himself goes ahead of them towards Cosmic Consciousness through deep ecstasy.

"All the sincere devotees, meditating with their ecstasy-tuned advanced Guru-Preceptor, gradually learn to follow his consciousness to the abode of Cosmic Consciousness. The devotees, being in tune with their advanced Guru-Preceptor, intuitively feel his voice or vibrations and try to follow him and be like him. True devotees will not follow a stranger or a teacher not recognized by God. True devotees will avoid and are not in tune with self-elected, so-called spiritual teachers."

In the above words Jesus speaks of "the door"; he signifies that every spiritual teacher must enter the door of Christ Consciousness before he can be a spiritual shepherd leading his devotees to God. By "climbeth up some other way," Jesus signifies that many so-called spiritual teachers attract the attention of devotees by a false, material way of oratory, animal magnetism, and so forth.

When Jesus says, "He that entereth in by the door is the shepherd of the sheep", he signifies that only those teachers that have attained Christ Consciousness or Cosmic Consciousness can be the true spiritual shepherd or Guru-Preceptor able to guide devotees into the kingdom of God. When Jesus says, "A stranger will they not follow," he signifies that God sends to true seekers a spiritual teacher or Guru ordained by Him. It has been said before when a soul seeks God very deeply, He sends him a Guru-Preceptor through whose voice and intelligence God teaches the devotee.

Sign of True Teacher

In the above words, Jesus specially signifies that it is God who brings true spiritual teachers and true devotees together in contradistinction to self-elected lecturers gathering a host of followers by animal magnetism, oratory, and other unspiritual means. Jesus said before: "None can come unto me unless the heavenly Father draweth him." Therefore, it is evident according to Jesus that true devotees never follow popular self-elected spiritual teachers. When a so-called spiritual teacher draws a large following by personal magnetism and not by Self-realization he is spiritually blind himself, leading other spiritually blind seekers into the ditch of ignorance.

Then said Jesus unto them again, Verily, verily, I say unto you, I am the door of the sheep. All that

ever came before me are thieves and robbers: but the sheep did not hear them. I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture. The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

I am the good shepherd: the good shepherd giveth his life for the sheep. But he that is an hireling, and not the shepherd, whose own the sheep are not, seeth the wolf coming, and leaveth the sheep, and fleeth; and the wolf catcheth them, and scattereth the sheep. The hireling fleeth, because he is an hireling, and careth not for the sheep. I am the good shepherd, and know my sheep, and am known of mine. As the Father knoweth me, even so know I the Father: and I lay down my life for the sheep.

And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd. Therefore doth my Father love me, because I lay down my life, that I might take it again. No man taketh it from me, but I lay it down myself. I have power to lay it down, and I have power to take it again. This command have I received of my Father.—John 10: 7-18.

"With my divine intuitions I declare unto you, the Christ Consciousness in me as in other great liberated souls is the only door

through which all devotees can enter into Cosmic Consciousness. All so-called spiritual teachers who try to exalt and put forth their consciousness before or ahead of Christ Consciousness are metaphysical thieves and robbers who steal the devotion of devotees for themselves and not for God.

Christ Consciousness is "Door"

"All great teachers who realize that the Christ Consciousness in me is the only door to God, are real; but all those so-called spiritual teachers who came before me—that is, presented their consciousness and personality to their devotees ahead of the Christ Consciousness—are metaphysical thieves and robbers. Those teachers who exalted their ego consciousness and not the Christ Consciousness in them could not get my sheep or the true devotees to listen to them.

"The Christ Consciousness in me and all liberated souls is the only door through which all true devotees will enter into Cosmic Consciousness. If any devotee by meditation realizes the Christ Consciousness present in me and him, he will be saved from the misery of reincarnations and will have the privilege of consciously going into Cosmic Consciousness or of being born in the world again to help mankind; he will find the pasture of eternal happiness.

"So-called spiritual teachers who are metaphysical thieves come into the world not to know God or to give His consciousness to others but just to steal the devotion of truth-

seekers for themselves. Such false spiritual teachers destroy their own wisdom and the wisdom of their followers.

"The Christ Consciousness has appeared in my body, called Jesus, that true souls may find eternal life and its abundant wisdom and freedom. The Christ Consciousness in me is the shepherd of all true seekers and is the receptacle of all goodness, able to guide all deeply meditating devotees to Cosmic Consciousness. The shepherd or true spiritual teacher transmits his eternal life to his obedient humble devotees and is ready to sacrifice anything necessary for them.

"Any so-called spiritual teacher who is not a real spiritual shepherd does not know how to tune the consciousness of his devotees with the unperceived Christ Consciousness within him. All false teachers are helpless and fly away when they find their devotees attacked by the wolf of ignorance and of material and spiritual difficulties. All blind followers of ignorant spiritual teachers are caught by the wolf of ignorance and are scattered in the sphere of rebirths. The hired minister who holds the clerical position only for his living goes about preaching from one place to another as a matter of routine, not caring what happens to the souls of his followers.

Devotees of Other Lives

"The Christ Consciousness in me is a real shepherd who recognizes true spiritual seekers as distinct from curiosity seekers, and the true seek-

ers recognize the Spirit in me. Cosmic Consciousness knows the Christ Consciousness in me and the Christ Consciousness in me knows the Cosmic Consciousness; the Christ Consciousness in me surrenders the eternal life in it for all true devotees.

"There are other devotees of other incarnations whom I know from the past but who do not belong to the fold or group of disciples of this life. Them also I must bring through my voice or Cosmic Vibration to the Heavenly Father or Cosmic Consciousness. All true devotees belong to the one fold of truth and they shall have one shepherd of Christ Consciousness in me.

"The Heavenly Father loves me because I serve true devotees with eternal life through the body called Jesus and also after that body will be taken away from the earth. No human being can destroy the eternal life in my Christ Consciousness or destroy the life in my body except that I am voluntarily surrendering it for the service of all. The Heavenly Father has given me the power to surrender the life in the body called Jesus and also materialize the life in it after it is once gone from it. I received this commandment and power from my Heavenly Father."

There are some very important things to be clearly understood in the above sayings of Jesus. When Jesus says: "All that ever came before me are thieves and robbers; but the sheep did not hear them,"

he does not mean that Abraham, Moses, Elijah, Buddha, John the Baptist and great Masters who came before him were all thieves and robbers, but he meant that all false teachers who tried to exalt their human consciousness by eclipsing the Christ Consciousness in them were thieves or false prophets who stole the devotion of devotees for themselves.

By the words "all that ever came before me," Jesus signifies all ignorant teachers who put forth their personality before the people and keep their Christ Consciousness hidden. It is a shame that so many orthodox followers of Churchianity misunderstand the above words of Jesus and think he meant that all Masters who came before Jesus on earth were thieves and robbers.

Other Great Teachers Came Before Jesus

Buddha was a great Master born in India and had many liberated disciples in the 5th century B. C. Also Elijah, who came long before Jesus, was a great prophet and had true followers, including Elisha who was Jesus in a former incarnation. Therefore, Jesus could never have meant that all prophets and seers who came before him were metaphysical thieves who stole the devotion of true seekers for themselves.

When Jesus says, "I am the door," he does not speak of his physical personality but of the eternal Christ Consciousness within himself. When Jesus speaks of hirelings, he speaks of a type of

professional minister who is more interested in the collections from his followers than their real emancipation by meditation. Such a hireling is never interested about the real emancipation of the souls of his followers.

Jesus, in order to differentiate himself from false teachers, declared that, being empowered by God and through his Self-realization, he was able not only to take care of souls during their earth life but in their after-death state. That is why he says: "Other sheep I have which are not of this fold." "This fold" refers to the disciples who lived in the time of Jesus.

When Jesus says: "I have power to lay it down, and I have power to take it again," he signifies that through the commandment of God and his own Self-realization, he had the power to get his body crucified on the cross and to resurrect it again at will.

There was a division therefore again among the Jews for these sayings. And many of them said, He hath a devil, and is mad; why hear ye him? Others said, These are not the words of him that hath a devil. Can a devil open the eyes of the blind?

And it was at Jerusalem the feast of the dedication, and it was winter. And Jesus walked in the temple in Solomon's porch. Then came the Jews round about him, and said unto him, How long dost thou make us to doubt? If thou be the Christ, tell us plainly. Jesus answered them, I told you, and

ye believed not: the works that I do in my Father's name, they bear witness of me. But ye believe not, because ye are not of my sheep, as I said unto you. My sheep hear my voice, and I know them, and they follow me.

And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. My Father, which gave them me, is greater than all; and no man is able to pluck them out of my Father's hand. I and my Father are one.—John 10: 19-30.

"I told you who I am and you believed me not. The miraculous works of healing bodies and souls which I have performed in the name of my Heavenly Father bear testimony to the Christ Consciousness in me. But you do not believe in me because you are not devoted and awakened like my disciples. My disciples, by meditation, hear the Cosmic Vibration and feel the Christ Consciousness within them. The Christ Consciousness in me is in tune with my true devotees who strictly follow me.

"They Shall Never Perish"

"When my devotees fully contact the Christ Consciousness in me, they will never experience death but will recognize the eternal life within them. Those devotees will never feel themselves to be dead like the ordinary human souls. Neither shall any man, nor any material desire, be able to pluck them away from my Christ Consciousness when they are once established

there. All true devotees once fixed in Christ Consciousness by continuous deep meditation and ecstasy never have to reincarnate unwillingly again.

"My Father, the Cosmic Consciousness, who emanated the Christ Consciousness in me as felt by all deep devotees, is greater than all things. Once the devotees reach the domain of Cosmic Consciousness, they cannot be compelled to reincarnate on earth through the power of any possible material desires of past incarnations. The Christ Consciousness present in my body and in all vibratory creation is one with and the reflection of Cosmic Consciousness present beyond all creation, just as the moon reflected in a lake is the same moon which shines in the sky."

When Jesus said, "Ye are not of my sheep," he meant that the Jews who doubted him were not worthy to receive divine grace and be redeemed through Jesus. Jesus again and again emphasizes that no one can find God unless he is a true seeker and is permitted by God to meet a real Guru-Preceptor. When Jesus says, "Neither shall any man pluck them out of my hand," he signifies that neither any man nor material desire shall be able to take the true devotees away from his hand or the Christ Consciousness in him.



In thine hand is power and might, and in thine hand it is to give strength unto all.—*I Chron. 29:12.*

JOY OF OTHERS

"O Mother Divine, teach me to love others and to serve others. Teach me to be true to my word, even as I want others to be true to me. Teach me to love others as I wish them to love me. Teach me, O Mother, to make others happy—to make others smile. Teach me, O Mother, to find my happiness in the joy of others."

—Paramhansa Yogananda.

He giveth power to the faint;
and to them that have no might he
increaseth strength.—Is. 40:29.

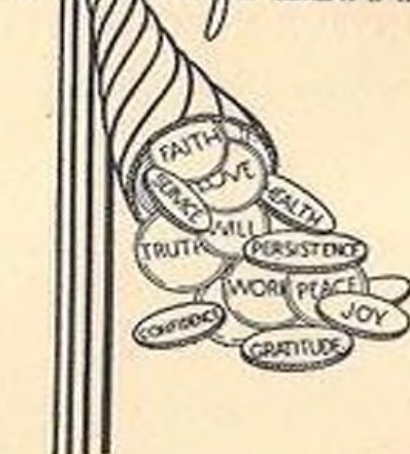
Wait on the Lord; be of good
courage, and he shall strengthen
thy heart.—Ps. 27:14.

INTEGRAL

By Sharon O'Neil

Softly
The wind is blowing,
Quickly
The hours pass,
Quiet
My pulse is beating
To rhythm
Of the grass.
Slowly
The clouds are sailing,
Peaceful
The mountains stand,
Joyful,
My soul's uniting
With souls
Of every land.
Triumphant
The birds are singing,
Renewed
Life leaps from the clod,
My love
Bursts bonds of the body
Uniting itself
With God.

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SCIENTIFIC DIGEST

HEART IS POWERHOUSE OF NEGATIVE ELECTRICITY

A discovery that the heart is a powerhouse of negative electricity was reported at a recent meeting of the American Association for the Advancement of Science.

The discovery was interpreted by its authors as a new explanation of the workings of metabolism, which is the energy production of living tissues.

The discovery was reported jointly by Dr. George Crile, surgeon; Dr. Otto Glasser, physicist, and Daniel P. Quiring, anatomist, of Cleveland.

They measured the electrical charge of the red corpuscles of the blood. This charge, they said, is a negative electrical potential, averaging in animals 4/1000ths of a volt. Their experiments showed that the red corpuscles take on the charge as a result of the heart-beat.

Voltage Doubled

They doubled the voltage to 8/1000ths merely by speeding up the heart-beat with adrenalin. By many other means, some mechanical, they slowed or speeded the heart. Always there was a rise or fall of electrical potential of the red cells with the heart rate.

Dr. Crile said this explains for the first time why all the body is electrically negative, while the

brain and nervous system are electrically positive. The negatively charged red corpuscles, 3,000,000,000,000 in number, travel through 62,000 miles of capillaries and in so doing transfer some of their negative charge to the tissues.

The brain and nerve tissues meanwhile remain positive because they take up oxygen at a more rapid rate than any other body tissues.

The result, said Dr. Crile, is a difference of potential, or electrical tension, between the brain and nerves on one side and the tissues on the other.

Speeding the heart, as in work, raises the potential so that the system can almost instantly do more work. The potential drops with illness and fatigue, and disappears with death.—A. P.

BRAIN RHYTHMS

Dr. Foster Kennedy, professor of neurology at Cornell Medical College, in a recent interview outlined his researches on the brain structure of man, which shows alternating fields of force not unlike the radio waves vibrating in space. He said:

"Just as human beings go to sleep and then wake again, the thing called civilization has ebb and flow tides. The notion of cyclic

process in life is not new. But we now understand, as never before, that energy in all forms manifests itself in rhythms.

"As a neurologist and psychiatrist, I have repeatedly observed patients who are blind and then begin to see. The change has occurred even in the short time that they visit the doctor.

"To say that the blindness was not real, just hysterical and fanciful, is meaningless. It is real enough. Only it is not due to eye trouble.

"We know that the hypothalamus, in the lower part of the brain, contains the mechanisms of the emotional reactions, having to do with laughter, weeping, defense, aggression, suspicion, fear, anger, sex. But even neurologists have not sufficiently emphasized the rhythmic character of the processes.

"Damage in the structures of the hypothalamus region, interference with or change in its rhythms, produce profound alterations in personality. Not only manic-depressive insanity, but lying, stealing, arson, temper tantrums, are associated with hypothalamic injuries.

"Such instances are important in consideration of body-mind relationship. The neurologist, thus, contributes towards understanding of the rise and fall of civilization itself."

PLANT ACTIVITY

Drs. D. R. Hoagland and D. I. Arnon of the University of Cali-

fornia recently were awarded the \$1000 prize for the outstanding paper presented before the annual meeting of the American Association for the Advancement of Science.

The two scientists, reporting experiments on nutrient solutions of plants, found that considerable energy was used by roots in the absorption of solutions from the soil and that roots actually breathe in assimilating material from the soil.

Absorption, they said, "is not a passive process of diffusion, as formerly thought, but is a vital biochemical function to which the root performs work."

This discovery, they contend, may prove to be of great importance in agricultural studies.—A. P.

EYE SENSITIVITY

The human eye is the most sensitive thing in nature.

Single molecules of matter in the eye react like a photographic emulsion when light falls upon them and change the light into chemicals which affect the optic nerve and then the brain, three physicians said recently in a new interpretation of how people see a newspaper page, flowers of the fields and faces of their friends.

Dr. Selig Hecht and Dr. Simon Shlaer of Columbia University and Dr. Maurice H. Pirenne of the Belgian American Educational Foundation told members of the American Association for the Advancement of Science at the closing session of the annual meeting that

the human eye is so sensitive and so accurate that it can pick up the flash of light of 1/10,000,000,000 of an erg. The erg is a measurement of energy—the amount necessary to lift 1/30,000 of an ounce a distance of 1/1000 of an inch.—*A. P.*

GEOMETRIC PATTERN OF BIO-CHEMICAL RELATIONSHIPS

A "quantum theory of life," designed to do for the protein molecule, the chemical unit of living matter, what the quantum theory in physics does toward solving the puzzle of atomic structure, is being developed by Dr. Dorothy Wrinch, a Rockefeller fellow and Johns Hopkins University faculty member.

Discussing her procedure recently at a meeting of the American Philosophical Society, Dr. Wrinch presented a model of the building blocks of living things in the form of a hollow cage, a truncated tetrahedron in shape.

The metal model, two four-sided pyramids base to base, was stamped with holes showing the fundamental hexagonal ring structure of proteins. The patterns, running over the surface of the cage, comprised many of these six-sided rings, all interconnected.

Dr. Wrinch took diagrams of the structures of related chemical and biological substances and fitted them into the "template" of living matter; that is, the geometric surface pattern of the atoms in her ultimate life unit. These included the sterols, from which bile acids

can be built up; hormones, vitamins, cancer-causing substances and heart-stimulating drugs.

Offering an explanation of how viruses reproduce, she said that a protein unit gave birth to another by having a second layer form on its surface in exactly the same pattern, with the first splitting and flattening.

Although protein cages are "hollow" they are filled with substances the nature of which, it was stated, might determine differences between proteins which are similar in their molecular structure. — *New York Times.*

NEW TESTING MACHINE

Industrial research workers are displaying a new hydraulic monster powerful enough to flatten a locomotive boiler, yet so gentle it can crack a watch crystal without harming the works.

This behemoth of science is called the Templin precision metal working machine and is hailed by research workers of the Aluminum Company of America as the world's most powerful testing device.

It is capable of exerting a force of 3,000,000 pounds in compression (pushing) and 1,000,000 pounds in tension (pulling), yet it is so delicately balanced it will record the pressure required to crack an egg.

Dr. Francis C. Frary, director of the Aluminum Company's research laboratories at near-by New Kensington, explained the instrument was designed to "extend the study

of methods of improving aluminum products into fields inaccessible with previous available testing mechanism."

The three-story monster stands more than forty feet high and sixteen feet wide. Put through its paces recently for groups of army and navy officials, industrialists and scientists, it ripped apart a riveted metal joint as easily as a child tears paper.—*A. P.*

BIGGER TREES

Colchicine, which relieves the pains of gout and makes single flowers grow double, has been used by Dr. H. Nilsson-Ehle, Swedish scientist, to increase the size of trees. He sprays the chemical on young plants to influence the chromosomes, which carry the genes that make plants and human beings what they are. Swedish aspens and larches have thus been trebled in size.

Bigger trees mean more wood and cellulose for industry. The Germans are going about this business in a more cumbersome way. At the Kaiser Wilhelm Institute ultraviolet and X-rays are being used, with the reported result that in two years poplars are ready to be cut.—*N. Y. Times.*

—❖—❖—❖—
If you pursue good with labor, the labor passes away, but the good remains; if you pursue evil with pleasure, the pleasure passes away, but the evil remains.—*Cicero.*

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Questions and Answers

By Paramhansa Yogananda

What Are Hallucinations?

Question: "Why do hallucinations appear to be real?"—J. K.

Answer: When you think of a horse or a house, you do not actually see it. However, when the thought is condensed, then you see it in dreams in the subconscious or unconscious state. When you strongly concentrate upon something in your wakeful hours, then you can see the object of your thought with closed eyes first, then with open eyes. When you can concentrate upon any object and see it either with closed eyes or open eyes, it shows that you have developed in your concentration.

On the other hand, if you begin to see a thing with closed eyes or open eyes in the wakeful hours without wanting to see it, that is called a "hallucination" and should be strictly avoided.

However, if you find you can see a saint when you are thinking of him, with closed eyes first, by increase of further concentration you will be able to see him with open eyes as a figure is seen in moving pictures; that is, you will see him without the manifestation of flesh.

If your concentration becomes supremely strong and you are one with God, then you can see all the great saints who have gone before you, materialized in flesh in front of you, and you can touch them with your hands. This is the supreme, ultimate state of concentration.

Do not confuse hallucinations with visions. The important difference is that hallucinations have no rational meaning, but visions have great significance.

Is Life Real?

Question: "Is this life real or only a dream?"—R. B.

Answer: The more you think that this life is real, the greater will be your punishment. You are only here for a little while and you must realize that you are a divine traveler. You must not tie yourself down with limitations but must remember the vastness of Spirit. Attachment to the physical body causes a host of sufferings. The only reality that your body has is as a memory of a fragile body dream.

The change of life and death is nothing but a series of motion pic-

tures. No matter what your circumstances may be, remember that you are only playing a part. Instead of trying to satisfy all your various desires, try to please God, always remembering that you are made in His image. God wants us to consider this world only as a drama, in order that we may enjoy His consciousness, even as in His creation He enjoys His infinite happiness.

*Get Away from the Dance of Death
and Delusion*

Since God has given us power and consciousness, He expects that we will see this life as a picture only. When eyes grow weak, when the body grows weak, when disease comes—that is the time to remember that you are infinite. When you are a baby, you are one picture; when you are an adult, you are another picture, and when you are old, you are still another picture. Death is one more picture.

Do not love one thing more than another because things will change. That is why the saints say: "Don't become attached." You must enjoy things without becoming attached to them. Enjoy the vast play of life but do not take it too seriously. God is joy and He created you in joy.

We are thrust into this nightmare of delusion for a little while. We must awaken to escape the torture of nightmares and dreams of life. We must be fully awake in God, knowing that all things are dreams of Spirit. This picture of life will soon be ended and then

another picture will come. God expects that in this dance of delusion in the picture house of the cosmos we will behave as He is behaving. He is watching all these things but He is not affected by them. That is why He created us, so that we also may watch this world as a dance of life eternal.

We must try to contact God in this life. After attaining human existence and intelligence and free choice, we must use them to find God. All of this earthly existence like shadows will flee away. God has given us reason and free choice, but as soon as we misuse them, we run away from Him. As God is in the universe watching the changes without being changed, so He wants us to find immortality. He wants to see how many will recognize the immortality within us.

Study Self-Realization teachings in order to discover truth. You can only know about an orange after tasting it. You cannot know what it is really like by listening to a talk about it. So it is with truth. By knowing God through deep and frequent meditation you will lose all your fears and troubles. India's Masters specialized in this immortal knowledge.

Can Faith Save Us?

Question: "Can faith alone save us?"—K. M.

Answer: The Christian Bible says: "Faith without works is dead."

Faith, or the intuitive experience of all truth, is present in the soul. It gives birth to human hopes and

the desire to achieve, but it also hides behind the wall of ignorance. Many people know almost nothing about the intuitive faith that is latent in the soul, which is the secret spring of all our hopes.

Meaning of "Faith and Belief"

The words "belief" and "faith" have different meanings. Belief is when you imagine the reality of something without knowing it to be certain, but with the expectation that sometime you will know. For instance, you may say: "I believe in the existence of an Almighty Power and I expect that some day I shall know for certain." Of course, "blind" faith is dangerous because then you have a false expectation that God will come to you without your making any effort to find Him.

Faith is good only so long as it gives you the desire to *realize* what you are *believing*. Faith is good so long as it is an incentive to work out what you want to accomplish. Unless you work for what you believe in, you will not get it. Your faith must be tested to prove its value. Blind faith will not bring results. You must use the methods that bring results. India's great Masters knew the methods. They have said in the *Bhagavad Gita* (Hindu Bible) that Yoga is greater than the path of devotion. Yoga is the scientific method of uniting Soul and Spirit. You must learn the laws of concentration and meditation and use the methods again and again; then you will get results.

Blind faith, or faith without

works, will choke your reason. Do not say: "Tomorrow I will meditate longer. Tomorrow I will do this and that." You will suddenly find that a year has passed by without your having done anything. Instead say: "This can wait and that can wait, but my search for God cannot wait."

What Does it Mean to be "Saved?"

You ask if faith alone can save you. What is the meaning of "saved"? Why do we have to be saved? We are all the children of God. We are made in the image of God, or Spirit. The nature of Spirit is omnipresence, omniscience. Salvation means freedom from the limitations that are imposed upon your soul by your body. Salvation can only come through your own efforts. Delusion possesses you as soon as you are in the wakeful state. "Saving" means to destroy that delusion which you have during the state of wakefulness.

If you want to be saved, you must make an effort continuously to give first importance to God. Do not think that someone else can give you salvation. All the great saints have told us that we shall have to work to contact God. Keep one thought in your mind—GOD; then pray often and earnestly and see what happens to you; pray unceasingly. If you follow the law, and have devotion, you cannot fail.

The greatest defeat is when you limit yourself. At such a time you must be saved from your limitations. You will have to be saved from the consciousness that this

world is real and your body is real, and all things that are happening to you are real. But you cannot do this through blind faith; constant reasoning is necessary.

I used to want salvation for myself alone, but my Master in India once said to me: "You selfish thing, you want to eat the cheese of Eternity all by yourself, whereas you should acquire it for the purpose of giving some of it to others. Final happiness lies in sharing your happiness with others."

You Must Realize Your Divinity Within

Blind belief in God will not get you anywhere, but God will take care of you through reason if you adopt the measures and activities that will give you salvation. If you shut yourself up in a room and say, "God will make me rich," you will find that He will not do it. No, you will have to work in order to obtain wealth or anything else.

Work systematically, scientifically and steadily. You will have to use divine and human laws. Faith is good if you exercise it as a spur to drive you to the path so that you use greater effort.

You can never find God if you camouflage your reason. Blind faith is camouflaging your reason. You may believe you are prosperous, but that does not make you so. God has given you the power to take care of yourself, and when you do not use your reason in the right way, you are bound to suffer. There is a difference between imagination, knowledge and realization.

You are not the controller of the destiny of the world. Do not worry uselessly about the terrible things that are happening. You must realize that God never forsakes the righteous and He loves all equally well, and through His love we shall see a new world. He who has given life will again rehabilitate the world in a better way. You must help the world by your constructive thoughts.

Probably you have failed to realize your divinity within. Why do you think that your body is aged or diseased? Every time your body deludes you, close your eyes and see that the body exists no longer for you. You are consciousness. You are vastness. All these laws have to be realized. Just believing will not suffice.

God can be attained if you are very sincere and persistent and if you can convince Him that you want Him more than anything else in the world. Just as the breeze can be felt, although it is invisible, so the joy of God is tangibly present within your mind and around your body. Feel His presence. Taste the Divine in reality and you will never enjoy anything more than that. It is sufficient to overcome all your useless desires. The fulfillment of all worth while desires is the attainment of the Divine.

Will God Answer Us?

Question: "Why did God create us?"—L. U.

Answer: God answers every question of the heart. Truth is never

afraid of questions. God is truth, understanding, life and wisdom. Ignorance has always paid its toll. As we go on in the path of life, we wonder about the mystery of our existence. We are so free and yet so limited. Was our intelligence given only that we should torture ourselves with unanswered questions, or was this intelligence given us in order to find some answer to the question about life and why we were created?

Great Advance of Science

Compare modern science with the little knowledge of twenty centuries ago. You will find that intelligence has been constantly victorious over the mysteries of nature. Twenty centuries ago the mystery of atoms and electricity and airplanes and radio was not known. This should encourage us to find the meaning of life.

Why did God desire to create us? We did not create ourselves. We did not create this body with its sensations of sight, smell, taste, touch and hearing. God will answer all questions if we listen carefully during deep meditation. God did not create us in order to torture us. Everything in this life has a meaning. That true meaning can be found only by seeking the Creator and learning from Him.

In the beginning, God was One—perfect and indivisible, joy itself. Then why did He create us? The answer is: He wanted to differentiate Himself into many.

When God created us, He created the law of relativity. He created the subject, the object, and the action. We become engrossed in these three things and forget the beam of electric vibration from which these three things are made.

Life becomes terrible if we see it as real, when it is nothing but a play of forces. God made us in His image, and expected us to realize that this life is not real. There really are no disease, death, sorrow—nothing but a dance of electric current. It is just as foolish to cry about life's happenings as it is to cry in the movies about something sad which you see. When you realize that it is only a picture you see, there is no sorrow. You must not take this life too seriously.

All "object" creation must go back to the "subject." That is why evolution and involution mean the same thing. There is nothing but different rates of vibration, different rates of vibrating thoughts. Nothing can be perceived without thought. Everything is thought—the subject, the object, and the action are the same thing, the result of thoughts.

What Is a Long Time?

By understanding the process from the objective creation to the subjective creation, you can know God, if you sit and meditate deeply to follow His scientific ways. You may say it takes a long time. What is a long time? You have to live anyway. Why not spend your time finding the way out of this earthly dilemma?

God expects us to behave like immortals. That is why He created us. Although we are His responsibility, still He made us partially responsible by giving us the freedom to forsake Him or accept Him—to follow the ways of wisdom or to follow the ways of ignorance. Suffering is impossible when we follow wisdom. The great saints have shown that in their lives.

Love encompasses the whole universe. The almighty sphere of love is dissolving everything. It keeps all things vibrating through the strings of attraction. That love is of the Spirit, or God, and we are made in His image. We are the cosmic sphere of love. As we feel that our body contains millions of cells, so we must feel our love in every living atom, every living creature.

Forgiving Adultery?

Question: "Why did Christ forgive the woman taken in adultery?"
—S. P.

Answer: "Neither do I condemn thee; go and sin no more." In these words Jesus points out that it is good to hate sin, but not to hate the sinner.

A crime is a transgression against society. Sin is transgression against one's own spiritual happiness or the God-bliss of the soul found in meditation. Adultery is considered a social crime as well as a sin against divine happiness. The sex force governed by wisdom can be used for the creation of a child on the physical plane, or for the creation

of great thoughts on the mental plane, or for the development of the spiritual powers of self-control by absorption of sex force in the brain by divine meditation during the period of the appearance of sex consciousness in the body.

Anyone who practices physical culture exercises with deep concentration during a time of sex urge transmutes the sex energy into muscular energy. Those people who ignorantly concentrate on sex pleasure, not knowing how to transmute the sex energy for constructive purposes, only devitalize their body of energy, their mind of happiness and their soul of divine bliss and wisdom.

Adultery is committed when two people of opposite sexes indulge in coition just for the purpose of sex pleasure devoid of love or the above-mentioned good motives. The habit of adultery leads to the ultimate destruction of physical, mental and spiritual happiness. Adultery is a sin against the true happiness of the soul. Adultery can also be committed in married life without love. Such marriages devoid of love lead to marital troubles, separation and bitterness.

Adulterous actions oft repeated blunt the wisdom and develop into tenacious habits, compelling their victims to lose energy and happiness against their will. When adulterous habits are conquered by repentance, by self-control, will power, good company and meditation, these habits must not be

stimulated anew by fresh sex activities.

By "Go and sin no more," Jesus meant that when old sex habits are starved out by self-control or burned out by deep meditation and accumulation of life force in the brain, they should not be resurrected by fresh adulterous activities. Adulterous habits also lead to many complications, marital disruptions, social disharmony and loss of physical, mental and spiritual energy. In proper marriage adulterous sex desires vanish, giving birth to spiritual love and divine unity of two beings. Adultery in married or unmarried life creates uncontrollable sexual appetite and habits. In love marriages sex thoughts change into thoughts of divine love. In adulterous marriages sex instincts develop into formidable, insatiable habits which completely destroy the happiness of the soul.

"Go and Sin No More"

Sin consists of wrong actions which devastate the happiness of the soul. Sex sins destroy soul happiness. Jesus understood human nature and its sex transgressions. He realized that social or religious persecution could not stamp out sex

habits deep-rooted in the brain and the mind, but could be overcome by a repentant individual who understood the evil effects of those habits on himself and adopted the proper measures of meditation and self-knowledge to eliminate them. Once this repentant individual becomes free from the octopus-grip of sex habits by meditation and the help of a proper guru-preceptor he should not revive them and their attendant miseries by sowing fresh seeds of sex thoughts on the tender soil of his mind.

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Green Salad

Ingredients.—Lettuce, watercress, tomato, celery, cabbage.

Method.—Prepare and carefully wash and dry ingredients. Place lettuce in circle in individual dishes, grate or finely chop cabbage, cut tomato in slices with saw-edged stainless knife, slice celery, garnish with watercress. Add oil or dressing and two dessertspoonfuls of milled nuts, and serve. Eat with wholemeal bread-and-butter and cream cheese, or with potatoes in jackets.

Banana Sweet

Slice banana (one for each person). Add soaked raisins, or dates cut up finely. Place in individual dishes, sprinkle over with honey and milled nuts, add to each a few blobs thick cream and one teaspoonful maple syrup, and serve.

Parsnip Patties (6 Portions)

1 egg; butter and nut butter creamed
2 cups mashed cooked parsnips
Cupful bread crumbs or cereal

Salt with salt substitute the mashed parsnips and mold into patties; roll in bread crumbs or cereal; dip in beaten egg and roll again in

crumbs or cereal. Place in a buttered dish, put a small bit of butter or creamed nut butter on top of each patty and bake until brown.

Mock Salmon Salad

1 bunch red radishes
1 bunch celery
Lettuce
8 medium-sized carrots
1 cup nut meats
Mayonnaise or olive oil

Grate raw carrots, chop celery and radishes fine; break nuts into pieces, mix all together and moisten with oil or mayonnaise. Use a generous portion on a bed of lettuce for each salad. If desired, prunes stuffed with nuts may be used as garnish, particularly if salad is to be used as a luncheon dish and not combined with starch.

Bean Broth

(Suggestion for Invalid)

A thick jelly soup may be made by boiling haricots, butter beans or kidney beans until they are quite tender and breaking up; then strain them out and boil the liquor again with preferred seasonings (salt substitutes or dried powdered vegetables suggested) down to any consistency required. Add a few leaves of herbs.

White Salad

1/2 cup white grapes; 1/2 cup pineapple, 1/2 cup diced pears, 6 red cherries in season, 1/2 cup pitted white cherries in season, if available (otherwise substitute diced apples); 1/2 cup diced marshmallows made with raw or remineralized cane sugar (Yellow Crystal); 1/2 cup chopped blanched almond nut meats; lettuce; almond butter creamed.

Mix the fruit and nuts together and pile on lettuce leaves. Top each pile with creamed almond butter dressing with a red cherry in center.

Luncheon Salad

1 cup cold nut meat loaf (cut into cubes); 1/2 cup celery (cut fine); lettuce; 1/2 cup cucumbers (cut into cubes); 1 cup peas (fresh or canned); 1 teaspoon minced onion, mayonnaise or any desired salad dressing. Season to taste.

Mix with mayonnaise or dressing or simply oil and serve cold on lettuce leaves. Garnish with bits of tomato and diced cooked beets.

Baked Stuffed Green Peppers

6 green peppers, remove tops and all seeds from centers; 2 cups bread crumbs or cereal; 2 tablespoons butter or nut butter; 1 onion chopped fine; stalk of celery chopped fine; 1 egg. Mix all but peppers together with enough milk, soy milk or nut butter thinned to make a soft filling and stuff the peppers. Bake 20 minutes and serve with white sauce.

Mrs. Carque's Health Salad

Mix equal parts of spinach, celery and cabbage together. Blend well with French Dressing, adding powdered sea lettuce to taste. Make a wreath of chicory on outer edge. Garnish in some attractive design or strips any preferred nut butter dressing or mayonnaise, with radish roses here and there.

Whole Wheat Pudding

1 cup cooked whole wheat, 2 cups milk or soy milk, 1 cup seedless raisins which have been previously soaked in enough water to cover them for two hours; 3 egg yolks, 2 tablespoons butter or nut margarine, 1/2 teaspoon cinnamon.

Mix all together and put in a well-buttered dish; bake until firm (about 40 minutes) in a slow oven.

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Letters from S.R.F. Students

"I want to tell you what an inspiration my visit to Encinitas was last summer. It is such a happy, harmonious and joyous community. I want to thank you with all my heart for everything that you did to help me. This has been such a good year in every way, with good health and increased strength, and real joy in my music again. This comes back to me like a new gift. I have discovered that the tensing exercises, described in the *Weekly Praeceptum*, increase both mental energy and will power. I am getting good results. The *Praeceptum* comes to me each week like my very best friend. I thank you again for everything."—M. S., Pennsylvania.

"Dear Friends: I should say *dearest friends*, for where does one find friends dearer than those we contact in Self-Realization Fellowship? Please allow me to share the bounty I have received daily through your help and direction. May our blessed Paramhansa Yogananda and all of you receive every good gift daily from the throne of God, who is ever our Leader and our Comforter in these sad days for the people of the world. May my small gift help to disseminate further the truth, in order that more souls may find this beautiful fountain of all good. May this blessed message encircle the globe."—M. R., Illinois.

"It is impossible for me to enumerate the many blessings that S.R.F. has bestowed upon me. The

flashes of bliss and light that I receive leave me in such a state of happiness that I am not disturbed by the everyday experiences of environment and other matters."—M. H. G., Louisiana.

"I have been greatly helped by the lessons in the *Weekly Praeceptum*, especially in acquiring calm nerves. It is now much easier for me to concentrate, and to meditate on God is real happiness. I am also becoming less selfish. It is all so wonderful and yet so easy. People with whom I come in contact wonder at the change in me, but they do not seem to understand. I am waiting for the opportunity to tell them where to gain this knowledge. My improvement speaks for itself and it is only beginning. I am glad every minute that I have the opportunity to receive the *Weekly Praeceptum*, and am very thankful to God that I have come to realize His presence."—E. D., Washington.

"I have just received my first copy of *Inner Culture Magazine*. I did not stop reading until I had read every word it contains. I am convinced by this issue of the magazine that the *Praecepta Instructions* which you offer will certainly be very valuable to me also; therefore I am enclosing herewith my application for membership. I believe I have truly discovered why I am here and I truly want to fulfill my mission, which is to teach and help others to find the true light

which will set them free from bondage."—C. B. R., *Illinois*.

"Please accept my thanks for all the valuable knowledge that I have received through your most enlightening *Weekly Praeceptum*. I also wish to let you know how much good I have received from *Inner Culture Magazine*. I hope that all of you are in the best of health and enjoying the same feeling of satisfaction that I have since I have gained this beautiful outlook on life. Peace and joy to all!"—W. S., *Illinois*.

"I cannot express in words the ever-present hunger for the 'water of life.' It has been growing and increasing for many years, until I realized that the thirst must be satisfied if my life was to fulfill its destiny in this incarnation. Words cannot express how grateful I am to Self-Realization Fellowship for guiding me in the right path. In all my years of searching, the Fellowship has given me more spiritual light than I received from all other sources."—W. C. C., *California*.

"I have been greatly benefited by the teachings of Paramhansa Yogananda. I have been able to carry on without any hindrance. I attribute this to his teachings and spiritual guidance, which he has given me from time to time. Kindly tell him that I am very grateful to him for his guidance, instruction and protection, and give him, if you please, my most sincere, heartfelt love, and tell him that I am his most humble servant, willing to

serve him in whatever he may desire or suggest. God bless you all."—Mr. J. A. D., *Washington, D. C.*

"When I joined Self-Realization Fellowship, I was a very sick woman, and thought I wanted to die, but now I am feeling so well I am just beginning to live, and never think of wanting to die now. I am eating uncooked vegetables, which I thought I never could eat, but now I like them. I have reduced in flesh a whole lot. I could scarcely walk with overweight at the time I joined the Fellowship, but now I can walk all I want. People remark how well I look."—A. S., *New York*.

"I wish to especially praise the Monthly Messages from our Guru, Paramhansa Yogananda. They have been of great help to me. The *Praecepta* have been telling us these things, but the particular way in which they are presented in the Monthly Messages is very inspiring to me."—J. T. C., *Colorado*.

"I am studying the *Praecepta* and I want to say that the Apologues have a captivating style. Aside from the useful truth conveyed, I think they are written with the simple charm of the 'Arabian Nights'."—B. W., *Pennsylvania*.

"The last *Praeceptum* was just splendid for me. It came at a time when I just needed the advice contained in Paramhansa's Monthly Message. I appreciate so much these golden nuggets that come to a weary soul at a time when one does not know which way to turn."—A. S. C., *New York*.

"I have never before written to let you know how I bless you for taking me as one of your students. I have found that life has a different meaning to me since I have studied the *Praecepta*."—C. D. Z., Washington, D. C.

"I want to express my appreciation to Paramhansa Yogananda for his most helpful and interesting lectures. When I attend services at Golden Lotus Temple of all Religions in Encinitas, I am usually so overcome with appreciation that words fail me. I am very grateful to Paramhansa Yogananda, as he has started me on a new line of constructive thought."—H. S. G., California.

"Last summer I met Paramhansa Yogananda. When I heard him speak, I knew he had the answer to my questions. I am now following his teaching, and also receive *Inner Culture Magazine*. I am very, very thankful that I found this teaching because it represents God's work. I know I am on the way to contact God for myself because I am learning how to concentrate and meditate upon God. In your teaching there is a definite technique that leads one to Christ Consciousness: 'My Father and I are One'."—C. A. E., California.

"I am interested in Paramhansa Yogananda's teaching because I believe there is more truth in the techniques of the Hindu Masters than in any other teaching."—M. E. M., Iowa.

"Enclosed please find the savings from my S.R.F. Horn of Plenty Bank, to be used as a love offering. Send me another Bank, please, as it does give me joy and pleasure to be able to reciprocate in my humble way for the great good I have received. Since the last time I wrote you God's blessings have been abundantly showered upon me. All my apartments are contracted for. Thank you for your prayers. Isn't it wonderful to feel God's nearness and protection?"—E.S.J., Calif.

"Since beginning the use of Horn of Plenty Bank I have received an increase in salary, something I had not expected. It has helped me in dealing with those with whom I come in contact from day to day. Lately I somehow seem to feel the presence of saints and also of Jesus the Christ near me, and I believe that they are helping me. I am indeed grateful."—A. T. P., Tex.

"I am enclosing money that I saved in the Horn of Plenty Bank to be used as a free will offering to spread the message that is being taught by your Organization. While I cannot report any outstanding demonstration of financial improvement, still I have gotten most of the things I need in one way or another. I know that I am much better able to turn away from worry, and I realize my oneness with the Father to a greater extent. I am deeply grateful for your prayers and know that they have helped me."—M. J. D., D. C.

NEWS OF THE CENTERS

MIAMI NEWS

Mrs. Olga Lade, leader of the S.R.F. Center in Miami, Florida for the last three years, was initiated as Sister Kripa (Sister of Mercy) in an impressive sacred ceremony on October 7, 1940.

Yogacharya Sri Khagen will conduct S.R.F. lectures and classes in Miami during the months of January and February.

Mrs. Lucille Andre of Miami visited the Mt. Washington S.R.F. Center in Los Angeles and Encinitas during the year-end holidays.

LOS ANGELES NEWS

The annual inspiring Christmas all-day meditation service on December 24th was conducted by Paramhansa Yogananda at the Mt. Washington Headquarters in Los Angeles. Many Center leaders, including Dr. and Mrs. M. W. Lewis of Boston, Mrs. Mary Paul of Salt Lake City, Mrs. E. C. Fredricks of Gardena, and Mrs. Helen Briggs of Santa Barbara, California, were present for the solemn and joyous occasion.

Paramhansa Yogananda extends his sincere thanks and blessings to the hundreds of S.R.F. students who sent him their Christmas greetings. Although time does not permit him to thank each student personally by mail, he takes this occasion to express his appreciation of all

the loving messages which reached him during the recent holidays.

The Mt. Washington Headquarters expresses its deep thanks to the S.R.F. Centers in Boston, Chicago, Cincinnati, St. Paul, Kansas City, Miami, Duluth, Salt Lake City and Gardena for their welcome and generous gifts to the Christmas Linen Shower for the Los Angeles Center.

Paramhansa Will Speak Sundays in Los Angeles

Paramhansa Yogananda announces that in 1941 he will speak two Sunday mornings of each month at the Golden Lotus Temple of All Religions at Encinitas, and two Sunday mornings at the Mt. Washington Headquarters in Los Angeles. The public is welcome. His first Sunday service in Los Angeles will be held on Jan. 19th at 11 a.m.

Mrs. Lois Patterson Downs conducts a Beginner's Study Class in *Praecepta* lessons each Tuesday at 7 p.m. at the Mt. Washington Center.

THE POWER OF MIND

All phenomena are preceded by mind, founded on mind, made of mind. If a man ever speaks and acts with a pure mind, then happiness follows him like his never departing shadow.—*The Buddha*.

HEALING SERVICE
AVAILABLE TO ALL



Divine Prayer vibrations are sent out daily by Paramhansa Yogananda and a group of trained divine healers. Praecepta students, readers of *INNER CULTURE*, and friends of the Self-Realization Fellowship who desire help in solving problems of health, finance, or adjustment of personal and domestic relations may avail themselves of this help by writing or telegraphing to Self-Realization Fellowship, Personal Problems Department, 3880 San Rafael Avenue, Los Angeles, California, stating their name and address and the nature of their difficulties.

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 *Paramhansaji*. *Ji* is a term of respect in India and is always used when addressing a spiritual teacher, as Guruji, Yoganandaji, Mahatmajji, Swamiji, etc.)

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

Members and Friends Welcome
at Golden Lotus Hotel in Encinitas,
and at S.R.F. Headquarters
on Mt. Washington in
Los Angeles

S.R.F. members and their friends are invited to visit the Golden Lotus Hotel at Encinitas, near San Diego, close to the beautiful S.R.F. Hermitage and Golden Lotus Temple where Paramhansa Yogananda speaks two Sundays each month. The hotel has newly renovated attractive rooms, and offers delightful meals at the Cosmopolitan Cafe in the hotel. The climate is ideal, and the nearby ocean beach offers bathing and quiet secluded spots for meditation and relaxation.

The impressive S.R.F. Headquarters on top of Mt. Washington, only twenty minutes from the heart of Los Angeles, offers a few charming rooms, with vegetarian meals, to guests who seek an unusual spiritual environment in which to rest, study and meditate.

The rates by day, week or month at the Golden Lotus Hotel in Encinitas, or Mt. Washington Center in Los Angeles, are very reasonable. Those wishing to make reservations will please write to Miss Orpha L. Sahly, 3880 San Rafael Avenue, Los Angeles, California, phone CApitol 0212.

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), Mount Washington Center, 3880 San Rafael Avenue. Phone: CApitol 0212. Founded by Paramhansa Yogananda in 1925.

Free Public Lecture by Paramhansa Yogananda two Sundays in each month at 11 a.m. Take northbound "W" car, get off at Avenue 41, where autos will be waiting to take you up the hill to the Center.

Praecepta lesson class for beginners each Tuesday at 7 p.m., conducted by Mrs. F. F. Downs.

Room and board are available by the month, week or day at this Center.

Encinitas, Calif.

GOLDEN LOTUS TEMPLE OF ALL RELIGIONS, (100 miles south of Los Angeles). Phone: Encinitas 4341. Sunday services at 11 a.m., conducted by Paramhansa Yogananda and eminent speakers. All welcome.

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

GOLDEN LOTUS HOTEL, adjoining the Temple and Hermitage grounds. Daily, weekly and monthly accommodations with or without meals.

COSMOPOLITAN CAFE. Exceptional Health Meals. East Indian recipes and American dishes.

*Santa Barbara, Calif.

Meetings each Thursday at 8 p.m. at 29 E. de la Guerra St. Meditation on Sundays at 7:30 p.m. Associate Teacher, Mrs. Lloyd Briggs, 1740 Prospect Ave. Phone 27984.

*Gardena, Calif.

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

*Fresno, Calif.

Conducting Teacher, Dr. George H. Sciaroni; Associate Teacher, Mr. Charles Klint; Secretary, Ellen Hinkle. Meetings at Pacific Southwest Bldg., 1060 Fulton St., Room 1410, each Wednesday at 8 p.m. Phone 2-5181.

*San Francisco, Calif.

Conducting Teacher, Yogacharya Sri Khagen, 450 Geary St., Room 206. Center is open daily from 1 to 3 p.m. Sunday services at 11 a.m. Classes on Tuesday, Wednesday, and Friday, at 8 p.m. Phone: PR. 6909. Secretary, Mrs. Helen Malnburg. Treasurer, Mrs. Roena M. Mathson.

Washington, D. C.

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

Boston, Mass.

First Self-Realization Fellowship Center in America, founded by Paramhansa Yogananda in 1920. Services each Sunday at 11 a.m., open to the public. Class meetings each Thursday at 8 p.m. All meetings held at 543 Boylston St., Cluny Bldg.

Conducting Teacher, Dr. M. W. Lewis, 123 Orchard St., Suite 37, West Somerville, Mass. Assistant, Arthur W. Smith. Corresponding Secretary, Miss Ellen MacTwiggan, 158 Summer St., Somerville, Mass.

New York, N. Y.

Center at Carnegie Hall, 7th Avenue and 56th St., Studio 915, 7th Avenue entrance. Meetings every Monday at 8:15 p.m. Treasurer, Mr. John Fuerth, 804 W. 180th St., N. Y. Secretary, Mr. John Edward Mulligan, 136 E. 208th St., % Chandler Apt. 4-G, Bronx.

***Chicago, Ill.**

Conducting Teacher, Mr. Waldo Campbell Moe. Secretary, Miss Marie M. Schwarz, 360 No. Michigan Avenue. Meetings each Thursday at 8 p.m., at 431 So. Wabash Avenue.

***Rockford, Ill.**

Meetings each Wednesday evening, 8 o'clock, Nelson Hotel, 306 S. Main St. Secretary, Mrs. Victoria Sundgren, 1913 18th Ave. Treasurer, Mr. Bruce Legell; phone Main 3592.

***Miami, Florida**

Conducting Teacher, Sister Krupa, The Professional Bldg., 216 W. Flagler Ave., Rm. 602. Associate Teacher, Mr. Fred Ferry. Secretary, Mrs. Alice Bates. Meetings on Sundays, Wednesdays, and Thursdays at 8 p.m. Library. Phone 25305.

***Detroit, Mich.**

Meetings each Thursday at 8 p.m., at the home of Mrs. Maude Emerson, 49 Orchestra place. Phone, Columbia 3737.

***St. Louis, Mo.**

Meetings each Wednesday at 8 p.m., Y.W.C.A. Bldg., 1411 Locust St., Room 204. Secretary, Miss Bertha Kleinberg, 4976 Rosalie Ave.

***Des Moines, Iowa**

Meetings each Thursday at 8 p.m., 704 1/2 Walnut St., Rm. 11. Chairman, Mrs. Marshall McCleary. Treasurer, Mr. Carl Bertelsen. Secretary, Miss Elsie L. Dachroth, Hotel Fort Des Moines.

Cincinnati, Ohio

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

Canton, Ohio

Conducting Teacher, Mr. L. K. Whittemore, 415 Wells Ave., S. W. Phone 3-6912. 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. Secretary, Miss Otilia F. Flamm, 329 N. Wilkinson St. Meetings each Thursday at 8:30 p.m.

Minneapolis, Minn.

Meetings at Y.M.C.A. Building, on Sundays, 8 p.m., open to the public. Class on Wednesdays at 8 p.m. Secretary, Miss Virginia Newhall, 335 Loeb Arcade. Associate Teachers: Mrs. Martha Jaeger and Miss J. Sverkerson.

***St. Paul, Minn.**

Meetings each Monday evening at Y. W. C. A. Chapel, 123 W. 5th St. Secretary, Mr. George Young, 1476 Osage St.

***Duluth, Minn.**

Meetings at the home of Mrs. M. McCool, 4223 McCulloch Ave. Secretary, Mrs. Jessica Wakefield, 2809 Minnesota Ave.

***Milwaukee, Wis.**

Meetings each Sunday at 11 a.m. Class meetings each Wednesday at 8 p.m. Fine Arts Bldg., 125 E. Wells St., 2nd Floor. Treasurer, Miss Margarethe Reichstein, 927 N. Marshall St.

Indianapolis, Indiana

Conducting Teacher, Sri Ranendra Kumar Das, 38½ Pennsylvania Street, Penn. Bldg., Rm. 408; phone Riley 1064. Sunday services at 11 a.m. and 8 p.m. Class, Mondays and Tuesdays at 8 p.m. Lending Library. Associate Teachers, Mrs. Chas. Hoffman and Miss M. Eckhardt.

Salt Lake City, Utah

Conducting Teacher and Secretary, Mrs. Mary Paul. Meetings each Sunday at 11 a.m. at Hotel Newhouse.

***Denver, Colorado**

Conducting Teacher, Frederick H. Wadley, 3428 Colfax Ave. A. Secretary, Mr. G. F. Bateman, 1393 S. York St. Treasurer, Mr. C. C. Norton, 1325 So. York. Meetings each Thursday at 8 p.m. at Y.W.C.A. Bldg.

***London, England**

Self-Realization Fellowship Center, Conducting Teacher, Mr. Roland T. Hunt, address % Mr. W. A. Johnson, St. Mary's Mount, Bexley, Kent. Center meetings held at 45 Gloucester Place, W.1, London.

Tukuma, Latvia, Europe

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

Johannesburg, South Africa

Representative, Mrs. Elizabeth Schulman, 84 High St., Rosettenville.

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.

Dakshineswar, Bengal

Yogoda Asram (Self-Realization Fellowship Hermitage) on the Ganges River near Calcutta.

Accommodations for Western students and tourists.

Calcutta, India

Self-Realization Fellowship (Yogoda Sat-Sanga Society) and the Students' Home. Secretary: S. Majumdar, B. A.; 165-A Vivekananda Road. Sailen Das Gupta, M. Sc., Superintendent.

Yogoda Girls' School and Yogoda Sat-Sanga Center (for ladies), 39 Raja Dinendra 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, and the Yogoda Sat-Sanga High School, 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.

Lakshmanpur, Bihar

Yogoda Sat-Sanga Vidyapith, School for Boys. Mr. G. C. Dey in charge.

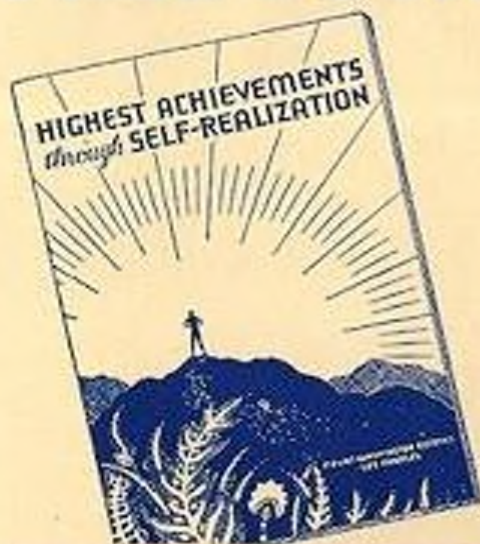
**These Centers are newly inaugurated and will be acknowledged and ordained after three years' trial.*



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My New Year's Message

By Paramhansa Yogananda



WHAT SHOULD THE DEVOTEE SEEK?

Seek the Father behind all fathers
And the Mother behind all mothers.
Seek the only Beloved behind all loved ones
And the Friend behind all friends
Of many lives lived on this mystery-earth.
Search for the Brain behind all brains
And the Mind behind all minds,
The Hand behind all hands
And the Feet behind all feet.
Seek the Blood behind all bloods,
The Breath behind all breaths,
The Wisdom behind all wisdom
And the Joy behind all joys.
Find the Love behind all loves,
The Life behind all living things
And the Spirit just behind the soul.