

INNER CULTURE

FOR SELF-REALIZATION



Blessed Future

By NICHOLAS ROERICH

Tasting the Joyous Nectar of Spirit

KRISHNA'S IMMORTAL INSTRUCTION

Jesus' Advice—How to Build
A World Free From Wars

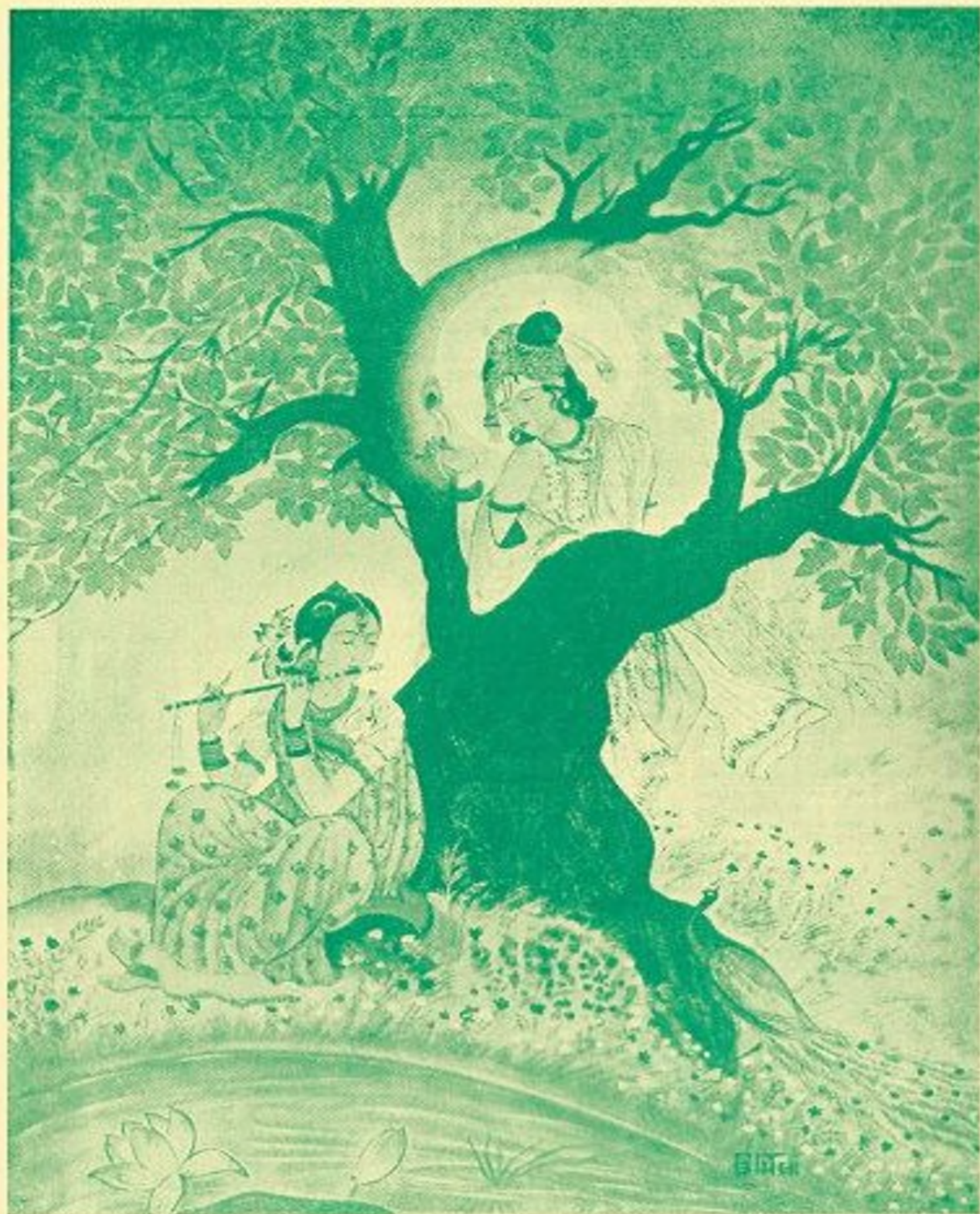
By PARAMHANSA YOGANANDA

Postwar Prophecies

APRIL-MAY
JUNE

1942

Price 25 Cents
Vol. XIII, No. 4



—Kalyana-Kalpataru

KRISHNA AND RADHA—"Roles Reversed"

Radha, symbolizing Nature, plays the flute of Krishna, representing Spirit. The interplay and divine harmony between creation and the Creator are here beautifully suggested.

INNER CULTURE

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IN THIS ISSUE

| | |
|---|---|
| Krishna and Radha (<i>Picture</i>)..... 2 | Scientific Digest37 |
| Blessed Future 4 | <i>Brain Waves</i> |
| <i>Nicholas Roerich</i> | <i>Holding Breath</i> |
| Tasting the Joyous Nectar of Spirit 9 | Questions and Answers.....39 |
| <i>(Bhagavad Gita)</i> | <i>Spiritual Growth</i> |
| Rubaiyat of Omar Khayyam.....11 | <i>Reincarnation in Bible</i> |
| <i>Paramhansa Yogananda</i> | News of the Centers.....42 |
| Postwar Prophecies13 | <i>Visit to Eastern Centers</i> |
| <i>Paramhansa Yogananda</i> | <i>University News</i> |
| Daily Meditations for April, May and June, 194217 | <i>Easter Service</i> |
| It Can Be Done (<i>Book Review</i>)..26 | <i>Sri Das Activities</i> |
| Jesus' Advice—How to Build a World Free from Wars27 | Letters from S.R.F. Students.....45 |
| <i>Paramhansa Yogananda</i> | Healing Service47 |
| | Directory of S.R.F. Centers in America, Europe and India...48 |
| | Easter Message52 |
| | <i>Paramhansa Yogananda</i> |

Vol. XIII, No. 4

April-May-June, 1942

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Yearly subscription, \$1.00. Single copies, 25c.

Published quarterly by the Self-Realization Fellowship, established in America in 1920 by Paramhansa Yogananda, Founder and President. Copyright, 1942, by the Self-Realization Fellowship, Inc., 3880 San Rafael Avenue, Los Angeles, California. Entered as second-class matter November 4, 1940 at the Post Office in Los Angeles, California, under the Act of March 3, 1879. Printed in U. S. A.

Blessed Future

By NICHOLAS ROERICH



Let us recall the wise words of the Omaha tribe about death: "No one can avoid, and no one must fear death, since it is unavoidable." Likewise the ancient Mayans calmly said, "I go to rest." If we remember the words of Socrates before his departure, before draining the cup of poison, or the thoughts of Plato about death, or even Epicurus, not to speak of the lofty attitude towards this act in the teaching of India, we see the same reasoned, wise consciousness about death as an alteration of existence. We see the same consciousness of eternal life which is so clearly enjoined by the sacred covenants.

Many are not aware of the varying conceptions of the future life which different religions give, and it is well for us to direct our attention toward some of the conceptions

of the religions of the world. Christianity affirms:

"In my Father's house are many mansions."

"When this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, 'Death is swallowed up in victory.'"

"Surely goodness and mercy shall follow me

All the days of my life.

And I will dwell in the house of the Lord for ever."

"God will redeem my soul from the power of the grave;

For He shall receive me."

"Man goeth to his everlasting home.

The dust returneth to the earth as it was.

And the spirit returneth unto God Who gave it."

Put On Immortality

We see here the promise of a future life, a life where we may dwell in a state much better than that which we know physically. Furthermore, in the mysticism of Saint Paul we find well illustrated the fact that this mortal existence of ours is one which must be changed before this life can be reached; that is, to quote again, "This mortal shall have put on immortality" indicates the fact that Saint Paul saw beyond the physical world and its limitations, and furthermore, saw the potential abilities of man to add to his own existence through knowledge and experience in a manner that would lead to the fulfilment of a better life in a different form.

To cite a few more examples, Buddhism says:

"Earnestness is the path of immortality;

Thoughtlessness, the path of death.

Those who are in earnest do not die;

Those who are thoughtless, are as if dead already."

"That individual in this world who reflecteth right thoughts,

Who uttereth right words, who doeth right acts,

Who is learned and virtuous here in this brief life—

He, after the dissolution of the body, goeth to heaven."

Confucius also pointed out that the spirit lives on and achieves a

greater state of happiness. In his writings we read:

"All the living must die and, dying, return to the ground.

The bones and the flesh moulder below and, hidden away, become the earth of the fields.

But the spirit issues forth and is displayed on high in a condition of glorious brightness."

In Hinduism we find the keynote directing man is that virtue is to be obtained, that ignorance must be broken, and then man can reach a place where physical limitations no longer exist. The following exemplifies these points:

"As a goldsmith, taking a piece of gold, reduces it to another newer and more beautiful form—just so this soul, striking down this body, and dispelling its ignorance, makes for itself another newer and more beautiful form."

"In the heaven-world there is no fear.

Leaving behind both hunger and thirst,

And out of the reach of sorrow

All rejoice in the world of heaven."

Mohammedan Belief

The Mohammedans believe that those who give their lives to their religious convictions will have the greatest opportunity in the life to come. It is stated in the *Koran*:

"Thou shalt in nowise reckon dead those who have been slain in the cause of God.

Nay, they are sustained alive with their Lord (Saith the Lord)."

"Those who fulfill God's cov-

enant, and break not the compact; and those who attain what God has bidden to be attained; and those who are patient, craving their Lord's face; and are steadfast in prayer; and secretly and openly expend in alms of what We have bestowed upon them; and ward off evil with good—these shall have the recompense of the Abode."

"Such as repent, and believe, and act aright—these shall enter Paradise."

In Taoism we find a theory of eternal life that death is the means of reaching our true home. This is told as follows:

"To know eternal law is to be enlightened.

Not to know it is misery and calamity.

He who knows the eternal law is liberal minded.

Possessed of the eternal, he endures for ever.

Though his body perish, yet he suffers no hardship."

"Life is a going forth. Death is a returning home."

"To recognize one's insignificance, is called enlightenment.

To keep one's sympathy, is called strength.

He who uses the Eternal's light returns to the Eternal's enlightenment, and does not surrender his person to perdition.

This is called 'practising the Eternal'."

"To know the harmonious, is called the Eternal.

To know the Eternal, is called enlightenment."

"Whatever is contrary to the Eternal, soon ends."

"Look on death as going home."

Zoroasterianism states:

"The world hereafter shall be
The worst world for the wicked,
But the best thought for the
righteous."

"The wise Lord with dominion
and piety

Shall give us welfare and im-
mortality

In accordance with right by His
holy spirit

And by best thought, deed and
word."

Confusion in West

Meanwhile in the confused minds of the West, particularly in the 18th and 19th centuries, when negation laid its dark path, we see a sort of animal terror in the face of the natural change of existence. Even recently this could be written about, as the intellectual de Sevigne expressed herself: "Death is so fearful, that I hate life more for the reason that it leads to death, rather than for the thorns with which the path of life is strewn." The idea of death poisoned life for Alphonse Daudet, Zola, Goncourt, Maupassant and other apparently fearless and broad thinkers.

At the same time among people living close to nature, the word death is not generally employed. They say "he has departed" or "he has passed away", that he is terminated for this expression of existence. People in contact with nature are in contact with the basic teachings of truth: people, being

made natural thinkers, likewise naturally understand the significance of change of being. Fear of death it would seem could arise only in malefactors who darken their consciousness with crimes and intentional wrong-doing.

It is fully understood that each traitor suffers such a striking change of existence. Indeed within himself he entirely understands that he is being plunged not into non-existence but into some other form of existence. If in his present existence he has overburdened his heart with quantities of dark purposes and actions, then indeed he does not know if it will be easy for him in some conditions unknown to him. Doing unworthy deeds yesterday, man tries to avoid responsibility for them. Such terror at the unavoidable passage into the unknown world is fully understood by people who have darkened their earthly existence with heinous deeds either material or mental. Surely it is not necessary to repeat again, that thought will be even more potent than word or muscular movement.

Does it not seem strange that, along with criminal beings, certain apparently broad thinkers have also fallen into animal terror before a change of existence? One would like to know if they easily changed their earthly homes. Perhaps too on the earth some of them were not easily moved about. It is well-known that some people believe that they can create and think only in their long-occupied domestic environment. Each unusual sur-

rounding already hinders them in expressions of their creativeness. But surely it would seem that precisely diverse impressions and unforeseen experiences and dangers must sharpen thinking, resourcefulness and boldness. According to courageousness you can form an opinion about many other qualities of a man. But courage is tested not by sitting by the stove, but there where conflict is encountered with the elements, with darkness, and with ignorance.

Joyous Responsibility

He who knows about eternal life by that very fact knows also his joyous responsibility for each action, mental and muscular. In prayers is introduced this great significance of the words "eternal life." He who thinks upon this, understands that life is always multiform, both in a horizontal and vertical sense. Even according to primary physical laws he understands that each minute everything is altered and never arrives again at the former state. In this movement is contained the greatest creative generosity. And how joyfully beneficent the obligation to participate according to one's strength in this all-inclusive creativeness.

The Apostle said clearly and briefly: "We do not die, but are changed." Here in a few words is contained the attestation of eternal life. And you remember the words of the *Bhagavad Gita* about the invisibility, unchangeableness and eternity of Being. In all the ends of the world has eternal life been

solemnly and triumphantly confirmed.

There must have been some unnatural violent frightening to lead humanity into such an ignorant understanding of the act of change of existence. At the same time people begin to speak about life on other planets about which only recently even notable astronomers merely shrugged their shoulders. We remember that for such affirmations Flammarion was threatened with loss of scientific standing and with being placed in the class of amateurs. But already now the better scientific authorities refer far less cautiously to such recognitions of eternal life.

Indeed such a basic concept may be perceived only in affirmation. Each ignorant doubt imposes on this clear affirmation well-nigh incurable cleavages. It is deplorable to see otherwise intelligent thinkers fearing death and thus infecting the ignorant masses. Why are they not imbued with that luminous knowledge which composed the most ancient wisdom, confirmed by the best thinkers of all ages? In accordance with the best you too arrive at the best.

—❖—❖—❖—

MY REFUGE

Be merciful unto me, O God, be merciful unto me: for my soul trusteth in Thee: yea, in the shadow of Thy wings will I make my refuge until these calamities be overpast. I will cry unto God most high: unto God that performeth all things for me.—*Psalms.*

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Spiritual Interpretation
OF THE
★ **BHAGAVAD GITA**

Tasting the Joyous Nectar of Spirit

By **PARAMHANSA YOGANANDA**

Chapter II, Stanza 72

Literal Translation:

O Partha, this is spoken of as the "Established in Brahma (Spirit)" state. Anyone receiving this state is never deluded. Even at the very moment of transition (from the physical to the astral), if one becomes anchored therein, he attains the final state of Spirit-communion from which he goes no more out.

Poetic Rendition:

O Offspring of Pritha, this enthronement in omnipresence is spoken of as "Reigning in the Royal Spirit". Anyone enjoying this state of unending felicity is never deluded nor does he come down to a lesser state. Anyone who is established in the Ethereal Infinitude is free, even at the mo-

ment of the soul slipping from the physical tenement to the astral. Being omnipresent he cannot be caged behind the bars of finite incarnations.

Spiritual Interpretation:

In this stanza, Prophet Krishna tells his disciple Arjuna, "He who forsakes desires for lesser enjoyments, unattached to sense objects, devoid of the consciousness of the limited ego, forgetting the consciousness of 'me and mine,' receives the lasting joy of God-peace. When that permanent peaceful blessedness of Spirit is reached, that state is spoken of as the "Brahma Sthiti state", or "Anchored in the Infinite state".

Anyone who tastes of this all-satisfying pure state of ever-new Spirit-felicity, finds all his desires

completely, immediately satisfied for all times. His desires are never deluded again to crave for the lesser worldly pleasures. The devotee is overwhelmed and eternally busy with the ever-fresh unending joy of Spirit, so he cannot possibly stoop to lesser pleasures, even as a person after having access to the stores of orange blossom honey could not stoop to crave a rancid molasses.

Then Krishna, teaching Arjuna, tells God-seekers of all times, "It is worth while to struggle to attain this final goal of all human aspirations of incarnations because all the thirsty mouths of endless desires are satisfied at once and forever as soon as their sense-dissatisfied tongues taste the nectar of ever-new Bliss of Spirit which never becomes flat or stale."

Krishna further states that it does not matter when and how one attains this state of finality; that if a devotee, even at the very moment preceding death, is successful in acquiring this all-blessed state (through his past continuous, ever-increasing meditative efforts), he will certainly acquire the final Spirit-Blessedness which he will never want to leave.

Unsatisfied Desires

Unsatisfied desires at the time of death cause reincarnation, so that the prodigal soul, roaming in the wilderness of matter, seeking the temporary blossoms of pleasure growing there, may work out its mortal desires and finally enter the perfect state of Spirit. Krishna says to keep on trying for this

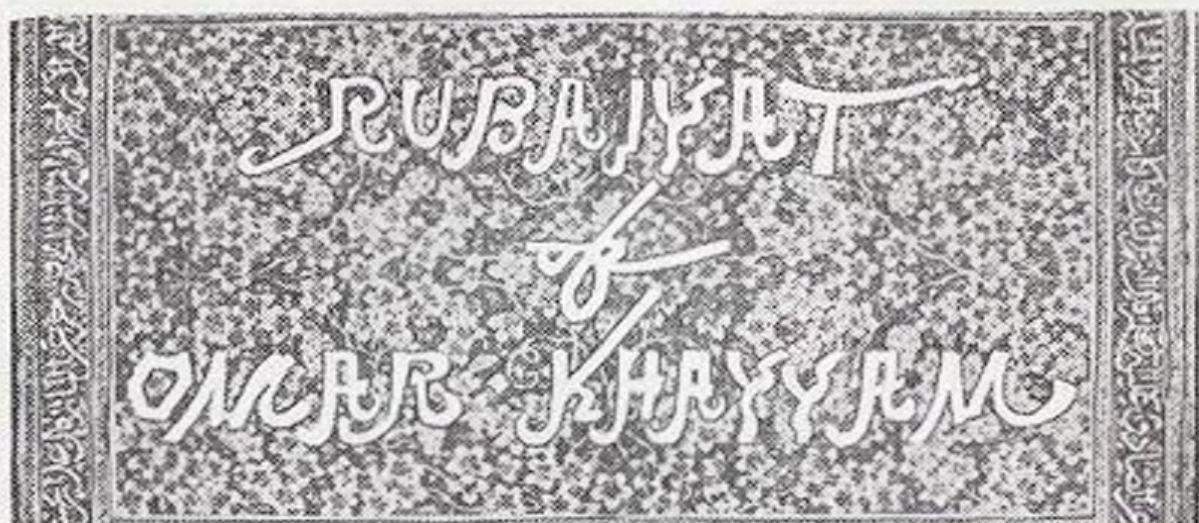
state of final emancipation; even if one attains this perfection one second before death he will be liberated and "go no more out". A soul must attain this emancipated state before death in order to stop moving in the merry-go-round wheel of births and deaths. If this state is not attained, one has to incarnate until this state is acquired.

So the devotee, Krishna pointed out, should never be impatient but should keep on trying until he attains this final state. Once this state is achieved incarnations of troubles will be over in a second, just as darkness locked in a closed room for thousands of years flies away in a second when the light is admitted. Lagging behind in the path of ignorance is stupid and unwholesome, fraught with untold miseries, for we can never tell to what ditches of troubles our unsatisfied mundane desires might lead us.

By relinquishing the parasites of finite desires the soul becomes free to spread its branches in the infinite sunlight of Spirit. Being anchored in Spirit, before the tragic moment of death, the devotee tastes the all-satisfying joy of Spirit and does not have to incarnate again; the lesser unsatisfied desires of incarnations become already satisfied and non-existent, dissolved in the infinite joy of Spirit. Krishna tells that this is the only way to find true happiness.



If thy brother trespass against thee, rebuke him; and if he repent, forgive him.—*St. Luke.*



RUBAIYAT OF OMAR KHAYYAM

Translated Into English Verse by Edward Fitzgerald

SPIRITUAL INTERPRETATION BY
PARAMHANSA YOGANANDA

LXV

*Then said another with a long-drawn Sigh,
"My Clay with long oblivion is gone dry:
But, fill me with the old familiar Juice,
Methinks I might recover by-and-bye!"*

Spiritual Interpretation:

"Then another sane seeker, with a sigh mixed of hopelessness and courage, thought within himself: My soul, having experienced the contact of flesh and the physical brain of numerous incarnations, has become blunt, oblivious of its fine roots of immortal, perfect, blissful, spiritually ethereal nature. The soft clay-like perceptions of the soul have dried out in time, but could again be revived with the waters of wisdom and medita-

tion. I will fill my arid soul with the age-old liquor of God-perception; then it will be softened and revive its long-forgotten power of nurturing the familiar seeds of inner wisdom. I think by deep and patient meditation the flesh consciousness of matter and material desires will gradually be forgotten and the lost soul perceptions of infinite and unending bliss will be resurrected."

Applied to Daily Life:

Every aspirant should always be determined to loosen the octopus-grip of incarnational bad habits. Most people are weighted down by failure or ill-health habits. They can free themselves gradually by strong efforts to succeed and by being inspired with wine of ever-fresh inspiration.

No matter how deeply the soil of your mind is dry and scorched with failures, it can be irrigated with fresh waters of courage and right effort; then the seeds of success will sprout again.

Glossary:

1.—*With a long-drawn Sigh*—With an effort of courage to conquer a difficult problem.

2.—*My Clay*—My old soul identified with desires of many incarnations.

3.—*With long oblivion has gone dry*—With long forgetfulness of the soul's divine nature as it passed through the glooms and joys of past lives.

4.—*Fill me with the old familiar Juice*—Intoxicate me with the ancient intuitive wisdom so familiar to the soul and yet so deeply hidden within.

5.—*I might recover*—I may regain and remember my soul's lost consciousness of perfection and bliss.

6.—*By-and-bye*—Gradually.



Postwar Prophecies

By PARAMHANSA YOGANANDA

In *Inner Culture* for December, 1939, I made the following prophecies about the outcome of the war which had then just broken out in Europe:

"Evil becomes the tool of good. In the chess-board play of warring nations God's subtle hidden virtue is winning its silent way. It can be safely prophesied that Europe and the world will shake with periodic wars until the freedom of China, India, Egypt, Africa, Abyssinia and other downtrodden nations is accomplished.

"As regards India, I believe that it is better for her to remain with England, under full dominion status. God forbid that any foreign dictator nation invade or occupy India. She cannot defend herself, lacking her own army.

"If England gave India full dominion status now, she would win India's enduring friendship. Under such circumstances, trade agreements very advantageous to England over all European and American nations could be secured from India.

"If England granted India self-rule now, it would have a very beneficial and dramatic effect on world opinion, and would secure India's good-will for centuries to come. If India secures independence with England's help, through Mahatma Gandhi's methods, it would be bet-

ter than winning self-rule through force.

"Wars are bound to go on in the world until the United States of Europe and the United States of Asia are evolved, to prepare the way for the United States of the World, with God guiding all nations through their realization of human brotherhood."

New Revelations

Now, some two and a half years later, I wish to record here some further and more detailed prophecies about the postwar world, prophecies which have recently come to me.

Nostradamus has prophesied many things veiled in mysterious words, but the following is a clearly enunciated program for the nations of the world for centuries to come. History will bear testimony to the truth of this blueprint of the general future happenings in the world.

The United States of the World will not come in a day nor in our lifetime, but a great deal of groundwork will be prepared in this twentieth century. After this World War II, any politician advocating war will be made to fight in the front line of battle. War advocates after this war will be termed international criminals.

After this war an unprecedented brotherhood of nations, revival of

scientific, universal religion, incredible advancement in commercial and military aviation, creation of underground cities, and betterment of the masses will take place. "Greatest good of the greatest number" will be the watchword of the world.

International hygiene, drives to destroy poverty from all parts of the globe, free exchange of commodities, vast changes in our financial systems, equality of capital and labor, production for use, advanced yoga practices, and establishment of world colonies to serve as models for the United States of the World, will be started all over the earth.

The outcome of wars is not decided by the mere brute power of nations. Victory or defeat is determined mathematically (though apparently mysteriously) according to the stored-up effects of the nations' good and bad actions (karma), performed through the centuries.

God is Supreme Judge

God alone is the Supreme Judge who knows all, and whose inscrutable laws mete out victory or defeat to a nation according to its past karma (merits or demerits).

America and India now and during the war will have to undergo terrible political and financial upheavals, hazards and changes. But of all nations, America and India have good karma (stored-up effects of past actions), and having no selfish aggressive designs they will come out on top. America and India, situated on opposite sides

of the earth, will represent the two highest types of ideal material civilization and ideal spiritual civilization. They will influence the whole world with their combined civilization. The material efficiency of America combined with the spiritual efficiency of India will lead the world to a balanced existence.

Science and religion will join hands to prevent the misuse of science in wars and to free religion from superstition, thus giving all the world a securer civilization. Experimental psychology will investigate religious methods and yoga techniques for human perfection and God-contact.

The results of World War II will be very much different than in World War I.

Upliftment of the masses and simple food and clothing, cheap transportation, plain living and high thinking will prevail. The caste system will vanish from India. The clan and class system and color prejudice will begin to disappear from the western lands. Quality and not color will determine the new immigration laws of nations.

Congress of religions, international brotherhood associations and clubs, international funds and collecting of useful materials for serving the world's peoples, and conclaves of scientists and scientific religionists will multiply after this war.

Gentile, Jew, Hindu and Mohammedan will join interfraternal societies like S. R. F. to educate the world against racial and religious misunderstanding. Indus-

trial selfishness which causes wars will be studied in order to be eradicated. International brotherhood will be taught in schools along with patriotism. The evils of blind patriotism, leading to wars, will be clearly understood. The world will try to progress in every way in spite of the devastating effects of this greatest World War II, in which the rich will become financially poor and the poor will ultimately benefit in every way. The nations will recuperate slowly for a better, united world.

No matter what happens, the world will become better and better until the United States of India, United States of Asia, United States of Europe, United States of Americas are achieved and become ready to amalgamate into the United States of the World.

World Punishment

Immediately after this war great famines, influenza, new kinds of diseases, earthquakes and floods will come as offshoots of the bad vibrations resulting from the hate of warring nations and all their slaughtered soldiers, and their foolishness of creating destructive wars through industrial selfishness and desire for world power.

A few weeks after the European war started in 1939, I cabled Prime Minister Chamberlain of England, asking him to offer self-government to India and thus enlist India's full sympathy in the war effort, so that India and England together could keep India from foreign aggression by greedy powers. If this cabled advice had been heeded then, the present crisis in India could have been averted.

Three years ago I prophesied to my audiences at Sunday morning services, that India would come into the international limelight in the greatest way, in this war. India was hardly mentioned in the last world war. Now India is making headlines every day. This change is due to the fact that India's good karma has ripened now, but it was not strong enough to give her freedom during the last world war.

My prophecy about Abyssinia's freedom has already come true. As for India, her free self-government has been urged on England by many world leaders, including General Chiang Kai Shek of China and Senator La Follette of the United States. Sir Stafford Cripps is in India now, making self-government overtures to India's leaders.



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Meditations

DAILY MEDITATIONS FOR APRIL, 1942

By Parambansa Yogananda

WEDNESDAY, Apr. 1st. Today I will strive to be a spiritual magnet. I will draw good to myself according to my power of attraction.

THURSDAY, Apr. 2nd. I am a spark from the Infinite. I am not flesh and bones. I am Light.

FRIDAY, Apr. 3rd. Everything that belongs to the body is perishable; everything that belongs to the soul is imperishable; therefore, I will not give too much attention to material things.

SATURDAY, Apr. 4th. I will seek God first, then all my desires will be satisfied, and whether I live in a palace or a hut will not then make any difference.

SUNDAY, Apr. 5th. As Christ resurrected Himself, so I will resurrect myself into the freedom of Spirit by living rightly, by kindness and sympathy to others, and by loving all as I love God and myself.

MONDAY, Apr. 6th. He who rubs his soul on the Divine Magnet by concentration, becomes a part of that Magnet (God) and he attracts to himself all that is good.

TUESDAY, Apr. 7th. I will develop concentration and meditation and I will read good books and be more thoughtful. Above all, I will meditate frequently and deeply.

WEDNESDAY, Apr. 8th. When pain or anger or any kind of suffering comes to me, I will view it like a spectator. I will separate myself from my experiences. I will endeavor to retain peace and happiness at all costs.

THURSDAY, Apr. 9th. I will appreciate all the good things that God has given me without waiting for painful experiences to make me appreciate them. I am an immortal child.

FRIDAY, Apr. 10th. Heavenly Father, I will not reject anything without first investigating it. If I sincerely try to find the truth I shall obtain satisfaction and the answers that I have been seeking.

SATURDAY, Apr. 11th. The center of Christ Consciousness is at the point between the eyebrows, which is the inner Spiritual Eye, the inner door to the kingdom of Christ. I will concentrate at this point.

SUNDAY, Apr. 12th. Beloved Father, this day I will resurrect my body into the light, my mind into cosmic consciousness, my will into divine will, my joy into the joy of Spirit, and my life into the eternal life.

MONDAY, Apr. 13th. Divine Father, I will resurrect my consciousness from the confines of the body into the great, deep omnipresence that is spread around me.

TUESDAY, Apr. 14th. Heavenly Father, I know that my consciousness is changed by change of environment, so when my environment poisons me by delusion I shall change to a better environment.

WEDNESDAY, Apr. 15th. Christ is risen from the sepulcher of my indifference and I behold Him in the light of my devotion. I, a sleeping son of God, am coming out of my bodily prison into the vast freedom of Spirit.

THURSDAY, Apr. 16th. God shows us that we are not the body, which is just a casing, and we must resurrect our Spirit. This doesn't mean that we must neglect the body, but we must not be confined by the body.

FRIDAY, Apr. 17th. Today I will remember that I am Spirit. I am above breath and mind. I am pure consciousness, ever-expanding. I am love itself.

SATURDAY, Apr. 18th. The way to contact God is to meditate deeply with utmost devotion in the silent hours of the night, at the break of dawn, or in the hidden glow of the twilight.

SUNDAY, Apr. 19th. Through intuition alone one can feel the presence of God. Today I will develop intuition through meditation.

MONDAY, Apr. 20th. God is not moved by prayer or praise. He answers through law. Break His law of life, and punishment and suffering will come. Do right and God will answer through peace.

TUESDAY, Apr. 21st. Heavenly Father, I will pray and use my will power steadily until the cosmic silence of ages is broken and I find my answer through the voice of peace.

WEDNESDAY, Apr. 22nd. Today I will visualize the great things which I need, and will steadily use my will power, my creative ability, and my patience to materialize them.

THURSDAY, Apr. 23rd. Divine Father, I know that unhappiness is caused by failure. I will strive to gain permanent happiness for myself by not letting anything disturb me on my forward journey to success.

FRIDAY, Apr. 24th. I will make mental blueprints of little things and keep on making them materialize until I can make my big dreams come true.

SATURDAY, April 25th. I will not become too much attached to things, as this will cause me to forget God. We lose things, not to punish us, but to see if we love little things more than the Infinite.

SUNDAY, Apr. 26th. Beloved God, the festivities of the heavens are dazzling with the fireworks of meteors and comets. I will worship Thee as the uncrowned King of universes.

MONDAY, Apr. 27th. Heavenly Father, bless us that we make Thee the King on the throne of our ambitions. Bless us that the rivers of our desires converge into the ocean of Thy Spirit.

TUESDAY, Apr. 28th. Before going to sleep I will say: "I am not the body nor the desires of the body. I am free from all delusions. I am entering in the land of Spirit."

WEDNESDAY, Apr. 29th. This day, everything that I do will be for God. I love God above all because I cannot do anything without the power borrowed from Him.

THURSDAY, Apr. 30th. The message of Christ is not of weakness but of power, which can rout all the legions of ignorance.

DAILY MEDITATIONS FOR MAY, 1942

By Paramhansa Yogananda

FRIDAY, May 1st. Beloved Father, I know that some day, when I have met all the tests of this life, I shall know that I am the little bird of paradise who sings of eternity and whose life is in every atom.

SATURDAY, May 2nd. I have resurrected my little love into the Christ love in which all beings exist. I am the Cosmic Spirit of love.

SUNDAY, May 3rd. Beloved Father, I am surrounded by my ego. I will resurrect that ego, then I shall love my family, neighbors, my country, and the whole world, as I love myself.

MONDAY, May 4th. Divine Mother, as I called to Thee in the wilderness of my loneliness, Thou didst burst through the dawn to greet me with Thy joy. Thou didst pour Thy power into the pores of my life and didst tear away the night of my ignorance.

TUESDAY, May 5th. Heavenly Father, I know that fear paralyzes the heart and disturbs the digestive forces. It paralyzes the will and causes mental disturbances; therefore I will not fear.

WEDNESDAY, May 6th. I will separate the husk from the kernel. I will find Truth as separated from the language and limitation of the expression used by the propounder.

THURSDAY, May 7th. Heavenly Father, I know that I exist, but I am not the body. I think, but I am not the thought. I am Spirit.

FRIDAY, May 8th. Realization comes from constant wide-awake meditation, with ever-busy, ever-searching mentality to convert theory into knowledge through practice.

SATURDAY, May 9th. I will seek the kingdom of God first, then I know that all wisdom, prosperity, and beauty will be added. If I get the tree of life, I shall have its fruit.

SUNDAY, May 10th. Divine Mother, I have heard Thy voice in the speaking fragrance of the rose. I touched Thy tenderness in the softness of the lily. In the whispers of my devotion, it was Thy love which answered through the voice of friendship.

MONDAY, May 11th. I will expand through service. The way to attain Christ Consciousness is by doing for others just as I would do for myself.

TUESDAY, May 12th. I am a wave of life dancing on the ocean of Christ Consciousness, but no matter whether I am in the wave or in the ocean, I am always in the bosom of God. We can never part.

WEDNESDAY, May 13th. Today I will destroy the image of delusion which desecrates the image of God within me. I will remember that I and my Father are One.

THURSDAY, May 14th. Beneath each wave of life is the ocean of God's presence. Beneath every throb of the ocean is the ocean itself. Beneath every wave of life is the sea of God's presence.

FRIDAY, May 15th. Every night I will say to myself: "I am no longer the body; I am the omnipresent Spirit; I am immortal; I am eternal." And when I awake, I will remember the thought anew.

SATURDAY, May 16th. In the temple of sleep I will recuperate, but that is not enough. I will have a temple of silence and meditation, where I can retire every day and penetrate the mystery of my soul.

SUNDAY, May 17th. God is my Father; I am His child, whether rich or poor. When I shall know Him as mine in meditation, then I shall have everything that He has. I will meditate deeper and deeper until I can feel His presence.

MONDAY, May 18th. Love is the silent call of God to all creatures, animate and inanimate, to return to His house of oneness. Love is born in the garden of soul progress, so I will constantly advance my soul.

TUESDAY, May 19th. Today I will avoid the extremes of egotism and passivity. I will remember that God is working through me. If I am in touch with Him I shall be secure.

WEDNESDAY, May 20th. One thing I know, that the purpose of life is to be happy, not selfishly happy, but to include in my happiness the happiness of others. This happiness I shall find only in God.

THURSDAY, May 21st. Behind the moon is the greater moon. Behind the sun is the vitality of God. Behind man is the intelligence of God. Therefore I will not limit myself to my ego.

FRIDAY, May 22nd. Beloved God, we know that if we deeply seek Thee, Thou wilt send someone through whose voice and teaching we shall hear Thy voice.

SATURDAY, May 23rd. I will keep my mind receptive, then I shall see God templed in every blade of grass and in every thought of all human beings. Then I shall know that I am Spirit.

SUNDAY, May 24th. I will open my eyes to the joy of meditation, then I will see that all darkness will vanish and the light of faith will usher me into the immortal kingdom of my one Father, who is waiting for me.

MONDAY, May 25th. Heavenly Father, I will not forget that ignorance is the mother of all physical, mental and spiritual diseases. I will abolish ignorance by contacting God.

TUESDAY, May 26th. Today I will contact wisdom friends through their books. I will enter through the portals of real study into the eternally charming and interesting thoughtland. I will read the living books on God.

WEDNESDAY, May 27th. Each one of us was born with the God-given power of original conception or initiative, the power of creating something which no one else has ever created. I will strive to develop initiative.

THURSDAY, May 28th. Beloved God, I know that I have a spark of divinity within me, so I will be untiring in all my activities and will march on, knowing that Thy infinite creative power is helping me.

FRIDAY, May 29th. Today I will think well before I act. Habit is the result of different actions, which make environment of great importance. All actions may be judged by their effect on the soul, therefore I will strive to save myself from wrong actions.

SATURDAY, May 30th. There is no safety without God, no joy without Him, no love without Him, no rest without Him. There is no life without God.

SUNDAY, May 31st. Heavenly Father, help me to strengthen my will power. Teach me not to be enslaved by habits. Guide me, that I may develop myself spiritually by inner and outer discipline.

DAILY MEDITATIONS FOR JUNE, 1942

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

MONDAY, June 1st. My son, as much as you can go out of yourself, so much will you be able to enter into Me.

TUESDAY, June 2nd. As the absence of all craving for outward things brings inward peace, so the setting aside of self inwardly unites you to God.

WEDNESDAY, June 3rd. I wish you to learn perfect renunciation of yourself to My will, without opposition or complaint.

THURSDAY, June 4th. Follow Me; 'I am the Way, the Truth, and the Life.'

FRIDAY, June 5th. Without the Way, you cannot go; without the Truth, you cannot know; without the Life, you cannot live.

SATURDAY, June 6th. I am the Way, which you ought to follow; the Truth, which you ought to believe, the Life which you ought to hope for.

SUNDAY, June 7th. I am the Way, unchangeable; the Truth, infallible; the Life, endless.

MONDAY, June 8th. I am the straightest Way, the Sovereign Truth, the true Life, the blessed Life, the Life uncreated.

TUESDAY, June 9th. If you abide in My way you shall know the truth, and the truth shall make you free, and you shall lay hold of eternal life.

WEDNESDAY, June 10th. If you wish to enter into life, keep the commandments.

THURSDAY, June 11th. If you wish to know the truth, believe Me.

FRIDAY, June 12th. If you wish to be My disciple, deny yourself.

SATURDAY, June 13th. If you wish to obtain the blessed life, despise this present life.

SUNDAY, June 14th. If you wish to be exalted in heaven, humble yourself in this world.

MONDAY, June 15th. If you wish to reign with Me, bear the cross with Me.

TUESDAY, June 16th. Only the servants of the cross find the life of blessedness and of true light.

WEDNESDAY, June 17th. Truly the life of a good religious man is a cross, but it leads to Heaven.

THURSDAY, June 18th. We have begun; we may not go back, neither is it right to leave the path.

FRIDAY, June 19th. Behold our King marches before us, Who will fight for us.

SATURDAY, June 20th. Let us follow Him bravely, let no one shrink from fears; let us be prepared to die valiantly in battle, and let us not bring disgrace on our glory by turning back from the cross.

SUNDAY, June 21st. My son, patience and humility in adversity are more pleasing to Me, than much consolation and devotion in prosperity.

MONDAY, June 22nd. Why are you so grieved at every little thing which is said against you? If it had been much greater, you ought not to have been troubled at it. But now dismiss it from your thoughts; it is not the first trial, nor anything new, neither will it be the last, if you continue to live.

TUESDAY, June 23rd. You are brave enough, when nothing goes against you; you can give good advice, and know how to strengthen others by your words, but when sudden tribulation is at your door, you yourself fail in counsel and in courage.

WEDNESDAY, June 24th. Consider then your great frailty, which you have very often experienced on slight occasions, yet for your salvation these occur.

THURSDAY, June 25th. Be more calm, and gird yourself to greater endurance.

FRIDAY, June 26th. I am He Who formed all the saints; I gave them grace, I offered them glory.

SATURDAY, June 27th. I foreknew My beloved ones before the world was; I have chosen them out of the world; they did not first choose Me.

SUNDAY, June 28th. I have called them by My grace; I have drawn them by My mercy; I have brought them through various temptations.

MONDAY, June 29th. I have poured into them vast consolations; I have given them perseverance; I have crowned their patience.

TUESDAY, June 30th. I know the first and the last; I embrace all with inestimable love.



IT CAN BE DONE

By Sri Ranendra Kumar Das

(Mt. Washington University Publications, 3880 San Rafael Ave., Los Angeles, Calif. 112 pp. \$1.00.)

In a newly revised reprint of this popular work, Sri Das has given a clear and inspiring outline of the law of prosperity and success. Brief, brave and breezy, filled with memorable stories, this little volume is sure to find an increasing audience of eager seekers who are looking for just such a constructive, to-the-point presentation of practical philosophy. A few gems of thought from the book follow:

"What is your greatest need? Is it fame, personal magnetism, power, security, health, peace, happiness? If you know what you want; if you are ready to learn how to get it; if you are willing to use every right and legitimate means within and around you; if you will make a solemn promise to yourself never to accept defeat: *It Can Be Yours, It Can Be Done.*

"Jesus knew the secret of success. His fame has outlived empires and kings. It will outlive Time itself. The Masters of the East produced a philosophy which incorporates every known and tested law for the attainment of material and spiritual wealth. Jesus used that same philosophy.

"If others have learned through this philosophy to transform their lives and to master circumstances, so can you."

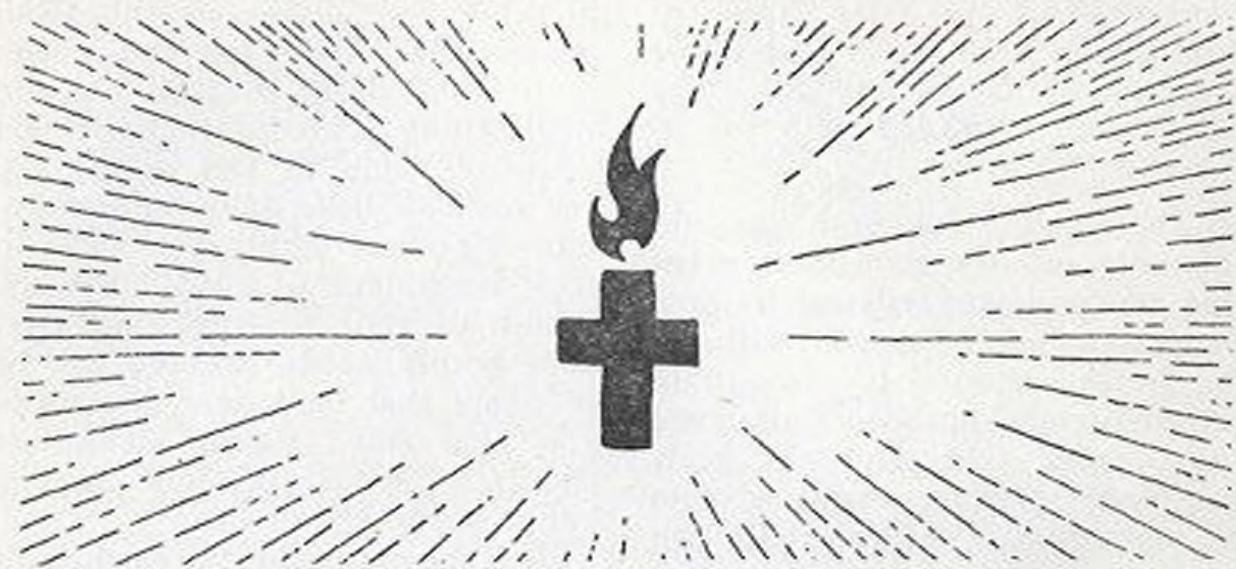
"Anyone who sullies his mind with thoughts of failure or lack,

will attract friends who think failure and lack, and create an atmosphere and environment of the same quality, noticeable to anyone coming into that vibration. Such thoughts fill their owner with such despondency and gloom that his condition becomes gradually worse, and he resigns himself to what he calls his fate. Nor does he realize that he has created his fate by the caliber of his own thoughts.

"No one is ever defeated until he has recognized defeat as a reality. If he does fail, it is neither the methods nor the law, but the individual who has misused the law. When we have once decided to follow a definite line of action through right motives, we cease to worry about circumstances or the limitations which surround it.

"The keynote of success, then, is to acquire a God-consciousness and prosperity-consciousness; a realization of joy, happiness and achievement. This will establish within us a fortress which shall withstand the onslaught of circumstance, for circumstance is only man-made limitation, miasma, illusion, will-o'-the-wisp. The Hindus call it *maya*, meaning bondage."

"There is no virtue in the philosophy that we must accept our fate, and resign ourselves to things as they are. We have no right to accept anything but a life of harmony, peace and plenty. At the same time, we must realize that we cannot attract anything to ourselves which is not already within us, or rather, for which we do not have the capacity to receive."



Second Coming of Christ

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

*Jesus' Advice—How to Build a World
Free From Wars*

By **PARAMHANSA YOGANANDA**

And he said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on. The life is more than meat, and the body is more than raiment.

Consider the ravens: for they neither sow nor reap; which neither have storehouse nor barn; and God feedeth them: how much more are ye better than the fowls? And which of you with taking thought can add to his stature one cubit? If ye then be not able to

do that thing which is least, why take ye thought for the rest?

Consider the lilies, how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these. If then God so clothe the grass, which is to day in the field, and to morrow is cast into the oven: how much more will he clothe you, O ye of little faith?

And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind. For all

these things do the nations of the world seek after: and your Father knoweth that ye have need of these things. But rather seek ye the kingdom of God; and all these things shall be added unto you.—
Luke 12: 22-31.

"Therefore, I say unto you, do not worry all the time as to what kind of food you will eat or how many styles of dress you will put on. It takes eternal life to sustain human life and not meat alone, you must realize that, and the body was made to express soul wisdom and not only to be decorated with dress.

"Look at the ravens—they do not complicate their lives by unnecessary desires or yearnings for unlimited riches and yet God feeds them, though they have no storehouse or barn nor money in the bank. You too—who are more important than ravens—will also be looked after by God, provided you learn to have absolute faith that He is the Life behind your life, and that bread and raiment are not the things that sustain and maintain your life.

"When you cannot add one cubit to your stature by all your struggles and efforts, then why should you worry about your body which is directly maintained by God and the abundance of nature and indirectly by your earning capacity and physical efforts?

Consider the Lilies

"Look at the lilies, how they are beautiful and fragrant. They maintain themselves without a salary or starting a business! Solomon with

all his acquired earthly powers and kingly dresses could not look so graceful and divine as the God-grown lily. God has the power of life and death over all big and small things; He will clothe you who are made in His image and yet have so little faith in the immortal powers within you as a direct descendent of God. Do not spend all your time looking after your bodily needs, and do not be in doubt that God, who has given you life and created all edible things to sustain it, will remember to support your life.

"All the nations of the earth foolishly spend all their time seeking after food and drink and physical national well being—that is why they mislead themselves and become involved in industrial selfishness leading to wars and destruction. Let the nations of the earth seek God instead and live beneath the canopy of international spiritual brotherhood. To such brother nations who live in peace and God-consciousness, the Heavenly Father, who knows the needs of all, bestows lasting prosperity, well-earned by international brotherhood, good-will and international business. The nations of the earth and individuals who seek the kingdom of God by acquiring lasting happiness by daily meditation, will find that along with the acquirement of lasting spiritual happiness and harmony they will automatically attract health, prosperity, and material riches."

In the above words, Jesus gives to the nations of the earth and

individuals the greatest recipe for individual and national happiness. The state of the modern man and nation who are money-mad distinctly shows that by selfishness they are wrecking individual and national happiness. Individual selfishness and patriotic selfishness both create disorder and want in the family and in the nation. Modern competitive business life is pernicious because each one tries to take away the possessions of others. Thus in a community of one thousand business men each business man has 999 enemies and competitors. Jesus told each man to share his possessions with all. According to that law, each person in a community of 1000, has 999 helpers. If the dictators of different nations, instead of concentrating on armaments and patriotic selfishness, turned the minds of their followers toward the acquirement of peace, prosperity, international brotherhood and the bliss of meditation, the earth today would be a heaven; prosperity, health and material well-being would be added unto all the spiritual treasures of the nations.

Complications of Civilization

If the nations of the earth did not complicate civilization by industrial selfishness which leads to overproduction, then all peoples would have plenty to eat and to live in prosperity. But since patriotic selfishness and material prosperity are the sole aims of almost all nations, the world is thrown into chaos and confusion resulting in famine and the avoidable miseries of wars.

If all the nations of the earth lived in brotherhood and wanted to please God and Christ, they would exchange food and raiment and would never suffer from lack, famine or poverty. The present economic system of profiteering and exploitation has failed, and a brotherhood of nations and a brotherhood of necessary industries and industrialists can alone bring lasting prosperity to the world.

Individuals and nations living in tune with God and His ideals of brotherhood and peace would exist in perpetual prosperity and spiritual happiness. But all nations who believe in the power of the sword and in industrial and patriotic selfishness sooner or later bring physical, mental and spiritual disaster to themselves and other brother nations.

God, who is the Provider of the cosmos, knows the needs of individuals and nations and if He feeds the raven how much more would He provide everything to the individual and the nation who are in tune with His ideals!

Modern chaotic conditions over the world are the result of living by ungodly ideals. Individuals and nations can be protected from utter destruction if they live by heavenly ideals of brotherhood, industrial cooperation and international exchange of earthly goods and spiritual experiences. Patriotic selfishness has failed to impart national security and prosperity and instead has brought on national disasters, wars, unemployment, fears, insecurity, starvation and natural calamities.

ties (such as earthquakes, hurricanes, dust-storms which are the indirect results of the accumulated evil actions of individuals and nations.)

Material Riches

It is imperative now that individuals and nations forsake industrial selfishness, to feed and clothe the international body. Nations of the earth should learn to acquire wisdom, to meditate and be in tune with the Infinite, so they can feed the national soul with everlasting happiness. Nations who are rich in prosperity but not in wisdom and God-bliss of meditation may lose their unbalanced material prosperity through civil war, fights between capital and labor, and troubles with envious neighbors who may be jealous of their material prosperity. Capital and labor like brain and limbs should cooperate for the happiness of the body and soul of the nation and not fight and run into mutual destruction.

In the above words, Jesus did not mean that no one should eat or put on clothes, or meet the conditions imperative to life. He meant that people should not spend their lives in just thinking of food and clothing as most of the people of the world do. Great scientists and literary men also eat and dress, but their whole minds are engrossed in the subjects in which they have specialized.

Jesus warns people not to be material and use all their energies in worrying about food and raiment. Jesus tells us to concentrate on

eternal life which is the source of all lives, and attain immortality, while casually eating or clothing the body without much worrying. Jesus ate and clothed himself but his whole mind was on God. By this he found the source of life and did not waste time in acquiring the transitory necessities which support the impermanent bodily house of the immortal soul.

Likewise, nations of the earth could be much happier if they advocated plain living and high thinking and concentrated their minds in spiritual development, poetry and philosophy and less on complicated business development and money-madness which leads to the destruction of physical happiness. Business is for the happiness of man and man was not made for business. Only that much business is necessary which does not interfere with the spiritual development of man. Modern business being competitive takes the entire time of man and leaves him ragged and thus makes him unable to concentrate in making his life truly and spiritually happy.

Fear not, little flock; for it is your Father's good pleasure to give you the kingdom. Sell that ye have, and give alms; provide yourselves bags which wax not old, a treasure in the heavens that faileth not, where no thief approacheth, neither moth corrupteth. For where your treasure is, there will your heart be also.—Luke 12: 32-34.

"Fear not, little flock of devotees, for through your devotion the

Father will feel justified and pleased to give you the kingdom of Omnipresence which belongs to you as you are made in His image.

Desire For God Only

"Your only desire being to know God and to follow the path of renunciation, sell all your earthly property and give away the money received to the poor and the needy. Do not concentrate in carrying material bags which rot and decay with use but carry with you the undecaying receptacle of intuition developed by deep meditation. Store there the treasures of wisdom, evernew bliss, consciousness of Omnipresence, which will never fail or be taken away from you. Such heavenly treasures acquired by meditation cannot be taken away by the thief of death or destroyed by the moth of time. Worldly people concentrate on the insecurity of material pleasures, but let your heart be concentrated on your acquired everlasting pleasures of God-realization."

In the above words, Jesus points out that prodigal children of God must remember the divine image in them and thus merit spiritual emancipation. No one can wrest the spiritual kingdom from God by following the spiritual law alone, for the Heavenly Father reserves the right to give salvation when He thinks fit. But it must also be remembered that God already made man in His image and therefore man is bound to recover his divinity even though he is deeply buried beneath the debris of incarnations

of delusion. It has been the good pleasure of the Heavenly Father to stamp His perfect image in all His human children and when they forsake their identification with their human nature and bring out their perfect divine image, then and then only the Heavenly Father is pleased to receive them back in His home of immortality.

In the above words, Jesus enunciates the duty of the man of absolute renunciation who wants to know God alone by forsaking everything else. That is why Jesus says all renunciates who have any possessions should sell them and give alms, and concentrate only on acquirement of the bag of intuition full of the heavenly treasures of imperishable divine qualities.

Let your loins be girded about, and your lights burning: And ye yourselves like unto men that wait for their lord, when he will return from the wedding; then when he cometh and knocketh, they may open unto him immediately. Blessed are those servants, whom the Lord when he cometh shall find watching: verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them.

And if he shall come in the second watch, or come in the third watch, and find them so, blessed are those servants. And this know, that if the good man of the house had known what hour the thief would come, he would have watched, and not have suffered his house to be broken through. Be ye there-

fore ready also: for the Son of man cometh at an hour when ye think not.

Then Peter said unto him, Lord, speakest thou this parable unto us, or even to all? And the Lord said, Who then is that faithful and wise steward, whom his lord shall make ruler over his household, to give them their portion of meat in due season?

Blessed is that servant, whom his lord when he cometh shall find so doing. Of a truth I say unto you, that he will make him ruler over all that he hath. But and if that servant say in his heart, My lord delayeth his coming; and shall begin to beat the menservants and maidens, and to eat and drink, and to be drunken; The lord of that servant will come in a day when he looketh not for him, and at an hour when he is not aware, and will cut him in sunder, and will appoint him his portion with the unbelievers.

And that servant, which knew his lord's will, and prepared not himself, neither did according to his will, shall be beaten with many stripes.

But he that knew not, and did commit things worthy of stripes, shall be beaten with few stripes. For unto whomsoever much is given, of him shall be much required: and to whom men have committed much, of him they will ask the more.—Luke 12: 35-48.

"Keep your spiritual will ready and concentrated within, beholding the different lights or stars in the spinal cord by which you can lead

your consciousness from the finite body to the infinite by sending your consciousness and life force through them into Spirit. You should be like true devotees waiting for the divine cosmic consciousness to be manifest in your bodily house, after that cosmic consciousness returns from its wedded unity with all nature and thus distinctly makes itself manifest through the consciousness of the devotee without the hidden covering of nature's manifestations.

Cosmic Consciousness

"When the cosmic consciousness comes and knocks at the gates of the devotee's intuition it must be received with devotion. Those servants and devotees of God are blessed with eternal emancipation when the cosmic consciousness arrives in their consciousness and finds them alive with wisdom and watching to receive God and disband ignorance.

"Verily I declare by the truth which I feel within me, God shall come to the true devotee and serve him with the meat of true wisdom and divine communion. And when God comes, once or twice or thrice, in the watchful consciousness of the devotees, they will be blessed by spiritual freedom for having passed all the tests of divine communion. That devotee is good who keeps his bodily and mental house well guarded with wisdom so that the thief of ignorance cannot come in suddenly and break through his consciousness, stealing his spiritual qualities. Just as the thief enters

suddenly and stealthily in a house, so remember that Christ Consciousness comes to the devotee suddenly and stealthily to see if he is ready to receive him.

Delay is Dangerous

"The true devotee is always watchful and receives the Christ Consciousness no matter when it comes, but the fitfully wise devotee often misses the manifestation of Christ Consciousness. That servant who is unceasingly faithful and constantly wise and ever-watchful, is made master by the Lord God of his bodily and mental house, and is given enough meat or wisdom to control all his servant senses. When the Christ Consciousness suddenly visits the devotee and finds him alive with wisdom, then truly that devotee finds complete self-mastery over himself by the permanent contact of Christ Consciousness.

"But the careless and whimsical devotee who thinks that he will not meditate every day because the manifestation of God Consciousness is delayed, and thus goes on to ill-treat his servant senses and insult and misuse the maidens of his fine feelings and to enjoy sense objects and be drunk with delusion, will find that the Christ Consciousness will be consciously manifested to him some day when he will not be looking for it, at a time when he will not be spiritually watchful and, finding him spiritually negligent, will separate and go away from the careless devotee's consciousness.

"Such a negligent devotee due to his devotion receives a temporary contact of God but through negligence loses Him again and becomes classed with the unbelievers who never have the contact of God. That devotee who intuitively felt God's will and did not prepare himself to meet the divine tests or obey the divine will shall find himself lashed by worries and the acute sorrow of losing God after finding Him. But that devotee who is unconsciously neglectful of God's coming will not suffer so much. Much watchfulness and spiritual sanity is required of devotees with wisdom, just as men expect much from responsible social leaders."

In the above, Jesus speaks of advanced devotees who should never concentrate on the body but on the seven receptacles of energy in the spine and divine consciousness so that ignorance may never invade them and they be always ready to receive the manifestation of God who is hidden behind His consort, nature. The returning of the Lord from the wedding signifies that God is hidden and busy in nature, but He disbands all the delusions of natural manifestations and reveals Himself as cosmic consciousness and light to the true devotee.

God may come, due to the careless devotee's devotion, but goes away because he is negligent and indulges in sense enjoyment. Those devotees who consciously know that God can manifest in them and yet neglect to renounce sense pleasure, find the sudden manifestation of God in them and His sudden de-

parture. Such devotees then realize the acuteness of mental suffering for having found God, the Emancipator of the universe, and then suddenly losing Him.

The Purpose of God

The purpose of God visiting the devotee is that He always responds to the devotee's devotion, but if the devotee happens to lead an unspiritual life He goes away after manifesting Himself in a glimpse to the devotee. While the disappearance of God from such careless devotees seems to bring suffering to them, still the devotees should be encouraged to seek God permanently. Thousands believe that the contact of God is impossible but the careless devotee knows differently even if for only a little while. Even in his suffering he realizes that he will be able to know God permanently by forsaking his careless unspiritual habits.

Then Jesus speaks of the third class of devotees who follow spiritual rules mechanically. If by chance they contact God for a trice in meditation, they don't suffer much for losing Him, because of lack of depth in their spiritual feeling for God.

God never beats the devotees with stripes but they feel the pangs of suffering through their own folly of losing God after once finding Him. When the devotee's devotion is ripe, God manifests Himself unto him, even though he may not be looking for divine manifestations. But to contact God permanently, the devotee must be

ever-watchful of his divine consciousness in the states of sleep, dream and wakefulness. Any devotee who emphasizes any bodily or mental act other than concentrating wholly on God cannot retain Him permanently.

I am come to send fire on the earth; and what will I, if it be already kindled? But I have a baptism to be baptized with; and how am I straightened till it be accomplished! Suppose ye that I am come to give peace on earth? I tell you, Nay; but rather division: For from henceforth there shall be five in one house divided, three against two, and two against three.

The father shall be divided against the son, and the son against the father; the mother against the daughter, and the daughter against the mother; the mother in law against her daughter in law, and the daughter in law against her mother in law. And he said also to the people, When ye see a cloud rise out of the west, straightway ye say, There cometh a shower; and so it is. And when ye see the south wind blow, ye say, There will be heat; and it cometh to pass. Ye hypocrites, ye can discern the face of the sky and of the earth; but how is it that ye do not discern this time? Yea, and why even of yourselves judge ye not what is right?— Luke 12: 49-57.

"I am come on earth to spread the fire of wisdom which will mercilessly burn all barriers of ignorance. Now that fire is already kindled with the fire of ignorance-

burning wisdom and how can I feel satisfied until that is accomplished? Some of you who think that I came on earth only to give peace, are mistaken, for my wisdom is going to create also division, between the good and the bad. All my followers who follow me in truth and understanding will separate themselves from those who live in darkness. Peace cannot reign in a family where the father may follow my teachings and the son may follow satanic delusions."

In the above words, Jesus is speaking about the fiery nature of wisdom. Wisdom gives peace to those who are in tune with it and burns those who are against it. Truth is like a fire which handled properly gives warmth and light, but anyone who tries to get into it and wrestle with it, gets burned.

Truth has a fiery vibration. True devotees tune themselves with truth by raising their vibration by spiritual discipline, but ignorant people who fight truth by ignorance find themselves miserable.

When thou goest with thine adversary to the magistrate, as thou art in the way, give diligence that thou mayest be delivered from him; lest he hale thee to the judge, and the judge deliver thee to the officer, and the officer cast thee into prison. I tell thee, thou shalt not depart thence, till thou hast paid the very last mite.—Luke 12:58-59.

"Any devotee who in his introspection finds that his adversary—the karmic law—has arrayed him before the magistrate of cosmic

law, must pray that he be delivered from reaping the results of his bad actions, for most people condemned by the judge of cosmic law are delivered into the prison of suffering by the officers of karmic tendencies (tendencies arising from evil actions.) I tell you that you cannot get away from the tribunal of the cosmic law and law of karma governing all human actions until you have paid up by working out your evil karmas, by suffering and prayer."

In the above words, Jesus is speaking of the inscrutable law of cause and effect governing all actions (law of karma), so that when a person has already performed good or evil actions, he must reap their good and bad results. The law of evil karma is the great adversary of man for it brings numerous sufferings. Man can be partially and in time wholly free from the effects of evil karma if he continuously prays for pardon to the divine magistrate, the maker of the cosmic law, which governs all lives and all actions.

There were present at that season some that told him of the Galilaeans, whose blood Pilate had mingled with their sacrifices. And Jesus answering said unto them, Suppose ye that these Galilaeans were sinners above all the Galilaeans, because they suffered such things?

I tell you, Nay: but, except ye repent, ye shall all likewise perish. Or those eighteen, upon whom the tower in Siloam fell, and slew them, think ye that they were sinners

above all men that dwelt in Jerusalem? I tell you, Nay: but, except ye repent, ye shall all likewise perish.—Luke 13: 1-5.

In the above words, Jesus is speaking of the law of karma (cause and effect which governs all human actions). Jesus is correcting an error in the minds of those who thought they were virtuous because they were living while those that were killed by Pilate or the falling of the tower were great sinners.

It is ridiculous for escaped murderers to pity those murderers who have paid the penalty with death. For the escaped murderers will meet the same fate whenever they happen to be caught. Likewise Jesus explained that the people around him were actual sinners for whom lawful punishment awaited. It was ridiculous for them to think that the slain Galilaeans and the eighteen perished by the tower were greater sinners. Jesus meant that death by legal law or accident did not always show that persons dead were great sinners. Some people living might be much greater sinners than those who were dead. Death is not always the result of sins, neither does God send death because of one's sinful actions.

Sin certainly brings spiritual death, loss of immortal joy which is greater than physical death. Sin brings torture of conscience and corroding inner mental punishment which sometimes are greater than physical death. So Jesus says, "Don't think that the slain people were greater sinners, for among you are sinners greater than them. Unless

you mend your ways and forsake your evil actions, your spiritual life will perish which will be greater than physical death." Jesus warns against the practice of some people who never analyze themselves, thinking they are more virtuous than others who have suffered disease or death.

MEDITATIONS

God, teach me by the command of concentration to stop the storms of restless desires raging over the limpid lake of my mind. Break the boundaries of the little wave of my life, that I may spread all over Thy vastness.

Divine Teacher, discipline my unwise, wayward senses, that they may spiritualize their pleasures and ever look beyond the illusion of glittering, visible form, to find divine pleasure hidden behind simplicity's white robe.

Heavenly Father, let the waves of Thy power dance on the river of my activity. As Thou art intelligently busy in making atoms, flowers and universes, so teach me to be cheerfully busy always. Bless me, that I may wear Thy unfading smile while working in the factory of life.—Paramansa Yogananda.

There is joy in the presence of the angels of God over one sinner that repenteth.—*St. Luke.*

For this my son was dead, and is alive again; he was lost, and is found.—*St. Luke.*

Be not afraid of them that kill the body, and after that have no more that they can do.—*St. Luke.*

SCIENTIFIC DIGEST

BRAIN WAVES PROVIDE KEY TO MIND

What are the wild human waves saying?

These waves are the electrical ones which flow ceaselessly from the brain centers of man, woman or child.

They are probably the wildest of all waves, in diversity of shape, sizes and speeds.

Now that millions of them have been studied by scientists in the last six years, in what is a new field of diagnosing human beings, some of their meanings are beginning to become clear.

They are used by surgeons, physicians, alienists, or even the family doctor may have them taken to explain why junior acts that way.

These waves are as common as fingerprints. A couple of electrical pickups pasted to the scalp will record them any time, for any person.

They are electrical pulsations of a few millionths of a volt each. They cannot ever be felt. But an amplifying set writes them on a moving strip of paper, like an endless chain of waves drawn by a careless penman.

For most people, most of the time, when awake, they look like a string of script letter M's written end to end. But with moods, emotions, alcohol, illness, misbehavior some-

times, and mental troubles often, they change. Each wave represents some sort of action within the brain.

Reading their meanings is like standing on the shore of New York Harbor in a blackout when nothing can be seen but the waves coming ashore at your feet. If a large liner went past in the darkness, its presence could be guessed by the regularity and size of its rollers.

The human alcoholic brain wave sometimes has musical beauty. It may assume the form of a spire studded with gracefully curved ornaments.

This alcoholic symmetry, however, is never a sign that the intoxicated person is about to burst into song. Its variations, so far, have no indexed meanings.

Waves Roll at Ten a Second

The human waves roll usually at the rate of ten a second. But speeds may be much slower or faster. Speeds alone are often significant of trouble although not always. Thus, sleep slows the waves. So do some forms of serious mental trouble.

Emotions are likely to form waves irregular in timing or size, or both.

But if there is a wave to identify intelligence, it has not yet been found. Dunce and genius, in normal health, are likely to have waves too similar to be distinguished. The waves are slow in children, up to

about 8, and after that take on the adult pattern.

The best identified wave is an occasional spike appearing among the normal m's, as a sign of epilepsy. Occasionally epilepsy is found by this wave before any other sign appears.

Insanity, mental troubles and psychoses present a confusion of wave forms like mixing all the earth's storms simultaneously over one small area.

Yet even here some of the signals are beginning to become clear. Years of watching have culminated in finding two kinds of waves to separate manic depressive insanity into two classes.

Some maniacs have slow waves. Others have the fast type. The latter show the wave speed even when they are at rest.

The greatest present puzzle is that among perfectly normal persons there are just about all the types of waves which mark the insane.

Not everyone has the insane waves. But the overlap is wide. As the signs are better understood it may be possible to label every personality with its true name.

Fundamental in Personality

For these wild waves are something fundamental in personality. Each individual's pattern usually remains the same no matter how many times repeated. It seems a safe guess that the wave pattern remains constant throughout life. Finally, no two are exactly alike.—*Howard K. Blakeslee in The Washington Post.*

HOLDING BREATH

Wesleyan University recently hailed Eugene J. Frechette, Jr., a junior, as the new champion for a performance that was literally breath-taking.

In the interest of science, the 20-year-old student from New Haven stopped breathing for 20 minutes 5 seconds, setting up what university scientists said is a new world's breath-holding record.

The old mark of 16 minutes 23 seconds was set a year ago by J. Edward Burns, a graduate student.

Everybody was earnest and serious about the whole thing because it was a laboratory test to demonstrate the capacity of human endurance and prove that reflex action eventually will force a person to breathe even against his wish.

"You feel as though you're dying," said Frechette in describing his sensations.

The laboratory technique calls for the subject to over-breathe for three minutes and then inhale three deep breaths of pure oxygen. After that, the subject, who receives no other special chemical aid, sits as quietly as possible without breathing.—*Associated Press.*



All the pursuits of life, without God, offer only partial joy, although they may be crowned with the utmost fulfillment. But if we have found God, we have found the reservoir of perennial, unending Bliss!—*Yogananda.*

Questions and Answers

By Paramhansa Yogananda

Spiritual Growth

Question: "How can I attain spiritual growth?"—F. O.

Answer: The most direct path to this desire will be to practice the scientific methods of attaining spiritual growth that have been taught by the great yogis of India. These teachings are sent out by the S. R. F. in the form of weekly lessons called *Praecepta*. These scientific methods will give you definiteness and certainty.

Science systematizes everything into a definite conception. You must make religion scientific. Combine two things in a certain way and you will get a certain result. The Masters of India are telling you why you should seek God, and telling you how to find Him. You must make the laws of God a practical part of your life. In India we are taught to make spirituality practical. We want to know God. We take religion seriously.

Science and religion should go hand in hand. All the results of science are definite and connected by reason. When Jesus urged His

disciples to have faith, He didn't mean just blind faith.

Yoga Is Definite

The Yoga teaching is definite and scientific. Yoga means "scientific unity of soul and God." It does away with all dogma. The spiritual Masters in India never tell their disciples they will find God in a minute. We must work hard to find Him. We must make a deep and sincere effort to contact Him by study and meditation. If we don't find the pearl of God's presence in one or two divings, we must not blame the ocean; blame our diving. That is what is meant by the science of religion. We must not attach too much importance to the things of this life. We don't know when we will have to leave them; that proves that it is foolish to waste time on them.

You are not a mortal being. You are made in the image of God. Never let anyone call you a sinner. No matter what you were yesterday, you are a child of God now and evermore. You must scientifically seek Him. Isn't it worth while

to forsake small gifts for the greater gift of God? Before meditation, say: "One by one I close the doors of the senses, lest the aroma of the rose or the song of the nightingale distract my love from Thee." Meditation is proof of the existence of God.

The joy that you are seeking in sex, money, wine, human love or fame, is within yourself. Everything you want and need is within you. Seek long and seek deeply. Make up your mind that no one is going to distract you, then you won't be aware of the passing of time. That is the way to make religion scientific. Jesus had the power to destroy the world but instead he said: "Father, forgive them, for they know not what they do." This shows that the law of God allowed Jesus to go through suffering in order to prove how God wants His saints to live.

Boundless Joy of God

If I can convince you that the path of meditation and the search for God leads to everlasting life, then I have given you more than a million dollars, because a million dollars will perish from the earth but this teaching will go with you beyond the portals of the grave. Be regular in long meditation and be persistent. Forget your body and your thoughts. Between your restless thoughts and God there is a wall and many people never surmount that wall, but the fighter goes on. When your mind becomes quiet, you are in the kingdom of the Infinite.

The joy of God is boundless and

ever-new. You will find everything and understand everything in God. India's spiritual Masters always teach students to first seek God, then God will reveal all things to them. Behind all earthly mothers there is One Mother; behind all friends, One Friend; behind all fathers, One Father; behind all loves, One Love.



Bible Teaches Reincarnation

Question: "Does the Christian Bible teach the theory of reincarnation?"—D. Y.

Answer: We have proof of the teaching of reincarnation in the Bible when Jesus said that Elias was come already, and the disciples understood that he spoke of John the Baptist. In *Revelations* we find: "Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out"—Rev. 3: 12.

Reincarnation means that the soul transmits itself from one body to another through the process known as "death" and "birth." The soul is not always reincarnated right away. It depends upon the karmic condition of the soul. After death it remains for a while on the astral plane.

There has been a great deal of controversy as to whether reincarnation is true. I will say: If there is no truth in the theory of reincarnation, it is useless to believe in any form of religion. Reincarnation teaches that life continues after so-called death. The body does not last but the soul

lasts forever—the permanent soul in a temporary body. The soul cannot go back to God until it reaches perfection. Hence, when the body perishes, the soul must have another body in order to overcome its imperfections.

Where Are Our Forefathers?

Where are our forefathers? Their bodies have been reincarnating, changing into different forms. What is the use of striving for perfection if this life is the end? Why believe in Christ? If we discard the theory of reincarnation, then there is no reasonable immortal hope.

Reincarnation gives us the only hope that life is continuous. We will have to return to the school of life if we don't finish our earthly studies, and if we leave this earth with desires unfulfilled we will have to come back again in order to fulfill those desires. If a person dies full of disease and sorrow and sin, the Spirit says: "You shall have another chance." Even a murderer is given another chance. He comes back as a little baby, everyone loves him, and he is given a new opportunity to mold his life in a better form.

What happens to babies who die at birth? Why do some people have a hundred years in which to struggle and perfect themselves, while others are cut off early in life? The answer is: They must have done something wrong in the past that caused them to die early in this life, but that doesn't mean that their punishment, brought on by their own wrong actions, is go-

ing to continue forever. They will come back again and again until they have learned all the lessons of this life.

A saint spends perhaps twenty-five years in meditation before reaching perfection. We must use our time to seek the purpose of this life. We cannot reach God in an imperfect state.

Sin is nothing but performing those actions which take us away from the kingdom of God. A dying man has no chance to be born again and seek God unless he is given a new body in which he can strive to express his spiritual qualities. Every year we are experiencing 365 days of birth and death because every day in the morning we are born and at night we die when we sleep. We reincarnate every day. We are reincarnating when we change our consciousness.

Need for Rebirth

If we go on improving our states of consciousness until we have exhausted all the births necessary to express the glory of God, we won't have to be born again in the flesh. We must be born again and again until we express divinity. To be born of the Spirit means to be born into a new, perfect consciousness.

Don't think that we are the only people of God. There are many planets similar to this earth. This is only one place of God's experiments. There are many earths and moons and stars and suns, which the most powerful telescope cannot reach.

NEWS OF THE CENTERS

By Paramhansa Yogananda

A few months ago I went to Boston to attend to an urgent matter. I had hoped to visit all the S. R. F. Centers, but for lack of time I could not do so. However, I paid a flying visit to a few Centers which lay on my route.

Boston Center

It was a great pleasure to me to see the wonderful work carried on by Dr. M. W. Lewis and his associate, Mr. Arthur W. Smith, in Boston.

My long-cherished desire to stay in a nice Boston apartment was fulfilled, thanks to Mr. and Mrs. Lewis who found one where Swami Premananda, Sri Das and myself stayed and had a delightful time. When I first came in Boston in 1920, I lived in a single room without bath and that is why I had this desire to stay in a modern apartment in Boston.

I am very grateful also for receiving the gift of a new Dodge car due to the help of Mr. and Mrs. Roscoe Elliott, Mr. and Mrs. Lewis and a few Philadelphia students. A great need for the S. R. F. headquarters was thus fulfilled. I was glad to be driven from Boston to Indianapolis by Swami Premananda's very careful driving. Sri Das drove me to Los Angeles, very fast but very carefully too.

I was so happy to visit the long-established Indianapolis Center, so very tastefully decorated. I was deeply touched to hear my chants sung there so accurately and beautifully.

I was amazed and delighted to see how well Sri Das has kept many of our Eastern S. R. F. Centers alive, besides founding the dynamic one in Indianapolis in the heart of the city, with very able assistant leaders, Mrs. Charles Hoffman and Miss M. Eckhardt. I was lavishly entertained in every way at Indianapolis.

I was most happy to see Sri Das having big campaigns in Boston, with hundreds attending his lectures and classes. He has indeed taken my place as a traveling teacher who spreads the unadulterated S. R. F. teachings.

That is why I invited Sri Das to come to Los Angeles and organize the Headquarters offices, where he has now added many valuable improvements. This fine teacher from India has given me soulful cooperation, reverentially and lovingly forgetting self.

Washington Center

I was amazed to see the lasting work established by Swami Premananda, "S. R. F. Ambassador," at Washington, D. C., with the sincere cooperation of the Washing-

ton students. I was deeply touched to stay in the S. R. F. Home and to lecture in the marvelously organized S. R. F. temple in the nation's capitol.

What touched me most was to see our S. R. F. work permanently established in Washington, D. C. through the able leadership, since 1928, of Swami Premananda (formerly called Brahmachari Jotin.) I told him, "I enjoy more staying in the home and lecturing in the temple created by you, than in those which God has created through me, for I appreciate all the untold efforts, creative ability, responsibilities and 'go-getting' spirit, hazards and continuous enthusiasm which are necessary to build such a permanent Center in a difficult place like Washington, where everything is so expensive."

I was lost in admiration to see how the Washington S. R. F. temple, a well-built stone structure, was exquisitely and modernly decorated, immaculately clean, everything in its place. All divine creations should be orderly.

I had several delightful curry dinners, and was royally entertained by the Swami's students.

I seldom eat cakes but, I must particularly mention, I tasted some small cakes in Washington, specially made to order, which were most remarkable and tasted like some of the India sweetmeats. Knowing my liking for this delicacy, the Swami and his students deluged me with cakes during my stay there. But I was shocked later to hear that those cakes cost seven dollars a

dozen (if I remember rightly).

Deep appreciation is due Swami and his students for the wonderful Center they have created at Washington, D. C., which has pleased the Masters, me, and the people of India. We hope many more Centers like this are started by the Swami in the vicinity of the national capitol.

Detroit Center

I extremely enjoyed my visit to the Detroit S. R. F. Center. It is a little spiritual hive with lots of spiritual honey. The credit for the continuation of this beautiful Center belongs to Mrs. Maude Emerson, her daughter Mrs. Hall, and to Mr. J. Oliver Black. I was very happy to meet Mr. Black and to find him living the life of a Hindu yogi.

The help and sacrifice of Miss Miriam Snavely of the Philadelphia Center, to the S. R. F. cause, is specially noteworthy and deeply appreciated by me.

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UNIVERSITY NEWS

Great enthusiasm is being shown for the classes conducted at Mt. Washington University during the present (second) semester. Paramhansaji's classes on alternate Sunday afternoons, on Patanjali's immortal aphorisms on Yoga, are well attended. Sri Das speaks on alternate Sunday afternoons on the Comparative Study of Religions.

Dr. Maizie Helmar conducts a Thursday evening class on Mental Science. Dr. W. E. Balsinger speaks Monday evenings on Physiology

and Anatomy. The Physical Training Class, with yoga exercises, on Sunday afternoons, has aroused much interest. Mrs. L. P. Downs teaches Philosophy classes on Tuesday and Wednesday evenings.

The Summer Semester, which will be held at Encinitas at the Golden Lotus Temple, will start during the second week in June. Registrations should be made now, to the Dean, Miss Orpha L. Sahly, Mt. Washington University, 3880 San Rafael Ave., Los Angeles, Calif.

EASTER SERVICES

The S. R. F. Sunrise Easter services on Sunday, April 5th, will be held this year at the Mt. Washington Headquarters in Los Angeles, instead of at Encinitas as in previous "tire-plentiful" years.

Paramhansa Yogananda will speak at 7 a.m. on "The Metaphysics of Resurrection." At the 11 a.m. service his subject will be: "How You Can Learn the Art of Resurrection."

An 8 o'clock Breakfast will be served; 75c for adults and 50c for children. The sunrise service at Mt. Washington should be a most inspiring occasion, and all are welcome to attend.

REQUEST. Will each member or friend who writes to the S. R. F. headquarters or to Paramhansa Yogananda, please enclose a self-addressed envelope for reply? This thoughtful act will be much appreciated.

SRI DAS ACTIVITIES

Sri Das, inspiring teacher and lecturer of Self-Realization, will be traveling to the various Centers in the East during the Easter holidays. New York, Chicago, Cleveland, Indianapolis, and many other cities will receive the benefit of his lectures and illuminating teachings.

Sri Das has been lecturing, teaching, and residing at the Headquarters of Self-Realization Fellowship and the Mt. Washington University Estates in Los Angeles. Paramhansa Yogananda is highly pleased with all that Sri Das has accomplished for the progress of the Headquarters' activities. Sri Das has recently been appointed a member of the Board of Directors of the Self-Realization Fellowship.

The Centers in the East have sincerely cooperated with Sri Das in the past. May their kind cooperation continually increase with time and realization.

A six weeks' period of traveling and visiting the Self-Realization students will afford Sri Das much pleasure. He will endeavor to help them with their studies to a higher understanding of life and realization of the Self.

Sri Das has been a fine teacher in the Mt. Washington University. His inspiring lectures have been enthusiastically received by the Los Angeles students.

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"Man can receive only that to which he has become attuned. Discordant thoughts attract sickness, strife and poverty; harmonious thoughts attract success."—*Sri Das.*

Letters from S.R.F. Students



Extracts from recent letters of appreciation sent to the Personal Problems Department of the Self-Realization Fellowship by students and users of the Horn of Plenty Bank are given below:

"I thank you all for your prayers. While using the Horn of Plenty bank, I have found that many of my problems were easily solved, and I am very appreciative of the many blessings and the good which I now have."—*F. S., B. C., Canada.*

"I want to thank you for your kind prayers while my son was out of work. Ten days after I wrote to Self-Realization Fellowship for its help, my son found employment."—*W. H., Ohio.*

"I seem to be at a loss to know just how to express my gratitude to God, and to those of your staff who have so kindly helped me through my recent problem of prayer adjustment of my home, with respect to the sale of one and the purchase of another. You will probably recall that there was a time limit involved, which caused me some undue anxiety. This was overcome by a most unexpected extension of time—and this, in turn,

was followed by an almost overnight sale of our big house, and the happy purchase of the dear little house which we wanted so much.

"The old saying that what blesses one blesses all has certainly been manifest throughout the whole situation, for each and every individual involved has been blessed by the transaction. It would be impossible for me to say just how happy my husband and I are, but far more than our joy is the sense of thankfulness to our Heavenly Father which we feel for His guidance and His goodness to us. It has made us want to live ever closer to Him by showing greater kindness and understanding in all our dealings with our fellowmen."—*D. H., Mass.*

"When I asked for your help I was taken to the hospital and all arrangements were made in surgery for an operation, but I feel that your prayers helped to prevent the operation. For some reason or other the doctor postponed the operation until the next day, and by that time the carbuncle broke and the core was taken out and all the infection cleared up. The doctor

told me after it was all over how thankful he was that he did not have to operate as it would have been a very serious operation and would have left a terrible scar. I know that it was your prayers and God that saved me from it.

"Please continue your prayers for my son, that he will pass his final examinations. This year's training has certainly made a fine man of him, and I am indeed thankful and grateful to God and your staff of workers for everything you have done for me and my son."—N. A., Ohio.

"Since using your Horn of Plenty Bank I have been wonderfully blessed. I have had money as well as the necessities of life. Things seem to just come to me."—C. T., New York.

"I thank you for my happiness and prosperity. My mother is well and happy, my sister is working at last, my husband's work is good. I want you to please continue prayers for our happiness, love and prosperity."—M. F., Tenn.

"I am enclosing the savings from my Horn of Plenty Bank to be used as an offering to spread God's work or as you see fit. Since the last time I wrote you God's blessings have been showered upon us. We are now living in California (where we always wanted to live) and my husband has a much better job, which gives him a much larger salary than his last one, and we are all happy. I know that God is the only inexhaustible source of supply."—Mrs. J. M., Calif.



Self-Realization Fellowship

Mt. Washington Estates
3880 San Rafael Ave.
Los Angeles, Calif.



Golden Lotus Temple

Encinitas, Calif.

SUNDAY SERVICES

11 a.m. by

PARAMHANSA

YOGANANDA

Paramhansa Yogananda speaks two Sundays in Encinitas, followed by two Sundays in Los Angeles. The Public is Welcome.

Attractive Rooms with Health Meals are available by day or month at the Mt. Washington Headquarters in Los Angeles, also charming rooms at Hotel in Encinitas. Write for reservations.

HEALING SERVICE



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, Mahatmaji, Swamiji, etc.)

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

APRIL, 1942

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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.

Fresno, Calif.

Conducting Teachers, Dr. George H. Sciaroni and Mrs. Doris Snyder, R. No. 3, Box 552. Meetings at Pacific Southwest Bldg., 1060 Fulton St., Room 1410, each Sunday at 8 p.m. Phone 2-5181.

Gardena, Calif.

Center meetings held each Tuesday 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.

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. Conducting Teacher, Mrs. Lloyd Briggs, 1740 Prospect Ave. Phone 27984.

Washington, D. C.

Swami Premananda, 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.

Miami, Florida

Conducting Teacher, Sister Kripa, The Professional Bldg., 216 N. E. 2nd Ave., Rm. 801. Associate Teacher, Mr. Fred Terry. Secretary, Mrs. Alice Bates. Meetings on Sundays and Thursdays at 8 p.m. Library. Phone 25305.

Chicago, Ill.

Conducting Teacher, Mr. Walter Sherman. Treasurer, Miss Marie M. Schwarz, 360 N. Michigan Ave. Secretary, Miss Mary Havreberg. Meetings each Thursday at 8 p.m., 1117 Kimball Hall, 306 S. Wabash Ave.

Indianapolis, Ind.

Conducting Teacher, Sri Ranendra Kumar Das. 8 p.m. classes Tuesday conducted by Mrs. Chas. Hoffman and Friday by Miss M. Eckhardt. 38 1/2 Pennsylvania Street, Penn. Bldg., Rm. 408; phone Riley 1064. Sunday services at 11 a.m. and 8 p.m. Lending Library.

***Des Moines, Iowa**

Conducting Teacher, Mrs. Marshall McClery. Treasurer, Mr. Carl Bertelsen. Meetings each Thursday at 8 p.m. at 1315 E. Walnut St., Capitol Apts., Apt. 3. Phone 6-4202.

Boston, Mass.

First Self-Realization Fellowship Center in America, founded by Paramhansa Yogananda in 1920. Class meetings each Thursday at 8 p.m. 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 MacTewigan, 158 Summer St., Somerville, Mass.

***Detroit, Mich.**

Conducting Teacher, Mr. J. Oliver Black, 18094 Parkside. Meetings each Thursday at 8 p.m. at Hotel Tuller, Parlor D. Telephone: Mrs. Maude Emerson, Columbia 3737.

***Duluth, Minn.**

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

Minneapolis, Minn.

Meetings at Y.M.C.A. Bldg., Sundays at 8 p.m., open to the public. Class on Wednesdays at 8 p.m. President, Virginia Newhall. Leader, Mrs. G. Hirschfield. Assistant Leader, Mrs. Martin Peterson. Secretary, Mr. Fredrick B. Storlie, 242 Security Bldg. Treasurer, Miss J. M. Sverkersen.

St. Paul, Minn.

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

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. Conducting Teacher, Mr. John Fuerth, 804 W. 180th St., N. Y.

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.

Cincinnati, Ohio

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

***Cleveland, Ohio**

Chairman, Volta R. Hall, 7400 Brookpark Rd. Secretaries: Mrs. Carolyne Macurdy, 3017 Kingsley Rd., Mrs. H. Lindberg, 6412 St. Clair Ave. Treasurers: Mrs. E. P. Hill, 9794 Newton Ave., Dr. Eleanore S. Gordon, 2236 E. 105th St. Meetings each Thursday at 8 p.m., at Allerton Hotel.

***Philadelphia, Pa.**

Conducting Teacher, Miss Miriam Snavey. Meetings every Friday at 8 p.m. at 5033 Locust St. Phone Granite 6160.

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. Conducting Teachers, Mrs. Margarethe Reichstein, 927 N. Marshall St., and Mr. Gage.

London, England

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

Johannesburg, South Africa

Representative, Mrs. Elizabeth Schulman, 153-A Victoria St., Rosettenville, Johannesburg.

Tukuma, Latvia, Europe

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

Ranchi (Bihar), 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. Prakash Das, Director.

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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.

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.

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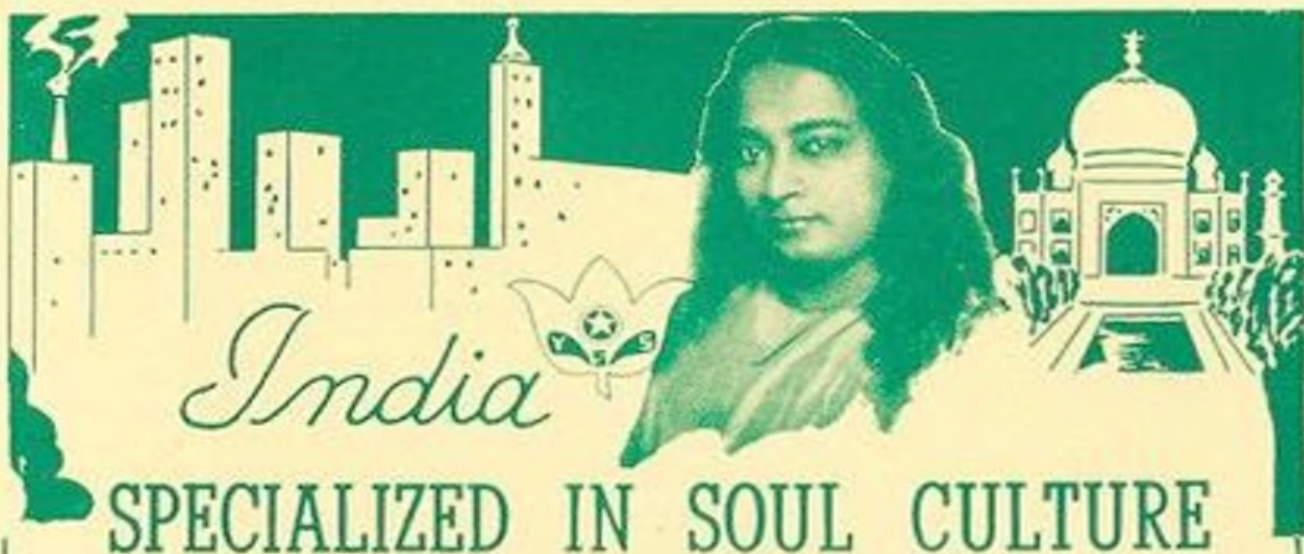
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Easter Message

By Paramhansa Yogananda



On this Easter occasion I hope all of us living in these times realize the real significance of the resurrection of Christ.

The world is buried beneath the tomb of hate, war and selfishness. I pray a new world be resurrected from beneath its hiding darkness.

Each of us must strive to resurrect his soul from all limitation. After war we must help to establish a democratic world of real brotherhood under the fatherhood of truth. We can do so if we keep on continuously improving our lives physically, mentally and spiritually.

Jesus showed that by lovingly and doggedly pursuing God in meditation and finding Him, we can perform the apparently impossible—immortalizing the human body. The body is a shadow of the Spirit and therefore by wisdom can be made into Spirit. Through the example of Jesus, through Self-Realization techniques and the teachings of India who specialized in practical religion, we must learn to achieve the highest of all scientific and human aspirations—the finding of immortality in this apparently mortal body.