

# INNER CULTURE

FOR SELF-REALIZATION



Overcoming Ego  
Limitations

WISDOM FROM THE BHAGAVAD GITA

— ❖ —  
"When Thy Eye is Single, Thy Whole  
Body is Full of Light"

By PARAMHANSA YOGANANDA

— ❖ —  
The Ancient Hindu Ideal of Kingship

By JAYADAYAL GOYANDKA

Light from "The Rubaiyat"

OMAR KHAYYAM'S WISDOM

JANUARY  
FEBRUARY  
MARCH

1942

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—Amrittatta. in *Kalyana-Kalpataru*

The Devotee, playing religious music and chanting the  
Divine Name, realizes the Overshadowing  
Presence of the Lord.

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## FOR SELF-REALIZATION

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# The Ancient Hindu Ideal of Kingship

By JAYADAYAL GOYANDKA



The divine sage Narada once visited Yudhishthira when the latter was holding his royal court at Indraprastha.

Yudhishthira received the sage with all honor due him, and after the usual exchange of greetings, the divine sage asked the king: "O royal friend, tell me, can you devote your mind to spiritual thoughts while engaged in pursuits of the world?"

"Shall I take it that you have not made your mind impure by too much attachment to sense-enjoyments, that you do not forget your traditional nobility while engaged in the pursuit of *dharma*, *artha* and *karma* (religious and social duties, material possessions and fulfillment of desires) and that you are not indifferent to the performance of your religious duties? Have you subdued your sleep? Do you wake up at the right time? Do you think out daily

in the latter part of the night what is right and what is wrong?"

"Do the farmers behave rightly in your absence? For that is a sign of their true love for their king. Are all your servants faithful, contented and serving you in line from father to son? Do you appoint the knowers of *dharma* and men with expert knowledge to examine every state project before it is launched? Do you appoint veteran warriors to train the princes and youths in the art of war?"

## Men of High Character

"Have you appointed, with all due respects, a man of high character and birth, a learned and generous man untouched by malice, to act as your priest? Have you appointed sincere men of character with pure and noble heredity as your ministers, assigning to them different portfolios?"

"Shall I trust you do not exasperate your subjects by inflicting

heavy punishments on them? Do the ministers administer the country according to your orders? Are the chief warriors of your army skillful in every kind of warfare and strong and mighty and courageous men of character and duly honored by you? Do you pay your soldiers adequate salaries and provide them with provisions at the proper time?

"I should like to be assured that you have not transferred all power of the war office to a single man who can act arbitrarily. For a man possessing such arbitrary powers will be surely tempted to exceed the limits of his authority. Do you honor the man who uses his talents in doing your work in a perfect manner and give him proper salary and provisions? Do you honor all men of knowledge, learning, talents and character by offering gifts of money to them? Do you provide for the maintenance of the families of those who may lose their lives or get otherwise disabled while rendering faithful service to you?

"Do you protect as your son the weak and vanquished, and the terror-stricken enemy, who seeks refuge in you? Do you regard the whole world with an equal eye even as parents equally love all their children? Do you befriend and patronize all aged people, people of your caste, men who stand as teachers in relation to you, traders, craftsmen, men dependent on you for their living, the destitute and the forlorn, and provide them with food and money? Do you take

care of your expert, cautious and well-meaning servants and not remove them from their office unless they are found guilty of any gross offense?

### Men Best Fitted

"Do you take care that every state appointment is filled by a man best fitted for it by his ability and standard of efficiency? Do you understand that no appointments should be given to greedy, corrupt, hateful and untried men? Are you sure that your subjects do not suffer from any molestation from thieves and robbers, greedy men, ignorant youths, or from any tyranny on your part?

"Are the farmers of the state living a life of peace and contentment? Have you provided for a plentiful supply of water by getting big tanks dug in various places of your state? Have you arranged that cultivation may not depend solely on rains? Do your farmers possess sufficient stocks of seeds and corn and never run short of them? Do you give them loans when necessary?

"Are you satisfied that gangs of thieves and robbers do not infest your kingdom carrying on nefarious works of loot and plunder? Are the women contented and safe in your state? Do you observe the practice of sleeping in the early hours of the night and getting up early in order to devote your mind to contemplation?

"Do you remove bodily ailments by means of medicine and proper diet, and mental diseases by serv-

ing the aged? Shall I believe that you are not led away by any feeling of greed, attachment or pride while attending to the depositions of plaintiffs and defendants? Do you guard yourself against the error of depriving any of your dependents of his appointment out of greed, attachment, mistrust or misguided love?

"Shall I take it you do not unnecessarily harass a weak enemy? Shall I understand that you do not use your power in utterly ruining anybody? Do you respect and honor the *Brahmans* and other men of virtues according to their merits? Do you zealously follow the *Vedic Dharma* (religion) acted up to by your ancestors? Do you perform the various sacrifices in their right manner with your mind wholly subdued and concentrated on them? Do you bow before your teachers, the elders of the race, the gods, performers of penance, the *Chaitya* tree and *Brahmans* devoted to benevolence?

"O sinless one, shall I believe that you are never overwhelmed by grief or anger? Are you sure that no true and innocent man, falsely assused of theft by any ignorant officers, is ever sentenced to death? Are your officers dutiful enough not to fall a victim to any temptation of bribe and let off the thief, the wicked, the evil-designer, the untruthful and the punishable after he is caught red-handed? Are your ministers so scrupulous as not to be carried away by any lust of money and to unjustly decide in favor of the rich against the poor?

"Have you entirely relinquished defects like unbelief in God, untruth, anger, wrongdoing, lethargy, avoiding men of knowledge, sloth, fickleness of mind, constantly worrying about money? Are merchants respected in your city and kingdom and are they allowed to bring commodities for sale only after examination by your officers? Do you hear daily the religious discourses of aged men of religious and spiritual knowledge and experience?

"Do you always remember whatever good anybody does to you? Do you praise and publicly honor and offer presents to one who does some noble act? Do you protect your state from the dangers of fire and from wicked men of demoniac ways? Have you entirely given up the six evils of sleep, sloth, fear, anger, excessive mildness and dilatoriness?"

### Given Great Lesson

King Yudhishthira listened to these questions with utmost attention and when the divine sage finished, said, "My lord, you have given me a very definite lesson on *dharma*, (duty), which is just as it should be. I have always tried to do to the best of my ability what kings ought to do, and what all kings of the past did with their justly earned wealth."

We find an interesting episode about king Aswapati in the fifth chapter of the *Chhandogya Upanisad*. Once upon a time there came to him some sages, to learn from him the *Vaiswanara Vidya*, a special branch of spiritual knowledge.

The king received them all with due respects and thinking within himself that their object in coming to him might be to get some money, he offered them a very large amount. But the sages went there with a different purpose. So they refused to accept the money.

The king thought the sages might have suspected some impurity in the money offered to them and at once proceeded to establish the purity of his wealth.

### Ancient Righteousness

He said, "O sages, in my kingdom there is no thief, no miser, no drunkard, no man without the fire of worship, none without the knowledge of the truth, none who is a debauchee, and no woman of unchaste character."

Is there any king nowadays who can claim such purity for his kingdom?

The happiness and prosperity which prevailed in the ancient kingdom of Sri Rama is proverbial. The very word *Rama-Rajya* has come to be a synonym for an ideal state. Goswami Tulasidasji describes it beautifully in his *Rama-charitamanasa*. He says: "The moment Sri Rama ascended the royal throne, all the three worlds were freed from grief. There was no hatred throughout his kingdom, all differences had disappeared with the rising influence of Sri Rama. All men followed their respective *dharmas*. They had nothing to fear, nothing to grieve, nothing to suffer from. The three kinds of suffering, physical, mental and cos-

mic, were unknown in the kingdom of Sri Rama.

"All men loved each other and faithfully and willingly followed the Vedic path, discharging their respective duties according to the injunctions of the *Vedas*. *Dharma* with all its four aspects, truth, purity, kindness and charity reigned supreme in the world. There was no sin even in a dream. All men and women were wholly devoted to Sri Rama and all were competent to reach the highest state of liberation.

"There was neither premature death, nor any kind of suffering. All were physically well-built and healthy, none poor, destitute or wretched. There was none who was dull, ignorant or devoid of good qualities. All were frank, dutiful and righteous. All men and women were skillful and virtuous. They appreciated the good qualities in others and were learned scholars and wise. They knew how to be grateful, deceit and trickery being alien to their nature. During his rule the whole world of spirit and matter was entirely free from all those sufferings which are brought about by time, action, nature and its qualities.

### Men Were Monogamists

"All men and women were generous, always doing good to others and all were devoted to the service of *Brahmans*. All men, without exception, were monogamists. Similarly, women were devoted to their husbands in thought, word and deed. Trees in the woods bore

flowers and fruits during all seasons of the year. The elephant and the lion forgot their mutual antagonism and lived peacefully together. All birds and animals shed their natural antipathy and promoted mutual love.

"The air was cool and blew gently, spreading the sweetest fragrance. The creepers and trees dropped honey for the mere asking, the cows gave milk copiously and the earth produced crops plentifully throughout the year. The sea waves brought pearls and gems to the shore which were picked up by men at pleasure. The sun heated the earth only to the extent of its need and the clouds poured rain always in proportion to the needs of different places and times."

In *Jaimini-Aswamedha* we read the story of the great devotee Sudhanwa, where it is stated that in the kingdom of Hamsadhawaja, the father of Sudhanwa, all men were monogamists and all men and women were great devotees of the Lord. Anybody who came from outside and sought employment in the kingdom of Hamsadhawaja was definitely told by the king that if he was an avowed monogamist, he could get an appointment; for, the king used to say, he was no admirer of meaningless bravery, high birth or valor; he could appoint, whether in his household or in the services of the state, only one who was devoted to his only wife and was a true devotee of the Lord. In the opinion of the king a mighty warrior was he, who could keep the urge of sex under control.

The royal army consisted of soldiers who were all devotees of God, valiant fighters, kind and generous to the poor and helpless, avowed monogamists, possessed of self-control and gifted with sweet speech. The king himself was an avowed monogamist and as such he could influence his subjects to observe the rule.

### Ideal of Sacrifice

Following the ancient Hindu ideal of kingship, King Hamasadh-waja sentenced his son Sudhanwa to death for not having presented himself in time on the battlefield, King Sibi offered his own body to protect the pigeon which had sought shelter under him, King Harischandra gave up his whole kingdom for the sake of truth, and King Rantideva offered to his guest the only food and water he could procure after a continuous fast of forty-eight days. By virtue of these ideal lives of sacrifice lived by them, the kings of old were enabled to establish *dharma* (righteousness) in the world. This was the reason why their subjects followed their kings in the practice of *dharma* and peace and happiness reigned supreme everywhere in the world. May we hope that the kings of today will be willing to follow this ancient ideal and spread peace and happiness to all corners of the world?—*Kalyana-Kalpataru*.

— ❖ — ❖ — ❖ —  
Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from Thy presence; and take not Thy holy spirit from me.—*Psalms*.



## SEVERED CORD

By Sharon O'Neil

Christmas—  
And a world at war.  
Furled  
That flag of liberty  
Before the sword.  
Severed  
Is the cord of brotherhood  
That bound each nation's heart  
in one.

Upon a world-torn battlefield  
The first rays of the rising sun  
Must fall this Holy Morn.

Christmas—  
And the Christ is born.  
The soundless horn of heaven  
Echoes through time's corridors.  
Sublime

An angel's voice rings out—  
Rejoice!  
The day is new!  
Sad eyes  
Look down through heaven's  
door

And say again  
As once before  
Those words still true—  
"Father, forgive them,  
For they know not  
What they do."

—❖— ❖ — ❖ — ❖ —  
What time I am afraid, I will  
trust in Thee. In God I will praise  
His word, in God I have put my  
trust: I will not fear what flesh can  
do unto me.—*Psalms.*

Restore unto me the joy of Thy  
salvation: and uphold me with Thy  
free spirit. Then will I teach trans-  
gressors Thy ways: and sinners shall  
be converted unto Thee.—*Psalms.*



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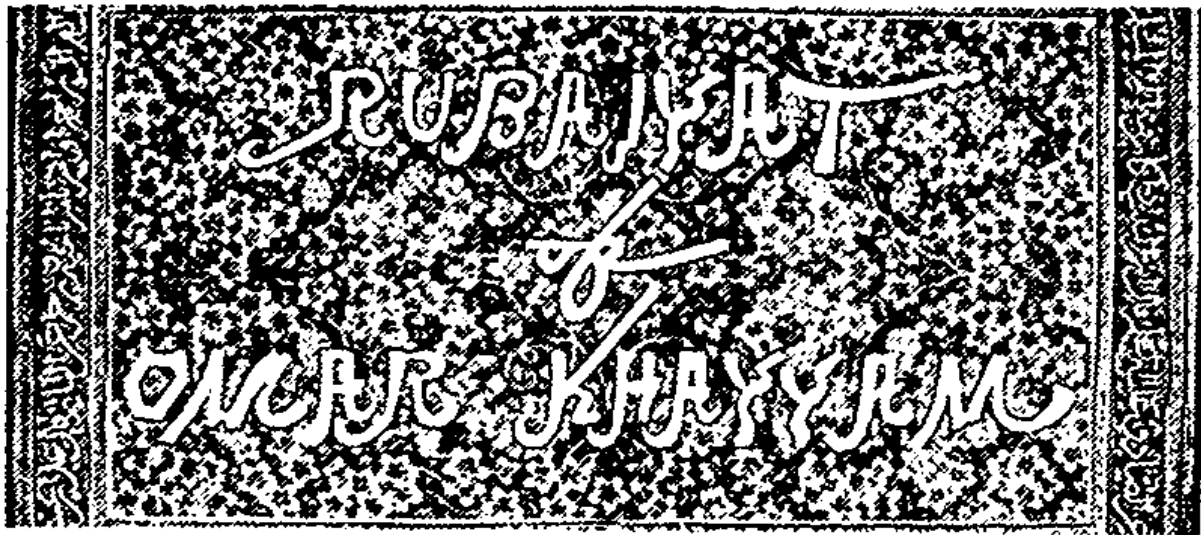
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RUBAIYAT OF OMAR KHAYYAM

*Translated Into English Verse by Edward Fitzgerald*

SPIRITUAL INTERPRETATION BY

PARAMHANSA YOGANANDA

LXIV

*Said one—"Folks of a surly Tapster tell,  
And daub his Visage with the Smoke of Hell:  
They talk of some strict Testing of us—Pish!  
He's a good Fellow, and 'twill all be well."*

**Spiritual Interpretation:**

"Many people think of the Heavenly Father as a strict, un-sparing and vengeful Tyrant who tests us with the fire and smoke of punishment and ignorance and who judges our actions with heartless scrutiny. But the devotees who commune with Him know it is foolish to think of God otherwise than as the Being who is the infinite Receptacle of all love and goodness. As God, the Father of the Universe, is good, all things must go

well with His children and all creation must be moving to a glorious climax and reunion in Him."

#### Applied to Daily Life:

Learn from the loving care with which God has fashioned every living creature that He is no angry despot but a Father of tenderest compassion who treasures each member of His house of earthly life.

Draw on God for the solution for all your problems. Do not allow your courage and quick wit to be paralyzed when overwhelming problems suddenly come down on you like an avalanche. Keep awake your intuitive sense of faith in God and try to find even the slenderest means of escape—and you will find that means.

#### Glossary:

1—*Folks of a surly Tapster tell*—Some people speak of a malevolent tester of men, an ill-tempered dispenser, seeking to draw bitter dregs from the cask of men's lives.

2—*Daub his Visage with the Smoke of Hell*—Picture the Creator as a God of vengeance and wrath.

3—*They talk of some strict Testing of us*—Such ignorant people maintain that the Creator persecutes His children through cruel tests.

4—*'Twill all be well*—As the beauties of creation bespeak the goodness of the Creator, let us develop faith, by experience in God-realization, that all created things move on toward a divine goal of bliss.





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

*True Happiness Only Found by Overcoming  
the Limitations of the Ego.*

By **PARAMHANSA YOGANANDA**

*Chapter II, Stanza 71*

**Literal Translation:**

That person who relinquishes all desires, devoid of cravings, without identification with the mortal ego and its sense of "mine-ness," experiences peace.

**Poetic Rendition:**

A soul who roams on earth, free from driving desires, and from the invasion of new cravings, and who is not a slave to the ego and its mean sense of "mine-ness," can be a piper of peace.

**Spiritual Interpretation:**

This stanza of *Bhagavad Gita* gives a recipe of peace according to the one-sided school of renuncia-

tion. Hence it is useful chiefly to complete renunciates and monks who are free from worldly duties. A recluse who runs away from the desires of worldly possession, and of bodily cares, and who keeps the soil of mind ablaze with wisdom so that no seeds of new objects could ever sprout into new desires, and whose soul is not identified with the human ego and its confining, limiting, and reincarnation-making, pain-producing desires for temporary earthly possessions, can enjoy peace.

It must be understood that peace is the first product of freedom from all good and bad desires. To the recluse even desires for health and prosperity, considered good in gen-

eral by people, are looked upon as a producer of evil. All desires born of the bodily contact produce endless roamings in the corridors of earthly incarnations, because one desire leads to another.

When a person dies without uprooting all desires he is chained to the earthly life. Hence the renunciate not only forsakes evil desires which deeply entangle the soul in the insatiable weavings of lust for sense objects, but he does away also with all good desires, as these enmesh one in earthly longings.

### Eternal Vigil

The renunciate thus relinquishes all desires, as they spread like cancer roots which ultimately strangle the wisdom and peace of the soul. The renunciate also watches and keeps an eternal vigil, ever keeping the fire of his wisdom burning so that no seeds of earthly desires can germinate on the soil of his mind.

The renunciate is not content with abandoning past desires, but he prevents the weeds of new desires from growing.

The renunciate also learns to separate his soul from his ego and its mortal lusts.

Every devotee, free from the consciousness of the body by meditation, who can disconnect his mind at will from the body, realizes the difference between the pure soul made in the image of God, and the soul in bondage to the body and its habits and longings, known as the "ego".

A king slept on a bed of gold in a golden castle and dreamed he

was a beggar. Under the delusion of the dream state he cried, "Please give me a penny—please give me a penny—I am a hungry beggar."

The queen, sleeping by his side, woke up at the dreaming king's cries. When she heard the king crying again and again for a penny she shook him and he woke up, free from his dream delusions.

Likewise the kingly soul, a perfect image of the omnipresent, all-powerful Spirit, is sleeping in ignorance and dreaming it is a poor mortal with all the afflictions and limitations of a human brain and its habits of thought. When by meditation this false body consciousness or ego consciousness disappears, the soul realizes its own status as the prince-son of the King of the Universe.

That is why the renunciate and the wise man do not identify their pure perfect soul—the image of God—with the mortal ego and its reincarnation-making desires. The soul, free from the ego and earthly limitations and its desires to remain earthbound from earthly longings, inherits the everlasting peace in the soul, which is its birthright, being born from pure perfect Spirit.

### Cause of Reincarnation

Reincarnation is caused by the desire of the misguided soul or ego to roam constantly in the trouble-making slums of the earth, forsaking the heavenly mansion of Infinity where perpetual ever-new felicity reigns.

The above philosophy is applicable to the life of the renunciate and the man of wisdom who has practically burnt up all his roots of past desires of this and past incarnations.

But to the modern business man who wants to perform worldly duties as well as find God, the *Bhagavad Gita* counsels elsewhere: "He is not a Yogi or a renunciate or one who is united to God who renounces action."

A man who renounces the fruits of action, and acts only for God, is a man of renunciation as well as a Yogi. He is a man of renunciation who relinquishes the desire to be the sole beneficiary of the results of his actions, and he is a Yogi and united to God who works only to please Him and not to satisfy the lusts of the sense-enslaved ego.

Every business man can look after his health duties and family duties as parts assigned to him by his Cosmic Director to be played on the stage of the earth. Such a business man is a renunciate, for he does his duties and plays his earthly parts by relinquishing his own desire to do them. He says, "I did not create a body or family or the world. So why should I create attachments for them? I perform my worldly duties because God put them upon me. I perform all duties to please Him." Such a business man is also a Yogi, for he is ever united to God, acting always for Him.

By the above way of being in the world but not of the world one can obtain peace. It is difficult to do so, but it can be accomplished

by an iron will. The path of renunciation, escape from the earthly scenes of trouble, relinquishing longings from within, may be easier in producing peace. But it must be remembered it is easy to run away from outward objects of desires and the jungle of mundane civilization, but it is most difficult to flee from the jungle of internal desires infested with the wild beasts of passions which pursue one everywhere.

### Free From Internal Desires

The Yogi business man must free himself from internal desires which cause real bondage even though he lives in the outward jungle of materiality. The man of renunciation must outwardly and inwardly free himself from the jungle of material objects and of inner longings. Then and then only, whether in the world or in the seclusion of a woodland, whether a business man or a renunciate, one can attain peace.

Whether we are working in the world or as renunciates in a forest, our one object should be to recover the lost peace of the soul which is made in the true image of ever-blessed Spirit.



Beloved God, never will I turn my mind to do anything which reminds me not of Thee. I will abhor nightmares of ignorant acts. I will love dreams of noble achievements. I will love all dreams of goodness, for they are Thy dreams. I may dream many dreams, but I am ever awake thinking of Thee.—  
*Paramhansa Yogananda.*

# Tagore—World Citizen

Rabindranath Tagore, India's famous poet and Nobel prizeman in Literature, recently passed away at the ripe old age of eighty. The editor of *The Scholar* (India) paid Tagore the following tribute:

In this mad world of ours, it has been given only to a very few to be loved and mourned by all. Tagore was one such. In his death, India lost one of her greatest sons who shed luster on her name and the world, one of her foremost citizens. Poet, artist, philosopher and humanitarian, he belonged to all the world, and his will be an honored name in a sensible history of the world—a history, in other words, of the adventures and growth of the human mind and not the sickening story of the quarrels and follies of a few kings and warriors.

Rabindranath Tagore was born in Calcutta on May 7, 1861, to a famous father who sang:

O Spiritual Guide of the universe,  
Thou art without form:  
Yet that I have conceived Thine image  
in the act of meditation;  
That I have ignored Thine in-  
expressibility by words of praise:  
That I have set at naught Thy omni-  
presence by making pilgrimages  
and in other ways—  
For these three transgressions committed  
through confusion of spirit,  
O Almighty God, I implore Thy  
forgiveness.

Art, in its varied forms, had been a gift of the family for generations

and Rabindranath's brothers were talented artists. In their midst blossomed the genius that was to spread its perfume the world over. His grandfather was known as Prince Dwaraknath, for his wealth, and thus Rabindranath was free from the menace of poverty which has been the bane of many a genius in India. The heat of poverty has dried up many springs of genius and the proverbial wolf at the door has blocked all the secret doors of the mind. "Give us, O Lord, our daily bread" is a cry that rings across their whole career, and life's canvas, for them, is filled with the sole adventure of breadwinning.

But Tagore was free. To borrow his own phrase, the voice of the Angel of Leisure rose above the din of the clamor and scramble, saying "Rejoice". And rejoice he did. He created beauty as few others did. His poems and songs which are on the lips of every Bengali peasant, are the spontaneous outpouring of a happy mind, filled with the joy of life.

The conquests of Tagore's muse constitute a far-flung empire, sprawling across many a region of disputed sovereignty. Science, art, religion, mysticism are all there, but philosophy, taking its stand on the totality of human experience, sets the pattern of government. To any discerning student, the most striking

feature of Tagore's works will be his synthetic vision which weaves poetry, art, science and religion into an exquisite fabric. His works bring to us a fresh breeze from realms in which the Indian mind roamed thousands of years ago to produce its unexcelled travellogues—the *Upanishads*. They recapture to us the spirit of the *rishis* (wise men) whose vision, more penetrative than X-rays, delved into the heart of things.

Tagore's works are at once a cross-section of modern Indian thought and a glorious continuation and amplification of ancient Indian culture. And in his protest against the menace of mechanization, he represents India's reaction to the technological civilization which has now drawn us to the edge of a precipice.

We have studiously avoided particular reference to any of his works, for it is not possible to single out any one of them as the best. But, having set out the father's prayer as the background, we cannot but draw attention to one sublime thought of the son which pervades all his works and actions with a strange power:

Life of my life, I shall ever try to keep my body pure, knowing that Thou art truth which has kindled the light of reason in my mind;

I shall ever try to drive all evils away from my heart, knowing that Thou hast Thy seat in the inmost shrine of my heart;

And it shall be my endeavor to reveal Thee in my actions, knowing it is Thy power gives me strength to act.

## RABINDRANATH TAGORE

*By Mary Halperin*

Jasmine blossoms shed their  
fragrance in the night,  
The gardener sleeps, while fireflies  
dance with light—

Silence deepens into hushed and  
muted sighs—

Until my very soul leaps up and  
cries,

Where has our poet gone?  
When I think of your beautiful  
closed eyes,

Your smile, and lotus hands,  
That blessed us with their music  
and their love,

I feel the whole earth knows and  
mourns with me.

The crescent moon is grieved and  
hides herself;

Even the singing stars are  
sighing—

While butterflies attempt in vain  
to whisper words

Of consolation to the weeping  
flowers;

For the dreamy eyes are closed,  
The hands are still,

The lovely curls are hidden from  
our view—

Where has our poet gone?  
You gave to me *The Gardener* and  
*The Fireflies*,

The music of a thousand ecstasies,  
And memories as lovely as your  
eyes;

I cover them with glory and  
with jasmine,

And strive to weave them into  
flowers of song

To bless your path across the skies;  
But song and beauty hid within the  
silence—waiting for your voice—

Where has our poet gone?



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# Meditations

DAILY MEDITATIONS FOR JANUARY, 1942

*By Paramhansa Yogananda*

THURSDAY, Jan. 1st. I know that my body is not isolated from Spirit, but is a number of rising and falling waves of vibrating currents in the ocean of Cosmic Consciousness.

FRIDAY, Jan. 2nd. I will soar in the Ark of Silence over the peaks of the highest wisdom. I will worship God with deathless devotion.

SATURDAY, Jan. 3rd. I will build mansions of wisdom in the unfading garden of peace, which is resplendent with blossoms of beautiful soul qualities.

SUNDAY, Jan. 4th. Although war clouds darken the world, I have perfect faith in the golden lining of God's presence. May His love be established in all hearts!

MONDAY, Jan. 5th. I love God above everything else. I will turn to Him for Self-realization, freedom and emancipation.

TUESDAY, Jan. 6th. O, Father, when will the blessed hour arrive when Thou wilt be to me all in all? Reveal Thyself!

WEDNESDAY, Jan. 7th. I know that my happiness depends to some extent upon external conditions, but chiefly upon the condition of my inner mind.

THURSDAY, Jan. 8th. The Christ in me shall behold the Christ in all. I am protected by Divine Mind. Behind the ripple of my mind is the touch of God's vastness.

FRIDAY, Jan. 9th. After contacting God in meditation, I know that He will direct me and give me power to do His work.

SATURDAY, Jan. 10th. My life is interesting, but with difficulties to be overcome. They are the stimulants to help me to gain the right mental attitude toward life.

SUNDAY, Jan. 11th. Today I will cultivate calmness of mind, knowing that God is ever with me. I am Spirit!

MONDAY, Jan. 12th. I know that there is a Life Force behind everything. I will put my mind on God in deep meditation, to feel myself in every atom of space.

TUESDAY, Jan. 13th. Divine Father, I will remain untouched by the changing pictures of inevitable, unforeseen obstacles in this dream life.

WEDNESDAY, Jan. 14th. The question of my redemption from ignorance must be settled directly with God. I will be persistent in my demands to Him.

THURSDAY, Jan. 15th. Today I will pray until I am absolutely sure of the divine contact, then I will claim my divine birthright. God will speak to me through the Voice of Peace.

FRIDAY, Jan. 16th. Solitude is the price of God-contact. God never fails to listen to all soul-calls, but He does not always respond in the way we expect.

SATURDAY, Jan. 17th. I know that I am responsible for myself. Therefore I will discard all useless pursuits and idle thoughts and save time for God.

SUNDAY, Jan. 18th. Today I will make every effort to cultivate God's love. I will perform my daily duties with the thought that I am reaching Him through them.

MONDAY, Jan. 19th. I have been dreaming that I am a mortal, but in reality I am a child of God. I am everything that my Heavenly Father is.

TUESDAY, Jan. 20th. My life is a channel through which God's wisdom flows. It lies in my power to make myself what I wish to be.

WEDNESDAY, Jan. 21st. My work is in the world where my karma, or action, has placed me to work out my salvation by serving others. I know that I shall have to answer to God for all my actions.

THURSDAY, Jan. 22nd. I will not be tempted by Satan to forget God. There is enough hidden strength within me to overcome all obstacles and temptations.

FRIDAY, Jan. 23rd. Today I will make up my mind to succeed in whatever I work for. Will power is a tremendous factor in all activities. It can start motions in cosmic energy.

SATURDAY, Jan. 24th. I will not concentrate upon my own needs too much. I will strive to please God and include others in my happiness. The Self of all must be included in my little self.

**SUNDAY, Jan. 25th.** God's rejuvenating power is present in every cell of my body, and in every vital and mental process. I am well, physically, mentally, and spiritually, for God is in me.

**MONDAY, Jan. 26th.** This day I will convert fear into caution and creative use instead of converting it into worry. I will depend upon God first of all. Without God everything is an object of fear.

**TUESDAY, Jan. 27th.** The people of all nations of the earth are my brothers and sisters. I and my Father are One. I and my Christ are One.

**WEDNESDAY, Jan. 28th.** I know that I live in this body but am not bound by it. The soul, after death, realizes that it is not dead but has expanded.

**THURSDAY, Jan. 29th.** God's love is the love which I feel behind my parental, conjugal and friendly affection. His love is the love behind all loves.

**FRIDAY, Jan. 30th.** Beloved God, bless the nations of the world, that they may discard war and listen to Thy voice of peace and help to establish a United States of the World.

**SATURDAY, Jan. 31st.** O, Father, make me successful in this laboratory of life, that I may earn the blessing of living in the next state of perfect existence!

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## DAILY MEDITATIONS FOR FEBRUARY, 1942

*By Paramhansa Yogananda*

**SUNDAY, Feb. 1st.** Divine Father, I knew that I should have to knock hard at the door of silence and faith before I could find Thee, so I knocked hard and beheld Thee listening.

**MONDAY, Feb. 2nd.** I will start today to use divine means to correct my physical troubles. I will develop deep concentration and meditation so that I can contact God, the Source of all help.

**TUESDAY, Feb. 3rd.** I will unite my consciousness with Cosmic Consciousness through meditation. I know that I am Infinite. The body as a manifestation of Spirit is ever-youthful.

**WEDNESDAY, Feb. 4th.** When ever-new, ever-increasing joy fills my silence, then I know that I have contacted God and that He is answering through the receiving instrument of my soul.

THURSDAY, Feb. 5th. Father, my little prayers are all aroused in reverence, waiting for Thee. My little joys are dancing in tune with the temple-bells of harmony. Come! I pray for Thy presence!

FRIDAY, Feb. 6th. Love is the flame that burns all weeds of selfishness and destroys the walls of family and racial narrowness. It is the door to heaven, the complete song of souls.

SATURDAY, Feb. 7th. Today I will direct my attention from failure to worthy success; then the purpose of life will be gloriously fulfilled.

SUNDAY, Feb. 8th. The Bible says: "Thou shalt have no other gods before Me," which means that God will not reveal Himself to me if I do not blot out all worthless thoughts.

MONDAY, Feb. 9th. Divine Mother, I will pray persistently until I hear Thy voice in the hour of silence. The voice of Thy wisdom is roaming through the ether of all minds.

TUESDAY, Feb. 10th. O, Mighty Ocean, the rivers of all human fulfillments meet in Thee. I pray that the rivers of my desires may merge in Thee.

WEDNESDAY, Feb. 11th. O, Father, today I will work and be spiritual, for the purpose of inspiring other people with the example of my life.

THURSDAY, Feb. 12th. There are diseases which arise from the soul's ignorance. I will abolish ignorance by contacting God.

FRIDAY, Feb. 13th. By constantly holding the peaceful after-effects of meditation in mind, the soul can find not only perpetual rejuvenation in the soul, but also in the body.

SATURDAY, Feb. 14th. Today I will follow the command of the Christ-General within me. I will live Christ in wisdom, love, and meditation.

SUNDAY, Feb. 15th. Today I will seek the kingdom of God first. What I am before God is what I really am.

MONDAY, Feb. 16th. If failure comes to me, I will ask God's help to be able to turn a nightmare into a beautiful dream.

TUESDAY, Feb. 17th. God's light can never shine through the closed doors of blind sentiment. Through the open windows of logical seeking, God may be seen.

WEDNESDAY, Feb. 18th. When we realize the extent of our powers and perceptions, we know that there is a God and we are His children.

THURSDAY, Feb. 19th. Life is a wave of electrons and atoms, a wave of protoplasm, a wave of power, and a wave of consciousness on the Ocean of Spirit. Life is intelligent, organized motion.

FRIDAY, Feb. 20th. When we realize that life is a joyous battle of duty, but at the same time a passing dream, then we know that God is with us.

SATURDAY, Feb. 21st. Today I will see Thy hand, O God, behind all activities.

SUNDAY, Feb. 22nd. Today I will make an effort to know Truth, to discover it beneath the veils that hide it; then I shall not be a slave to circumstances.

MONDAY, Feb. 23rd. Renunciation is not a punishment. It is an investment. Jesus renounced everything. Divinity is not an acquirement. It is a forgotten possession which I shall have to reclaim.

TUESDAY, Feb. 24th. I will resurrect my body into light, my mind into Cosmic Consciousness, my will into divine will, my joy into the joy of Spirit, my life into eternal life.

WEDNESDAY, Feb. 25th. There is a spark beneath our body which nothing can kill. All the water of the ocean cannot drown it, nor all the fire of the earth burn it, nor all the swords and bombs destroy it.

THURSDAY, Feb. 26th. I know that my physical body is not worth the attention that I give it. Some day God will pull me out of this earthly dream and I shall realize that I am not the body.

FRIDAY, Feb. 27th. The more difficult the problem, the more the person of will power likes it. Overcoming difficulties is what makes us strong.

SATURDAY, Feb. 28th. Whatever I do today, I will do with a deeper consciousness than before. My devotion will be a door through which my Heavenly Father will manifest Himself to me.

## DAILY MEDITATIONS FOR MARCH, 1942

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

SUNDAY, Mar. 1st. Why seek rest, when you are born to labor; dispose yourself for patience rather than comfort, for bearing the cross rather than for joy.

MONDAY, Mar. 2nd. All worldly delights are either infamous or vain; spiritual delights alone are sweet and honest, are the product of virtues, and are infused by God into pure minds.

TUESDAY, Mar. 3rd. A false liberty of mind and great self-confidence are much opposed to heavenly visitations.

WEDNESDAY, Mar. 4th. Grace is ever rightly his who gives or returns thanks; and from the proud shall be taken away that which is always given to the lowly.

THURSDAY, Mar. 5th. I wish for the grace which will make me more humble, and give me holy fear, and a greater willingness to renounce myself.

FRIDAY, Mar. 6th. Give to God what is God's, and attribute to yourself what is your own; that is, give to God thanks for His Grace, and perceive that you must ascribe to yourself only the fault, and the punishment which is due to the fault.

SATURDAY, Mar. 7th. Put yourself always in the lowest place, and the highest shall be given you; for the highest does not stand without the lowest.

SUNDAY, Mar. 8th. The highest saints before God are those who are least in their own eyes; and the more glorious they are, the more humble they become in themselves.

MONDAY, Mar. 9th. Those who, whatever good they have received, ascribe it to God, do not seek glory one of another, but seek that which comes from God alone. They desire above all things that God should be glorified in Himself, and in all His saints; and they ever act with this aim in view.

TUESDAY, Mar. 10th. Be, then, thankful for that which is least, and you shall be worthy of greater gifts.

WEDNESDAY, Mar. 11th. If the dignity of the Giver be considered, no gift will appear small or inconsiderable; for that cannot be small which is given by the most High God.

THURSDAY, Mar. 12th. Yes, if He gives penalties and stripes, we ought to be grateful; for whatever is permitted to come to us is ordered by Him for our salvation.

FRIDAY, Mar. 13th. He who desires to retain the grace of God should be grateful for the grace which God has given; should be patient, when it is withdrawn; should pray, that it may be restored; should be watchful and humble, lest it should be lost.

SATURDAY, Mar. 14th. Jesus has many desirous of His consolation, but few of His tribulation.

SUNDAY, Mar. 15th. Jesus has now many lovers of His Heavenly Kingdom, but few bearers of His cross.

MONDAY, Mar. 16th. He finds plenty of companions of His table, but few of His abstinence.

TUESDAY, Mar. 17th. All wish to rejoice with Christ, but few wish to bear anything for His sake.

WEDNESDAY, Mar. 18th. Many reverence His miracles, but few follow the ignominy of His cross.

THURSDAY, Mar. 19th. Those who love Jesus for the sake of Jesus, and not for some comfort of their own, love and bless Him in every tribulation and anguish of heart, as well as in the highest consolation.

FRIDAY, Mar. 20th. O, how powerful is the pure love of Jesus, when it is not mixed with any self-interest or self-love!

SATURDAY, Mar. 21st. Where is he to be found, who is willing to render to God a disinterested service?

SUNDAY, Mar. 22nd. Behold! everything is in the Cross, and everything depends upon our dying on it; and there is no other way to life, and to true inward peace, save the way of the Holy Cross, and of daily mortification.

MONDAY, March 23rd. Arrange and order all things according to your will and pleasure, and yet you will be certain to find something which you must suffer, either willingly or unwillingly, and so you will find the cross always.

TUESDAY, Mar. 24th. I will hearken what the Lord God will speak in me.

WEDNESDAY, Mar. 25th. Blessed is the soul which hears within the Lord speaking, and receives from His mouth the word of consolation.

THURSDAY, Mar. 26th. Blessed are the ears which catch the breathings of the divine whisper, and pay no heed to the whispers of the world.



FRIDAY, Mar. 27th. Blessed indeed are the ears which listen not for the voice which sounds from without, but to the inner voice of truth.

SATURDAY, Mar. 28th. Blessed are they who dive into things internal, and strive day by day through spiritual exercises to gain a deeper capacity for receiving heavenly secrets.

SUNDAY, Mar. 29th. Blessed are they who are glad to devote their time to God, and break away from all worldly hindrances.

MONDAY, Mar. 30th. Consider these things, O my soul, and shut the doors of your senses, that you may be able to hear what the Lord God speaks within you.

TUESDAY, Mar. 31st. Dismiss all transitory things, and seek the things eternal.

## THE SAYINGS OF MUHAMMAD

(By Allama Sir Abdullah al-Mamun al-Suhrawardy. "Wisdom of the East" Series. E. P. Dutton & Co., New York. \$1.50.)

This little book comprises 439 translated sayings of the prophet. The Introduction gives a summary of Muhammad's life and mission which will do much to remove misconceptions about Islam in the Western mind. There is also a Foreword by Mahatma Gandhi.

It is said that the great Russian novelist Tolstoy constantly carried with him a copy of the first edition of this little work. A few of Muhammad's words of wisdom are given here:

1. Actions will be judged according to intentions.
2. The proof of a Muslim's sin-

cerity is that he payeth no heed to that which is not his business.

3. No man is a true believer unless he desireth for his brother that which he desireth for himself.

4.\* That which is lawful is clear, and that which is unlawful likewise, but there are certain doubtful things between the two from which it is well to abstain.

There are two benefits, of which the generality of men are losers, and of which they do not know the value—health and leisure.

Charity that is concealed appeaseth the wrath of God.

Your smiling in your brother's face, is charity; and your exhorting mankind to virtuous deeds, is

\* According to Abu Da'ud, only these four sayings of the Prophet are indispensable for the religious guidance of man, and contain the summary of Islamic law.

charity; and your prohibiting the forbidden, is charity; and your showing men the road, in the land in which they lose it, is charity; and your assisting the blind, is charity.

The exercise of religious duties will not atone for the fault of an abusive tongue.

"Give me advice," said someone. Muhammad said, "Be not angry."

No person hath drunk a better draught than that of anger which he hath swallowed for God's sake.

Abuse nobody, and if a man abuse thee, and lay open a vice which he knoweth in thee, then do not disclose one which thou knowest in him.

Ye will not enter Paradise until ye have faith, and ye will not complete your faith until ye love one another.

In prayers, all thoughts must be laid aside, but those of God; in conversation, no word is to be uttered which may afterwards be repented of; do not covet from others, or have any hopes from them.

My Lord hath commanded me nine things: (1) To reverence Him, externally and internally; (2) to speak the truth, and with propriety, in prosperity and adversity; (3) moderation in affluence and poverty; (4) to benefit my relations and kindred, who do not benefit me; (5) to give alms to him who refuseth me; (6) to forgive him who injureth me; (7) that my silence should be in at-

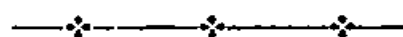
taining a knowledge of God; (8) that when I speak, I should mention Him; (9) that when I look on God's creatures, it should be as an example for them.

It is not a sixth or a tenth of a man's devotion which is acceptable to God, but only such portions thereof as he offereth with understanding and true devotional spirit.



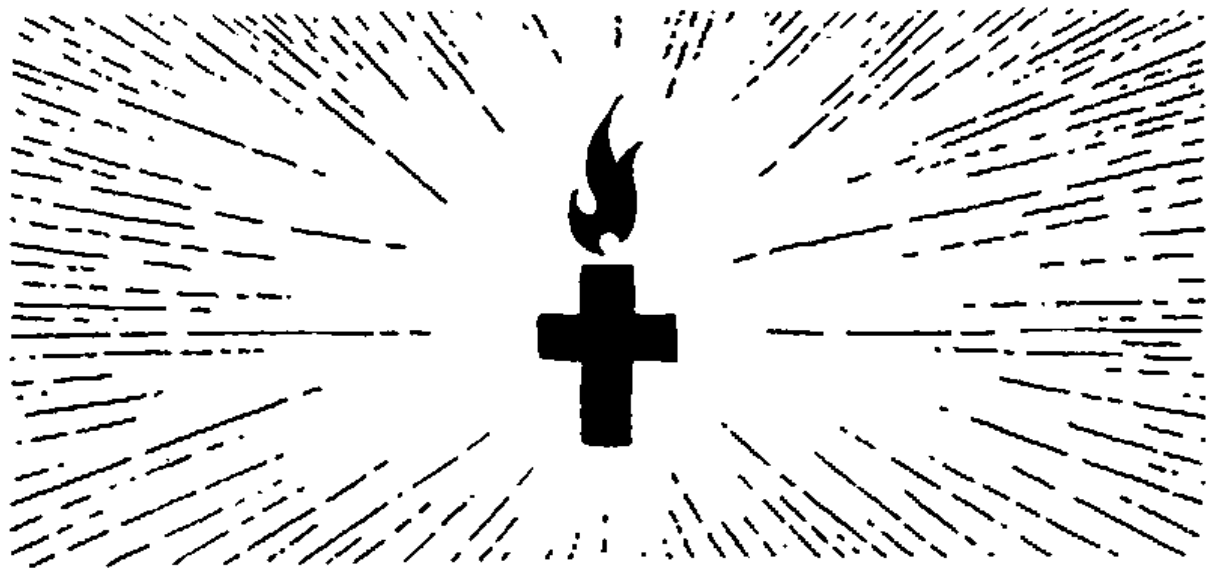
### TRUE KNOWLEDGE

The knowledge of the Self is the real knowledge; all other kinds of knowledge are mere semblances of knowledge, as they do not attempt to find out the essence of reality which is the Self. One may rule over the whole world, yet he cannot attain peace unless he knows the Self. The root of all suffering is cut off by the vision of the Self. Ignorance of the Self is the source of all troubles—and the knowledge of the Self is that of undecaying bliss.—*Yogavasistha*.



### THE SUPERMAN

"A *Mahapurusa* or superman is he on whom no person—except God Himself—no circumstance, no incident, no time can produce any effect,—that is to say, who having surrendered himself to God, remains constantly and completely merged in Him. You also should try to free yourself from all other influences, and keep yourself completely under the influence of God and God alone.—"*Siva*."



## Second Coming of Christ

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

*Meaning of "When Thy Eye Be Single, Thy Whole  
Body Shall be Full of Light."*

By PARAMHANSA YOGANANDA

*No man, when he hath lighted a candle, putteth it in a secret place, neither under a bushel, but on a candlestick, that they which come in may see the light.*

*The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness. Take heed therefore, that the light which is in thee be not darkness.*

*If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a can-*

*dle doth give thee light.—Luke 11: 33-36.*

"No true devotee likes to perform miracles or display his divine powers as a challenge to disbelievers. But when a devotee has lighted the candle of wisdom within him he doesn't put it in a secret place of his mind nor hide it under the bushel of indifference. He sets it on the candlestick of open and sincere living, that truth seekers may see and profit by the light of his wisdom.

"The God-revealing light in the body is the spiritual eye in the middle of the forehead, as seen by dev-

otees when their eyes are closed in meditation. When the devotee with half-closed eyes focuses his vision at the point between the eyebrows the two lights of the two eyes become one and single, visible as the single spiritual eye, the divine telescope with which the kingdom of God can be visioned. When the devotee can perceive through this spiritual eye, his whole body as well as his cosmic body becomes filled with the light emanating from cosmic vibration.

"But when a man's gaze and mind become concentrated on evil motives and actions, his life is filled with the darkness of ignorance and misery-making habits.

#### Filled with Astral Light

"Therefore, take care that the cosmic light and wisdom which are in you do not remain hidden behind the darkness of ignorance, spiritual indifference and non-meditating habits. If your whole body is filled with astral light and wisdom, all physical and mental darkness will be gone and the whole cosmos will be seen as filled with cosmic light, cosmic wisdom and joy. Just as a brightly shining candle gives light, so when this light of Self-realization will be fully manifest in you, you will receive indescribable joy and the unending guidance of divine wisdom."

*And as he spake, a certain Pharisee besought him to dine with him: and he went in, and sat down to meat.*

*And when the Pharisee saw it,*

*he marvelled that he had not first washed before dinner.*

*And the Lord said unto him, Now do ye Pharisees make clean the outside of the cup and the platter; but your inward part is full of ravening and wickedness.*

*Ye fools, did not he that made that which is without make that which is within also?*

*But rather give alms of such things as ye have; and, behold, all things are clean unto you.*

*But woe unto you, Pharisees! for ye tithe mint and rue and all manner of herbs, and pass over judgment and the love of God: these ought ye to have done, and not to leave the other undone.*

*Woe unto you, Pharisees! for ye love the uppermost seats in the synagogues, and greetings in the markets.*

*Woe unto you, scribes and Pharisees, hypocrites! for ye are as graves which appear not, and the men that walk over them are not aware of them.—Luke 11: 37-44.*

"O ye hypocrites, you are used to display the physical cleanliness of your outer cup of life, but you neglect to clean your inner life which is filled with ravening and wickedness and evil thoughts. You are foolish not to know that God made both the outside and inside of the cup of your life. You should keep your outer life clean by good actions and your inner life clean by good thoughts and meditation. Your body, mind and soul, being made after the perfect image of God,

must be kept uniformly perfect, by inner and outer discipline.

"You must not so concentrate on the outer discipline that you forget to cleanse your inner life. After cleaning your inner and outer life with wisdom and meditation, give alms or share your spiritual life with others. You will then find that the whole cosmos is filled with purity. Be pure and make others pure. But O ye hypocrites, you will reap many miseries due to your own evil actions. You prefer to tithe your people with money and spices but forget to teach them the law of karma or the law of cause and effect which divinely judges the actions of all men. You forget to teach them how they can purify their inward life by feeling the love of God in meditation. You ought first to have cleaned your inner life, at the same time not neglecting the cleansing of your outer life.

### Shun Outer Praise

"O ye Pharisees, you will attract misery unto yourselves through your love of man's recognition and not God's recognition. By your desire for human praise you keep your outer life hypocritically disciplined, thus forgetting to pay attention to the spiritualization of your inner life. By forgetting to cultivate the joys of eternal life you attract unto yourself much misery. Ignorantly you love the uppermost seats in the synagogues and the greetings of the people in the markets who feed your vanity, thus increasing your ignorance and aggravating your misery.

"Because of your hypocritical action of being outwardly holy for effect, you will attract much misery through the deepening of your ignorance. As the outward surface of a grave usually looks nice while its inside is filled with a hideous corpse, so, by your veneer of outward holiness you look like beautiful graves while your inside is filled with decaying life and rotting wisdom. People see your outside beauty and forget your inward ugliness."

*Then answered one of the lawyers, and said unto him, Master, thus saying thou reproachest us also.*

*And he said, Woe unto you also, ye lawyers! for ye lade men with burdens grievous to be borne, and ye yourselves touch not the burdens with one of your fingers.*

*Woe unto you! for ye build the sepulchres of the prophets, and your fathers killed them.*

*Truly ye bear witness that ye allow the deeds of your fathers: for they indeed killed them, and ye build their sepulchres.*

*Therefore also said the wisdom of God, I will send them prophets and apostles, and some of them they shall slay and persecute:*

*That the blood of all the prophets, which was shed from the foundation of the world, may be required of this generation;*

*From the blood of Abel unto the blood of Zacharias, which perished between the altar and the temple: verily I say unto you, It shall be required of this generation.*

*Woe unto you, lawyers! for ye have taken away the key of knowl-*

*edge: ye entered not in yourselves, and them that were entering in ye hindered.*

*And as he said these things unto them, the scribes and the Pharisees began to urge him vehemently, and to provoke him to speak of many things:*

*Laying wait for him, and seeking to catch something out of his mouth, that they might accuse him.*  
—Luke 11: 45-54.

"According to the law of karma the wickedness born from shedding the blood of prophets since the foundation of the world vibrates upon this wicked generation, causing them various miseries. The sins accruing from the blood of Abel and of Zacharias which perished before the altar of the temple, and of slain prophets vibrating in the ether, will cause many miseries to this generation."

### Etheric Vibrations

A very prominent honest lawyer of modern times said to his client: "If you want to keep out of trouble, keep away from lawsuits, and law courts, and lawyers, and from me, too, who is a lawyer." Many wicked lawyers for mercenary gain have obscured truth by their clever arguments and freed criminals while sending the innocent to ruin or death. Many wicked lawyers have fought against truth and have been the cause of suffering to good men. Many wicked people have murdered prophets and saints. The evil effects (karma) resulting from the sins of murderers who go unpun-

ished vibrate in the ether through generations, causing famines, fires, epidemics, pestilence, earthquakes, wars, bloody feuds and strifes, debauchery and wickedness. Just as disease germs spread by an unhygienic clan may persist and remain in a community even after the clansmen migrate away, so the bacteria of sinful vibrating thoughts and tendencies created by the people of one generation in a place persist and continue in the next or many later generations. All the different modern races of people of the earth are composed of the good and evil vibrations of all their forefathers since the earth began.

As an individual is responsible for all the seeds of actions of his past lives, subtly stored up in his subconscious mind and brain, so every individual race is responsible for the past actions of its fathers and forefathers subtly accumulated in the subconscious mind of that race. This is what makes racial differences—the Americans, utilitarians; Hindus, spiritual seekers; the English, colonists; the French, liberals; and so forth.

The Hindus love peace because their forefathers loved peace, and some of the Western nations want to fight because of their warlike ancestry. Every generation suffers or prospers more or less according to some of the past actions of its forefathers. That is what Jesus meant when he said: "The blood of all the prophets, which was shed from the foundation of the world, may be required of this generation."

*In the meantime, when there were gathered together an innumerable multitude of people, inasmuch that they trode one upon another, he began to say unto his disciples first of all, Beware ye of the leaven of the Pharisees, which is hypocrisy.*

*For there is nothing covered, that shall not be revealed; neither hid, that shall not be known.*

*Therefore, whatsoever ye have spoken in darkness shall be heard in the light; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops.—Luke 12: 1-3.*

"As fermentation spoils milk, so the Pharisees use hypocrisy to ferment and destroy their minds and souls. As the leaven secretly works in the bread, so hypocrisy secretly inflates the ego. No matter how people, like Pharisees, keep wickedness hidden beneath the mask of hypocritical goodness, still all hidden wickedness like fire will burn the veil which hides it and makes itself manifest to the world.

### All Will Be Known

"Nothing can be hidden which will not be known. All good and bad things are ultimately revealed. Even all wicked thoughts which people think and speak within themselves in the dark secrecy and privacy of their minds vibrate in the ether and are registered there.

"God, who is omnipresent and omniscient, knows all good and bad things which quietly come and go in the secrecy of human minds. Through the law of vibration, all

secrets spoken or whispered in closets may be known in public some time or other. In reality there are no secrets in the world, for even when a man dies with certain secrets in his soul, they are openly read by God who has countless eyes in ether and all space. God, being the Mind of all minds and the Life of all the cosmos, knows everything which arises and dies in human minds and all things which happen in nature and every speck of cosmic space."

*And I say unto you, my friends, Be not afraid of them that kill the body, and after that have no more that they can do.*

*But I will forewarn you whom ye shall fear: Fear him, which after he hath killed hath power to cast into hell; yea, I say unto you, Fear him.*

*Are not five sparrows sold for two farthings, and not one of them is forgotten before God?*

*But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.—Luke 12: 4-7.*

"I vehemently declare unto you, my friends, (friends elected through the choice of my Father's love in my heart and not imposed upon me as relatives by nature) do not be afraid of those that threaten to kill your body, for even if they can do so, they cannot kill or cause grief to your mind or soul. But I will warn all those that are wicked, that you must learn to respect and love God who has the power, even

after the death of your bodies, to make your souls conscious and consciously to make them suffer all their accumulated wickedness of one life or many lives. Therefore, learn more to fear your own wicked actions which can compel the divine law to make you conscious of your evil actions and tendencies even in the after-death state. You must fear to disobey the divine law which can make you conscious of your self-created after-death burning conscience and wicked tendencies (hell).

### Omniscience of God

"God being omniscient and omnipresent does not fail to direct the destiny of insignificant sparrows nor forget to count how many hairs you have on your head.

"All this universe with all its detail is planned by the intelligence of the Cosmic Father. When you will know Him, you will understand the why of all inexplicable circumstances and happenings and you will marvel at the wisdom of the Father which guides everything and tries to foil the inharmonious actions of Satan and Cosmic Delusion. You, being made in the image of God and much more valuable than sparrows, must not be afraid of divine negligence but must be sure that He will help you to retrace your footsteps to His Kingdom of Eternal Bliss, if you make the effort to know Him by deep meditation."

By the above words, it must be realized that though fire and sword can hurt the body, ignorance hurts

the soul after it passes out of the body. The conception of hell as a place where souls are burned with fire and smoke is ridiculous. Material fire can produce sensations of burning on the physical body only. In the after-death state, the soul is disembodied and can not be conscious of physical sensations. But the soul could be conscious of hellish wicked tendencies acquired in the earth life. These wicked tendencies can create a self-created mental hell or torture which can be worse than a physical fiery hell.

A fiery hell can torture the body only for a little while, for the unconsciousness of death shuts out all physical sensations. But the mental hell of wickedness can persist in the soul in the after-death state indefinitely unless the individual soul repents and prays for release. Each soul by its stubbornness and doggedness to be wicked even in the after-death state may make this mental hell everlasting as he desires. This is what is meant by everlasting hell-fire. In earthly life also one can create a mental hell.

*Also I say unto you, Whosoever shall confess me before men, him shall the Son of man also confess before the angels of God. But he that denieth me before men shall be denied before the angels of God.*

*And whosoever shall speak a word against the Son of man, it shall be forgiven him: but unto him that blasphemeth against the Holy Ghost it shall not be forgiven.*

*And when they bring you into the synagogues, and unto magis-*



*trates, and powers, take ye no thought how or what thing ye shall answer, or what ye shall say: For the Holy Ghost shall teach you in the same hour what ye ought to say.—Luke 12: 8-12.*

“The intelligent Cosmic Vibration, the physical manifestation of God, will drop the specific needed wisdom within your developed intuition at the time you are required to speak something in defense of truth and yourself, living for its cause.”

In the above passages, Jesus tells advanced devotees to use the Cosmic Vibration and its wisdom, and not the ego with its limitations, for general guidance of conduct in critical moments. Most people speak, guided only by their selfishness, fear and limited ego. Hence the outcome of their speech often becomes disastrous to them. Advanced souls find it wise to guide their intelligence and free will and speech by the divine wisdom in the Holy Ghost (OM). All true devotees who have felt this Cosmic Sound or Holy Ghost in meditation can fruitfully guide their intuition and speech in all problems of life, according to the direction of infinite wisdom.

*And one of the company said unto him, Master, speak to my brother, that he divide the inheritance with me. And he said unto him, Man, who made me a judge or a divider over you?— Luke 12: 13-14.*

“Materially minded man, God and your karma should be the judge to divide the inheritance in question.”

In the above, Jesus signifies that he was principally interested in spiritual matters, therefore, he did not want to bother about the division of properties.

*And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.—Luke 12: 15.*

It is quite usual for people who possess too many things to be unhappy, for their time is spent in worrying about their possessions and not in enjoying what they have. Jesus also points out that those persons who think their lives are secure because of possessions are greatly mistaken. He goes on to illustrate that point by the following parable:

*And he spake a parable unto them, saying, The ground of a certain rich man brought forth plentifully: And he thought within himself, saying, What shall I do, because I have no room where to bestow my fruits? And he said, This will I do: I will pull down my barns, and build greater; and there will I bestow all my fruits and my goods. And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry.*

*But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall*

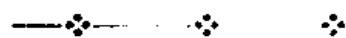
*those things be, which thou hast provided? So is he that layeth up treasure for himself, and is not rich toward God.*—Luke 12: 16-21.

In the above words, Jesus speaks of the false security which covetousness for material possessions imparts to the soul. Many men work so hard in the world for material things, and accumulate vast sums of money, only to die when they are about to enjoy them. Such events distinctly show how foolish it is to spend all one's time in making money for the fleeting body which which can die at any moment.

It is better for every person to acquire the riches of lasting bliss of daily meditation, wisdom and divine qualities by serving others. Hard-earned material riches have to be forsaken without notice at the call of death, but all spiritual qualities acquired by meditation, self-denial and self-discipline are lasting treasures of the soul which accompany it to eternity when the body ceases to exist.

Material riches temporarily bring admiration from worldly people, but they are useless at death. Spiritual riches acquired by anyone may not attract admiration of worldly people but they are very useful to the soul in the after-death state. Spiritual riches ensure eternal freedom and the security of lasting happiness to the soul. Therefore, Jesus says, human beings should try their utmost to use the short precious time of life to acquire the harvest of immortality and not disillusionment.

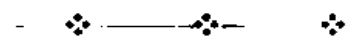
Money and riches do not ensure freedom from sickness or death or accidents or mental sorrows, but the divine bliss acquired in meditation gives unchangeable happiness to the soul in moments of great trials and tribulations and also at the time of death. Jesus in his life demonstrated that. He gave up all material comforts and even the comforts of his flesh to become free and virtuous before the eyes of God.



### Members and Friends Welcome at S.R.F. Headquarters

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

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



Overwhelmed by troubles man faints and grieves at his own helplessness, but when he sees the Other—the Lord in whom he delights—ah, what a glory is his, all his troubles pass away. — *Mandukya-Upanishad.*

# SCIENTIFIC DIGEST

## CHEMIST'S UTOPIA

More scientific knowledge and better control of the soil, new varieties of crops with greater yields and finer quality, elimination of the guessing in agriculture, controlled feeding and exercise of domestic animals, automobiles with plastic bodies, medicine which is largely preventive, houses and factories without windows, wireless communication which will enable us to talk to anybody at any time—these are the probabilities of the future as Dr. Francis J. Curtis, Monsanto chemist, presents in a dream paper which he has prepared for the American Chemical Society.

Dr. Curtis measures civilization in terms of the control that man exercises over his environment. "As some super-ape first picked up a stone, threw it at an animal to kill it and thereby achieved more than he could do with his bare hands, so at some future date some scientist will tie up the last variable and control will be complete," is his optimistic way of putting it.

The farmer today sows a seed about which he knows nothing, in a soil of unknown properties, trusts to luck that it will not be injured or destroyed by rain or drought, and competes for the preservation of his products with a host of insects, fungi and animals with no sense of property rights. Dr. Cur-

tis holds that the farmer of the future will know the requirements of every type of seed, something about the hormones and soil constituents, and probably other things that we have never heard of which are necessary to grow fine crops. If he is right we shall no longer look at a piece of ground and judge it by its color and the consistency of its soil.

### *Sees New Plant Varieties*

He even conceives new varieties of plants with greater yield and the fixation of factors of taste, ripening, quality and quantity. Agriculture will gradually pass into the factory stage where there will be no guessing and no fourteen-hour day. The science of hydroponics (the culture of plants in water) is a clue to progress in the right direction.

Though breeding has improved animal strains, more remains to be done. Dr. Curtis predicts that much of the knowledge gained to improve human health will be applied to animals. They also need hormones and vitamins.

Dr. Curtis foresees the control of the necessary constituents of foods through the same process, adding those which are needed, replacing those removed. Under war conditions in England vitamin B<sub>1</sub> and calcium are added to flour by government decree. To Dr. Curtis this

is a straw which shows how the chemical wind is blowing.

New and unheard-of flavors are promised. More healthful food will bring about greater chemical control of disease, with the result that medicine will become more preventive than curative. In fact, Dr. Curtis goes so far as to predict that sickness will be a social disgrace, "like poor teeth."

Dr. Curtis does not like our houses. Too individualistic, he thinks. He is all for standardization and for lighter and stronger materials, fitted together in standard sections. To him windows are inefficient for lighting and ventilating. Dusting ought to go.

Along with fluorescent lighting, power will come through the air, interiors will be of plastic, washable and even of exchangeable materials. There will be glass fabrics and other fireproof and mothproof textiles. Roofs will be used for better living.

The main sources of clothing (cotton and wool) are too variable. There are over a dozen grades of wool on the individual sheep's back, and even these vary with the breed and history of the animal. Such basic variations will not be tolerated in the future, says Dr. Curtis. He wants controlled fibers of standard sizes, grades and strengths. Sheets and mats of fibers will compete with woven fabrics when we learn how to solve the problems of softness, strength, pliability and porosity. New finishes which modify the properties of textiles profoundly are already in ex-

istence. Develop these and we shall have better control over the wear, "feel" and handle" of textiles.

The automobile is a masterpiece of gadgetry, in Dr. Curtis' eyes. Simplification is already setting in. The car of the future will probably be driven without the aid of a blueprint. Plastic, unbreakable bodies and undentable fenders will contribute to safety.

There should be a great increase in sports, since there seems to be a principle that necessities when eliminated are apotheosized into sports. This has happened with hunting, fishing, running, rowing, archery and horseback riding. May we expect the next candidates to be farming, carpentering and masonry? Dr. Curtis wonders.

Entertainments will be one of our largest industries. There will be radio in public places, as in Germany today. Books will be written for reproduction on films rather than for printing and binding between covers. Most of our pleasures are now concerned with sight and sound. We have done nothing with taste, touch and smell.

Finally, when the means of controlling life in the future are known, Dr. Curtis asks: "Who will control the controllers?" This, he holds, is the research problem of the future. *New York Times*.

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He who endows us with soul and strength, He by whose great command the gods abide, He whose shadow is death and immortality, He who is God, let us worship Him.—*Rigveda*.

## ENZYMES ARE BASIS OF CONSCIOUSNESS

The \$1000 prize of the American Association for the Advancement of Science was awarded recently for the discovery of a biological common denominator.

This denominator clarifies several puzzles, such as the nature of unconsciousness, the mystifying action of sulfanilamide, of vitamins and of temperature and pressure on living bodies.

Three scientists who collaborated in the experiments split the prize. They are Profs. Frank H. Johnson of Princeton University and Dugald E. S. Brown and Douglas A. Marsland of New York University.

### *Reaction of Enzymes*

They showed that enzymes, the compounds which cause chemical reactions in living bodies, are the basis of consciousness, and a part of the other puzzling reactions. The best-known example of an enzyme is the pepsin of digestion.

The three scientists for the first time disclosed how to show the reactions of an enzyme in living tissue.

This enzyme is luciferase, the chemical which emits the light of fireflies, glow worms and luminous creatures which make the sea phosphorescent.

One class is the luminous bacteria, whose lights go alternately on and off. The scientists placed these bacteria in water. There they could anesthetize the creatures by putting ether and other drugs in the water. They could change the temperature of the water. They could change

the pressure of the water with a hydraulic pump.

All these things affected the light, and by virtue of many check tests showed exactly what was happening to the enzyme luciferase.

Alcohol and anesthetics put the light out, if much was given, and dimmed them when the quantities administered were small.

Changes in temperature, too high or too low, also affected the lights, dimming them or putting them out, and apparently the mechanism was the same, namely change in shape of the enzyme molecules.

However, knockout drops (chloral hydrate) and some other drugs, particularly sulfanilamide and one of the vitamins, set in motion quite a different mechanism, in the enzyme, and yet this different mechanism gave the same dimming and extinguishing of the lights.

These drugs combined with the enzyme to produce a change in its chemical composition.

Sulfanilamide acted exactly like a narcotic on the enzyme, putting its activities to sleep. Physicians have been trying vainly to discover how sulfanilamide works its miracles. They knew that in test tubes sulfanilamide does not kill germs, but only stops their activities.

They could only guess, however, how it worked in a living body. This enzyme experiment shows one step inside the body. This may mean that the miracle sulfa drugs merely anesthetize or slow down the disease germs so that they are easy prey to the body's natural defenses.

As an explanation of consciousness, the experiments mean that it is primarily a chemical action kept going by the stimulation of enzymes. Anesthetics, including liquor, affect the structure or shape of these enzymes, and unconsciousness is the result.

It also becomes probable that in the needs of a living body to maintain a very uniform temperature, a special, narrow range of heat is required to keep enzymes working properly. — *Associated Press.*

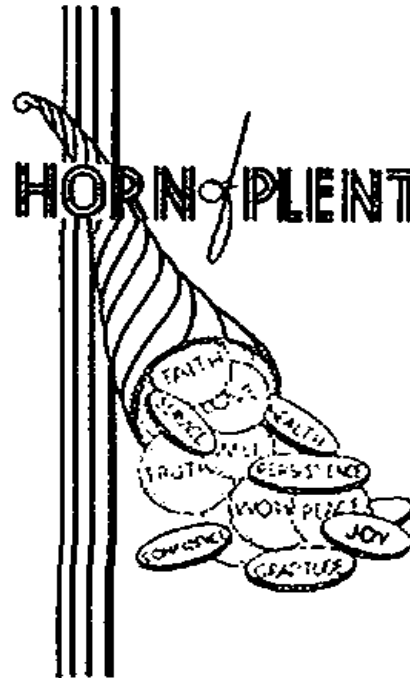


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# Questions and Answers

By Paramhansa Yogananda

## Is There Intelligence?

*Question:* "How do we know that there is law and intelligence back of creation?"—R. A.

*Answer:* Because everything that we see has a design. It is the product of thought and reason. The stars, the sky, the trees, and human beings all bear the mark of intelligent design. Even the fibers of the tree show thought and design. The tree breathes and has blood pressure or sap pressure.

Everything was made in thought first, then it was energized and that energy was frozen into a form. God created everything in idea, then in energy, then in physical form. God, the Father, is holding all the planets and sun and moon together, and the invisible life force is holding all the cells of our body together. We are nothing but a cluster of cells held together by the soul.

Just like a man with a lot of luggage, so is this earth with its moon, going around the sun. Many powers are trying to pull it away, yet it goes on its path. We think we are perfectly safe, but if the earth trembled just a little where

would we be? Think of the insecurity of earthly existence; and yet we go on forgetting God and His power!

## Goodness of God

God is very good to us. If He wanted to punish us, He could give a little push to this earth and we would be gone. Scriptures tell us that He did it once, but He created it again. Then He reasoned: "Once they are created, I shall have to wait for them to come back to Me of their own free will." Truth is eternal and can never be lost. Jesus said: "Heaven and earth shall pass away but my words shall not pass away."

Why does not your physical body fall apart? Because a Diety controls it and also controls your thoughts. In fact, the whole universe is thus controlled. This is a universe conducted in perfect order. Scientists are realizing more and more that organization is back of it. The earth is going at a terrific speed around the sun, but think what would happen if it whirled a little faster or a little slower — we would be completely wiped out. Do you know why this

earth is whirling? It is because motion is life. If motion ceased, the earth would disappear in God. Nothing can exist without motion. Only God is motionless.

We are made in the image of God. He is Cosmic Energy; we are made of energy. God is Cosmic Consciousness; we are made of that. God is love; we are made of love—not the kind of love we have in our hearts, but the love that is pure, unconditional, the love that sees all in the same light. We are not bones and flesh; that thought is delusion. Look within. We are eternal Spirit.

We are not the body. The body is only a cage, but the bird of paradise is caged in the body. Every morning we become identified with the flesh with all its limitations. We have developed the image of delusion. Within this image of delusion is hidden the image of God. When the image of God is realized, then we will see this body as a dream.

It is not the image of God which we see in the mirror every day. The image lies within us. As soon as we think that we are flesh, we are in delusion. At night in the state of sleep we do not think that we are flesh. We are pure Spirit at night.

#### *Made In His Image*

God made us in His image but when a little disturbance comes, we forget that image. As we meditate more, the image of God will become predominant and we will lose

the image of Satan. Our tests are only to show us that we are Spirit.

Never give up. Earth-life is not perfect. It is a test of our spiritual existence. We must be able to behold the image of God all the time. It is a negative state of existence when we forget the vast image of God within us.

The physical body is a dream and death is a dream. So, every time you are in trouble, just say: "I am dreaming." Nothing can really happen to you. That is the ultimate realization; just one dream happening to other dreams. The big fish eats the little fish; both are dreams.

Death is not a punishment; it is an awakening; it is a release. We cry for a loved one, saying: "How terrible; he is gone." Still, we are the ones to be pitied. One great Swami in India said: "Insult not my death with your pity, ye who are left on this desolate shore still to mourn and deplore; it is I who pity you."

Having a lot of material things is not happiness. Security of existence is happiness. You must contact God. Having Him, you will know that you have everything in the material world and in the hereafter as well.

Only those who are interested in God can tell you about Him. Remember, you are alone in the world. You came alone and will leave alone. God has given you certain duties which you must perform but that does not mean that you should forget Him. Serve the fam-



ily in which you were born, but serve the bigger family of the world, and serve God above all, because you cannot do anything without the power borrowed from Him.

Why do you think that this life is so important when you may be called away in a second?

\* \* \*

### Heaven and Earth

*Question:* "What is the difference between earth and heaven, and how can I find heaven?"—M. B.

*Answer:* Although this earth is so real and definite to us, yet the factory from which it is made and controlled is invisible to us. When we see a watch, we do not see the factory where it was made. So it is with the magnetism of this earth—we see the results, but we do not know the causes. There is a vast organization behind the earth and planets and all things that we see, and that place is called "heaven." This earth could not sustain itself without the help of heaven.

### *Wonderful Organization*

Definite laws have been made for this earth, but who made them? We see much organization in a house or a hotel, but we know that much more organization was required to manage the human body. We eat food and we think we are looking after our bodies, but all the time it is some hidden power that is helping us. For instance, we do not know what controls our digestion. An automobile can be taken apart and reassembled; we can not do that with the body

because it was not constructed by us. It is more important to look after the health of your physical body than to look after your automobile, and it is still more important to look after your spiritual happiness than to look after your body. It is best, first, last, and all the time to think of your soul.

This world is made of consciousness, life, electrons, and protons. Heaven is made of life and thought and is beautiful. For instance, the difference between a heaven-tree and an earth-tree is that the earth-tree grows and after a little while dies, but heaven-trees have perpetual youth. They change but they never die, just as the bud changes into a flower. In heaven the blossom comes and then it changes again without dying. Trees, animals, flowers, and human beings have a living relationship. Everything exists in mutual feeling.

### *Eyes Cannot Penetrate Space*

We learn from science that although the earth appears to be floating in space, it is really strung to the sun and other planets by great and powerful currents of rays. Somewhere in the vast sky are the powers of God by which this earth is being maintained. Space is a positive vibratory substance which covers the entire cosmos. We see the changes in sunlight and air and conditions of the earth, and these constant changes make us feel the reality of the world, yet all these conditions are controlled from behind space. This vast space is what is between us and God.

Space doesn't resist your eyes or

your body. Your body goes through space and your vision goes through space, but still you cannot penetrate space, but if you could, you would see those in the other world. We think we are penetrating space when we are moving about, but we are not because our five senses are limited and were made only to perceive the world, yet heaven and earth are lying side by side. As glass keeps us away, although it does not obstruct our vision, so space, although it does not seem to obstruct our vision and body, really obstructs both.

This earth is imperfect, but God is trying to make a heaven out of it. He is having a hard time because we have run away from His plan. He gave us freedom because He wants us to make earth heavenly. Souls who have spiritual visions from the beginning of life enter into heaven. Others do not use the spiritual telescope by which they can visualize that heavenly place.

#### *Heaven Is Within Yourself*

First, you must look for the truth within yourself. Those who have searched within have found amazing truths. You must develop your intuition and then you will see. Just as astronomy brought another world of planets and stars into view, so spiritual astronomy will bring into view another world which is more perfect. You must find heaven within yourself. Establish your intuition and meditation so that you will see heaven, where everything that you wanted will be given to you. There is no pain, old age,

death, or disease. You become one with the Father.

We experience this earth through the five senses of taste, touch, smell, hearing and sight. Heaven is experienced through intuition. That is why it is necessary to meditate often and deeply. In that state you develop the sixth sense, or intuition. We are not flesh, we are Spirit. There is a heaven waiting for you and the only way to get there is by developing your intuition through intense prayer and meditation.

#### *Develop Clairaudience*

Develop your intuitive ear, or clairaudience. Suppose you are dreaming of something wonderful. You are seeing, smelling, tasting, touching, and hearing everything that is going on, yet without the use of your eyes, ears, mouth, nose, and hands. Isn't this so? How are you doing it? By intuitive feeling. When that feeling is highly developed, it can produce a replica of the world. It can develop superior senses by which you can recognize the other world. The dreamland is a reflection of heaven.

Just as a bullock cart will take a long time to get you anywhere, but an airplane will get you there in a few hours, so if you follow Self-Realization methods of study and practice as taught in the *Weekly Praecepta*, you will realize heaven in this life.

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The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, Thou wilt not despise.—*Psalms*.

# NEWS OF THE CENTERS

## MOUNT WASHINGTON UNIVERSITY STARTS SECOND SEMESTER

The second semester of Mount Washington University will open during the first week of February, 1942. Those interested in attending the University classes are urged to write for the Prospectus and full information from the Dean, Miss Orpha L. Sahly, 3880 San Rafael Ave., Los Angeles, California.

The Mount Washington University was incorporated and granted a charter as an educational institution of collegiate grade by the State of California on July 16, 1941. The new University, with Paramhansa Yogananda as president, will serve as a seminary of learning for the teachings of the Self-Realization Fellowship.

Philosophy, yoga, metaphysics, physical culture, mental training, comparative religions and other courses are offered. Degrees will be granted after three- and four-year courses of study.

The Summer Semester, which will be held at Encinitas at the Golden Lotus Temple, will start during the second week in June. Registrations may be made now.

Sri Ranendra Kumar Das, A.B., Miss Orpha L. Sahly and Mrs. Lois Patterson Downs are instructors at the University. Among other distinguished members and guest members of the Faculty are W. E. Bal-

singer, M.D., Geo. H. Sciaroni, M.D., Lloyd Kennell, M.D., and Maizie Helmar, D. C.

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## LOS ANGELES NEWS

The annual Christmas all-day Meditation Service was conducted by Paramhansa Yogananda on Dec. 24th at the Los Angeles headquarters. It was an inspiring occasion of God-communion and spiritual fellowship. Among Center leaders present were Dr. and Mrs. M. W. Lewis of Boston, Mrs. Mary Paul of Salt Lake City, Mrs. Helen Briggs of Santa Barbara and Dr. and Mrs. Lloyd Kennell of San Diego.

### Christmas Gifts

Heartfelt thanks of the S. R. F. headquarters are expressed for the Christmas gifts in money and linen sent to the Los Angeles headquarters by the S. R. F. Centers at Fresno, Salt Lake City, Detroit, Chicago, Cincinnati, Boston, Milwaukee, Belleville (Illinois), Miami, Indianapolis and Minneapolis.

Paramhansa Yogananda takes this means to convey his love and thanks to all the hundreds of his S. R. F. students and friends who remembered him with greetings at Christmas and on his birthday, January 5th.

In spite of paper shortage and other wartime difficulties, *Inner Culture* will continue to be published as a quarterly.

## SWAMI BENOYANANDA REACHES INDIA

Swami Benoyananda (Brahmachari Premeswar) left California for India on July 5, 1941. He reached India safely on October 5th and took up his duties as head of the Yogoda Math (Self-Realization Fellowship Ashram) at Dakshineswar on the Ganges River banks near Calcutta. This hermitage was recently established by Paramhansa Yogananda and other devoted workers.

"I am overjoyed at the progress made by Yogoda Sat-Sanga activities since Benoyananda's return to India from America," said Paramhansa Yogananda. "He has given new impetus to all our work throughout India. I look to him to accomplish great results for the spread of our message there."

A Farewell Banquet at the Los Angeles headquarters, with Mr. A. Brigham Rose as toastmaster, was given to Swami Benoyananda by Paramhansa Yogananda and Self-Realization Fellowship, a few days before Benoyanandaji's departure for India.

This occasion, in July, was doubly memorable, as it was the first time the new Pipe Organ was played. The organ, a beautiful Robert Morgan instrument, was a recent gift by Dr. and Mrs. M. W. Lewis of Boston, Mrs. Elizabeth Backus of San Diego, and others, to the S. R. F. in Los Angeles.

### SRI DAS NEWS

Sri Das, S.R.F. teacher and lecturer, has traveled recently to vari-

ous Centers, giving lectures and classes. The following Centers have received the benefit of his recent visits—Chicago, Milwaukee, Indianapolis, New York City, Cleveland, Detroit, Minneapolis and Des Moines. The Canton members drove to Cleveland to attend the lectures.

"Christmas, spent at Indianapolis, was very enjoyable. Everyone was so good to me," Sri Das stated upon his return to the Los Angeles headquarters, greatly uplifted by the way the Centers had received his message. "All of them are carrying on such fine work."

Sri Das is giving lectures in Pasadena, California, during January. He is also conducting regular university classes at the Mount Washington University in Los Angeles.

### NEWS FROM INDIA

An interesting report of the activities of the Yogoda Sat-Sanga Society (S.R.F.) and its Centers in India has been recently sent to Paramhansa Yogananda by Brahmachari Santananda of the Ranchi headquarters. The letter is dated August 8, 1941 and reads as follows:

"With regard to the progress of our Society in India, we are gradually receiving recognition and reputation everywhere, more and more. Even in this time of war and financial depression we have, through your grace, been pulling on well with all our departments and centers. We have already informed you that a new Center has been started in Agra (city of the famed

Taj Mahal.) There are a number of ardent Yogoda students there.

"Our Calcutta Center is pulling on well. Midnapur Centers are everyday increasing in number, and establishing a honeycomb of religious associations, swelling the number of initiates and devotees.

"The Yogoda Brahmacharya Vidyalaya (High School for boys) at Ejmalichak, Midnapur, has this year won great reputation both by its good results in the last Matriculation Examination and by the noble service of the boys and staff to the needs of the locality, flood relief, etc.

"Purulia Center with its schools is running on nicely; huts have been erected of late.

### Ranchi Progress

"Regarding the Ranchi headquarters, things are proceeding very smoothly. Perfect team work is going on now. It is a wonder to many to see that an out-and-out residential school is developing in every respect and winning sound reputation everywhere. Every worker's pious wish and utmost effort are to develop the school and bring it glory. We have the firm conviction that by the month of January 1942 we will be able to increase the number of boys in our roll-call up to 100 if, in the meantime, we can make room or arrange accommodations for more boys. The erection of new dormitories may not be possible during these war days, but we plan to repair and extend in size the building adjoining the library and museum.

"There has been much improvement so far as the teaching of boys is concerned. Last year our boys made good results in the Matriculation Examination. There were three of our boys in the first division which, under the revised regulation of the Calcutta University, is very difficult to secure. There are many other high schools passing more than fifty students who do not have one of their students in the first division.

"*Praeceptum* Class, gardening and *asana* (posture) practice have been added to the Ranchi course of studies.

"The Medical Department is running well. We have been receiving medicines at a concession rate from the Government. The number of patients has come up to one hundred daily on an average—almost an equal number to that of the local hospital.

"The Oraon Munda Hindi School is also going on well. The huts have been repaired; only a small portion is yet left unfinished and that too is expected to be completed within a few months after the rains.

### Cure of Mental Cases

"The Gymnasium section should take the credit for the beautiful health of all the boys and teachers of the *Asbaram*. A number of good healthy boys come and take part in the Gym from outside homes. Recently a number of lunatics, sent to us by the famous physician for mental diseases, Major Colonel Berkeley Hill, took part in our gymnasium exercises and were com-

pletely cured by means of some of the exercises and simple concentration methods specially adapted for them by our instructor, Krishnakali.

"In spite of country-wide financial depression here, our Fortnightly Lessons Department (*Praecepta*) is running on well. Our Library and Museum section, though rich in its contents, needs a well-protected separate building when possible.

"On the whole, everything is on its way toward advancement. Monetary depression is a great test for us and our true spirit of service. We hope to overcome all difficulties and pass through this ordeal with flying colors. Paramhansaji, your supreme will goes in and through us, and so long as your will is behind us we will taste no failure."

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### TITLE OF "PARAMHANSA"

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

The title *Paramhansa* supersedes the title of *Swami*. The followers of Yogananda's teachings now address him, in accordance with his Guru Sri Yukteswarji's wishes, as *Paramhansa* (or *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.

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## Letters from S.R.F. Students

"From the depth of my soul I want to thank Paramhansa Yogananda and Self-Realization Fellowship for everything that has been done for me in the past four years during my *Praecepta* study. I also thank you in advance for everything I know that you will do for me in the future to help me to ascend from the consciousness of flesh into Omnipresent Spirit. It is a great consolation to know that there is a place in this material world where truth and love are dwelling. I have been seeking this truth a long time, and after overcoming many stumbling blocks in my life, the Lord at last was merciful to me and led me to the fountain of truth, which is Self-Realization Fellowship. All the wealth of this earth cannot be considered equal to the wisdom that has been taught in the *Weekly Praecepta*."—*A. W., New York.*

"The more I read the articles in *INNER CULTURE*, the more impressed I become with the magazine itself, and I lose no time in recommending it to my friends, since I feel that this magazine offers its readers not only interesting and educational reading matter, but also inspiration and spiritual strength, both of which are so badly needed these days."—*T. L. M., Illinois.*

"It has been a great satisfaction and joy to me that I was led to contact your Teaching. I have found the technique as taught in the *Weekly Praecepta* alone worth

the price of the entire Course of Instruction and am glad to go on with the further revelations contained in the *Praecepta*."—*M. E. L., Massachusetts.*

"I am very much pleased to receive the Monthly Message from Paramhansa Yogananda. It gives me the idea to live the life I have so much desired. The moment that I read the Message, my mind began to flow with the flame of God, and from that moment I changed my thought and life. The Message has started me on the road to success through right thinking and right living."—*M. E. J., Louisiana.*

"I have learned a great deal from my connection with your Fellowship. I wish I had known of your Teaching fifty years ago. My life has been very different since I was first drawn to you. I know now that although one may be financially poor, one may be spiritually rich."—*J. S., Saskatchewan.*

"Your *Weekly Praecepta* and *INNER CULTURE* have answered more Bible questions than all the preachers I have known all put together."—*E. R. M., Texas.*

"No amount of money, however large, is equal to one word of Truth as expressed in the *Weekly Praecepta*."—*L. C. M., California.*

"I am receiving *INNER CULTURE*, which is a splendid spiritual treasure, and I shall keep subscribing for it year after year."—*P. A., Ohio.*

# Directory of Self-Realization Fellowship Centers

(Affiliated with Yogoda Sat-Sanga Society of India)

*Paramhansa Yogananda, President*



## Los Angeles, California

**WESTERN HEADQUARTERS of THE SELF-REALIZATION FELLOWSHIP** (Yogoda Sat-Sanga Society), Mount Washington Center, 3880 San Rafael Avenue. Phone: CApitol 0212. Founded by Paramhansa Yogananda in 1925.

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

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

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

## Encinitas, Calif.

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

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

## \*Hollywood, Calif.

Chairman, Mrs. S. Santiago. Meetings each Sunday at 3 p.m. at 707 Cole Ave. Phone HOLlywood 7771.

## 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.



**\*Rockford, Ill.**

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

**Indianapolis, Indiana**

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

**\*Des Moines, Iowa**

Leader, Mrs. Marshall McCleary. 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 MacFiggan, 158 Summer St., Somerville, Mass.

**\*Detroit, Mich.**

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

**\*St. Louis, Mo.**

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

**New York, N. Y.**

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

**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 Brookport 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 Tuesday at 8 p.m., Room 809, Carnegie Hall, 1220 Huron Road. Phone Garfield 8396.

**\*Philadelphia, Pa.**

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

**Salt Lake City, Utah**

Conducting Teacher and Secretary, Mrs. Mary Paul, R.F.D. No. 2, Box 141. Meetings each Sunday at 11 a.m. at Hotel Newhouse.

**Milwaukee, Wis.**

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

**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. Prokash Das, Director.

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

**Bangalore, India**

Yogoda Sat-Sanga (Self-Realization Fellowship) Center, 52 Second Cross Road, Basavangudi. Yogoda Fortnight-

ly 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.

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

**Dakshineswar, Bengal**

Yogoda Ashram (Self-Realization Fellowship Hermitage) on the Ganges River near Calcutta. Swami Benoyananda in charge.

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**Lakshmanpur, Bihar**

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**Midnapore, India**

Yogoda Sat-Sanga Ashram, Khukurda. Yogoda Sat-Sanga Ashram, Gobardhanpur.

Yogoda Sat-Sanga Ashram, Handol. Yogoda Sat-Sanga Ashram, and the Yogoda Sat-Sanga High School, Ejmalichak.

Yogoda Sat-Sanga Ashram, Ghatal.

**Puri and Serampore, India**

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

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

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

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I will praise Thee, O Lord, among the people: I will sing unto Thee among the nations. For Thy mercy is great unto the heavens, and Thy truth unto the clouds.—  
*Psalms.*



*India*

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