



My Husband == Impressions

By KASTURBA GANDHI

The Vineyard Of Meditation

By PARAMHANSA YOGANANDA

Higher Education == True and False

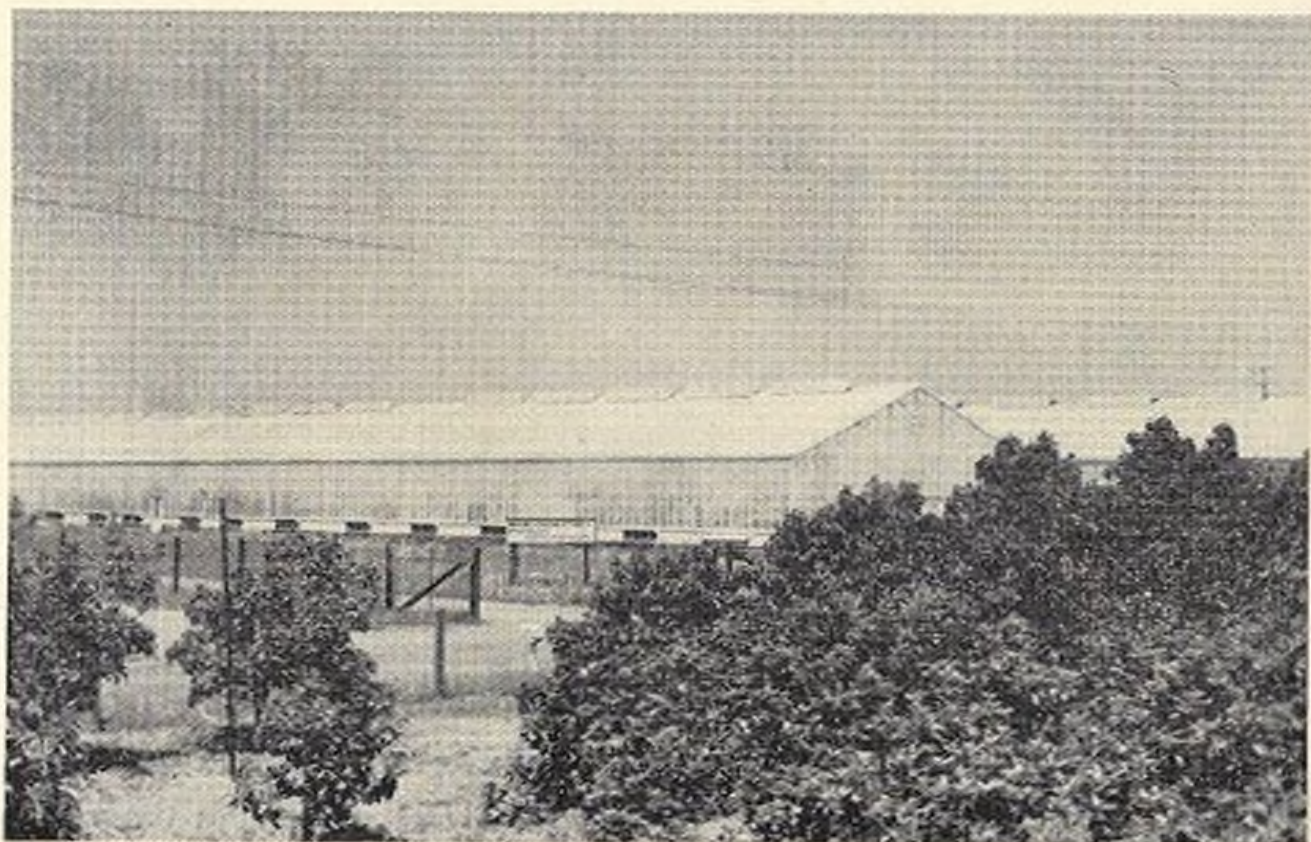
By "SIVA"

We Can Defeat Prejudice

By DR. HUBERT PHILLIPS

A Grove Under Glass

Papaya, Delicious Health Fruit



ABOVE: One of the greenhouses in which papayas are grown at Encinitas, California. BELOW: Papaya tree with fruit (Article on page 5).



# EAST-WEST

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# OM

*By E. J. Rebman*

Now I dream days on one round word,  
Preferring first to see it limned in fire,  
Fragrant with distance;  
Passing hours before daring to turn  
Its thin edge to my cheek's plane,  
Not brave enough to approach its aroma  
Heavy with presage;  
Then breathing endlessly  
Its pure freight of beauty;  
Choosing to lift with muted fingers  
Its shell-fragility to expectant lids,  
Glimpsing within its veined splendor  
Its thin running sap through luminous arteries.  
Mad enough at end to taste its savor  
On all the aching buds of Being,  
Its sweet, acidity, salt and sour bite  
Attacking all the ganglia of my longing,  
Never saying It nor any word.  
Electing finally within my brain  
Between my brows to cup It;  
My spine forged of Its steel  
Its passion my thought  
Pronouncing It  
. . . . once . . . . .  
Within my soul.

## A Grove Under Glass

*For Papaya—Nature's Wonder-Working Health Fruit*

What commercial undertakings are suitable for a World Colony? How can such a group be self-supporting and, at the same time, contribute to the public good? These are questions which interest Paramhansa Yogananda and the students and workers who are assisting him with plans for the *Golden World City* — a small World Colony to be established in California at Encinitas, by the sea. The vital principles of racial and religious unity and tolerance will be illustrated by those who live there and promulgated through such means as conferences and conventions. But since Yoganandaji hopes to make the Colony self-supporting, once it is well established, several projects are under consideration and one is in full swing.

This primary project is the *Paxton Papaya Conservatories, SRF*, purchased last year. The papayas grown there have long been noted for flavor and quality, and are shipped to connoisseurs of this fruit all over the country. Since there are often more orders than can be filled, one of the first tasks has been to enlarge the Conservatories. In a regular California fruit orchard this would be merely a matter of planting and cultivating additional trees—a full-time job in itself, as any orchardist realizes.

### Protection For Two Thousand Trees

However, since papayas thrive only at low altitudes, and in the tropics, they require a warm, humid, even temperature in order to attain the flavor and aroma which make them so popular in warmer countries. At the *Paxton Conservatories, SRF* they mature in an ideal climate, produced by long, steam-heated, glass greenhouses. One of these, and part of a second, can be seen in the picture on the front inside cover of this issue. Five such buildings are now in use, and a sixth under construction. When this one is completed, and filled with young trees, further expansion will be undertaken. *As far as we have been able to ascertain, this is the only place in the entire world where the Carica Papaya is grown commercially under glass, in steam-heated houses.*

Two thousand trees have turned these five buildings into miniature tropical forests. Visitors—and there are many of them since the Conservatory is open daily to the public—usually make this comparison after their first surprising survey. One is accustomed to thinking of a green-house as a crowded and stuffy, though bright, enclosure which produces a sense of confinement. But here, standing in the center aisle, one looks upward to

see twenty-five foot high trees reaching the peaked roof, and forward to see aisles of slim, bare trunks. The light is softened, filtered through the foliage which spreads from the top of the tree. Young trees with blossoms, fruit and foliage at eye level add variety. Fruit grows clustered high on the trunk—as shown in the lower picture on the front inside cover—while above it smooth slender branches, tipped with large leaves, crown the tree. Only the flooring of fine light brown soil, which is free from the usual forest undergrowth, is a reminder of the constant cultivation and care given the trees.

#### A Few Facts

Not all of the two thousand trees are bearing, but they will be soon, since growth is swift, and trees set fruit from the time they are four to six feet high. Mature fruit is obtained within fifteen months from planting of seed. As trees reach the greenhouse roof they are cut back. The Solo papaya from Hawaii is the principal variety grown here, but eleven distinct strains are represented among the trees. These have come from Hawaii, Brazil, Mexico, Ceylon and the Solomon Islands. A few minor strains have been developed here in the United States. Some strains resemble elongated squashes, while others are more rounded. Exterior color runs from green to yellow, depending upon degree of ripeness. The meat is orange colored and, as

with most tropical fruits, the delicate flavor is delicious but indescribable. The center of the fruit is filled with black seeds.

The largest fruited is a Mexican strain which has borne fruits weighing as much as eighteen pounds—eighty people were served with small paper cups of papaya cocktail from one of these. The average size of these Mexican papayas is eight to twelve pounds. Smallest fruited is one of the Solo strains which averages three-fourths to one and one half pounds.

Fruiting habits vary, so it is not possible to state how much fruit a single tree will bear in a year. However, the average tree will bear more than thirty fruits at one time. The Carica Papaya is only partly seasonal under glass and production varies with different strains. The Conservatory ships fruit all year round, but the heaviest crop is from October to March.

#### Papaya Cultivation

Greenhouses are kept at a minimum of 70 degrees F. To the usual care of the soil, cultivating, fertilizing, etc.—a new feature has been added. Ducks waddle about, snapping up the harmful bugs so that the soil is kept free from pests. Fruit must be carefully watched and picked when a change in color indicates ripeness; for it bruises easily, and even a fall from a low tree will split a fruit. As each one ripens, it is picked into a bag attached to a long pole whose end is tapered to a flat wedge which

severs the fruit stem. It is this natural ripening in tropical warmth which produces the flavor and aroma natural to the papaya in its native habitat, but so often missing when it is grown in too cold a climate or shipped from other countries. In the latter instances it must be picked before it begins to ripen, and then subjected to many hours of heat treatment by the U. S. Government, lest it bring in the dreaded Mediterranean fly. But here it is picked at different stages of ripening so that it will not all have to be used at once.

#### **Bisexual Trees**

One of the most delicate processes in the cultivation of papayas under glass is pollenization. This has to be done by hand since bees will not stay in the greenhouses. Just as the papaya is unusual in its appearance so it is in gender, having three: masculine, feminine and bisexual. Most of the trees are bisexual, and the *Paxton Conservatories, S.R.P.* are using these in interesting experiments, endeavoring to develop strains which will be self-pollenating. It will be several years before complete results can be reported—but not nearly so long as if the experiments were being conducted with more slowly maturing trees.

Meanwhile, the blossoms require pollenization by hand with blossoms from male trees. One or two male trees could furnish pollen for all the fruit-bearing trees, but more are kept for experimental

purposes—about six per house. The female and Hermaphrodite types have blossoms close to the trunk, while the male blossoms grow in long racemes. These sometimes become modified and set fruit!

Pollen must be rubbed upon the open blossom very gently, else it will break off, and there will be one less fruit. Both scaffolding and ladders are used to reach the blossoms on the tall trees. To avoid duplication in pollenizing, one house is pollenized each day in the week. Blossoms pollenized the week before are already setting fruit and the petals have dropped away.

#### **The Leading Health Fruit**

It is said that in a classification of the 600 fruits of the world the papaya stands among the first twelve in value. In addition to vitamins A, B and C, it contains valuable enzymes (an enzyme is said to consist of a vitamin, a mineral and a protein) the most important of which is papain. This has been found superior to pepsin as a digestive aid and is used by doctors to give quick relief in acute indigestion. It is also the basis of well known digestive pills.

Research scientists who have experimented with the papaya, and physicians who have made use of it, have found it helpful in infantile indigestion, skin afflictions, stomach ulcers, dyspepsia, dysentery, seasickness and other forms of nausea, intestinal worms, and gastric catarrh. It has also proved efficacious in relieving colitis and some

forms of anemia. Its use in some instances, stomach ulcers for example, is effective because papain is the only known fruit derivative which attacks and destroys dead tissues and false membranes of the stomach and intestines yet has a beneficial effect on live tissues.

Judging by experiences with some health foods, one might conclude that papayas are probably distasteful, and are to be used in "doses" between meals. However they are palatable, and a useful addition to many menus. In Florida, as in the tropics, they are served sliced for breakfast, as we serve canteloupe. Here, our favorite method is to dice papaya, sprinkle it with lime or lemon juice and honey and allow it to stand for a while. However, it is also often used in salads; it may be placed in a liquifier, with a little lime and honey to bring out the flavor, and used as a drink; it is delicious as dessert in the form of a fruit whip, ice cream or sherbet.

Not only does it conquer the most indigestible foods, either in the stomach or in test-tube experiments, it can also help with tough meats before they reach the digestive stage. Natives in the tropics found this out long ago. It is a common practice to rub pieces of tough meat with juicy papaya before cooking, or to drop a piece of papaya in the cooking pot. It tenderizes the meat (actually, it begins to break down, or predigest,

the fibers) and gives an inferior cut a superior taste.

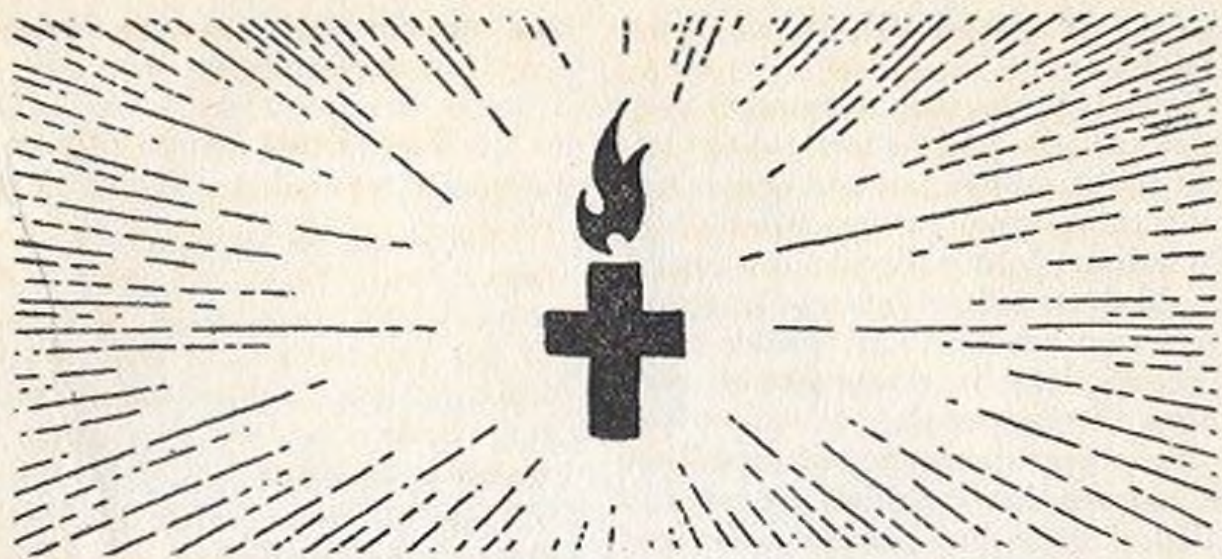
### The Fruit of Youth

Dr. J. H. Kellog, head of the Battle Creek Sanatorium in Michigan, has written of the health value of the papaya. In the course of his description he said of the fruit, "It is a glorified melon which has climbed a tree to display its superior qualities."

One of these qualities is said to be the prolongation of life. Certainly there are some very active elderly people who attribute their vigor to the daily use of papaya. That brings us to the entertaining idea that while Ponce de Leon may not have discovered the Fountain of Youth in Florida, he did discover the fruit of youth there, for papayas were being grown and used by the natives at that time.

In a report to the King and Queen of Spain he said, "The Indians prepare meat for cooking by wrapping it overnight in the leaves taken from a tree which grew a delicious melon which they ate and which I found delightful and palatable. This made the meat so tender that it came apart in the fingers. The fruit they called Vant, which I afterward found meant 'keep well.'" Yet, Ponce de Leon evidently never realized that this strange "Vant" embodied some of the very qualities for which he was searching, that it could help to build and maintain a healthy body.—*The Editor.*





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

## The Vineyard Of Meditation

By PARAMHANSA YOGANANDA

*"And when he was come into the temple, the chief priests and the elders of the people came unto him as he was teaching, and said, By what authority doest thou these things? and who gave thee this authority?"*

*And Jesus answered and said unto them, I also will ask you one thing, which if ye tell me, I in like wise will tell you by what authority I do these things.*

*The baptism of John, when was it? from heaven, or of men? And they reasoned with themselves, saying, If we shall say, From heaven; he will say unto us, Why did ye not then believe him? But if we shall say, Of men; we fear the people; for all hold John as a prophet. And they answered Jesus, and said, We cannot tell. And he*

*said unto them, Neither tell I you by what authority I do these things.*

*But what think ye? A certain man had two sons; and he came to the first, and said, Son, go work today in my vineyard, He answered and said, I will not: but afterward he repented, and went. And he came to the second, and said likewise. And he answered and said, I go, sir; and went not. Whether of them twain did the will of his father?*

*They say unto him, the first. Jesus saith unto them, Verily I say unto you, That the publicans and the harlots go into the kingdom of God before you. For John came unto you in the way of righteousness, and ye believed him not; but the publicans and the harlots believed him; and ye, when ye had seen it, repented not afterward,*

that ye might believe him. Matt. 21:23-32

Jesus silenced the queries of the chief priests and elders when he asked the above simple question concerning the powers of John. To admit John's divine authority would draw a deserved rebuke from Jesus concerning their former attitude, to deny it would arouse the anger of the people.

To their admission of inability to answer his question Jesus replied, "Since you cannot tell me by what authority John baptized, I shall not tell you by what authority I do the things I am doing. But tell me what you think about the parable I am going to give you:

#### Two Devotees

"A master had two devotees on earth, and he said to one of them: 'Son, go today into the vineyard of meditation and strive there to grow the grapes of divine realization. And after you have done that, those ripened grapes will yield to you the intoxicating wine of unending divine bliss.' But the devotee, due to the advent of temporary delusion, replied, 'I will not meditate, for I am not in the mood to do so!' Yet, after due deliberation, he shook off delusion and understood how foolish was his action of disobeying the Master who wanted him to meditate for his own good. And then, with deep devotion, he started to obey his Master by meditating deeply.

"Then the Master came to the second devotee and asked him to

meditate. And he answered readily, 'I will do so, Lord,' but later failed to keep his promise. Now is it not evident to you which of them obeyed the will of the Master?"

#### Priests or Harlots?

When they had all agreed that the first stubborn devotee, who had mended his ways, was more obedient than the courteous one who failed to do so, Jesus continued, "Out of the truth I feel within me, I declare unto you, that even the publicans and harlots are superior to you in realization. For the great Master John came to *all* of you, and yet you did not understand or accept him. But the publicans and harlots—who formerly had not listened to the voice of truth—deliberated, when John came to them, then shook off delusion, repented, and meditated upon God. And that is why they will soon work out the effects of evil actions of their past and enter into the kingdom of Cosmic Consciousness, long ahead of all of you who proudly think yourselves superior as chief priests and elders.

"And afterwards, when you knew about his righteous life and his wisdom, and the change he had wrought in erstwhile sinners, you still did not repent and enter the vineyard of meditation for God communion. No, you believed not in him, nor followed his advice; neither did you repent of your disobedience and wickedness that you might be saved by following

*(Concluded on page 12)*

# Higher Education -- True and False

By "SIVA"



In the language of the moderns, "higher education" means securing University degrees, and institutions where students are prepared for these degrees are known as institutes for higher studies, or colleges. "Higher education" in the true sense of the term should, however, be taken to mean that education which elevates the heart of man, which acquaints him with the higher truths of life—in fact, which enables him to know and realize the ultimate Truth. An education which develops only the reason or intellect of man, and keeps him away from Truth, is anything but "higher education."

Remember the words of the Lord Krishna, uttered in the *Gita*: "Of all knowledge, the knowledge of the Soul is the highest; it is divine in essence."

Knowledge of the Soul, again, does not mean that verbal knowledge which simply confers on you the privilege of adorning your name with titles or degrees. True knowledge of the Soul is that which elevates your mind, which stimulates in you the quest for

Truth, which inclines you toward Truth. The pursuit of this knowledge has to be continued until you have actually realized the Truth.

## Freedom Through Discipline

The initial advantage derived from spiritual knowledge is that life becomes disciplined. He whose life is not disciplined, who has no control over his body, senses and mind, who is, in fact, a slave to his senses, cannot be called a true man of learning. The man of discipline alone is free, even though he may be in physical bondage. Contrary to this, he who obeys no law, who is unrestrained and licentious, is wholly under subjection. The knowledge which as its first fruit removes the fetter of this subjection is true spiritual knowledge. In the seminaries of the ancient Hindus, boys were given practical training in this discipline at the very start of their career as students.

The next advantage that we derive from this knowledge is the acquirement of noble sentiments and divine virtues. The knowledge

which fills our minds with vicious ideas and evil propensities and corrupts our actions is only a euphemism for Ignorance. Spiritual knowledge fills the heart with noble sentiments and adorns our conduct with the best of virtues.

The third gain is that it turns one's face towards Truth and puts him on the track of Truth. He alone is virtuous who is engaged in the search for Truth. Truthfulness in speech, conduct and dealings with others is the only means of realizing the Truth. And Truth is another name for God.

#### The End Achieved

The ultimate gain derived from spiritual knowledge is realization of God. This is a state which rids man once for all of all his sorrows and sufferings and secures him eternal and everlasting joy of the highest type. It is of the nature

"An education which develops only the reason or intellect of man, and keeps him away from Truth, is anything but 'higher education.'"

of supreme Joy itself. There is no enjoyer in that state. It is of the nature of Knowledge and Consciousness itself. It is the supreme Truth.

The goal of human life is to realize this supreme Truth; keeping your eyes fixed exclusively on this goal, advance steadily toward it with a determined will. Spiritual knowledge is that which aims at the realization of this goal; that alone is "higher education" in the true sense of the term.—*Kalyana Kalpataru.*

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#### VINEYARD OF MEDITATION (Continued from page 10)

his example. Now you can judge for yourselves why the publicans and harlots, by tuning in with the God-saturated John, can enter into the kingdom of God before you."

Jesus deliberately bewildered his enemies by not revealing through what authority he worked miracles. He realized that the chief priests and the scribes knew in their hearts that he worked through the power of God, and yet they asked him about it so that they could accuse him of boasting that he was one with God. Instead, he made clear to them the unpleasant truth that

their arrogant consciousness of their priestly and social position kept them from finding salvation through John.

It is evident that Jesus' words are an assurance to all sinners and transgressors of divine law that by following a God-inspired Guru-Preceptor, and by shaking off delusion, they can enter into the kingdom of God much more quickly than those who are vain of their own little moral ideas and limited understanding, and think they can enter into Cosmic Consciousness without any assistance.

# Spheres of Science

## ETERNAL PAINT

The Federal Communications Commission recently picked out of the ether a Russian radio announcement that Prof. Stepan Tumanoff has perfected an everlasting paint. Just what the paint is the Russians did not reveal. We were told merely that the professor devoted himself to a study of rubies, sapphires and amethysts. These certainly retain their color for centuries. All are forms of corundum, a wide-spread mineral. The new paint is, therefore, corundum of some sort. Tumanoff's paints are said to withstand intense heat and cold.—*N. Y. Times*

## ROAD MANNERS

Good manners of auto drivers are tested by a new experimental device in the Franklin Institute Museum (Philadelphia) in the hope that accidents on the road may be reduced. As you sit in the driver's seat of a stock model automobile you stare for three minutes at a color movie of a road on which you think you are driving. You are confronted one after another with

seven tight spots. If you wriggle out of each politely and safely, you rate high. In most tests of this kind good driving is a matter of physical ability. This new method focuses on attitudes. *W. K. in N. Y. Times*

## SOIL AND CIVILIZATIONS

Soil tests so accurate that one of them might be used to detect the location of prehistoric graves, even where no visible traces of such graves remain, have been developed by Dr. Roger H. Bray, Professor of Soil Fertility in the University of Illinois. By disclosing the presence of phosphorus left by decomposed bones, these tests can reveal the extent of a burial ground used by man in some forgotten time of the past, and even delimit the site of a prehistoric village, if it was occupied over a long period of time. Accumulations of the bones of animals eaten by the villagers and human excreta have permanently changed the soil. The tests were developed to assist Illinois farmers to determine the quality and needs of soil on their farmlands.—*N. Y. Times*

## The Health Front

*Today's Terrors are Tomorrow's History*

**Health Rays:** Ultra-violet and infra-red can now be placed in a single lamp, usable in any

socket. Gives suntan 3 times as fast as sun itself. (Ultraviolet rays result from electric dis-

charges through mercury vapor; infra-red from tungsten filament in bulb.)

**Ulcer Cure:** Dr. Co Tui, Chinese scientist at NYU College of Medicine, accidentally discovered that feeding Amigen, a pre-digested protein, to ulcer victims caused pain to disappear within 24 hours, ulcers themselves within 2 or 3 weeks in most cases (as shown by X-ray films). Patients being prepared for ulcer operations by "high feeding" of this product either recovered without operations or subsequent operations showed ulcers healed.

**Vaporized Penicillin:** May soon be used to fight the common cold. Is proving successful in treatment of a lung infection (cystic fibrosis) formerly fatal to infants. Small plexiglass tent is placed over head of patient, and penicillin (first diluted in saline solution then subjected to stream of oxygen) in vaporized form is carried by tubes to tent. Patient inhales the drug for ten minutes every four hours.

**Cataracts:** Because the opaque lens of the eye glows in the dark when exposed to invisible ultra-violet rays, surgeons may now remove it in cataract operations in total darkness. Ultra-violet fluorescence aids surgeon in finding lens fragments which may lie behind the eye's iris where they usually cannot be seen at all.

**Fatigue:** New relationships between fatigue and activity of the cortex or "bark" of the adrenal glands have been discovered. Tests made with aviators and factory workers proved that a hormone called pregnenolone is effective in relieving fatigue without harmful after-effects.

**Eye Bank:** The Eye Bank for Sight Restoration plans to raise \$1,000,000 for a program of education and research, including teaching and research fellowships in leading medical schools throughout the country, to extend the knowledge and skill required for delicate corneal grafting operation which restores sight to blind.

## **Tomorrow's World**

*Here are some of the newest discoveries and inventions of the scientific world. They will be available when manufacturers begin to vie for post-war civilian trade.*

● Freshness of foods may be measured by their volatile odors with a new device developed by University of California. For use on fish, meats, fruits, vegetables.

● Many doctors will adopt Army walkie-talkie to keep in touch with office or home. Three bands of radio spectrum have been assigned for industrial and medical use.

● Through a thin layer of plastic, which causes only slight alteration in "feel", damask linen table cloths will be impervious to gravy, coffee and fruit stains. Inventors see further possibilities: draperies that can be cleaned with a damp cloth; luggage coverings with stain and scuffing resistance; wall coverings that can be cleaned with a hose.

● Steel industry plans to color its product. May eliminate costly paint jobs on autos, etc.

● A sound-proof plastic, *Vercooustic*, will be applied directly over old ceilings of plaster, tin, or other firm base. The bond is permanent and material may be spray-painted any color.

● New asbestos paper, now in military use, has good printing surface; permits records that will not burn, disintegrate, fade. Fire-proof packaging paper will be next.

● Fire curtains (rolls of fire-resistant fabric) can be carried to roofs adjoining burning buildings, fastened to taut line and unrolled to protect roof and walls from sparks.

● Portable metal fire escape (produced in 3 lengths, for service from 2nd, 3rd or 4th story) can be anchored to window sill and containing carton dropped out window to ground.

● Fool-proof fire extinguisher built into walls, doors, window frames, etc. is painted with pigment containing calcium carbonate and resin. High temperatures cause

pigment to break down, release cloud of carbon dioxide gas—effective fire-fighter.

● Amphibious vehicle may be used by campers on land and water. Luxurious cabin cruiser is converted into auto trailer; wheels can be retracted into compartments in hull.

● Phone messages will be recorded when no one is home. Vibration of phone bell activates detector connecting telephone to turntable, and recorded message left by absent subscriber is played to caller. Gong then signals listener that he may speak message he wishes to leave for subscriber. Message completed, apparatus "hangs up" phone.

● For long voyages, ships will grow vegetables and flowers right on shipboard, in chemical gardens. Batteries of ultra-violet lamps will provide constant sunlight for plants.

● Building material of wood and aluminum combined provides strength, rigidity, attractiveness, protection from fire, heat, cold, termites.

● Both sides of new revolving window can be cleaned from inside. Gadget permits setting of window for indirect drafts, allows windows to be kept open during storms without rain coming in.

● Outdoor furniture, lightweight and impervious to dampness, may be composed of liquid plastic combined with glass, will have per-pound strength equal to steel.



*Spiritual Interpretation*  
OF THE  
★ **BHAGAVAD GITA**  
By PARAMHANSA YOGANANDA

## The Whirlpool Of Eternal Motion

*Chapter III, Stanza 23*

### Literal Translation:

If at any time I did not go on performing actions without cessation, O Arjuna, men would imitate my ways.

### Interpretation:

The Lord of the Universe explained to His devotee, "All my human children, for whom I have built this ever-changing cosmic home, being made in My image must act as I do. So in atoms, stars and in all creation I keep working ceaselessly — through My immanent intelligence — so that all My children who reflect Me will keep acting intelligently and spiritually according to My cosmic plan. This plan is revealed in scriptures by

My true children who have attained Me and know what My wishes are.

"I, the Creator of all things in the vibratory Cosmos, am sleeplessly and ceaselessly working—making worlds, keeping them balanced by the laws of attraction and repulsion and throbbing in human intelligence, heart and activity so that My children on earth will continue to perform divinely guided dutiful actions. Through the colossal example of my activity in creation—and by giving man hunger, body, mind and soul, family, country, world—I am visibly telling him that there is no salvation without proper activity on earth.

"If I, the Creator, ceaselessly work, My reflections—human beings—will continue to help My creation to its goal of perfection



by returning to Me through proper evolution and right activity."

Of course, it must be understood that only in the delusive state does God appear to our senses to be in eternal motion. But all humans who are not yet free from delusion should keep acting spiritually and take out the thorn of wrong desireful activity with the instrument of right activity. Then they shall reach the state of Cosmic consciousness where God is perceived, not as a whirlpool of eternal motion but as a Cosmic vibrationless sphere of eternal Joy.

God warns that lazy, non-active devotees hiding under the garb of renunciation can not enter the ever-free, non-active state of Spirit. Neither can men who act as slaves to their own desires—utterly forgetful of His Cosmic plan and as to why He brought them on earth—enter the ultimate gate of ever-blessedness.

#### *Chapter III, Stanza 24*

##### **Literal Translation:**

If I did not perform any action, all the universes would be gone. I would be the cause of all confusion, and of the improper admixture of races. I would be the instrument of their ruination.

##### **Interpretation:**

God created many universes, and He has to work immanently as the Universal intelligence in matter and in human consciousness, for the purpose of keeping order while working out His Cosmic Plan.

So Krishna says, "But, if I, the Father, did not act in creation all universes would explode and vanish. The ocean of my Cosmic Consciousness keeps the floating islands of planets swimming in Cosmic rhythm. It is my omniscient Consciousness which holds the atoms of worlds and human bodies together and keeps them working in coordination."

If God removed His cohesive, harmony-creating, omniscient, Cosmic Intelligence then the universes and all beings would evaporate into invisibility just as all the scenes and actors vanish from a screen when the light running through a film is shut off.

Herein it is also emphasized that if the secret Divine Intelligence were withdrawn from the earthly souls of men, then even if it continued to work in creation and the world and its people survived, utter confusion would arise among the four graded races which ultimately unite and lead to freedom in the Spirit.

##### **Four Diverse Types**

Every nation has four races, or types. These four divisions are dependent on quality and have nothing to do with race or with caste as it is understood today. As the *Gita* says elsewhere: "I have created four races according to manifested soul qualities and actions of men." These are:

(1) Those who are engrossed in leading a material existence are called *Kayasthas*: that is, beings

who are engrossed and identified with their bodies (*Kaya*). They are also called *Sudras*, or ones who doubt the existence of spiritual life, i.e. who are materialists.

(2) Those who till their minds with the plough of discrimination and begin cultivating the seeds of wisdom are called *Vaisyas* (business men busy with spiritual cultivation).

(3) Those who have gone a step higher in evolution and are busy meditating and fighting restlessness and the temptation of the senses, are called *Khastriyas* (warriors).

(4) And those men who by meditation have attained Brahma, or God, are known as *Brahmins*.

In India the above mentioned "four races" now known as the four castes, were originally classified according to the above actual states and actions of an individual, and not according to the status of his parents.

### True Purpose of Caste

As the Scriptures say, all people are born into the low caste of *Kayastha*. Parents give the two physical eyes for experiencing the world of activity. Then, after spiritual initiation given by a guru, a man learns to open his spiritual eye and by cultivating wisdom and fighting with the senses he enters first the higher caste of *Vaisyas* and then the group known as *Khastriyas*. Eventually, by knowing Brahma (i.e. attaining Self-

realization) he becomes a *Brahmin*.

In a material sense all nations recognize the above mentioned division of races according to their birth rights, viz, the laborers, the business men, the soldiers, the clergymen. And a laborer can become a business man or a clergyman or a soldier. Hence these four groups are interchangeable on the material plane. They are certainly supposed to be open to all on the spiritual plane too, but the low priestcraft (not the sages) of India have made the above castes non-interchangeable, and make a business of religion held under theocratic despotism and monopoly.

To sum it up, the above stanza signifies that the "races" mentioned are states required in human evolution and are necessary steps for all humans as they strive to attain their final freedom.

If the Divine intelligence ceased to work through the conscience of man, then all human beings would remain engrossed in matter, or live in utter confusion, forgetful of the material, wisdom-cultivating, sense-fighting and Spirit-attaining states required for final emancipation.

### Admixture of Races

Many caste or class-bound souls use the above stanza of the *Gita* to suit the prejudices born of their limited consciousness, in order to create division and strife, so it must be made clear that the *Bhagavad Gita* does not refer to the admixture.  
(Concluded on page 27)

# My Husband --- Impressions

By KASTURBA GANDHI



## PART II

I am grateful that your goodness was my star to guide me over the pitfalls of life. I am grateful for those hands you held out to me when I stumbled by the way. I am grateful to you for the soft affectionate look of approbation you would give to me when I came out of gaol (jail). I am grateful to you for your charm and patience of manner. I am grateful to you for your sincere good humor, your truly spontaneous, infectious laughter that would turn many unpleasant situations into amusing episodes. I am grateful to you that you respected me because I had the courage of my convictions and would not follow Western customs and fashions. Grateful for the looks of approbation you gave me, after you saw some woman my own age dressed in the latest fashion. Your keen sense of humor and the sense of the ridiculous nearly got the better of you several times. Your eyes twinkled with suppressed mirth.

I thank you once again, my Hindu husband, for the great love,

contentment and perfect companionship our marriage brought me, that it flourished and endured on the spiritual and not the material. How much I have to be thankful for that my children had as their inheritance such an honorable father. How much I have to be thankful for that prison held no fear for you, rather did you find it a place wherein to learn, rest, and meditate. . . .

How much I have to be thankful for that I could live close to the real things in life at the *Ashram* and not have the unenviable lot of a society woman, who is fearful of losing her "prestige" amongst "Friends who chat sweetly to her face and 'scratch' behind her back."

*How grateful I am I was born a Hindu Bharat.*

I have been referred to as the little known woman of India. To you, my beloved, my life was an open book wherein you did read much, as your life was an open book to me, wherein I read much and, knowing each other, we were able to help each other.

# BOOK REVIEWS

## GALLI-CURCI'S LIFE OF SONG

(By C. E. Le Massena. The Paebur Company, N. Y., 1945. \$3.75)

By Paramhansa Yogananda

*Due to physiological adaptations to certain notes and manners of expression, Eastern songs sound strange to Western ears, and Western songs strange to Eastern ears. I never liked Western songs when I first heard them, after arriving in America. But the first time I heard Galli-Curci sing, accompanied by the master pianist, Homer Samuels, I caught the universal appeal in her warbling. It reminded me of Radha (representing the feminine aspect of Nature) singing to her consort Krishna (representing the masculine Spirit).*

*Galli-Curci sang from the soul to the ever-calling Spirit. The biography of her life of song has been graphically written by C. E. Le Massena, who is known as a composer and musicologist, as well as a writer, and brings out the great spiritual service which she rendered by rousing the Spirit in man through her soul-awakening songs.*

*Her voice will ever echo in the hearts of those who heard her, and forever reverberate in the hall of fame and in the souls of music-lovers of all nations. She has left*

*lasting spiritual song-prints in her recordings, and music-lovers can follow these to the paradise of music of the Infinite Spheres.*

By Virginia Scott

In this biography C. E. Le Massena has concentrated on the career of Galli-Curci rather than upon her personal life. The principal part of the book consists of her musical successes—season by season and tour by tour—first in Opera, and then on the concert stage. There are copious quotations from her press notices. Of special interest to music students are passages which describe her early musical training, her decisions in regard to following a course of self-instruction founded upon a combination of the teachings of Manuel Garcia (teacher of Jenny Lind) and the plan used by Lilli Lehmann; advice which might be utilized by young singers; and the gradual changing of her viewpoint in regard to the repertoire best suited to her lovely voice.

Since the author's preoccupation is with her career, the reader too must center his attention there. However, the chief events in her private life are mentioned, of course. One learns of her birth into a musically appreciative and talented family of Milan, Italy; her first triumphs in her own country,

leading to her marriage with Luigi Curci, Marchese di Simeri; her second marriage—to Homer Samuels, her gifted accompanist—which has proved so successful; and the personal factors which brought her brilliant career to a close.

### *Opera To Concert*

Galli-Curci's first great successes were in opera—The Chicago Opera Association, the Metropolitan, tours to South America, England, etc.—but as early as 1917 she was also giving concerts. Soon she was making regular tours between opera seasons. These became of equal importance to her, then of greater importance than opera. In 1930 she retired from opera altogether. This book gives many reasons for her decision and quotes from various speeches and articles on the subject. For instance, she said, "The person who climbs to the top of the mountain and sees no other peak ahead to scale is a desolate figure for whom life holds no future, and I hope I may never see the time when there isn't another and higher peak ahead. Moreover, I was sick of the intrigues of the opera world. . ." Or, "I cannot stomach longer the ludicrous dramatic situations of opera—and the coloratura gets the worst of them. . . . When you are twenty you want to sing opera. When you are older, you learn. I love this concert work. . . I believe the human voice is at its best when accompanied by

the piano or a few string instruments." And, "Grand opera combines two very great arts—the art of music and the art of drama—each one of which is complete in itself. Unite them and one must suffer."

Even on the concert stage, her choice of numbers altered with the years. From the pyrotechnic coloratura pieces which had brought her such ovations she turned to those she felt brought greater inspiration to listeners, declaring, "I have grounded myself firmly in the conception that my purpose in art is to transmit a soothing calmness and a harmony of soul."

Mr. Le Massena sums it up: "In 1916 the voice was high and lovely; in 1926 it was sweeter and lower; in 1934 it became mellower and richer. As she developed style, she abandoned show. Her later programs testify to this. Year by year and one by one, she dropped those numbers that made for applause, and in their stead put numbers that made for esthetic happiness."

### *Song—The Mainspring*

During most of those successful years Galli-Curci wrote frequent magazine articles. Quotations chosen from these form enlightening passages concerning her interests and philosophy. Of her own voice she said, "I am what I am, with special musical characteristics, virtues and defects of this time and this day. No great artists are alike,

no two voices are alike. Nobody can be taught to do a great thing."

Song was the mainspring of her life. "If I were carried off to a desert island where there were none to hear me and left there to my own resources, I would sing while there was life within my body. I am like a bird which, perching upon the branch of a tree, warbles from the sheer delight of living, warbles because it is a part of its nature to give vent to the music within its heart. I sing with the same spirit in summer weather when I run up the mountain-side or clamor by the brook in laughter and lift my voice to my sisters—the birds in the trees. I sing with my whole heart to the last and first member of my audience."

Because she was doing the work she loved, she was able to live up to her own dictum: "Look upon your work as a joy. Let nothing discourage you. The only way to succeed is to put every ounce of energy you possess into your every task."

#### *One Singer's Philosophy*

Galli-Curci's natural sensitivity enabled her to begin fashioning a philosophy even before her public life began. When she first considered the stage as a career, and her mother was dubious, young Amelita reasoned, "Why fear evil which is everywhere? When one is filled with the grandeur of art, one has little time for the low things of life." While on her first tour,

she added the rule, "The less you see and hear and talk, the better."

At one time her advice to singers (concerning hours of sleep, diet, etc.) included this remarkable statement: "A little worry now and then is good for us. It stirs the blood. Apathy is worse than worry." But at a later date she advised, "Give up worry. Do not think of things that threaten to worry." And she did have cause enough to worry at times, as we all do. "True," she said, "There has been the thrill of a forty-five minute reception after a concert, of a crowd at the stage door, but there have been other forty-five minutes in my life that have held only heart-ache and wretchedness. It is those hours that have molded me—not the glorious, triumphant ones!"

To her, music was an expression of beauty, and she found "music and love to be inseparable." She insisted that a happy marriage enhanced rather than hindered a career; that marriage before thirty was liable to be motivated by emotion rather than love; but that if one did marry and was unhappy, the thing to do was try again; and that such happiness "depends on one thing, and only one—both must be in love with each other." In an article written for the English public, she explained, "I believe in love because none of these people who profess today that love is out of date can convince me that they have found a satisfactory substitute. I see no happiness in their faces

and they give the lie to their conviction by a restless striving to cram every inch of the day with feverish activity."

#### *Mental and Spiritual Spheres*

Galli-Curci's biographer makes it clear that her concentration upon music did not preclude her interest in mental and spiritual matters. "Galli-Curci first sensed the psychic world at the age of sixteen. 'Every intelligent person must recognize the nearness of such a world,' said she when asked her views on this occult science . . . . With respect to spiritualism, she is interested only to the extent that she feels, as many others do, that there is something in the heart that must go on — that cannot stop with death. . . . She is interested in the psychic field as pure enlightenment which cannot be had through contact with the physical world alone. To further her power of apprehension she studied languages, art, politics, literature, human nature. She sought the depths of art and of religion." He says that the artist was sensitive to the spiritual world, and cites the time, while on tour, she sensed the passing on of her mother in Milan.

Although Galli-Curci retired while she still had many active years ahead of her, it appears that her philosophy of life and her mental interests were certainly vital enough to have filled this ensuing cycle with fruitful hours. "Why be concerned wholly with things

of the present life?" she once asked. "We ought to think about the future also. A musician must feed his mind on other things than music. When the voice goes, when the fingers grow stiff—then the mind that has been stored with good things will have something to feed upon."



### ANNA AND THE KING OF SIAM

(by Margaret Landon, *The John Day Company*, N. Y. 360 pages. \$3.75)

When the young widow, Anna Leonowens, accepted a position as governess to the royal children of Siam she began a career of militant social reform which changed the course of a nation. This biography is based upon her own detailed journals and describes how, through education, example, and the determination born of a strong sense of social justice, she freed the people of Siam from slavery. Her capable biographer, Margaret Landon, has spent years in modern Siam and states that social conditions now have no resemblance to those of Anna's period—the eighteen fifties.

Against the whims of the sometimes engaging, sometimes terrifying despot, King Mongkut, Anna struggled for years, wresting an occasional victory by obtaining justice for some helpless creature—these exciting moral battles are

described in detail—and by seeing the seeds of her teachings blossom in receptive pupils.

In addition to its social import, *Anna and the King of Siam* contains enough intrigue and adventure to make it an exciting novel, and descriptions of exotic rites, pompous ceremonies, oriental pomp and pageantry reminiscent of the *Arabian Nights*. Anna was involved in harem intrigues; rescued prisoners; freed slaves; fled from assassins; witnessed trials conducted by Amazon judges of the harem, death by torture, divination by witchcraft. Watched a procession of witches, wizards and astrologers bent on exorcism; witnessed the elaborate rites—occupying weeks, and often months—following royal deaths or celebrating royal events such as the tonsure of the prince.

So this book delights the reader through the pageantry of royal splendor, educates through the sociological evils and reforms discussed, and provides the ever-new thrill of that favorite old theme—the triumph of one defenseless representative of good over seemingly insurmountable forces of evil. But there is another angle which will be of particular interest to readers of *East-West*, and that is the influence of Buddhism on the lives of the characters. This influence crept into Anna's journals even though she was antagonistic to it.

#### *Followers of Buddha*

Buddha — references to him,

chants, rites, statues—was everywhere. Even Anna's classes for the royal children were held in a pillared temple of the harem city (yes, a city with 9,000 inhabitants and its own officials and judges). "A colossal golden image of the Buddha dominated the great chamber. And in the center of the tessellated floor stood a long table, finely carved, and some carved and gilded chairs. The floor was a mosaic of marble and semi-precious stones, so rich in color as to seem almost gaudy."

Anna always retained the viewpoint of the orthodox Christian. To her, Buddhism was a "heathen" belief and she failed to see the many points it has in common with Christianity and other great religions. She never understood or appreciated the religion of Siam intellectually or emotionally. Yet, despite her unsympathetic viewpoint, the reports of ceremonies found in her written works—drawn upon by her biographer—yield to the unprejudiced reader much of the beauty to be found in the spirit of true Buddhism.

For example, King Mongkut, having spent some time in the priesthood previous to his elevation to the throne, appears to have had a reverence for more than the formal rituals of his religion. Rising at five each morning, he descended to the courtyard. Here he and his children, princesses, concubines and household sat ranged along a strip of matting and offered food from large silver trays



PARAMHANSA YOGANANDA'S NEW BOOK

*"Autobiography Of A Yogi --  
My Life With Saints and Yogi-Christ  
of India"*

Illustrated With Many Unusual Photographs

Foreword by the noted author, W. Y. Evans-Wentz

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# NEW YEAR MESSAGE

*From  
Paramhansa Yogananda*



My New Year's wish is that each one of you may renew yourself physically, mentally and spiritually at the beginning of this new cycle in your life. I wish that you may be prosperous enough to aid your destitute brothers in Europe and India, and spiritual enough to have a fervent desire to do so.

You have just passed through a joyous holiday season in which you found the time and the means to give presents to your loved ones and friends to celebrate the birth of the Christ consciousness in the world. Now you should try to provide warmth and comfort and food, perhaps life itself, to some of your neglected relations—those who are your brothers and sisters under the fatherhood of God, and who may starve, freeze, or succumb to ravaging epidemics if food, clothing and medical supplies do not reach them.

In addition to sending material help, you must comfort the sick and sorrowing among them by the love sent through your prayers and meditations. Meditate deeply on God daily, and share Him with others by interesting them in Self-Realization Teachings. Spread the message by sharing with them your copy of *Autobiography Of A Yogi*, or presenting copies to your friends. Since all the proceeds will be used to build our Golden World City in Encinitas by the sea, you will also be forwarding our work there.



Amelita Galli-Curci and Homer Samuels with Paramhansa Yogananda at Mt. Washington Estates.



The career of Galli-Curci is described in a new biography, reviewed on page 29. The above portrait of the singer originally appeared in conjunction with an article written by her for *East-West*.