

India Free At Last == What Joy!

By PARAMHANSA YOGANANDA

Eight Limbs Of Yoga

By JAYADAYAL GOYANDKA

Guiding The Body=Chariot To Bliss

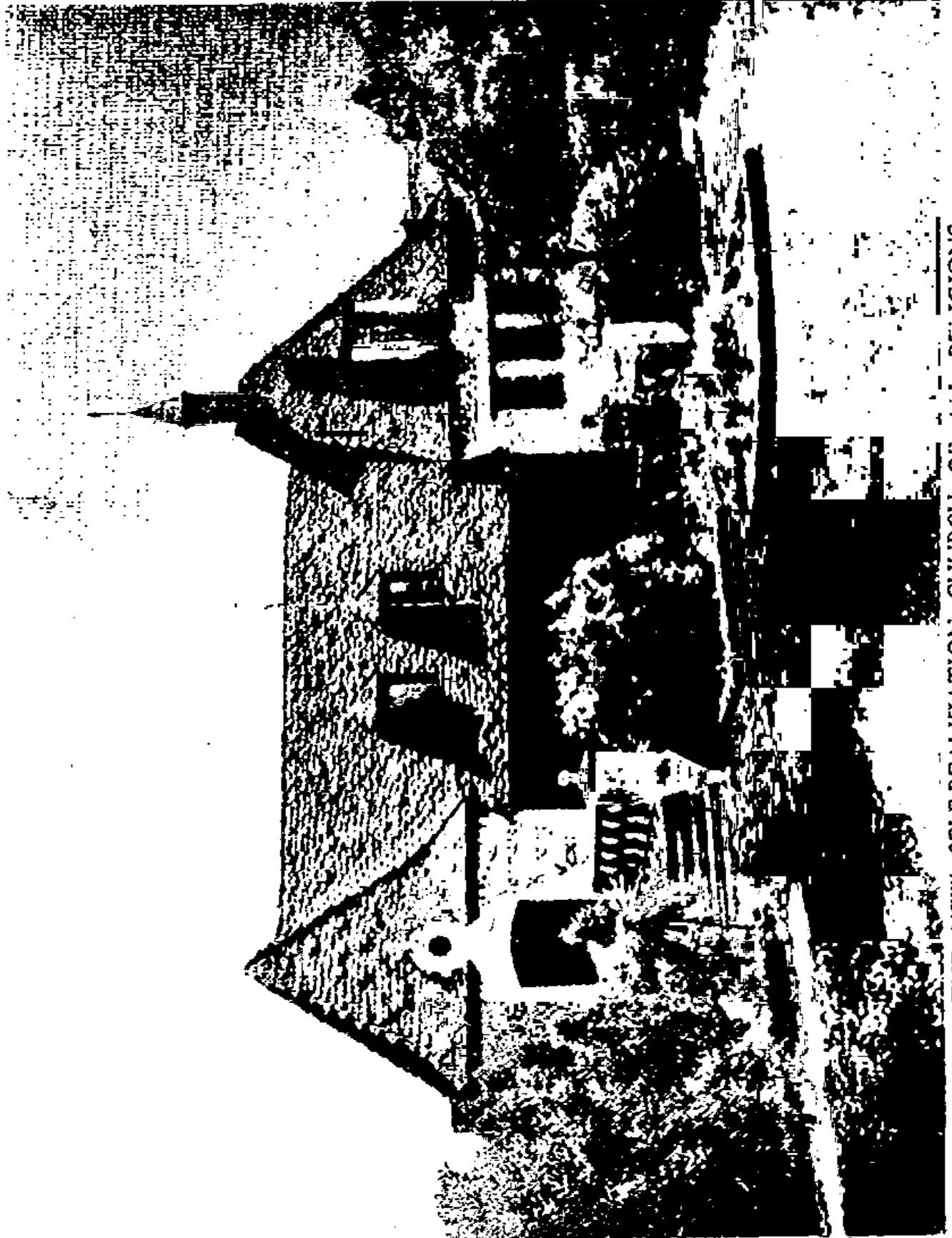
BHAGAVAD GITA

Behold The Mother

By PROF. T. L. VASWANI

Illiteracy == East And West

By BASANTA KUMAR CHATTERJEE



THE NEW SELF-REALIZATION CHURCH OF ALL RELIGIONS
AT LONG BEACH, CALIFORNIA

EAST-WEST

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India Free At Last --- What Joy!

By PARAMHANSA YOGANANDA



When I was living in my beloved India and beholding the deplorable condition—due to political thralldom of my Indian brothers, Moslems and Hindus—I often fervently prayed: "Divine Mother, you must tell me why you punish Indians more, the majority of whom seek you more than any other nation."

After continuous unceasing prayers, one day I received the answer in the depths of my etheric Spirit: "The children I love most I test with crucifixion of trials, poverty and woes to find out if their love toward Me endures through My tests to the end. India will be free in your lifetime." This is why I never joined any revolutionary group—one such group urged me to lead a revolution against English rule—nor did I give in to the life-long wish of fomenting an invasion of England to free India, which my elder brother Ananta and I had often planned together.

Police, Poverty and Prayers

I also knew intimately the police, who used to describe—laugh-

ingly how they caught young revolutionists who were working for the freedom of their country and hung them from the ceiling of police stations by their little fingers or thumbs to make them turn into Government approvers, and reveal the secrets of their fellow patriots. So I had no respect for the police nor the British Government in India. Then, and later when I returned to India for a visit, I travelled all over that vast land. I visited countless villages where the main street was the natural drain. In some sections poverty was so bitter that all the women remained at home under locked doors for lack of clothes—only when the men slept could they come out to take fresh air. Everywhere poverty and disease took their tolls among the undernourished people. Millions died of starvation, plague, cholera and malaria.

Yet, in spite of this, the religious ardor of the people of India never flagged. The chants from the Hindu temples and the prayers from the Moslem mosques could be heard

regularly everywhere. Thousands of renunciates in scant ochre loin-cloths could be seen wandering through the land, spending their days and nights meditating upon God, and depending upon alms for livelihood as did St. Francis and the Carmelites. For India is the place where people of all walks of life become Divine romanticists and leave the world at a moment's notice, when the first dawn of love for God touches their Souls.

One-Sided Civilization

Often I am asked why spiritual India suffers from ignoble poverty. To this I reply by asking why Western nations, though prosperous and highly materially civilized, suffer from the self-created poverty of war and international inner disharmonies?

So many erroneously think that India's "excessive" spirituality is responsible for her physical inefficiency and that America's material efficiency creates spiritual disharmonies of war, etc. The real answer lies in the fact that the majority of Hindus are spiritual, but not every Hindu is Christlike, just as the majority of the Americans are prosperous, but every American is not a millionaire. It is true that the *average* Hindu is more spiritual and the *average* American is materially opulent among all the nations of the earth. It is not that India's spiritual development is excessive that is responsible for all her physical and political ills, but that it is *one-*

sided, and that she lacks attention in promoting the necessary material activities to support her civilization.

Westerners, on the other hand, destroy their beautiful hard-earned material civilization by periodic wars—not for any other reason but lack of attention in developing spiritual life, and failure to absorb and govern and modify the overgrown giant brute force of materialism by the harmonizing co-ordinating power of spiritual wisdom as advocated by the ancient savants of India. India needs to emulate Western material civilization with the help of efficient American scientists, as America needs the guidance of the wise men of India.

Riches—East and West

The average income of the Hindus under 175 years of foreign rule has been less than 40 cents per month, although India is one of the richest countries in the world and Columbus had really started out to find its gold when he discovered America. Out of the search for India, America was born, and who knows but that the secret index finger of God is still pointing to India, telling the Americans to seek the yet undiscovered spiritual riches of the East even as India is profiting by the riches of American knowledge about utilitarian progress-making machinery.

I have often cried from the proscenium of big lecture halls: "A flood of spiritual efficiency starting from India and meeting

the oncoming flood of industrial efficiency and democracy from America, will someday inundate and wash away the political differences and racial barriers of the world and help establish the United States of the World." That day, I believe, is slowly approaching—but meanwhile the continued, persistent *united* efforts of all nations to cooperate are needed to earn that.*

Freedom Prophesied

I must go back to that incident during the first global conflict, in which I was urged by a few of my college friends to lead a revolution in India. I told them then that killing a few Englishmen would not achieve the freedom of India, and that Her freedom would come by some spiritual means. They laughed at me when I predicted they would be arrested, and that the German ships laden with arms to help the revolutionists would be intercepted in Diamond Harbor, Bengal. But when all these

things happened my friends marvelled, and—after they came out of jail—they said, "We will look for your words to come true—that India will be free in your lifetime by *spiritual means*."

When I left for America, they bade me adieu, saying skeptically, "We are afraid John Bull respects bullets more than scriptures." I replied, "England will bow down some day to a superior spiritual urge and grant India her freedom—patiently wait and see"

Passive Resistance

Of course they did not "patiently wait," but many joined the universal movement of Mahatma Gandhi, who was resisting the British mismanagement and exploitation of India by the superior force of *spiritual resistance*: the boycott of British goods and despotic British laws. You all know at least one incident—that famous march of Mahatmaji and his followers to the sea to boil sea water and make salt—to call attention to a silly

*The United States made an important gesture of friendship to the East last year by passing the Indian Citizenship Bill, thus taking the lead in encouraging unity of races and nations (as children made in the one image of God) by removing a great barrier which hitherto existed. In the year 1929, with the help of my New York attorney, Mr. Kronmeyer, I had the humble privilege of fighting for the restoration of the Hindus' privilege of being American citizens. So I was most happy when prayers of mine—and efforts and prayers of thousands of Hindus and other groups of Indians—were finally gratified. Thanks are due to J. J. Singh, Anup Singh, the Watumulls, and all the Indians in Los Angeles, New York, Washington D.C., Sacramento and other places who contributed to this success. Thoughts of gratitude go forth to Franklin D. Roosevelt, who so heartily recommended that the people of India be given the right to become American citizens. Thanks also to President Truman and to all Congressmen who helped to introduce and pass this bill, thus achieving a memorable victory in which the honor of India was upheld.

despotic law: "Indians cannot make or sell salt, but must use salt refined in Liverpool, or taxed salt produced on British-leased grounds."*

In the following years, Mahatma staged a regular war of non-cooperation, a passive resistance battle. One of the first battlefields was Bombay. There, battalions of Gandhi's unarmed spiritual soldiers gathered to hold a meeting, against the arbitrary edict of the local police commissioner. Their only "protection" was the ambulance corps which they brought, anticipating the brutality of the police. Instead of using batons, the police charged the unarmed crusaders with swords, long clubs and bullets. Gandhiji's soldiers began to fall. Some with battered skulls groaned, were hit again and still refused to move. Some of the horribly wounded and unconscious were systematically carried to the hospitals by the organized ambulance corps, in regular battle fashion.

After this senseless slaughter had continued for some time, the police could not stand the one-sided assault, and in conscience-stricken terror threw down their implements of war and fled from the scene.

*It is estimated that India consumes two and a half million tons of salt a year. By shutting down manufactories owned by various states and leasing others, the British not only had a monopoly on salt produced there, but forced the importation of about 600,000 tons a year from Europe. On March 12, 1930, Gandhiji, with his wife and 60 selected disciples began his March to the Sea, followed by masses of villagers. At Port Dandi, he picked up a pinch of salt from the ocean shore, a signal to all India to begin resistance of the salt monopoly.

**East-West, December, 1939, page 37; April, 1942, page 13.

Here was a great triumph for Gandhiji, and a demonstration on a mass scale of the Christlike principle of conquering enemies by love.

Freedom At Last

And now, imagine the joy in realizing that the freedom which every one of the 400 million Hindus, Moslems, Jains, Parsis, Sikhs—and all Indians—wished every moment of their conscious lives has been achieved by India through the adoption of bloodless methods. England has given freedom to India without her firing a single shot for it. So Divine Mother's words have come true, and India is free in my lifetime. I reiterated in 1939 and 1942 issues of East-West magazine that, "This war is being fought for the freedom of India and downtrodden nations."** If the recent war, resulting from the bad karma of nations, had not roused in the people of England the consciousness of the utter futility of war and dictatorship, she would never have handed freedom to India on this golden platter, in the form of Pakistan and Hindustan.

Communal Riots

In the time of the great Moslem Emperor, Akbar, Hindus and Moslems lived as brothers in greatest peace and amity. Why can't they do the same thing now? Religious fanaticism and economic stresses have temporarily separated the Moslems and Hindus. But to consider a permanent division is foolish, even as it would be ridiculous to divide the Protestants and Catholics of a country into two states, or to divide the South and the North because of economic and ideological differences.

Some great spiritual leader such as Akbar or Lincoln is necessary to make Moslems and Hindus drop their fanatical religious differences. Mahatma Gandhi is doing his best to bring this about. In past years the police had a lot of fun inciting Moslem fanatics to throw beef into Hindu temples and Hindu hoodlums to throw pork into Mosques. When orthodox members of both sects fought and killed each other, being outraged by the desecrations, the authorities encouraged reports in the international news. Cleverly used, these spasmodic insignificant incidents became proof—to uninformed Westerners — that India could not make good use of self-government due to her fanatical religious differences. Whereas the *real differences—political and economic rivalry fomented by the authorities—remained cleverly hidden.*

Now that is passed and gone, thanks to the great statesman Prime

Minister Atlee, who has proved to be the Lincoln of Indian freedom, showing the way to all imperialistic nations who hold mandated nations as slaves—the way to international freedom and brotherhood. Lord Mountbatten, the present Governor-General of India, also will go down in history as the last and most democratic Viceroy.

The former Mayor of Karachi, Lalji Mehrotru, who was my guest recently, told me that there is now no resentment against the British in India. In many parts of the land, Moslems, Hindus and Christians are embracing each other as brothers. Here India is showing her mettle—it is a melting pot of religions even as America is a melting pot of nations. Here, out of the welding of hearts, India is showing the glow of the Universal Heart—a suggestion for all nations to join their hearts together that the complete light of the Cosmic Heart may manifest through them.

These sporadic riots—the killing of a few thousands out of 400,000,000 people—are a trifle compared to the slaughters of Global War No. II, and the slaughtering still going on in the world. The new-found freedom and use of arms are taking a wrong turn momentarily, but afterwards the path of union will be established.

Instead of a division in India there should be a United States of India, developing into a United States of Asia. Instead of many states of Europe, there should be a United States of Europe. Only

then may Asia, Europe, North and South Americas and all nations prepare to live in the United States of the World.

Suggestions For Factions

Here are a few of the answers I give when asked what can be done to hasten the establishment of the United States of the world.

1. Those who love communism should live in Russia or other communistically inclined countries, and should stop talking against the democracies.

2. Those who love democracy and are American citizens, or citizens of other democracies, should be strictly loyal to ideals, but stop talking against Russia and the possibility of another atomic war.

3. The Hindus should weekly pray in Mosques to the One God.

4. Moslems should weekly pray in Hindu temples to the One God.

5. People of all castes and those outside the castes should be treated with love and equality and should eat together, not only among themselves but also with Mohammedans. It is the greatest crime to suffer from a superiority complex when all men are equally made in God's image.

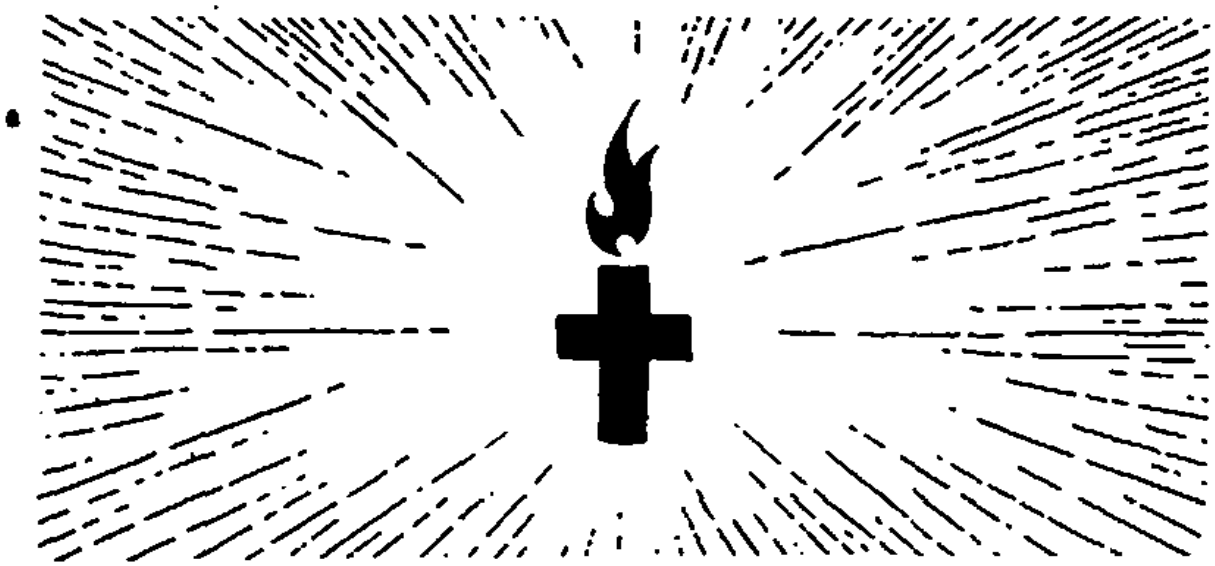
6. Those who eat meat should not make issues about cow meat or pig meat. In America I see both Hindus and Moslems eating pork chops and beef steaks, and burgers of both kinds. So I suggest that in

order to break down this ancient out-worn priestly scheme of keeping the ignorant masses of Moslems and Hindus divided by means of beef or pork eating phobias, that the Moslem meat-eaters should eat pork-burgers and Hindus beef-burgers. The sin of fanatically hating and killing a Moslem because he eats beef, and the sin of killing a Hindu because he eats pork, are much greater than that of killing a cow or pig for nutritional purposes.

Of course, I am *not* suggesting that vegetarians join in this. In fact, after eating pork and beef-burgers, when Hindus and Moslems find their systems filled with uric acid I hope that they will resort to using an abundance of vegetables and fruits in their menus, or go vegetarian altogether and eat vegetarian meat substitutes, and more milk and cottage cheese, etc. To destroy superior human life because of any taboo connected with the flesh of a cow or pig, is fantastic, fanatical and ridiculous before the eyes of the world and the eyes of God.

As for the economic differences, the fears concerning "balance of power," etc., which are the principal basis for the present riots, they can be adjusted only as both sides realize the superior advantages of cooperation—just as the North and South had to do after the Civil War in the United States.





Second Coming of Christ

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

Jesus' Prophecies Of War

By PARAMHANSA YOGANANDA

And Jesus went out, and departed from the temple: and his disciples came to him for to shew him the buildings of the temple. And Jesus said unto them, See ye not all these things? verily I say unto you, There shall not be left here one stone upon another that shall not be thrown down.—Matt. 24:1-2.

Jesus saw in his mind's eye that all the great buildings which stood before his impressed disciples would in a future time, without fail, crumble to pieces; every stone in the walls tumbling down to be buried beneath the earth. So he tried to point out to them the short-lived nature of tangible, for-

midable, seemingly-everlasting big buildings, masses of many stones. These, just as famous human beings with innumerable thoughts and valuable experiences, in time would all crumble to dust. Jesus must have advised his followers not to be overwhelmed by the physical appearance of a country and its edifices, nor by its great men, but to forget them all and seek the everlasting kingdom of God within.

And as he sat upon the mount of Olives, the disciples came unto him privately, saying, Tell us, when shall these things be? and what shall be the sign of thy coming, and of the end of the world? And

Jesus answered and said unto them, Take heed that no man deceive you. For many shall come in my name, saying, I am Christ; and shall deceive many. And ye shall hear of wars and rumors of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet.

For nation shall rise against nation, and kingdom against kingdom: and there shall be famines, and pestilences, and earthquakes, in divers places. All these are the beginning of sorrows. Then shall they deliver you up to be afflicted, and shall kill you: and ye shall be hated of all nations for my name's sake.

And then shall many be offended, and shall betray one another, and shall hate one another. And many false prophets shall rise, and shall deceive many. And because iniquity shall abound, the love of many shall wax cold. But he that shall endure unto the end, the same shall be saved.

And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come. When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:) Then let them which be in Judaea flee into the mountains: Let him which is on the house top not come down to take anything out of his house: Neither let him which is in the field return back to take his clothes.

And woe unto them that are with child, and to them that give suck in those days! But pray ye that your flight be not in the winter, neither on the sabbath day: For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be.

And except those days should be shortened, there should no flesh be saved: but for the elect's sake those days shall be shortened.

Then if any man shall say unto you, Lo, here is Christ, or there: believe it not. For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect.

Behold, I have told you before. Wherefore if they shall say unto you, Behold, he is in the desert; go not forth: behold, he is in the secret chambers; believe it not.

For as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be. For whosoever the carcase is, there will the eagles be gathered together.—Matt. 24:3-28.

Jesus answered the many questions of his disciples in a masterly fashion. Again and again he warned that even during the lifetime of the disciples many false prophets would claim to be the returned Christ, and that they must not pay any attention to these manifestations of the influence of Cosmic delusion. He also saw that wars

and rumors of wars would continue and asked his disciples not to lose the consciousness of immortality even when they witnessed such conflicts—which have to happen due to the effects of mass evil actions.

Earth-Span

Jesus knew that the end of the world would not come—the purpose for which the world was created would not be fulfilled—so long as physical disturbances marred earth-life. He intimated that earthly disturbances presuppose human imperfection; and as long as human beings continue to be imperfect they will have to re-incarnate on earth. Hence, as long as the reincarnation of Souls continues on earth, so long it has to exist and it cannot come to an end. But when all Souls are liberated by manifesting Christ Consciousness, then these liberated peoples of the earth will be held in the bosom of God, and the swirling atoms of the uninhabited earth will be freed. All this Jesus signified when he said, "But the end is not yet." He was also referring to this when he said: "And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come."

This was another way of saying that only when all the peoples of the earth learned to follow the example of true Christlike Saints, absorb their teachings and manifest Christ Consciousness, could they be liberated; and that then

and then only the end of the world would come. That is, the purpose of universal salvation—for which the world was created—being finished, the earth atoms would then be recalled in God.

This explanation, which Jesus Christ dropped in my consciousness, distinctly reveals the folly of many so-called prophets who, every few years, prophesy to their credulous blind followers the end of the world—coming on such and such a date in such and such a year. No wonder Jesus warned about false prophets!

One False Prophecy

A few years ago some fanatic self-elected reformer told his disciples that they should sell their properties, or give them away, and in long, flowing robes await the end of the world on a mountain top near New York. He promised that they would be received into Heaven, while the rest of the people of the earth would perish in a great flood. On the appointed day the angelically-garbed, credulous followers waited in vain through the day and the long night for the end of the world which their blind guide had prophesied. At last they got tired of waiting on the mountain top and came down—back to earth again in more ways than one! — regretting the loss of properties they had given away. Then, being disappointed in their heavenly aspirations, they tried by lawsuits to recover their earthly properties.

All credulous people who are expecting the end of the world within a few years might as well wake up and take notice of the prophecy of Jesus that only when teachings inspired by the Christ Consciousness (which visits the earth again and again in avatars) liberate all the people of the earth shall the end come.

Wars and Catastrophes

When Jesus said that nation would rise against nation, he was foreseeing all the wars which the world has since witnessed—including the Asiatic and Egyptian wars, the wars in India, the Hundred-years War, the Wars of the Roses, the Roman and British Conquests, the French Revolution and World Wars I and II. His prophecies have been—and continue to be—fulfilled. There have been race wars in many lands; there have been fights between one kingdom and another. Terrible famines have visited Palestine, India, China and other parts of the earth. Terrible "white plagues" have visited Great Britain—in fact, dreadful pestilences of a number of kinds have visited almost every land, including the Spanish influenza epidemic which killed more people than did World War I. Earthquakes have devastated Japan, India, some sections of America and many other parts of the earth.

Fearful sights of floods and devastation due to fire (such as the great London and San Francisco and Chicago fires) or the

ravages of war have been severe warnings sent from Heaven to the people of the earth, so that they might realize the uncertainty of life and change their ways. The accumulated evil actions of all the people of the earth are stored in the ether as hidden vibratory bombs ready to explode in the form of natural or national calamities. And Jesus prophesied truly that these signs of wars and troubles are only the beginning of human troubles and miseries, unless people reform their ways.

At another time Jesus said, "For he that hath, to him shall be given: and he that hath not, from him shall be taken even that which he hath." And this applies so well to the earthly habits of civilizations! If the people—through their evil karmas—attract wars and miseries, such calamities will keep on multiplying; whereas if they did not persistently create evil karma and miseries, even what little evils they might have would vanish.

Jesus distinctly says: "Wars and catastrophes are not signs of the end of the world, but rather warnings as to the beginning of human sorrows."

Persecution and Death

Jesus also told his disciples that they would be persecuted after he was gone, and predicted that some of them would be killed after his passing. This prophecy materialized with fearful accuracy as, one by one, most of the twelve were

martyred — stabbed, crucified, beheaded, stoned, flayed alive, or pierced with arrows.* But he also truly foretold that in spite of all such persecutions his teaching would be published among all nations. Indeed his words about this have come true, since the *New Testament* is translated into most of the languages of the world.

And when Jesus said that many would be offended and betray one another, he foresaw how un-Christian members of the same family would betray their Christian relatives and even cause their death. Yet, all devotees have his assurance that those who patiently concentrate on the immortality of their Souls—even during persecution or death—will ultimately find immortality and peace in God.

When Jesus spoke of the desecration of the "holy place" he was foreseeing the invasion of Jerusalem by many nations. There were to be wars in that land between the Christians and the non-Christians, wars between the Crusaders and the Saracens. The tribulations

he describes again show the workings of the law of karma.

Karma Mitigated

"But for the Elect's sake those days shall be shortened," promised Jesus. Then, or today, if man had to pay *all* the karma accrued through incarnations "there should no flesh be saved." But, as he explained, even if true devotees have seeds of past evil actions in them, they will find that, because of their virtue and the grace of God, much of their karma is worked out and the term of suffering lessened.

Again Jesus warned that his true followers must not be attracted or deluded by false prophets claiming to be Christlike teachers, and trying to attract by magical tricks and hypnotic miracles. It must be remembered, however, that while Jesus warned his followers against "false Christs" and "false prophets," he never claimed that Christ Consciousness was manifest only in *his* body, called Jesus, and could not be manifest in any other Christlike Soul at any other time. In

*According to tradition, the lives of the twelve ended as follows: Matthew was slain with a sword in Ethiopia; Mark was dragged to death through the streets of Alexandria; Luke was hanged in Greece; John was put in a caldron of boiling oil, but escaped miraculously, was banished to Patmos and died a natural death; Peter was crucified at Rome with his head downwards; James the Greater was beheaded at Jerusalem; James the Less was thrown from a pinnacle of the Temple, and then beaten to death; Bartholomew was flayed alive; Andrew was bound to a cross, and died preaching to his persecutors; Thomas was run through the body with a lance; Matthias was first stoned and then beheaded; Jude (Thaddeus) was shot to death with arrows; Barnabas of the Gentiles was stoned to death at Salonica; Paul, after various tortures and persecutions, was beheaded at Rome; Data regarding the deaths of Philip and Simon the Canaanite are obscure and conflicting; Judas Iscariot hanged himself.

fact, as John said, "But as many as received him, (Christ Consciousness) to them gave he power to become the sons of God."

Just as the charcoal does not receive or reflect the sunlight falling on it, but the diamond lying beside it reflects the sun's rays, so great devotees by meditation make their Souls pure and transparent to receive and reflect the rays of Cosmic Consciousness through their lives; while charcoal mentalities do not reflect the sunshine of God's wisdom through their dark impurities, although it falls equally on them. Hence those Souls who by meditation make their lives spiritually transparent to receive and reflect the rays of God, fully manifest in them, can truly call themselves sons of God, or Christs.

The Second-Coming

Last of all, when Jesus said, "For as the lightning cometh out of the east and shineth even unto the west; so shall also the coming of the Son of man be," he did not intend to signify a future incarnation, but to say that the Christ Consciousness, already manifest in his body, was a great light which would in time dazzle the world from the east to the west. And that just as eagles from far off locate a corpse and gather around it, so the people from far parts of the earth would sense a filling rapture in his teachings and gather about them.

Alas, through the misinterpretation of the above passage many

think that Jesus will again come "like lightning coming down from the clouds." The Christ Consciousness that was fully manifest in Jesus can come a second time in *any* one, at *any* time—provided he enlarges the cup of his consciousness until he can hold in it the ocean of Christ Consciousness. *A thousand Christs sent to earth would not redeem its people unless they themselves became Christ-like by manifesting a second time in their own consciousness the Consciousness that appeared in Jesus.*

I often lament that although Jesus was crucified once, his teachings are crucified all the time at the hands of dogmatic theology and ignorant theologians. Surely the time has come to stop the true Christ teachings, as given by Jesus, from being crucified by theological misunderstandings. These pristine teachings must be resurrected from the tomb of dogmatism by the help of Self-realization, and by enlightened perception of their true meaning.

It must be remembered that since Christ Consciousness was fully manifest in the consciousness of Jesus, it is the duty of truth-seekers to expand individual consciousness and manifest there the second coming of this Consciousness. It is futile to look for another Christ coming out of the clouds. God, who is humble though almighty, will never permit a spectacular demonstration of His glory before the undevotional gaze of wicked peo-

(Concluded on page 43)

OUR THANKSGIVING



This month, in America, we all commemorate the spirit of the Pilgrim Fathers, the originators of this great democratic civilization, by setting aside a day of thanksgiving to the Lord God of the Universe, just as they did. Our thanks are for our many blessings. And our special prayer is sent to the Spirit that every American shall strive to become a true citizen of the globe by manifesting Christlike virtues. As examples talk louder than words, let every American become a true child of God, thereby helping other brothers of the world to be like him. *Parambansa Yogananda.*

APOLOGY

We regret that the frontispiece in our last issue—Sudama's Parched Rice—was not clear. This is really a beautiful picture, and we hope to rerun it in a darker ink at some future time for the benefit of our many readers who are making a collection of these Indian prints.



THE PARENT TREE



There is only One God for us all whether we find Him through the *Koran*, the *Bible*, the *Zend Avesta*, the *Talmud* or the *Bhagavad-Gita*. And He is the God of Truth and Love. I have no interest in living save for proving this faith in me.

I feel sure that we shall soon forget the differences with regard to caste and caste and religion and religion, and begin to believe that even as all Hindus are one and indivisible, so are all Hindus, Mussalmans, Sikhs, Parsees, Jews and Christians, branches of the same Parent Tree. Though religions are many, Religion is One.—*Mahatma Gandhi.*

Our Readers Say



I want to thank you for the interesting news your East-West contains and more than that it has given me a spiritual upliftment and clearer understanding of Truth. I am truly grateful to you in California and may God bless you all. —Mrs. M. W.

I have received the third copy of East-West, which is an inspiring and beautiful magazine. —M. E. F.

In July issue I found on page 13 a comment that Vitamin C helped to avoid night blindness, etc. This is not true—it is specifically Vitamin A.—C. E. (We took it for granted that E-W readers already knew the value of Vitamin A for night blindness—so much has been published on that point in recent years. Not so well known, as illustrated by the comment of this reader, is the discovery that Vitamin C appears to work in conjunction with A in this regard, and has been known to rectify some forms of night blindness not helped by A. For instance, see *Journal Of Living*, January 1946, page 26; also February 1946, page 7.—Editor.)

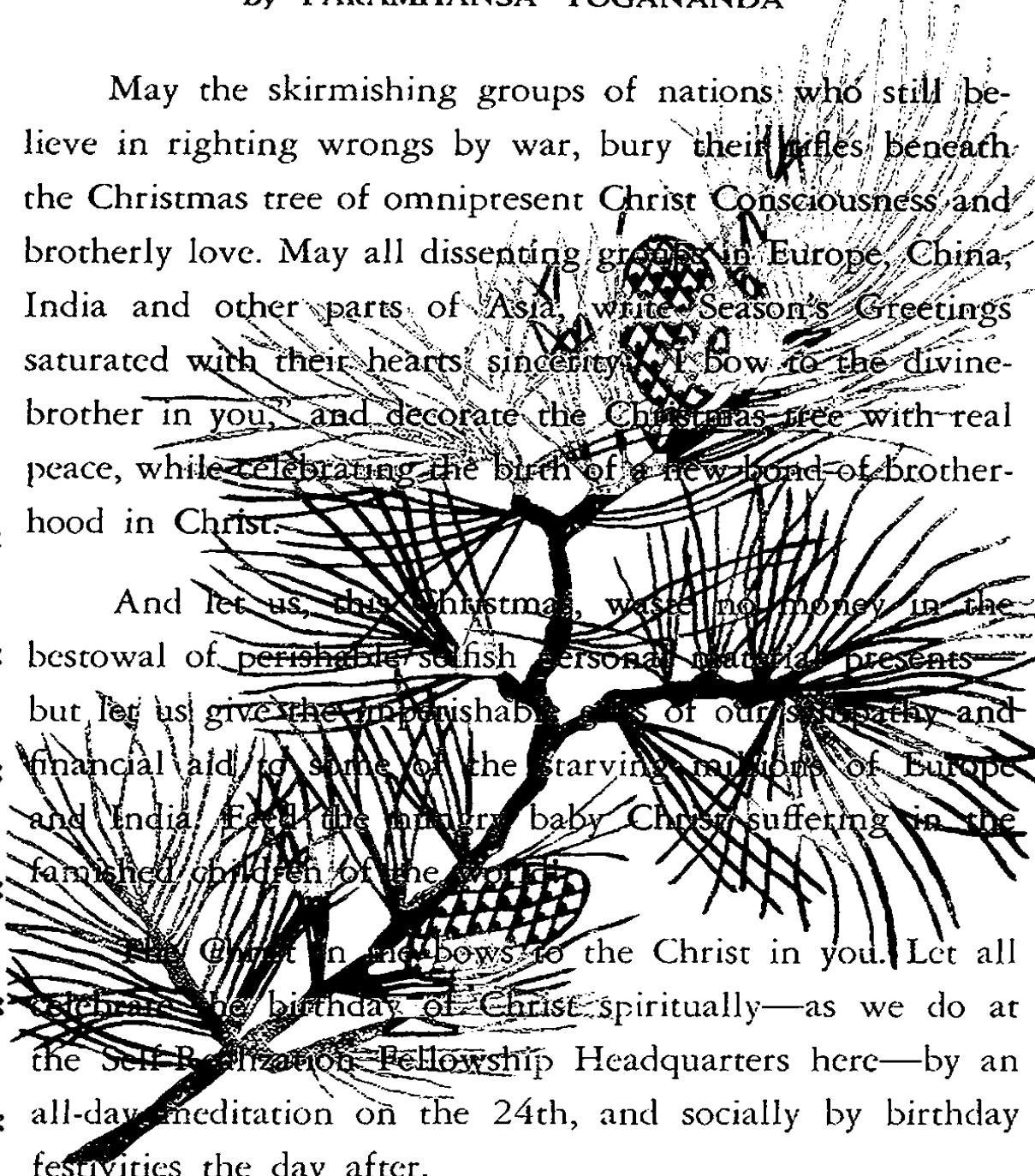
JESUS' PROPHECIES OF WAR (Continued from page 19)

ple. But by moral discipline, continuous devotional prayer and deep meditation, God can be contacted as the ever-new joy of silence. This ever-new joy felt in meditation also denotes contact with Christ Intelligence, since God and Christ Consciousness are One. When the devotee feels God (or Christ) as the tangible ever-new joy of meditation, he should love that divine state with all the devotion of the heart, with all the

intuition of the Soul, with all the undivided concentration of the mind and with all the strength and energy of the body. By doing this the devotee follows the highest commandment (law) required to know God, then his contact with this Consciousness, *sensed* as the ever-new joy of meditation, will be the *real second coming* of Christ—and it will take place right in the devotee's consciousness.

My Christmas Message To You

By PARAMHANSA YOGANANDA



May the skirmishing groups of nations who still believe in righting wrongs by war, bury their rifles beneath the Christmas tree of omnipresent Christ Consciousness and brotherly love. May all dissenting groups in Europe, China, India and other parts of Asia, write Season's Greetings saturated with their hearts sincerity, "I bow to the divine brother in you," and decorate the Christmas tree with real peace, while celebrating the birth of a new bond of brotherhood in Christ.

And let us, this Christmas, waste no money in the bestowal of perishable selfish personal material presents but let us give the imperishable gifts of our sympathy and financial aid to some of the starving millions of Europe and India. Feed the hungry baby Christ suffering in the famished children of the world.

See Christ in me bows to the Christ in you. Let all celebrate the birthday of Christ spiritually—as we do at the Self-Realization Fellowship Headquarters here—by an all-day meditation on the 24th, and socially by birthday festivities the day after.