

SELF-REALIZATION

Magazine

Devoted to the healing of body, mind and soul

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January-February, 1949

25 cents

The Choice

By GRACE SETON

There is one who stands upright
asking for the Light of the Super-Self.

Grant, O Mighty One, Thine ear
unto this voice.

Open the eye that ever wakes
to the shape of things to come,
that even now are.

In the swing of this cycle, flowing air-borne
around the peoples of Good-Will,
working for All Brotherhood—

Grant that tormented man,
confused by his hatings and his lovings,
be led unto the Light.

Unto each the choice is given.

The abyss of Darkness, or the Light of Life;

Cain the Slayer, Abel the Giver;

Garuda the Snatcher of Souls, Arjuna Prince of Good—

What choose ye?

Freedom to grovel in the primordial slime;
to revel in the ancient grove of passions;
to pluck the apple of discord,
to eat of the fruit, Lilith-sweet,
and pay the bitter price of flesh enthroned.

Freedom to advance, banners waving,
each with his torch,
along the stony path of selflessness
that ever leads onward to the Knower—
ever pressing on
toward the White Light of the Most High.

Unto each the choice—

What choose ye?

Meditation

FOR THE WEEK

By PARAMHANSA YOGANANDA

January 2nd. In this new year, teach me to find Thy presence on the altar of my constant peace, and the joy that springs from deep meditation.

January 9th. I know that Thou art my Father, and that Thou must help me to be good if I am naughty, successful if I am a failure, and above all, devotionally wise, if I am ignorant.

January 16th. Bless me, that I may find Thee in the temple of each thought and activity. Finding Thee within, I may find Thee without, in all people and all conditions.

January 23rd. Teach me to know that Thou art the power that keeps me healthy, prosperous, and seeking spiritual truth.

January 30th. Beloved Lord, show me that it is Thy smile which is in the dawn, on the lips of roses, and on the smiling faces of noble and good men.

February 6th. Teach me to behold in the love of my dear ones, only Thine all-encompassing love.

February 13th. Teach me to behold Thee as the only Father and Mother, manifested in the protecting love of my parents, and the only Friend, helping and encouraging me through all my friends.

February 20th. Omnipotent One, I strive to feel that Thou art the power behind all wealth, and the value in all things.

February 27th. I shall seek Thee as the ever-increasing Bliss of meditation. I shall feel Thee as boundless joy, throbbing in my heart. Finding Thee, I shall find all things I crave through Thee.

Mahatma Gandhi's Ashes

Paramhansa Yoganandaji was recently honored to receive, through the kindness of one of his oldest and very devoted students in India, Dr. J. V. Nawle, some of Mahatma Gandhi's ashes. Dr. Nawle, who is editor of the publication *Deenbandhu* and Secretary of *The Great Mother Bharat Institute and Society for World Peace*, is an ardent admirer of Gandhi, and has tirelessly worked through the aforementioned Society to put into practice and carry on the ideals Gandhi had for his people and his country. In his letter he wrote, "As you are dearest to me, I have sent herewith specially for you Gandhi's *ashthi Bhasma* (ashes). Please keep it with you carefully. Also I have enclosed the Postal Envelope which is printed in Switzerland by the Government of India, in memory of Mahatma Gandhi."

It is Paramhansaji's wish that in time a small shrine be erected in Gandhi's honor at the Golden World Colony at Encinitas, where the ashes of the great leader of India will be kept.



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Planning For Life

SRF Boys Start Early

By REV. BERNARD

The most unfortunate thing about human life is that it generally takes a lifetime to learn how life should have been lived. If only we could guide the enthusiasm and energy of youth with the wisdom and discernment of age, what a different world we would have, individually, socially and politically!

But, as most people know only too well, the tide of youthful energies is usually ebbing before enough wisdom has been garnered to guide it constructively at its flood. Probably no thinking person has looked back over the course of his life without wishing pensively that he could have begun life with the wisdom won only by the years of experience, hard knocks and trials.

Successful living demands the recognition of the necessities of man's threefold nature. As much as food and health are necessary for the efficient expression of the body, so are calmness and concentration necessities of the mind for the efficient expression of the intelligence. Likewise, true happiness, or the calm heart-bursting joy that is felt in deep meditation, is a necessity of the Soul.

The greatest human urge is that of seeking happiness. However, the art of happy living is the art of

balanced living too. If one develops harmoniously in body, mind and Soul, the greatest happiness is known.

Education In Living

Can you imagine a school where young people are taught from earliest youth the art of efficient, balanced, happy living? In the Self-Realization Fellowship Golden World Colony in Encinitas, California, this plan is no hopeful experiment but a proven fact. Based on the early experimental school founded in 1917 in Ranchi, India, by Paramhansa Yogananda, the methods and conclusions derived from experiences there have proved equally applicable here in the U. S. A. under different social and economic conditions.

Pending an endowment to establish and maintain complete educational facilities in the Colony, the boys, ranging in ages from eleven to eighteen, attend the public schools. Their scholastic standing, character and deportment are well above average. (One boy recently graduated from High School, his final marks all "A", and with the Gold Seal of the C. S. F., a scholarship organization.) This is to be expected, however, as a natural consequence of their training in the Colony.

Balanced Development

True education is, of course, not the mere cramming of undigested factual data into the brain, but rather the development of reason, the ability to concentrate effectively, and, above all, to learn to draw from within oneself and from the Cosmic Source the understanding and wisdom that are needed to meet any situation.

Here in this SRF Golden World Colony the boys are receiving an education that cannot be derived from any of our present institutions of academic learning. Even in the universities one cannot learn what these boys have the advantage of receiving so early in life. The boys are taught *how* to concentrate their minds effectively by a scientific technique of concentration, *how* to attain mental calmness and detachment from prejudice and emotional stress which would bias reason and distort judgment, and *how* to meditate so as to unite consciously the limited individual intelligence with the Cosmic Intelligence of God.

The boys are taught the Yoga *Asanas* as well as the remarkable energizing exercises originated by Paramhansa Yogananda (taught also in the SRF Praecepta studies). The general health of each of the boys has improved greatly. On a well-balanced vegetarian diet, with fresh vegetables direct from SRF gardens, the boys have all made noteworthy increases in weight and stature. The advantage of year-

round, home-grown, fresh picked and properly prepared vegetables is apparent. This combination of scientific exercises and proper diet has produced results in stubborn cases which had responded to no other treatment.

All the boys specialize more or less in the postures and exercises. The simple, unique energizing exercises can be practiced to great advantage by every one. These exercises effectively tone up the body without strain. They improve the circulation, elimination, digestion and assimilation. Most important of all, the use of these exercises revitalizes and normalizes all body cells and tissues with an increased influx of the vital, sustaining Life Force. The boys enjoy the exercises because, instead of producing fatigue, they bring a sense of refreshment.

The more difficult *Asanas**, or body-postures, are practiced easily and to advantage by the supple-limbed boys. For older people, whose joints are stiff or tendons brittle, the practice of this form of body control becomes unnecessary and even unwise. For them the energizing exercises will accomplish virtually the same result.

*The next issue of Self-Realization Magazine begins a series of articles dealing with the various *Asanas* and explaining the specific benefits intended to be derived from each of them. Each article will include photographs of the body-postures with detailed descriptions. The first in this series will describe the Lotus Posture, *Padmasana*.

However, for those who can practice the *Asanas*, great benefit will be found. While each of the postures has a very specific effect in promoting health or calmness of mind or self-control, it can be generally said that all of them help to give mastery of the body and conscious control over body and mind. Certainly it is true that mental calmness is impossible if the body is fidgeting around. Rudimentary as it may seem, the very first lesson in learning self-mastery and control of mind is merely to sit still, a simple lesson which millions of people have yet to learn.

Activity and Meditation

This SRF Golden World Colony is a self-supporting enterprise in which no one becomes a profiteer. It is a kind of spiritual socialism (as taught by Jesus Christ and all the Great Masters) in which each person is working for himself and for the common interest of all. This produces an atmosphere of genuine freedom and brotherhood that cannot be found under other conditions.

The boys learn to take part in the various works of the Colony, but with no sense of compulsion. Every activity is based on the sense of individual willingness. The boys have come to regard the work as both privilege and pleasure! After school hours and during summer vacations from school the boys work in the fields or in the processing room where garden-fresh vegetables are prepared for

quick-freezing and storage in the Colony deep-freeze lockers. The boys also help on the various construction and other jobs, so they learn something of every kind of work. Thus the boys receive, at an early age, very practical training in many fields, and also the adaptability by which they can learn anything new.

All is not work or activity, however. The boys' regular daily schedule includes the exercises, a study class on SRF teachings and techniques, and group meditation. From time to time the boys take trips to the mountains or other scenic places not only for the outing but as a kind of pilgrimage to nature to enjoy meditations in quiet surroundings away from all sense of activity and the vibrations of the materially minded. Here again is the balance between activity and mental calmness. Here is the active renunciation — working for God and communing with God.

Brotherhood As Basis

Observers of the present chaotic world scene well know there is only one real solution to the world's ills and that is a deeply ingrained sense of brotherhood. Physical force and political maneuverings have always failed miserably. Selfishness is at the bottom of the trouble. This SRF Golden World Colony was founded by Paramhansa Yogananda as a living example of what can be accomplished on the basis of real brotherhood. Here we find individual freedom



and cooperation with the welfare of all. No "bosses" are needed where cooperation is a natural outcropping of the feeling of brotherhood inspired by the ideal of serving God and man. Every one contributes willingly, gladly and without distinction whatever talent of skill, or energy, or intelligence he has. These are conditions for real happiness.

Points of difference there will be as long as two individuals remain. But in the SRF Golden World Colony individual temperaments are looked upon with active tolerance, there being no attempt to mold every one to one stereotyped pattern. Individual differences do not become an issue, for only brotherhood and points of unity are stressed. The ideal of the godly life remains before all as the common guiding inspiration.

The real enemy of mankind is ignorance. It is ignorance which has raised barriers of prejudice and disunity where there should be none. The purpose of all education is to combat ignorance. For this reason the Colony children are educated to an enlarged viewpoint of life which precludes any barriers of caste, color, race or creed. All are children of the one Father. Emphasis is given to things which unify and bring the element of brotherhood into human relationships.

Self-Government

Every part of the boys' training is based on their own willingness to learn and behave. They soon

become self-reliant. The boys quickly learn, however, that wisdom makes a better guide than the chance desires which strike the mind. The consequences of unwise actions are thoroughly explained. The boys then must follow willingly what is right or learn for themselves the trouble and dissatisfaction which inevitably result from doing wrong.

The boys understand quite well what is expected of them and what they should expect of themselves. They make most of their own rules. They are taught no prohibitive commandments as such. Instead they are made to realize that rules of wise living, or scriptural "Commandments," are designed to protect their happiness and well-being until they have time to develop their own discriminative powers and intuitive wisdom.

It is better to make children understand the consequences of evil actions than to hold them oppressively under thumb by threat or force. As soon as such oppressive restraint is lifted, the child will want to do everything he was hitherto prevented from doing, if for no other reason than out of spite. But when a child knows beforehand the pain of evil and willingly goes ahead with it, he quickly learns from one bitter experience that the counsel of wisdom was right after all. He seldom makes such blunders again. Wisdom becomes obviously more desirable for it gives lasting happiness instead of empty promises.

Second Coming Of Christ

By PARAMHANSA YOGANANDA



The Self-Realization Fellowship is attempting to show how the Christ Consciousness of Jesus, free from theological crucifixion, can be brought back a second time into the Souls of men.

These spiritual interpretations are born of intuition, and will be found to be universally true if they are meditated upon with intuitive perception. They are received and interpreted through Christ Consciousness. These spiritual interpretations are the means which the Masters have taken to show the world the common, scientific platform of intuitive perception, where the Christian Bible, the Hindu Bhagavad Gita, (i.e. the Hindu Old and New Testaments) and the true scriptures of all true religions can find unity.

Can A Master Take Others' Karma?

And he took bread, and gave thanks, and brake it, and gave unto them, saying, This is my body which is given for you: this do in remembrance of me.—St. Luke 22:19.

In the above words, Jesus showed his human feelings. He prophesied that the people of the world, and the disciples, would in future give thanks to God, break bread and eat it as a symbolical remembrance of his body being broken on the cross for the spiritual nourishment of his disciples and all humanity. Many orthodox people foolishly believe that when they give thanks and break bread, thinking of Christ, they actually eat His body. Jesus did not advocate cannibalism or the thought of being cannibalistic. He only asked that people

remember his glorious example of divine attainment and spiritual sacrifice on the cross by thinking of it whenever they break bread and give thanks to God.

And truly the Son of man goeth, as it was determined: but woe unto that man by whom he is betrayed!—St. Luke 22:22.

When Jesus said that he would go "as it was determined," he did not mean that God had absolutely planned for him to be crucified. The scriptures predicted the suffering of Jesus because the writers mathematically calculated the effect of the law of karma upon Jesus and his disciples. Any great Master such as Jesus can lessen the burden of sinful effects of actions of his disciples by taking those effects

upon himself. Just as, by putting forth his hand, a powerful man can lessen or prevent the blow of one man on another, so great masters can, by will power, lessen the impending and imminent effects of actions in the lives of their disciples.

Therefore, according to metaphysical calculation of the workings of the cosmic law of karma which governs all human actions; it is found that the death of Jesus on the cross was due to his taking the effects of evil actions (karma) of his disciples and many followers. Jesus gladly gave up his body in order to avert the blows of evil karma which were to fall on his disciples. He could have saved himself easily, but for the sake of truth he acted in a way which he knew would result in death.

Social Vs. Cosmic Law

The second reason for his passing on the cross was that he broke the social law of catering to the priestcraft rather than break the laws of truth and conscience. However, it must be remembered that although Jesus broke an evil *man-made* law—and thereby met death—yet his very action earned him eternal life according to the *cosmic* law. Therefore, though the cosmic law in its great wisdom gave temporary death to Jesus Christ, still, for that very sacrifice, it gave him life eternal. The writers of the scriptures intuitively knew all the laws of action which governed the

life of Jesus and his followers, and thus could predict his death.

Hence the crucifixion of Christ was not "predestined." Jesus himself said that he could borrow more than twelve legions of angels to save himself from the ordeal on the cross,* but he wanted to glorify God by sacrificing his life for Him and His children. Jesus perfectly demonstrated his mastery over the two greatest commandments by loving God with heart, mind, Soul and strength, and also loving all humanity as himself. By completely giving up attachment to physical life, Jesus took the shortest route to the attainment of life eternal.

A Perpetual Reward

As a result of his actions, Jesus — through the twenty centuries and today and throughout eternity — has and will be consciously enjoying his immortal communion with the ever-new joy of God. By throwing away one life, he inherited eternal life. But many foolish human beings seek bread, money, fame, sex and love first, throwing away many lives and reincarnating again and again without attaining immortal life. Jesus said, "He who overcometh (all desires) him I shall make a pillar of immortality in the mansion of my Father, and he shall go no more out (he will not reincarnate)."

Ordinary people, and even many truth-seekers, think it is necessary

*St. Matthew 26:53.

only to be physically crucified in order to reach Christhood. But it must be remembered that Jesus had crucified his ignorance by wisdom, his restlessness by meditation, his desires by renunciation, his sense temptations by interiorization of his consciousness, his hatred by love, selfishness by unselfishness, etc., before he was ready to suffer on the cross. That was the important prerequisite to Christhood. Any one who can crucify physical attachment by God communion will reach the state where it is not difficult for him to crucify his body, if necessary, for God and truth.

Judas' Poor Judgment

Although Jesus was so great he often allowed John, his beloved disciple, to lean on his breast. This certainly reveals his divinely human nature. It is wonderful to know that God, fully manifested in the body of Jesus, was so humanly loving, for it shows that if any one loves God deeply he has a chance to receive the love of God. Since Jesus was so loving, certainly God can be loving to His devotees. So when Jesus said, "A new commandment I give unto you, that ye love one another," he gave one of his greatest sermons to the disciples; namely, that it was no use for them to love him if they did not love one another as he loved them. By this, Jesus taught his disciples not only to feel God as the great manifestation of love and ever-new joy in medita-

tion, but also to love God tangibly—through His presence in the temples of human bodies.

When Jesus said, "I know whom I have chosen*," he did not intimate that he had chosen Judas as a fit mechanical vehicle for carrying out a divine mandate in order to play the drama of life and death and resurrection as the tool of God. Jesus merely stated that his divine intuition detected the thoughts of Judas who wanted to betray him, being under the influence of Satanic delusion.

When Jesus said, "The son of man goeth, as it was determined: but woe unto that man by whom he is betrayed," he emphasized the cosmic law of actions which inevitably was going to bring the ordeal to him, and he also emphasized the responsibility of Judas—who voluntarily offered himself to be the tool of delusion and Satan. Jesus implied that Judas would have to reincarnate again and again for betraying his great spiritual guru-preceptor for a few pieces of silver. To give up the kingdom of God for a few coins, by betraying the guide who was to lead him there, certainly showed poor judgment and great attachment for earthly things. No doubt any such person would have to reincarnate again and again to work out his earthly desires before he could find redemption. From authentic information I know that

*St. John 13:18

Judas reincarnated twenty centuries after he hung himself and was liberated only a few years ago in

India, after being born as a disciple of a great master—due to the wish of Jesus.



HERE'S GOOD NEWS!

When you visit our Golden World Colony in Encinitas by the sea, you may now eat at the new SRF Cafe, where the finest foods and juices are served.

You'll want to try our
CARROT JUICE

Made from Garden-fresh carrots grown in the Colony gardens.

MUSHROOMBURGERS

Our fame for these is spreading—prepared with butter!

UNIQUE OMELETS

With special curry sauce—something new and good!

EXTRA-LARGE SUNDAES

Home-made ice cream, home-made toppings—need we say more?

PIES

Baked fresh in our own kitchen—you'll be delighted!

SPECIAL HOT PLATE

Words fail us—you'll have to try one!

All hot foods and sandwiches are prepared with pure butter. Frozen mangoes and cocoanuts are available here also.

If you have been eating only to live, the delicious foods at the SRF Cafe will make you want to live to eat! They're tasty and healthful too! Distinguished world-traveled guests have proclaimed our food unexcelled anywhere.

Letters From A Disciple

(Sister Gyanamata has been one of Paramhansa Yogananda's disciples for 24 years. Her name, which means "Mother of Wisdom," was given to her by Paramhansaji in 1932 when she took the vows of a sister of the Swami Order.)

My Divine and Blessed Master:

There was something you said which took me a long time to understand. You said, "Do not think so much of the other world. Think of this one." When anyone speaks of "the other world" I always think of higher levels of consciousness, and at once I thought that if I could lift myself entirely above this world how much more valuable I would be to you. but what you meant was "Do not think about death." I do not feel that I exactly *think* about it, but the thought certainly is present in my mind. I hold my karma, and certain aspects of my physical condition which drag my mind down, responsible for this. It is not my will. I never expected that it would be so with me. Waking in the night or early morning, I always used to find joy present within me. I have changed.* I regard it as a trial, a test, sent by God for the good of my Soul. If one can delight in God only when He comes as joy—what is he? But suppose He comes only as pain? That takes the spiritual hero to endure. If in the darkness the mind never wavers, love and longing never grow weak, it is then that you prove to yourself that you really have the love of God.

The thought of death comes as a temptation when in suffering. And you made it *very* tempting in your sermon on Sunday. I was reminded of a poem that has lived in my mind since girlhood. A dying person speaks. The poem begins, "*How still the room is!*" and ends with the words, "*O death! the loveliness that is in thee, could the world know, the world would cease to be!*"

During the last two or three years, my attention has been caught by what you have told us of your Master's methods—his inexorable methods, and I thought what it would be to be able to stand before one's spiritual teacher and say, "I do not ask for any favor, or even kindness. Give me what you know I need that I may attain perfection, that I may attain to a conquest that cannot be conquered again." If your Holiness had taken the course with me that I have seen you take with others, I would have accepted it, I am sure, but I would not have come to know what I now know. It would not have provided the fiber that my character stood in need of. I believe that any ordinarily good teacher can discipline a student by some process of rewards and punishments. What I refer to is much

*These paragraphs are excerpts from letters dated Sept. 16 and Oct. 8, 1942.

more subtle. God often uses the Guru as His vehicle without any conscious cooperation from the Guru, and God was flowing through you to me in the way I most needed. That is the answer to my whole life for years, God and His will for me flowing to me through you.

The spiritual training you have given me has been and is, perfect. The Guru cannot be judged, if he is to be judged at all, by the rules that apply to a friendship between equals. I have always known this. So, beginning at the very first, if anything happened that disappointed me or caused me pain, instantly my Soul asked, "What did you come here for? Was it for honor, distinction, favors or pleasure?" As promptly the answer came. "No. For God. For God alone."

Knowing that you were praying for me all the time, that you were doing much for me in God, I have never expressed any especial need to you. Now my need has become so great that I ask you, when next you pray for me, to give me strength to overcome fear. To surrender myself so completely into the hand of God, that fear may leave me, and peace take its place.

"Lord, it is my chief complaint,
That my love is weak and faint.
Yet I love Thee, and adore,
O for grace to love Thee more!"*

—Gyanamata

*From a hymn: words by Wm. Cowper, 1768.



THE SELF-REALIZATION FELLOWSHIP

presents

THE VOICE OF SELF-REALIZATION

Written for Radio by PARAMHANSY YOGANANDA

KFOX, Long Beach, Calif. — 1280 Kc.

9 P. M. Every MONDAY

(Program begins and ends with "Song of India")

Paramhansaji Goes To Phoenix

Paramhansa Yoganandaji, with two cars filled with disciples, recently motored from the Los Angeles Headquarters to dedicate the new SRF Center in Phoenix, Arizona. Years ago, when Phoenix was ringing with the message of Self-Realization, he had prophesied in one of his classes, "I have sowed the seeds of my prayer in the ether of Phoenix, and some day some devotees will water them with the water of devotion and divine seeking, and they will sprout forth into the creation of a divine Center."

That "divine Center" has now materialized. It is housed in a special stucco building, combining both Church and rectory, surrounded by very large palm trees and a delicious date-bearing tree. The building is quite centrally located, being situated on a corner lot two blocks from the State Capitol. The chapel now holds 45, and, according to present plans, it will be remodelled to seat from 85 to 100 persons.

A very enthusiastic group of about 400 people gathered in the Women's Club Sunday evening, October 3, 1948, to hear Paramhansaji speak. He was introduced from the platform by Mrs. R. L. Freeman, a prominent citizen of Phoenix. Dr. Lewis of Encinitas gave an inspiring testimonial of his divine experiences with Paramhansaji. James Coller, who is

pastor of this church, spoke briefly but impressively, and Rev. A. W. Smith of the SRF Church at Long Beach, California, gave an inspiring short address.

Honey In The Hive

Prior to the main lecture, Paramhansaji spoke concerning the dedication of the new SRF Church in Phoenix, from which talk the following remarks were taken:

"Tonight I am so very happy to be able to establish another home of my Father here, in the hearts of true devotees such as you who have come to worship Him with me. I am happy, drinking my Father's living ambrosia through the chalice of your hearts. Remember, the church is the hive—God is the honey. We do not want big hives of churches without the honey of God and true devotees. A church filled with a crowd, without Souls, is of no consequence, so I am happy to see our small spiritual hive filled with the honey of true divine devotees. I am very grateful for the active interest you have all shown, and for the assistance given by Mr. and Mrs. Freeman, Mrs. Wasson, Mrs. Beckworth, Miss Baily, Miss Bryant, Mrs. Coates, Mrs. Hollis and all of you who have given so freely to help create such a sacred Center. Tonight I see the Masters here with us, and the light of God spread throughout this hall.



New SRF Center in Phoenix, Arizona

"Since the advent of the *Autobiography of a Yogi*, as predicted by our great guru (spiritual teacher) Lahiri Mahasaya, Self-Realization Centers have mushroomed all over the world. All this is the work of the great gurus with whom I am linked. Remember, you are not linked with the printing machine of an organized, mechanical church, but you are connected directly with God through the link of living Masters, Christ, Krishna, Babaji, Lahiri Mahasaya, Sri Yukteswarji and Guru. He who is in tune with me is in tune not only with me, but with my gurus and God, who sent me here. God has called you through Self-Realization, the link of the gurus and me. I unreservedly give you my love, and I am sure I have yours. In this way you shall

love God truly, and I shall have the pleasure of placing a bouquet of Souls in my Heavenly Father's temple of omnipresence. To have God and share God must be the motto. That alone can bring unity and brotherhood and the shelter of the eternal safety of peace. Watch for Him by day and meditate unceasingly at night and whenever you can.

"A business man undergoes lots of troubles, but is happy to be able to establish his home. Similarly, and much more, I feel a great joy in the establishment of my Father's home in Phoenix."

Following these remarks, Paramhansaji lectured on the subject, *Averting the Atomic War*. It was concluded with sustained cheers and long handshaking.

enjoy God communion. But God, being a Spirit, must be worshiped—and spiritual things must be known—through intuition. Intuition blossoms forth only when, through concentration, we have stilled the waves of the senses and mental processes and have sallied forth on the ocean of blissful superconsciousness. Superconsciousness contains all Truth. We, through God-given intuition can know these eternal truths.

Therefore, if you are not concentrating and meditating and quickening your evolution through the development of superconsciousness, you will have to roam for many incarnations until all intuitional experiences are gradually gathered — until you know all Truth. Although "made in the image of God," we have lost the power of superconscious realization by depending for our knowledge entirely upon the senses and the mind.

Real education consists, not of pumping ideas and the contents of

books into the brain, but of acquiring first hand knowledge through the uncovering of the intuition, an attribute of superconsciousness, thereby bringing forth from the superconsciousness all the knowledge of the Soul.

Let us therefore shift from the low gear of the indirect, endless intellectual process of education into the high gear of direct knowledge through the intuition of superconsciousness from within.

Increase your power of concentration. Learn to shift into high gear by controlling the *Prana* or Vital Life Force in the body, and thereby control and "one-point" the mind and consciousness. Self-Realization teachings will help you in a scientific manner to learn the art of concentration quickly, thereby shifting into the high gear of evolutionary travel.

Let us develop not only the rational and intellectual side of ourselves, but let us develop the superconscious or spiritual side which makes us gods, not just men!

Dr. Lewis' next article will be **How to Photograph God.**

OUR THANKS

Paramhansa Yogananda and the staff at Mt. Washington wish to express their sincere appreciation to all students and friends of Self-Realization who sent Holiday greetings. The beautiful cards, and the personal messages which so many of them contained, played a very special part in making this a most happy Holiday Season for us. We wish we could thank each one of you individually.

Creating Happiness

Investments — Good And Bad

By REBECCA RUSSELL

Are you looking for some gilt-edged investments and securities which you can count on to supply your needs and keep you out of the poorhouse of unhappiness and material want? Your Father, God, has His advertisement in the skyey newspaper every night, and is continuously demonstrating the soundness of His counsel by the unflinching regularity with which He operates the magnitudes and minutiae of the universes, from the whirling of the sun to the whirling of the electrons and protons. You can count on Him for good advice, and rely on His financial resources.

Now perhaps you do not know where His office is, or you feel that you need an introduction, since His interests are so far-flung, and His responsibilities are so vast. But you need not be shy with Him for He has more real interest in you and your welfare than any one else in the world, and His time is yours if you but ask it in a sincerity. He is more in touch with you than you are with Him, so do not be discouraged if your efforts to secure an interview appear to have failed, He knows when you are trying, and that is the most important thing.

Accruing Divine Bonds

Throughout the created universe God has put into operation the law of cause and effect. This may work for or against us, according to the wisdom with which we employ it. First let us take up the matter of accruing divine bonds. Whenever you do some good, without any expectation of thanks or a return of the favor, but with the thought that you are doing it for God, then you have salted away a spiritual "bond." When you make a sacrifice, big or small, to bring about some worthwhile happiness or good for others, with the thought that you are doing it for the Lord, in greatest joy and devotion, you are insuring yourself against the possibility of being jilted by a flirtatious fate. To put it specifically, you are building up good Karma.

The law of cause and effect works inexorably, and it is up to us whether we choose to lay up stocks and bonds of guileless good in the safety deposit vault of our future happiness, or whether we choose rather to indulge in wasteful expenditures on selfishness, passing pleasures and worthless knowledge, lured by the promises of a satanic stock promoter.

Marital Investments

The proof that we reap what we sow is strikingly demonstrated in the high incidence of divorce in this country. In no other phase of life in America is it so plainly apparent that our judgment is poor, and that we do not know wherein lies a good matrimonial investment. No power of church and state can hold Mrs. Rouge and Silks to Mr. Top Hat and Packard Car if their names indicate the principal source of attraction between them. So many young people, blinded by what is only sex attraction between them, marry, only to discover that they have nothing else to give each other, and find that even sex attraction has an extremely high depreciation rate. If they have some good qualities they may try to make a go of it for awhile, but in most cases they decide to dissolve the partnership, and before long are drawn, by the same type of attraction, into another alliance which is equally unprofitable, through failure to recognize the basic cause of difficulty with the first one. And sometimes, even when they see the cause of their trouble, they are so lacking in wisdom and mastery of the senses that they allow themselves to be lured into making the same mistake again.

Most people do not realize the consequences of their actions, or they would never be so foolish. Even the lessons which they might observe in the lives of others fail

to penetrate their benumbed faculties. It has been truly said, "Experience teaches a dear school, but a fool will learn in no other."

Investment Returns

So let us not be fools for fly-by-night investment schemes for earthly happiness, but rather be fools for God, like St. Francis, that we may know His divine happiness here on earth, and be secure as Divine sons of our Heavenly Father, whose wisdom, power and love will be our imperishable security against all the "Slings and arrows of outrageous fortune." We must not forget through whose benevolence we had the freedom to operate the law of cause and effect to our own advantage, when things went well, or to our disadvantage, when they went badly. If we are fortunate in having material security and earthly happiness, we must not rest on our laurels with the idea that this is our just due, that it will always continue so, and that nothing further is required of us but to enjoy it.

Everything that we are, good or bad, everything that we have or have not, shows how we have operated God's law of cause and effect. Whether we reap the harvest of good or ill fortune, we can thank no one but ourselves. You may say, "I have led as virtuous a life as one possibly could, yet troubles constantly nag me, and nothing ever seems to go right. I am not getting anything in return

for my efforts but more bad luck!" When life is that way, you may be sure that you are only reaping the harvest of seeds sown in another life.

By the same token, the seemingly evil man who apparently has all the advantages of life is reaping the harvest of good seeds sown in the past. It also follows, as night the day, that the good man who has only trouble and trials now will eventually reap the harvest of his present good actions, and the evil man will in time pay for his present misdeeds in this life. One must remember that we gather the materials and build our houses over many incarnations.

There is only one answer to life, whether we are sunk in karmic debt by our past bad investments or swimming in karmic good fortune accrued through our previous perspicacity in buying good stock. The whole meaning and purpose of existence is to find God. This earth is our school of spiritual finance. Until we pass our examinations in divine calculus we will have to repeat the subject until we finally learn the real lesson, why we are here. Discussions of the relative merits of being good or evil are meaningless until we understand the principle of karmic investments, as it is otherwise impossible to judge correctly their actual results in this business of life. Appearances are not always what they seem.

Future Dividends

No matter what sort of dividends we are receiving now from our past actions, we should always strive to merit the divine dividends that come only when we know and love God. If the going is rough, we should not say, "Oh, it is my Karma," and lie down and let the onrushing train of trials roll over us. Rather we should say, "Lord, I realize that in my ignorance I have misused Thy perfect laws, But I am Thy child, and I have learned my lessons in Thine earth-school. Release me!"

When your desire to be freed is very great, and your love for God is ardent, He will send you a guru (spiritual teacher), who will show you how you may burst the bonds of Karma and commune with Him, for His grace is very great. When you will be able to realize your oneness with God, you will be able to rise above the law of cause and effect, and live like the Divine son that you are. You will know that God is your stocks and bonds, your real riches, your limitless inheritance. Such a one need have no fears for the future. And such a one can point the way to others who are seeking the real El Dorado, which is God.



Who Made God?

By PARAMHANSA YOGANANDA

Did you ever think that how God came into being, and how He happened to exist without being created, and how He became almighty and powerful are enigmas that arise in every heart which seeks to know more of God? These are the questions which I shall try to answer. If you ponder upon — and also try to feel — the entire perception of the subject, as stated in this article, you will find the answers to these questions, answers which I received from the very depths of my Soul and from God. No scripture has provided clear answers to these seemingly unanswerable questions.

Intelligent Vibration, or God, is the creator of electrons, protons, atoms, molecules, cells and blocks of matter — clusters of island universes floating in the sphere of space with wandering radiations around them. The waves of creation are caused by the storm of delusive relativity blowing over the ocean of the vibratory wish of God to create. Intelligent Cosmic Vibration, or God, is the Creator of all things. This is the First Cause, which created all things. But then the question comes: "Who created God? The stormy ocean creates the waves, but who created the ocean?" The answer is: God. The ocean of Infinite Cosmic Intelligent Vibration, with the help of the

storm of delusive relativity, created the finite waves of creation — but who created the Infinite ocean of Cosmic Vibration? The Infinite Himself. All finite manifesting waves of matter and forces are created by the Infinite.

The Infinite is the *ultimate* cause which created all finite things, though the different finite forms of matter cause each other, as the cell is caused by the molecule, the molecule by the atom, the atom by electrons and protons, electrons and protons by lifetrans and lifetrans by the thoughtrons of the Infinite. We find that as all waves in the ocean become dissolved in the ocean, so all finite objects caused by these same finite causes lose themselves in the Infinite. Therefore, *the law of causation applies only to finite objects*; it is lost in the Infinite. Hence, the law of causation does not apply to the Infinite.

Because we are created by our parents — and parents by grandparents, etc., and all humanity came from Adam and Eve — therefore we ask who created God. We apply the law of causation which created us to the Infinite, which is an error of judgment. The law of causation does not apply to the Infinite — it applies only to all finite things. Through the law of causation, our original parents —

the finite creations known as Adam and Eve — helped to create all humanity. But Adam and Eve were specially created by the Infinite.

Varying Perspective

When you are dancing right on the waves you can't have a perspective of the whole ocean—but when you are on the shore you have a bird's eye view of the ocean. When you concentrate on creation and are immersed in it, you cannot help but see only the law of causation working in it — but when you look within, with closed eyes, you see neither finite forms nor the law which created them, but receive a glimpse of the formless, causeless Infinite.

An uneducated Eskimo, who lived on seal-meat near the wintry North Pole, met a Hindu traveller and asked him, "My friend, whence comest thou?"

"From India," the traveller replied.

"Well, well, and do Hindus find plenty of good seal-meat?"

"Oh no, we don't have any at all," replied the amused visitor. "Hindus mostly live on vegetables."

"What a foolish statement," scoffed the Eskimo. "We all know that man can't live without seal-meat!" As it is natural for an Eskimo to think that no one can live without seal-meat, so finite creatures — themselves created by the law of causation — naturally think that the Infinite God is also made by the law of causation.

Free From Causation

So it is foolish and erroneous for finite, causation-formed human beings even to question, "Who made God?" The Infinite made the law of causation which created all finite things, *without being caused Itself*. As an absolute king may make all laws in his kingdom without being bound by the laws, so the King of the universes may make all laws in His kingdom without being bound by them. Therefore, He has made the law of causation which governs the kingdom of His finite creation, but *He is not limited by the laws He has created*.

In waves the ocean manifests the forces of the storm which creates the waves. The still ocean manifests no power. The Infinite in the creative state manifests intelligence, vibration, forces, mind and matter. In the unmanifested state the Infinite is a thing in which all forces lie dissolved.

Therefore, the Infinite *is*, because we deduce His existence and Almighty powers from His powerful manifestations in creation. All creation is caused by the Infinite, which has all power in the manifested state; and all power, Cosmic Intelligence and the law of causation are dissolved into the Infinite during Cosmic dissolution. The Infinite is beyond the categories of vibrations of power, intelligence, space and time. Therefore, It is a thing in Itself which can be felt as the causeless existing

power without being caused. Creation exists. Creation is caused by God, therefore God exists. We can say that intelligent creation exists because of an intelligent God. Out of space, light, nebulae and weather appeared, and in space they dissolve and hide again. That sphere is the hiding place of God. Creation is caused by God but God just *is*. Nobody, nothing made God — He has been what He is forever and forever.

This cannot be understood as

long as you consider yourself a created being. But as soon as you become one with God in ecstasy, you will know exactly how He *is* without being made by any one or any force. Then you, too, will know, being God, that you, too, are not made by any one. As a mortal man you are made by God — as an immortal man of realization, you will know yourself as the bulge of the self-existent one and only, ever-existing ocean of Cosmic Consciousness.

FOR I WAS AN HUNGRED . . . (Math. 25, v. 27)

The Fellowship Relief Fund, which was established in September to provide regular shipments of food to the needy and starving people of war-stricken lands, was able to provide for approximately 15 large boxes of food, which have been mailed to Europe and India. The contents of the boxes reflected the varying needs of different countries, but all contained staples, spices, candy and dried fruits.

Students will soon have an opportunity to participate in this work of providing food for the needy in other countries through the *Voluntary League*, whose work will encompass this and other projects as well. In the meantime, non-members and members may continue to send in their contributions intended for this purpose to the Relief Fund.

Paramhansa Yogananda and the Staff at Headquarters wish to acknowledge with deepest thanks the gifts which have been contributed to the Fellowship Relief Fund thus far, and to suggest that you make a New Year's Resolution to be as regular with your contributions in 1949 as you are with your own meals. No other country in the world has been blessed with the bounty that America enjoys, and her spirit of giving to those who are less fortunate is the quality which will draw even richer blessings to her.

Recipes To Remember . . . *And Practice*

No truth is yours unless you practice it in daily life.

PHYSICAL RECIPE

Perhaps you have noticed this curious anomaly in human nature—that when someone asks you to do something you dislike, or if you are obliged to, say, cook dinner for people you don't care for, that you can scarcely drag yourself around, and everything seems an effort to your tired body. Yet if a person suggests something you like to do—perhaps to go to the movies—or if you are planning a dinner for people you love, then no matter how tired you are, you have seemingly boundless energy, and the whole proceeding is accompanied by a sense of pleasure and physical well-being. Why?

Have you ever stopped to analyze this reaction in yourself, or have you simply called it "human nature" and let it go at that? If you did, you have overlooked a point of vast significance.

There is a definite, subtle law governing the amount of energy flowing into your body from the Cosmic Source. The key to that unlimited store of energy lies in your *willingness* to do whatever task is required of you. Because you are willing to do something you like to do, regardless of how tired your body may feel, you can "pick up and go" at a moment's notice. When you are unwilling to do some unpleasant chore, then you

shut off the supply of energy, and you feel "too tired" to do that thing, even though you have no cause to feel bodily tiredness.

You should cultivate willingness to perform all good and necessary tasks, therefore, and then you will find that you have tapped the unlimited source of all energy, flowing unceasingly from the Cosmic Dynamo. You will feel better, doing your daily work willingly, for to work without willingness creates a psychological war within, which not only chokes off your energy, but results in actual harm to the physical and nervous systems—it can induce sickness.

If you are so completely dissatisfied with your work that you are working against the entire grain of your nature, then it is best to find some other employment to which your talents and inclinations are better suited, and which you can work at willingly.

How to cultivate willingness? Work for God. Feel that everything you do, you are doing for Him. He has His temple in every one that you meet, even though you are not able to see Him there. He works tirelessly to sustain you and everyone, every living thing on this planet and in all the universes. Why should you not work for Him a little? Work not for

yourself, nor for the praise of others, but for Him. He has given us the power to become "the sons of God"—we should make use of that power and act like gods. Try willingness—it works!

Two Recipes for Arresting Age

Sandwich Spread:

5 tbs. Peanut butter
1/4 cake compressed baker's yeast
1 tsp. honey
Dissolve yeast in honey and then mix with peanut butter. One should

eat only about a tablespoonful each day—thus the above recipe provides enough for several days.

Vitamin C Vitalizer (Chew Well):
1/4 cup finely cut green cabbage
1 tsp. unsulphured seedless raisins soaked in a little hot water
1/2 a shredded carrot
Pinch salt and pepper
1/4 of a sweet apple
1/4 tsp. honey
Orange juice and cream
Blend ingredients and serve on finely cut spinach leaves.

MENTAL RECIPE

Have you aired out your mind lately? If not, take stock and see how many fusty old ideas and prejudices are lodged there. Let the antiseptic sunshine of new ideas burn away the worthless accumulations of intellectual dross. Let the breeze of spiritual perception clear the air in the corridors of your mind and leave there the fresh sweet odour of truth.

We should be careful not to clutter up our minds with useless information garnered as a result of intellectual curiosity. And we should be extremely careful of the ideas we store away in our minds. Are they the product of seasoned consideration, reason, experience and judgment, or are they the parrotings of some other mind, which you are appropriating as indigenous to your own thinking?

Constructive thinking is good, for it is creative and helpful to others, but mere intellectuality is

often akin to the practice of rats, which collect anything and everything without discrimination. You don't want to make a rat's nest of your brain!

The mind is such a powerful instrument, we ought to keep it clean and ready for use rather than to load it down with impractical encrustations of old ideas. The mind is our invaluable ally in the creation of habits, be they good or bad, and as such can be operated to our great benefit. When we repeat an action—or a thought—over and over again, a groove is formed in the brain, and it deepens with repetition of the same thoughts and actions. So it is that you have it in your power to create good habits which, once instilled in your brain, will automatically guide you aright under similar circumstances in the future. Or, you can create bad habits which will automatically draw you to

the wrong action whenever temptation arises. Once firmly fixed in your brain, it takes seven years to completely eradicate the grooves of habits. So if you have any bad ones, air out your brain and resolve that you are going to start a good habit for every bad one that you find lodged in your brain. Assert your authority! Say, "I will *not* let a little groove in my brain force me into wrong actions against my better judgment. Divine Mother, help me to rout bad habits with good." Even if you fail to

persuade yourself at first, keep trying. You are the Divine Mother's child, and She will not let you remain chained to your bad habits forever, if you sincerely wish to release yourself from them.

Remember, as a child of God, you have unlimited freedom of will power to create or destroy yourself—clean out the debris of useless thoughts and erase the grooves of bad habits in your brain so that it may be a perfect instrument for expressing His will through yours.

SPIRITUAL RECIPE

No matter how busy you are, you should retire to a secluded spot for at least a few minutes a day, night and morning, and introspect and think of God. When you get up in the morning, stretch gently, like a cat, to bring the life back into your relaxed muscles; then sit up straight, on your bed or on a chair, and say: "Lord, I thank Thee for these past hours I have enjoyed in Thy presence, when I slept on Thy bosom, freed from the cares of the day. Now that I am awake, I ask Thy loving guidance throughout this day, that I may manifest only Thy will in every thing that I do." Meditate on this thought.

If you ride to work each day in car, bus, trolley or train, instead of engaging in pointless conversation with others, or letting your mind graze over the pastures of idle thoughts, close your eyes to pre-

tend you are sleeping, and concentrate your thoughts on God. Try to feel that all those around you are really your brothers, even though you do not know them. Or meditate on the idea that you, and every one with you, and the whole world, are flying through space, at home in your Heavenly Father's omnipresence. Or imagine that you are completely alone with God, completely withdrawn inside the timeless, boundless sphere of your concentration on Him. Or select any inspiring thought or conception of God which particularly appeals to you and dwell on it, enlarging and expanding your thought, feeling that you have become one with it.

You will be amazed at the change you will feel in your life if you regularly practice this simple suggestion. Try to hold on to the calmness and peace throughout

the day, and whenever you have a few free moments, close your eyes, still yourself and revive and amplify that peaceful feeling, just as the telephone companies amplify cross-country telephone conversations by booster stations at different points along the way so that the voices can be heard clearly at either end. So can you give a "boost" to your inner conversation with God by meditating on Him whenever you have free time during the day. If your work is such that you can perform it more or less automatically, then you are fortunate indeed, for you can continue your inner conversation with the Father as you perform your duties.

Out of all your day, how much time do you spend with Him, who has provided you with the life you are so busy living? How much sincere, interested thought do you really give Him? Is it not true that you devote more real concentrated attention to what you plan to have for dinner, or to un-snarling some production problem, than you do to Him through Whose grace you are able to concentrate on such daily interests?

Your whole life will change, and each day will go more smoothly, if you will but follow this little recipe: *to five minutes each morning add the brimming cupful of your heart's devotion for God.* Naturally, the more time you

(Concluded on page 35)

Books

By SWAMI PREMANANDA

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A SPIRITUAL INTERPRETATION OF THE *BHAGAVAD GITA*

By PARAMHANSA YOGANANDA

How To Act Without Misery

Chapter IV, Stanza 14

Literal Translation

Actions do not cause attachment in Me, nor have I longing for the effects of actions. He who is identified with me and knows Me thus is not fettered by the fruits of actions.

Spiritual Interpretation



Elsewhere the Lord said, "I have everything I want. I do not desire to attain anything, yet I go on working." God, the creator of all vibratory motions manifested as finer forces in Cosmic energy and atoms and island universes, remains unattached to the repercussions of all motile energies and has no special desire to attain a definite result, accruing from the harmonized forces of nature—even as a rich man, who has all the money he wants, sometimes runs a big ranch or industry as a hobby, without attachment to it, desiring no financial gain.

I know of a rich man in America who ran a big farm of 600 acres at a loss. I was dining with him and he was eating fresh eggs from his ranch and boasting about them.

I remonstrated that the eggs must be very expensive, since he was running his ranch at a loss. He said, "Yes, they cost me 90 cents apiece."

I laughed and asked, "Then why do you run the ranch at all?"

He replied, "I have no longing for its success, nor do I expect to gain anything from it. I just run it to keep busy."

Rule Destroys Sorrow

This stanza warns devotees not to be attached to actions, nor to be spiritually inactive; and tells them that all God's creatures, made in His image, must behave like His children—acting without attachment or longing for results. By following this rule, all human beings could remain on earth playing the drama of pleasure and pain, prosperity or poverty, health or ill

health, on the stage of life without attachment or mental upheavals, even as actors play their comic or tragic parts without being affected inwardly.

Only fools work with attachment, and create their own desires and try to create their own parts instead of following the Divine plan and the part assigned to them by the Cosmic Director, and thus bungle the Cosmic show involving themselves in confusion, sorrow, unfulfillment and unhappiness.

The wise man contacts the Divine Director in the office of meditation and knows His plans and the parts assigned to him. Such a wise Yogi plays his assigned earthly part without personal attachment to it, or longing for fruits of his acting. After his easy, or difficult, part is over he joins the Cosmic Director and becomes happy and unconcerned like Him. To God, this serious cosmos is a hobby only; so His true children must not take the earthly drama tragically, but only as a temporary activity.

One Performer

An earthly director of plays often looks for financial results and reward or applause for his actions, and if his personal desires are unfulfilled he becomes miserable. But God directs this continuously changing Cosmic show on the stage of time without looking for any personal results or

feeling attached to His ever-changing shows. He is the Director, the actors, the drama, the stage, the audience, the earth and the Cosmos — all things connected with this Cosmic Drama. Hence He acts in everything without seeking anything or being attached to any of His manifestations. But the fact remains that God does act, and manifest as the Cosmic show, irrespective of the fact that it is not necessary in order to fulfill any of His personal desires, or attachment to His Cosmic activities, or to gain any special result accruing from them.

God plainly expresses His law through Byasa in this stanza: "Any of My human beings, made in My image, who want to be ever happy and attain My state of complete fulfillment, ought to play this Cosmic drama of actions without desire or longing for their fruits."

God is completeness, so His acting in this universe does not tarnish His inner perfect being. And all His children can behave like Him and not affect the inner self. But they have the freedom to become attached to actions and eclipse the germ of complete fulfillment in the Soul-image, and become miserable—or the power to act without attachment as God does, centering consciousness on the inner perfect divine image. In any case, *all* Souls must act on this earth — even as God chose to act. Only all God's children can act their limited roles on earth and yet remain conscious of the inner

completeness, if they choose to do so.

Cosmic Delusion

Even though each human being is potentially a perfect image of God, still—due to the action of *Maya* (delusion) and the mind flowing through the outgoing five senses of sight, audition, touch, smell and taste—the Soul becomes identified with the body senses and with possessions, and develops habits of likes and dislikes. The Soul's searchlight of the senses flowing outward through individual delusion leaves it no other choice but to be attracted to beautiful objects. And the perfect image of God—the Soul—changes into the pseudo-Soul or body-identified Ego which loves sense-objects, forgetting the buried beauties of Soul-perception, bliss and immortality.

The majority of the human millions born on earth have been conscious only of the body—its needs connected with life. They earned food, experienced pleasure and love, procreated—and then died, in utter oblivion of life's real meaning. Through suffering and disillusionment of expecting lasting happiness out of an impermanent body and its pleasures, the Soul begins to give up its Egoic nature and turn to superior pleasures of inner calmness, introspection and peace. When the hurt Ego begins to seek for true happiness, God sends a Guru who acquaints it with the yogic art of uniting the matter-bound Ego with Spirit. Then, by interiorization of mind,

the Soul forsakes its Egoic body-bound nature and its attachment to the body and the senses, and begins to regain the forgotten complete bliss of its inner nature as a true reflection of Spirit.

So it seems that Cosmic Delusion holds the majority of deluded humans in its net of physical attachment, misery, death—a few who try hard escape now and then!

It can be safely said that all humans—no matter how far they wander into material entanglements and deem themselves as prodigal mortal Egos—are still potential immortal Gods, and as such have to regain the awareness of their indelible true selves of perfection. When the mud of delusion is imposed upon the ever-blessed golden Soul, it has the free choice of solidifying the delusion by further acts which add more dirt of error, or scraping off the mud of delusion with the knives of discrimination and meditation.

Being potential gods, all human beings—no matter how long they remain bound to rebirths through the ever-winding chain of evil karma—will sometime have to make conscious efforts to achieve liberation, after disillusionment concerning the possibility of finding the Soul's true bliss in impermanent spurious material pleasures. And eventually all Souls will find that ultimate freedom which they always possessed as their divine birthright, and which they had forgotten, being matter-bound through the influence of delusion.

Literal Translation

Understanding this, pristine seekers after salvation also performed (dutiful) actions. Like the ancients of the by-gone ages do thou, therefore, go on (dutifully) acting.

Spiritual Interpretation

In the previous stanza of the *Bhagavad Gita* it is said that the Spirit is not attached to actions or fettered by the fruits of action; therefore, man—made in God's image—ought to act without being enmeshed by the desire for the fruits of action. Whatever the idea of God is, in working out this complex creation, He is, nevertheless, untouched by His activities. Yet the average man, not knowing that he is in this world to work out the plan of God, works for the satisfaction of his own Ego and its desires, and upsets himself with troubles and mangles God's plan of working without attachment. *To work with attachment is the root cause of all troubles.*

The ancient seekers after spiritual freedom knew how God keeps Himself impersonal and unfettered—even though He works in all the atoms and worlds—and thus performed only rightful actions. Every true devotee of spiritual freedom of present and future times should learn to discriminate between God-sanctioned actions and material desire-instigated actions. He should then perform the selected God-inspired actions *without any desire to be the beneficiary of their*

fruits. At first it seems silly to act without desire for the material gain resulting therefrom; but one eventually realizes that self-motivated actions interrupt the drama of God, and so only dutiful actions should be performed, and those without attachment.

But then the devotee questions, "God does not talk to me, so how am I going to know what actions I am to perform?" The answer is that God talks to a devotee through his true guru-preceptor. When in doubt about actions, one can ask the aid of his guru—or of certain advanced disciples of the guru who are sanctioned to give such help.

Dangers Of Inaction

Practice deep meditation when you are in doubt of a certain course of action in your life, and God and your Guru — through their power invisibly vibrating within you — will guide you to do what is right. Even when the advanced devotee knows that God works without attachment and he can work likewise, he should not cease performing worthwhile actions. Even Christ, Krishna and Babaji all worked to save Souls, and did their share to help God's drama of creation, guided directly by the

Infinite and their guru preceptors; for the scriptures are full of instances where even advanced devotees fell when they did not work.

Outward renunciation, without good actions and actions of meditation, is dangerous, for it concentrates the mind on the spurious poisoned pleasures of the senses which are supposedly being relinquished; and without the joy of ecstasy or actions of meditation or of service, the idle mind becomes the abode of evil thoughts. Until final liberation is attained—after a long period of performing all dutiful actions and actions of meditation—non-activity leads to idleness, body- and sense-attachment and loss of God-consciousness. It is better to be a good business man than a lazy, slothful-monk. But to renounce all for God and busily

work for His children by day without monetary gains and meditate deeply on God at night and think of Him all the time during worthwhile divine activities, is the highest way.

Meditate on Him intensely at night and at day-break, and work by day just to please God and His true servant, your guru. Feel God and, inspired by Him, work in obedience to your guru and you will learn the surest way to work without misery. To do what you *want* to do is not freedom, but to do what you *should* do, guided by a guru-preceptor, as I did, will lead you to complete freedom. Then you will not be ruled by your enslaving whims and habits of the past, but will be guided by the wisdom of the guru and your own free will, unfettered by bad karma.

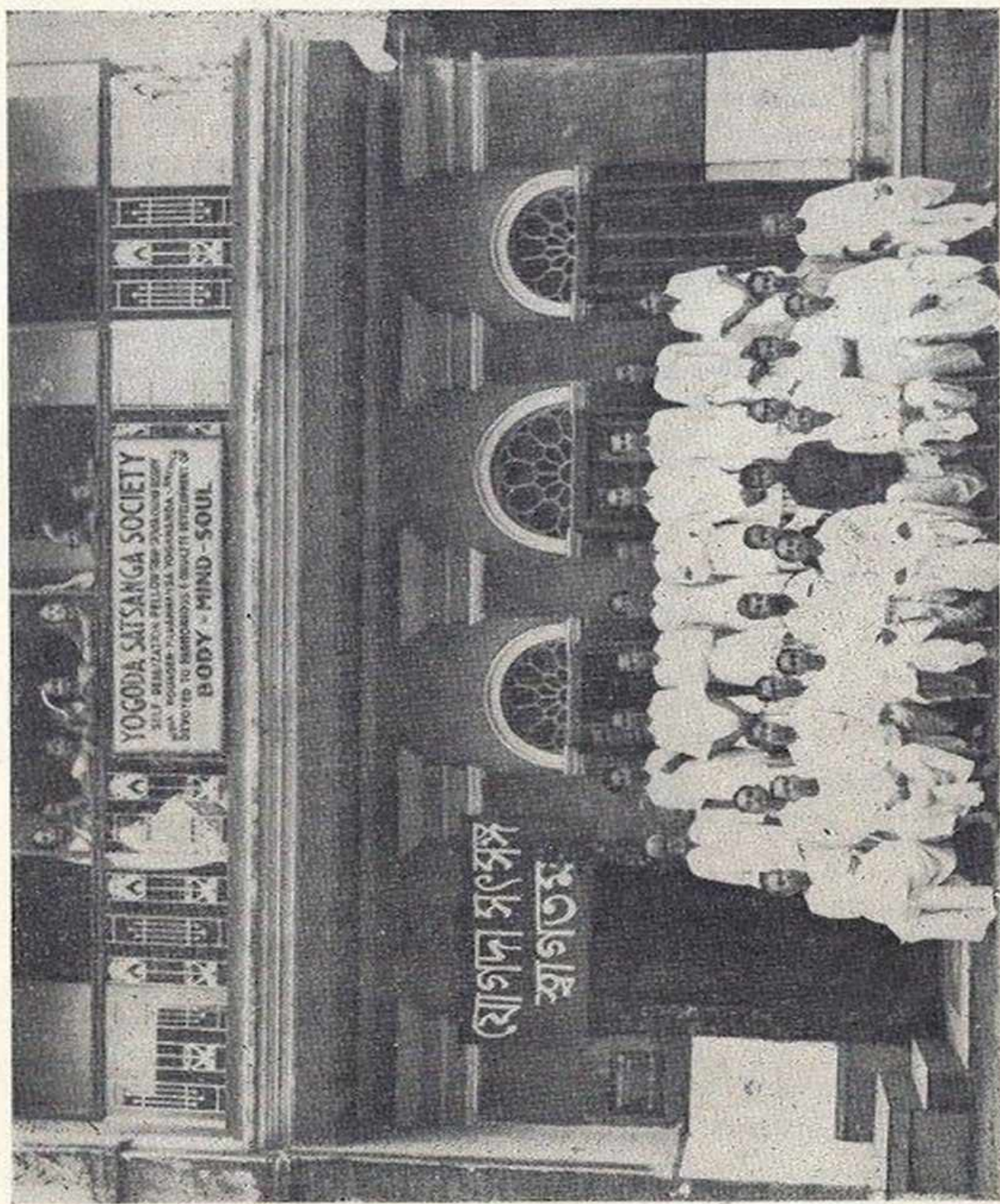


RECIPES TO REMEMBER (Continued from page 30)

can spend, the better, and at night, when every one else is asleep, talk to Him—you may be sure that He is listening.

Don't be satisfied just to go to church regularly. Every day should be a Sunday with you. Let the

church or cathedral remind you of your own cathedral within, where you should go in the dead of night and in the dawn. There you can listen to the mighty organ music of *Om*, and hear the symphony of Divine Thought.



MEMBERS AT THE CALCUTTA CENTER*

NEWS OF SRF CENTERS

Calcutta, India

The 42nd Anniversary meeting of the *Yogoda Sat-Sanga Society of India (Self-Realization Fellowship)* was celebrated with great eclat on the 25th of September, 1948, at the Calcutta Center, 4 Gurpar Road, under the presidentship of Prof. Saroj Kumar Das, M. A., P. R. S., Ph.D.

The function started with the recital of vedic hymns and prayer conducted by Brahmachari Sree Prokas, the Secretary of India who, in reading the annual report about the activities of the Fellowship and works done at its various Centers in India, America, Europe and Africa, expressed the greatest joy and satisfaction of a large number of devotees in the re-opening of

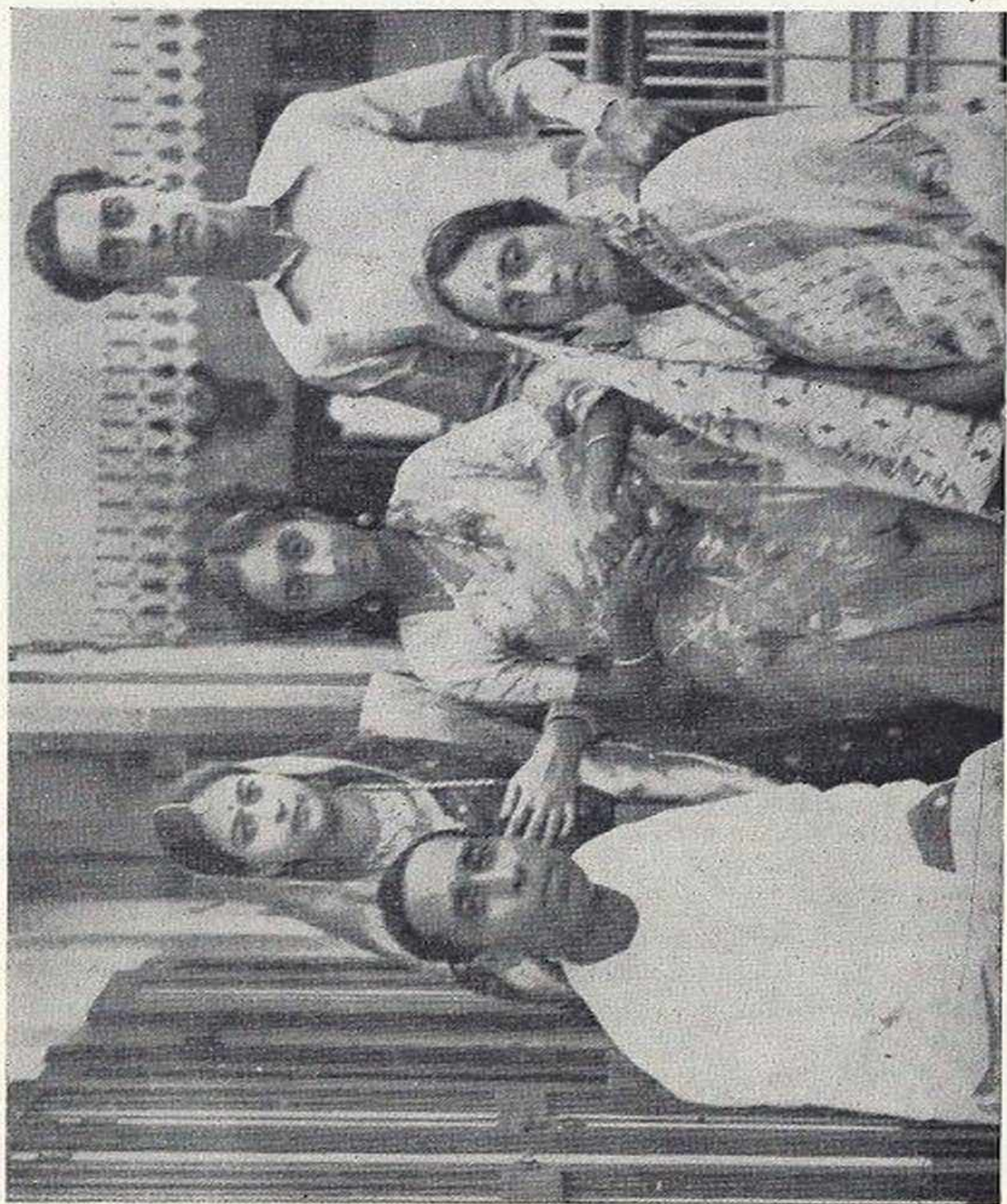
the Calcutta Center and the inauguration of the World city in California by His Holiness Paramhansa Swami Yogananda, the Founder and President.

The subject of discourse was *Religion*. Sree Purna Ghose, after making a short reference to the wide application of the term "Religion" in relation to animate and inanimate things, concentrated his views on the religion of man's innermost life. Religion can neither be found, nor should it be vainly sought, outside one's own heart. Due to ignorance, man indulges in various God-forbidden acts, namely, violence, falsehood, greed, sensuality, temptation, discontent, intolerance, Godlessness and so forth; and as a result of this he meets with endless unhappiness. Fortu-

*These Yogoda Sat-Sanga students are pictured in front of Paramhansa Yoganandaji's childhood home at No. 4 Gurpar Road, Calcutta. The unoccupied seat at the far right was a spot where he spent many hours in meditation, and his room was next to this, just behind the window at the far right. He slept and meditated in this room, but his special meditation room was on the top floor of this building, where he carried on his deepest divine communions.

Men Members of Y.S.S. (SRF.): Sri Prokas Das—Brahmacharya, Tulsi Naraya Bose, Sri Birendra Kumar Chatterji, Sri Ramaswar Chatterjee, Sri Samirendra Nult Das, Ashit K. Roy Chowdhury, Anil Kumar Sen, Ganesh Chandra Chandra, Sri Prabhas Chandra Ghosh, Sri Sananda Lal Ghosh, Sri Kumar K. Mitra, Sri Hemanta K. Sen, Sri Peary M. Das, Sri Satyendra N. Bose, Sri Nityendra N. Bose, Sri Nityanandra Chatterjee, Sri Pasupati N. Panja, Sri Fanindra N. Dutta, Sri Anadi B. Mukerjee, Sri Sibasankar Mukerjee, Prokas C. Ghosh, Syam D. Auddy, Dr. Atul K. Roy, Krishna Chaitanya Dulta, Swami Satyananda Giri, Sri Satkari, Sri Mazumdar, Sri Jotindra Nalli, Sri Krishna N. Mazumdar.

Lady Members of Y.S.S. (SRF.): Srimati Probha Ghosh, Srimati Pankajini Ghosh, Arimati Archanna Bose, Srimati Hansi Bose, Srimati Sibani Maxumdar, Srimati Bibhabati Sen, Srimati Sushama Sarkar, Srimati Bhabarani Mitra, Srimati Prafulla Nalini Ghosh.



nately, when good sense prevails—on listening within his heart to the dictates of his inner Soul, God—and he tenaciously endeavors to carry out God's orders, man finds an unending joy in his divine pursuit, even if it is attended with sacrifices and sufferings. This is because non-violence, truth, honesty, non-sensuality, greedlessness, purity of the heart, contentment, tolerance, meditation and Godliness are the virtues of the Soul of man, and these constitute man's true religion. Man cannot call himself a man unless he strictly follows this human religion. The speaker continued that as long as man will not understand his true religion and will seek guidance only from the "isms" of the world, he is bound to lose his Soul, though he may gain the whole world. To lose the Soul means to lose everything. Until and unless man can be converted to his inner religion, which is the real human religion and the only international religion, the talk of peace and happiness on earth is out of the question. In true religion there can be no unhappiness or misery. True religion does not recognize any caste, creed or color; neither does it admit of any kind of division or distinction.

Sree Ghose further added that the *Yogoda Sat-Sanga Society* aims to help the human race to under-

This picture shows Paramhansaji's brother Sananda Lal Ghosh and his family. He is shown with his wife in the first row; behind him, from left to right, are his daughter-in-law, daughter and son. Paramhansaji is very happy that his brother Sananda Lal is following in his footsteps and carrying on his work from the paternal home at 4 Gurpar Road, where he first started the entire world-wide movement of SRF.

stand the true religion, and the most revered Preceptor-Guru of the Society, Paramhansa Yogananda, works untiringly day and night to awaken the consciousness of the all-embracing, all uniting, all protecting and all-solacing international human religion in the hearts of all men so that universal brotherhood, and lasting peace and happiness, may be established on earth for good.

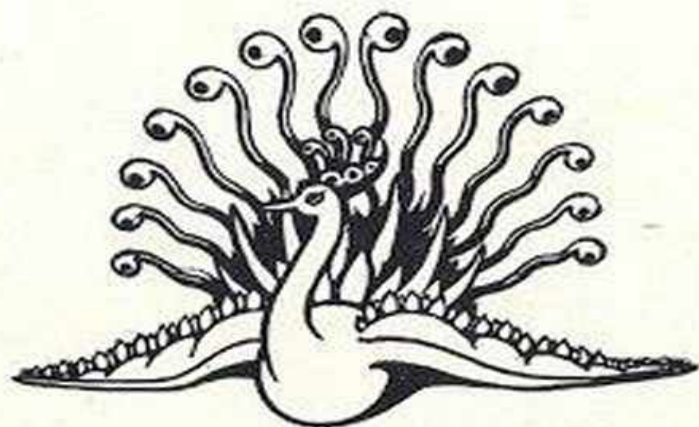
Acharya Sree Jnanendra nath Mukherjee, the publisher of *Pro-nab Geeta*, said that love and the attainment of happiness are the religion of man, but the love ought to be a true love and the happiness must not be sought from the enjoyment of worldly transitory things, because such love and happiness result in sorrow in the long run. The speaker also said that man can attain salvation by fulfilling his duty perfectly, irrespective of the status in which he may be placed.

Sree Saroj Kumar Das, who has known Paramhansa Yogananda, the founder of the *Self-Realization Fellowship* from his boyhood, was full of eulogy for Paramhansaji's great successful mission on earth. He said that though he was dimly conscious of a divine light in Paramhansa Yogananda in his boyhood, he could not measure the volume of that tremendous light as long

as Paramhansaji was quite near to him in India. Since he has been far away from India, the speaker has begun to conceive the divine light in Paramhansaji, which light has inundated the world. He paid his high tributes to the great teachings of *Yogoda Sat-Sanga* and its various services, religious, social and educational, rendered to the nation. In dealing with the subject of discourse in a scholarly way the president quoted passages from *Vedas* copiously to show that *Sanatan Dharma*, i.e., true religion,

is not circumscribed by time, space or locality. It is ever existent, eternal and universal, based on scientific truth which Paramhansa Yoganandaji is preaching in the world.

After a vote of thanks to the chair by Sri Prabhas Chandra Ghose the Vice-President of the Fellowship, the guests and all present in the meeting were entertained with a musical soiree and a banquet. About 300 ladies and gentlemen were present on the occasion. The function terminated late at night.



Constant One

By EDWARD PRATT DICKSON

I can see the year ahead of different seasons,
I can see the changing weather of eternity—
Times there will be wrapped over this earth
Cold winds—times there will be blown over the hills
The breath of God that is wind, and there will be a
Stirring of leaves and seeds. I feel the vastness of
This earth—Do I live or wonder *now* next spring,
You breeze that will drive me to love? (Do I feel *now*
Dark days of December, warm mornings of January?)
Eternal God—Eternal Wind of changing seasons!

HIGHEST ACHIEVEMENTS THROUGH SELF-REALIZATION

This message is directed to all sincerely seeking Souls whose desire it is to know God, the Infinite Source of All.

If your deepest needs have not been fulfilled; if you truly long to improve in body, mind and Soul, until your full potentialities are discovered and utilized, the free booklet, *Highest Achievements*, contains the message for which you have been waiting.



India specialized in the art of communing with God. This highest of all arts is scientifically taught to the members of Self-Realization Fellowship through written studies, prepared by the founder, Paramhansa Yogananda, whose teachings have been sent to the West by the great Masters of India. In these studies you will find the universal truths of all the great religions explained, particularly as regards the link between original Christianity and original yoga. Above all, as a member you will receive through these studies the priceless, practical technique of Kriya Yoga, which will take you as far as you want to go on the highway to the Infinite. Send now for your free copy of:

HIGHEST ACHIEVEMENTS *Through* SELF-REALIZATION
SELF-REALIZATION FELLOWSHIP

Dept. IC-17
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Los Angeles 31, California

Please send your free booklet, *Highest Achievements through Self-Realization*.

Name

Street

City Zone

State

Divine Healing

*By the Original Method of Healing as Adopted by
Original Yoga and Oriental Christianity*

No one is more willing to send to you vibratory healing for your health, your financial and your spiritual condition, than your own Father, God. Since He has given you independence, you have failed to receive God's healing messages. Besides, you see, you have been over-confident in the limited man-made laws of healing, or man-made laws of prosperity, or man-conceived, theological, imaginary interpretation of how to know God.

Perhaps you are suffering from stubborn temporary, or chronic diseases. Perhaps prosperity does not come to you, no matter what creative ability you have applied. Perhaps the hastily swallowed beliefs of others, unmasticated by intuition, or not saturated with the saliva of spiritual assimilation, have produced in you theological skepticism, or spiritual indecision, or theological indigestion. You may be at a loss to understand which path will give you direct God-contact.

Just as songs seem silent and cannot be heard in a room with a broken radio, so through your mind-radio broken by worries, fear, restlessness, skepticism, or stubborn or chronic sickness, you are unable to catch the health and the power and the wisdom vibrations of God. If you have devotion and sufficient

faith, they will act as an ether through which our Healing Staff will be able to tune your mind instruments to calmness and peace. We have spiritual teachers, advanced disciples, who invisibly by their concentration can help you to tune your soul-radio to receive the ever-present health, prosperity, and wisdom vibrations of God in the ether.

Thousands of people have tuned in their souls, and have awakened in Self-Realization to God, finding that headaches, colds, rheumatism, tuberculosis and cancer were nothing but nightmares. Just as disease, poverty, and ignorance can be seen and felt in a dream, so the dream of ignorance shows in all its reality throughout the fury of mundane troubles. Just as in waking, one laughs at one's own dream-vanities, so when we awaken in faith and God-Realization, we laugh at poverty and all its accompanying courtiers.

All that we claim is that the strong, Divinely-tuned will of our Healing Helpers can demand that God tune your body, mind and soul radio so that you can then tune in on His healing broadcastings. You must thus get your body, mind and soul radio repaired and all its doubting static tendencies removed.

Original Yoga and original Christianity as taught by Christ are one and the same thing, and are the basic principle of all true religions. Hence Yogic and Christ's methods of healing are based on common scientific principles of the mind which, when properly applied, will work for all.

Every morning between 9 and 11 Paramhansa Yogananda sends a Divine Healing Prayer Vibration to his students and all who ask his help in healing and liberating themselves from physical or mental disease, or the spiritual suffering of ignorance. Written requests receive the attention of Paramhansaji, and also that of the disciples and advanced students of Self-Realization, who hold special

daily services between 5:15 and 6:00 p.m. Anyone who wishes to avail himself of this help, which Paramhansaji is happy to extend to all, may write to the Los Angeles Headquarters, briefly stating the nature of his or her trouble, or mail to us the accompanying coupon. Any love offering that you may be prompted to send us to help carry on this great and special Healing work will be deeply appreciated.

Name

Street

CityZone.....

State

Are you an SRF student?



SPECIAL NOTICE

Students who wish to visit Headquarters will find an ideal heaven in the SRF Inn by the sea at Encinitas, which has more guest accommodations available now. Our Headquarters itself is overcrowded by volunteer workers, monks and sisters of the order of Self-Realization, whose numbers have grown to 95, so we strongly advise our students and friends who wish to visit the Golden World Colony to make reservations in advance.

The special classes given by Dr. M. W. Lewis on Thursday evenings are open to all, and Sunday morning services at the Inn under the leadership of Rev. Michael are being planned.

YOUR LETTERS SAY

I have observed members of SRF, and notice their calmness, peace of mind, and their solemn devotion. I have seen some of these people change before my own eyes. I have been attending SRF services for almost seven months, and I know it is the path to God. With the power which He has emplanted in us, and through SRF—we may find our way back to Him.—*R. T. W., Los Angeles, Calif.*

I love the lessons and am gaining from them steadily. It is the most satisfying spiritual event ever to come into my life.—*Mrs. D. K. M., Vancouver, B. C.*

I am taking this opportunity of informing you of the beautiful Divine Healing that has taken place within my Soul due to my contact with God through blessed Paramhansaji and the Masters. I have been thoroughly cleansed and healed of a number of bad habits of years standing, and I believe that the dross of many years of negative, material thinking has been dissolved forever. I am realizing a larger abundance of God's Supply—*L. A. T., Pasadena, California.*

Many mental and emotional difficulties which I have tried to surmount for years have cleared away, and I hope for more improvement as I go on.—*Mrs. C. R. O'G., New York City*

READER REACTIONS

My husband and I have read the *Autobiography of a Yogi* together. To me it means a blessed revelation. We as Christians learn to understand the *Bible* so much better.—*Mr. and Mrs. F. G.*

The reading of *Autobiography of a Yogi* has broadened my knowledge in many lines. I think it is wonderful how Paramhansa Yogananda can express such vague, difficult knowledge in so understandable, simple language.—*Mrs. L. A.*

I am in the midst of reading your *Autobiography* which I find a most fascinating account. It is for the first time that I read anything about Yoga as concrete and convincing and your explanation of the principles of body, mind and the underlying unity of cosmos and man has stirred me deeply and also has sent a message of peace to me after many years of doubt, confusion and division.—*Mrs. T. B. D. Bronx, N. Y.*

I'm grateful for the privilege of reading your incomparably wonderful book. How I lived those scenes and pages of the past! No other book touched me as profoundly and tenderly as your recounting of the precious living moments with the Great Ones, your teachers and mine. I felt they were my very own, all of them. The entire sacred story of your life is all love and a boundless heart for all things, all beings.—*E. A. G., Los Angeles, Calif.*

THE HORN OF PLENTY BANK

Until you realize that you and the Father are one, and that "All things whatsoever the Father hath are mine," until you know this in your mind and Soul, you cannot manifest the abundance, health and happiness which you desire.

The purpose of the Horn of Plenty Bank and prayer practice is to help you to get the right attitude of mind firmly established through the daily practice of right prayer and right habit, and thus to help you to demonstrate in your everyday life the things for which you are only vaguely wishing now.

As your mind is changed and renewed through right thinking, through persistently knowing that good is yours now, the way opens for you to receive it.

The Horn of Plenty Bank is a beautiful reminder to keep the idea of abundance always present in your consciousness.

This plan helps you practically in a number of ways. First it shows you how to think correctly, and encourages you in doing so through inspiring you to daily affirmation and prayer.

It helps you to realize and develop faith in the one unfailing source of supply, which is God, through the practice of a short prayer and meditation which is to be held in mind each time a coin

is deposited, whenever a negative thought appears, and at as many other times during the day as possible.

It helps by supplying an easy method of saving for subscriptions to *Self-Realization Magazine*, for spiritual books or for offerings to the Mother Center to help carry on the holy work of spreading God's message to seeking Souls everywhere.

It helps by giving you, along with the little Horn of Plenty Bank, a special lesson outlining the Divine law of bringing desires into manifestation. Faith and prayer and work are the most important steps. Wishing and ineffective prayer get you nowhere. This method teaches you how to pray correctly, and then how to do your part in bringing about your desire.

You will wish to have one of these beautiful banks with you always, once you have started using one and have found how effective it is.

We are happy to offer this Bank as a gift. Just fill out and mail the blank.

Please send me a Horn of Plenty Bank.

Please also put my name on the prosperity prayer list, that I may be divinely guided in my efforts.

Name

Street

City Zone

State

SELF-REALIZATION FELLOWSHIP

Founded in America in 1920 by Paramhansa Yogananda

DIRECTORY OF CENTERS



Dakshineswar, Bengal, India

Yogoda Math (Self-Realization Fellowship Hermitage) on the Ganges River near Calcutta. The Headquarters of Yogoda Sat-Sanga Society (Self-Realization Fellowship) and Shyama Charan Lahiri Mahasaya Mission. Paramhansa Yogananda, president, Swami Satyananda Giri, spiritual acharya. Prabhas Chandra Ghose, vice-president. Prokash Das, Secretary in charge.

Address: Yogoda Math, Dakshineswar, P. O. Ariadaha, 24 Parganas, Bengal, India.

SRF Instruction Department, for teachings by correspondence. Residential accommodations for Western students and tourists.

Calcutta, Bengal, India

Yogoda Sat-Sanga Center. 4, Gurpar Road, Calcutta. Weekly class (Sat-Sanga Sava) group meditation, study, divine service held every Tuesday at 6:30 P.M. In charge, Sri Sananda Lal Ghosh. Secretary, Sri Purna Chandra Ghosh. Public is welcome.

Ranchi (Bihar), India

World Colony, and the Brahmacharya Vidyalaya, an outdoor, yoga, residential school for boys, established in 1917 by Paramhansa Yogananda. Girindra C. Dey in charge. Yogoda Sat-Sanga Home of Service (Sevasram). Col. A. K. Ghosh, Chief Medical Officer. Mr. Ramkishore Roy, Secretary.

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

Jhargram, India

Sevayatan Ashram with Sri Sri Shyamacharan Yoga-Mandir, primary school, and medical dispensary. Swami Premananda, founder. Swami Satyananda Giri, Acharya. Sailesh Mohan Majumdar, secretary.

Address: Sevayatan, P. O. Jhargram, Dist. Midnapur, Bengal, India.

Lakshmanpur, Bihar

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

Madras, Mylapore, India

Conducting Teacher, M. P. Thyagarajan B.A., Kanaka Vilas, 14 Warren Rd. Assistant Conducting Teacher, C. L. Sundara Rajan. Treasurer, Dr. K. M. Alwar. Meetings at above address, Sundays, 7:30 to 9 p.m.

Midnapore, India

Bhordaha Yogoda Sat-Sanga Society and Sri Yukteswar Sevashram. Regular meetings for study and meditation. Also runs free primary Night School, charitable dispensary and library.

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 Yogoda Ashram, Puri. Swami Sebananda in charge.

Yogoda Sat-Sanga, Gurudham Chattr, Serampore. Sri Panchkari Mukherjee in charge.

London, England

Self-Realization Church of all Religions. Conducting Teacher, Yogacharya B. C. Nandi. Secretary, Mrs. Gertrude E. White, 25 St. Michael St., Folkestone, Kent. Praecepta Study Class on alternate Monday evenings at 6 p.m. at I. N. T. A., 7 Henrietta St., Cavendish Square, W. 1, London, England.

Staffs, England

Conducting Teacher, Sydney Buxton, 50 Harbury Street, Burton-on-Trent, Staffs, England. Mr. Buxton will be pleased to supply information concerning time and place of meetings to all inquirers.

Fellbach, Germany

Conducting Teacher, Mr. Harry Dickman, DP Camp 688, Schorndorf, Germany. Meetings held every Sunday from 4 to 5:30 p.m. at Jan Str. 9, W.3, Fellbach, Germany, the home of Mr. Alfreds Biezais, Asst. Conducting Teacher.

Calabar, Nigeria, West Africa

Conducting Teacher, Mr. G. O. Basse, 42 Beecroft St., Calabar, across from the Methodist Church. Meetings at same address Tuesdays and Fridays, 6:30 to 7:30 p.m., Sundays, 10 to 11:30 a.m., and 6 to 7:30 p.m.

Accra, Gold Coast, West Africa

Conducting Teacher, Mr. James E. Ampah, Telephone Exchange, G.P.O., Accra, Gold Coast, West Africa, Executive Secretary-Treasurer (SRF African Branches). Meetings on Sunday mornings, 5:30 to 6:30 a.m.,

and on Thursday evenings, 4:30 to 5:30 p.m., held at House No. F161/1, Lokko Street, Christiansborg, Accra, Gold Coast.

Koforidua, Gold Coast, West Africa

Conducting Teacher, Mr. Christopher R. Larnyoh. Mr. Okartei-Akko, Executive Conducting Teacher (SRF African Centers). P.O. Box 146, Koforidua, Gold Coast, W. Africa, Study classes and Sun. morning services at Bella Vista House, Queen's St., opposite Child Welfare Clinic. Weekly studies: 5:30 to 6:30 p.m. on Tuesdays. Sunday services: 5 to 5:45 a.m. and 5:45 to 7 a.m.—exercises, Praecepta study and study of literature.

Takoradi, Gold Coast, West Africa

Conducting Teacher, Mr. Benoni A. Laryea, c/o Messrs. Oil Storage Co. of Takoradi Ltd., P. O. box 56, Takoradi, Gold Coast, West Africa. Mr. Laryea will be pleased to supply all information concerning time and place of meetings to all inquirers.

Mexico City, Mexico

(Spanish-Speaking)

Conducting Teacher, Mr. J. M. Cuaron, Apartado Postal Num. 1680. For information call: 37-2140. Meetings every Tuesday, 8 p.m. at San Luis Potosi 192-B.

(English-Speaking)

Conducting Teacher, Mrs. Hugo Osterman, Calle Bernardo Galvez 204, Lomas de Chapultepec. For information call: Ericsson Tel. 28-2197.

Merida, Yucatan, Mexico

Conducting Teacher, Mr. Pedro Gonzales Milan, Apartado 113, Merida, Yucatan, Mexico, who may be contacted at the above address regarding inquiries. Meetings held every Wednesday, 8 p.m., at Calle 30, Num. 502-P. Telephone: 27-56. Cuaron, Apartado Postal Num. 272, Tampico, Tamps, Mexico, who may be contacted at the above address regarding time of meetings. The

meetings are held at Altamira 206 Oriente, Telephone: 25-81.

Edmonton, Alberta, Canada

Conducting Teacher, Mrs. Ethel Humford, Phone 21811, will be pleased to supply information concerning time and place of meetings to all inquirers.

Revelstoke, B. C., Canada

Conducting Teacher, Elio Pradolini, Box 39. For information, Phone: 277. Meetings every Sunday at 7:30 p.m. at home of Mr. and Mrs. Lindo Claluna, Box 4, Revelstoke.

Los Angeles, California

WESTERN HEADQUARTERS of THE SELF-REALIZATION FELLOWSHIP (Yogoda Sat-Sanga Society), Mount Washington Center, 3880 San Rafael Avenue, Los Angeles 31, California, established in 1925. Phone: Capitol 0212.

To reach the Mt. Washington Center, take northbound "W" car anywhere on Broadway downtown. Get off at West Ave. 42 and Marmion Way. Walk or drive your car, following the SRF signs up to the top of Mt. Washington hill.

Daily Meditation Service held at 8:15 a.m. and 5:15 p.m.

Hollywood, Calif.

Self-Realization Church of All Religions, 4860 Sunset Blvd., at Edgemont St., Hollywood, Calif. Phone NOrmandy 18006. Services held every Sunday; Paramhansa Yogananda speaks every other Sunday at the 11 a.m. service. Alternate Sunday 11 a.m. services are conducted by Rev. C. Bernard. Children's Sunday School, 10 a.m. Meditation class for Kriyabans, Sundays at 8 p.m.

Encinitas, Calif.

SRF Golden World Colony by the sea, 100 miles south of Los Angeles. Colony Inn for guests, students and public. Administration Bldg., Men's

Hermitage, Ladies' Hermitage, Golden Lotus Temple of Religions (under construction). Phone Encinitas 4341. Meditation Class, Thursdays, 8 p.m., conducted by Dr. M. W. Lewis.

San Diego, Calif.

San Diego Self-Realization Church of All Religions, 3072 First Avenue. Take First Ave. bus to Quince St. Phone: Woodcrest 0923. Meetings every Sunday at 11 a.m., conducted alternately by Paramhansa Yogananda and by Dr. Lloyd Kennell. Children's Sunday School, 10:15 a.m. Meditation Class, Wednesdays, 7:30 p.m. Ladies' Auxiliary meets 1st and 3rd Tuesday of month at 1:30 p.m.

Gardena, Calif.

Conducting Teacher, Mrs. Harriet Grove, 16425 Halldale Ave.

Center meetings held each Tuesday at 8 p.m. at home of Mrs. Blanche Keeseey, Secretary, 1630 W. 168th St.

Long Beach, Calif.

Self-Realization Church of All Religions, 430 E. Ocean Blvd., Long Beach, Calif. Telephone: Long Beach 66-3377. Rev. Arthur W. Smith, Minister in charge. Mrs. Letitia Storch, Secretary. Services every Sunday at 11 a.m. Study and meditation classes, Tuesdays, 8 p.m.

Washington, D. C.

Swami Premananda, Minister. 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 Ave., N. W. Phone: Wisconsin 4748.

Phoenix, Arizona

Minister in charge, Rev. James B. Collier. Phone: 31029. Mother of the Center, Mrs. Roy Freeman. Secretary, Miss Bryant. Sunday School Teacher, Miss Metty Beckworth. All

meetings held at 1800 W. Monroe. Meditation and Devotional Service, every Tuesday at 8 p.m. Yoga Class, Fridays at 8 p.m.; Sunday Services, 11 a.m.; Praecepta Class (informal) Sundays at 7:30 p.m.

Miami, Florida

Conducting Teacher, Sister Kripa. 2120 W. Flagler St. Treasurer, Mrs. Eleanor Howe. Meetings on Sundays and Thursdays at 8 p.m. Library. Phone: 25305.

Indianapolis, Indiana

Conducting Teacher, Mrs. Ann G. Hoffman, 1939 Adams Street, Indianapolis. Meetings are held every Sunday morning at 11 and Wednesday and Friday evenings at 8; in Room 408 at 38 No. Pennsylvania Street, Indianapolis.

Boston, Mass.

First Self-Realization Fellowship Center in America, founded by Paramhansa Yogananda in 1920.

Conducting Teacher, Adolph B. David, 88 Itasca St., Mattapan. Secretary, Miss Ellen MacTwiggan.

Meetings every Thursday evening at 8 p.m., 25 Huntington Avenue, room 609.

Detroit, Mich.

Conducting Teacher, Mr. J. Oliver

Black, 18094 Parkside. Meetings each Thursday at 8 p.m. at Book Cadillac Hotel in the Washington Room. Secretary, Miss Olive Shaw Stone, 475 Peterboro Street. Lillian Springer, Treasurer.

Lansing, Mich.

Conducting Teacher, Mr. J. Oliver Black. Secretary, Mrs. Elgie Kamm. Phone: 9-3137. Meetings every Monday at 8 p.m. in Y. W. C. A. Private class (Praecepta students only) every Friday night at 601 W. Michigan. Conducting Teacher, Mrs. Mary E. Aspy.

Minneapolis and St. Paul, Minn.

Conducting Teacher, Mrs. Gertrude Hirschfield. Class leader, Mrs. Martin Peterson. Secretary, Myrtle Grande. Treasurer, Miss J. M. Sverkeron.

Meetings at Y. M. C. A. Bldg., Sundays at 8 p.m., open to the public. Class on Tuesdays at 7:30 p.m.

Lock Haven, Pa.

Conducting Teacher, Rev. Earle Kenneth Mayes. Mr. Clarence Britton, Secretary. Meetings for beginning and intermediate students every Wednesday at 9:30 p.m. Meetings for advanced students every Sunday evening at 9:30 p.m., at 147 East Main St., Phone: Lock Haven 2133.

SELF-REALIZATION MAGAZINE

A bi-monthly, non-sectarian magazine devoted to the Spiritual Realization of God through Self, and Fellowship with God in Man. \$1.50 per year, anywhere in the world. Back issues (1948) 25c each. Older issues, 15c. (Rare numbers, 50c). Sample copies, 15c. Sets of 12, Back Issues (our choice), \$1.25 each. Foreign Postage, 50c additional.

SELF-REALIZATION FELLOWSHIP

3880 San Rafael Avenue
Los Angeles 31, California

"Autobiography Of A Yogi"

By PARAMHANSA YOGANANDA

Foreword by W. Y. Evans-Wentz, M.A., D. Litt., D. Sc.

"THE BOOK THAT IS AWAKENING THOUSANDS"

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New Year's Message

Celebrate the New Year with the wine of new inspirations, new definite endeavors and new and deeper efforts to contact God. As you enter the portal of the New Year, make a firm resolution and convince your mind that the whole set-up of this universe has but one meaning and one purpose, to find the Maker and Creator of all the phenomena present before your eyes. Your desires, duties and difficulties are not sent to you for the purpose of crushing you, but to test your love for God. Difficulties will never end—throughout incarnations—until you find God. So this is my message to you, whoever you are: Remember that Jesus Christ urged you to seek the giver of all gifts first and all His gifts of prosperity, health, wisdom and happiness will be added unto you; nor be ye of doubtful mind.

With the New Year learn to manifest unswerving devotion to God and seek to establish your forgotten relation with the Divine, as His child. Do not seek the excuse of engaging duties to forget God. For as life advances you will find out you have foolishly spent your time in pursuing unnecessary necessities and have forgotten to give your time to the highest necessity—that of finding the meaning of life, and finding God. Leave all your bad habits and moods with the past year. Make every day in the coming year a new year. Renew your acquaintanceship with God through deep meditation in the silence of the night. While others become intoxicated with sleep, make a new resolution not to go to bed unless you feel that God has listened to your prayers. Pray every day, morning and night and whenever you happen to think of God: "Father, Mother, Friend, Beloved God, Thou art listening to the words of my love to Thee. Please manifest Thyself, and teach me to make the effort every day to bring others to Thee in the light of Self-realization."

With deepest prayers to my Father that my New Year's message will be an opening from the prison of life into the free kingdom of my Father for my brothers and sisters who truly seek to solve the enigma of life, I send you

Unceasing Blessings,

Caroline J. J. J.