

# SELF-REALIZATION

## *Magazine*

*Devoted to the healing of body, mind and soul*

☛ THE HIGHEST SCIENCE — KRIYA YOGA . . . . .	23
☛ VEGETARIAN? or "PROPER-EATARIAN"? . . . . .	19
☛ KNOWING GOD'S PRESENCE . . . . .	20
What Is Man's Real "Self"? . . . . .	2
The True "Second Coming" of Christ . . . . .	7
By Paramhansa Yogananda	
Reports on Opening of SRF Lake Shrine . . . . .	11
Yoga Postures for Health . . . . .	17
Mahatma Gandhi's Views on Art . . . . .	18
Recipes to Remember — and Practice . . . . .	19
A Letter from a Disciple . . . . .	22
Noted Scientist Visits SRF World Colony . . . . .	31
Book Reviews . . . . .	35
News of SRF Centers . . . . .	39
Your Letters Say . . . . .	44

## MEDITATION FOR THE WEEK

By PARAMHANSA YOGANANDA

*Nov. 5th.* Divine Mother, in the corner of my heart I have a mystic throne for Thee. The candles of my joys are dimly lighted in the hope of Thy coming. They will burn brighter when Thou comest. Whether Thou comest or not, I will wait for Thee until my tears melt the grossness of flesh.

*Nov. 12th.* Heavenly Father, my voice was made to sing Thy glory. My heart was made to respond to Thy call. My soul was made to be the channel through which Thy love might flow uninterruptedly into all thirsty souls.

*Nov. 19th.* O Divine Shepherd of Infinite Perception, rescue the lambkins of my thoughts, lost in the wilderness of restlessness, and lead them into Thy fold of silence.

*Nov. 26th.* Since Thine indelible image of perfection is in me, teach me to wipe away the superficial stains of ignorance and know that Thou and I art One.

*Dec. 3rd.* Heavenly Father, teach me to remember Thee in poverty or prosperity, in sickness or health, in ignorance or wisdom. Teach me to open my closed eyes of unbelief and behold Thy instantaneously healing light.

*Dec. 10th.* Teach me to pray deeply until my meditation burns with Thy flaming presence.

*Dec. 17th.* O Father, no matter what my tests may be, may I bear them joyously by feeling Thy presence always in my heart. The knowledge of Thy presence will make all the tragedies and comedies of life naught but dramas of ecstatic entertainment.

*Dec. 24th.* Heavenly Father, uplift me, that I too may manifest the Christ Consciousness of Jesus.

*Dec. 31st.* Every night I will come out of my hiding place of self-flattery, and the flattery of others, and will speak to myself the cold truth about my daily inward progress.

# SELF-REALIZATION

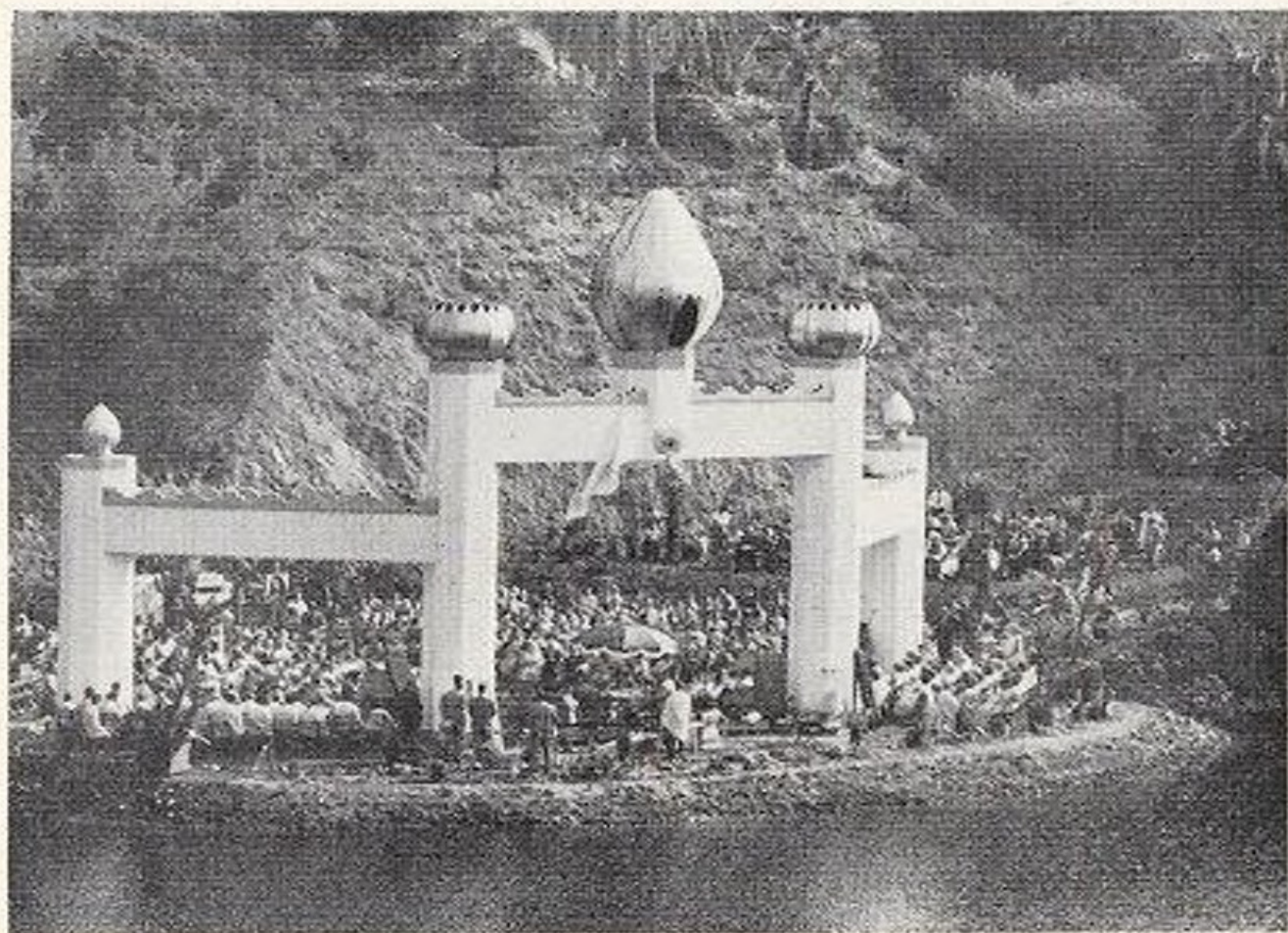
November-December, 1950

Vol. XXII, No. 3

Yearly Subscriptions: \$1.50 (no additional charge for foreign postage). Single copies, 25 cents.

Copyright, 1950, by Self-Realization Fellowship, 3880 San Rafael Avenue, Los Angeles 65, California, U. S. A. Issued bi-monthly; printed by Self-Realization Publishing House. Publisher: Self-Realization Fellowship (SRF), a non-profit, non-sectarian, religious and educational organization, founded in America in 1920 by Paramhansa Yogananda.

Entered as second-class matter Sept. 7, 1948 at the Post Office in Los Angeles, California, under the act of March 3, 1879. Acceptance for mailing at special rate of postage provided for in Act of Feb. 28, 1925, embodied in paragraph 4, section 538, P.L.&R., authorized Dec. 2, 1937. Printed in U.S.A.



SRF Lake Shrine, Pacific Palisades, Calif.

# Definition of One's Own SELF

By SRI SHANKARACHARYA



I am undecaying, I am imperishable, I am the Lord (Prajna), I am the consciousness that is the inner self, I am full of supreme bliss, I am the supreme self (Parama Siva), I am the infinite.

I am the enjoyer of the realization of my own bliss. I am he whose glory is realized as "I" by all beings down to children and the illiterate.

I am averse to sensual pleasures. I am full of the bliss, knowledge, and realization of the self. I am far aloof from any thought of the objective. I am delighted at heart by that which is not objective.

I am the Lord of Lords. I am devoid of even a touch of jealousy and hatred. I am he that fulfills the desired object for those who are bent on realizing the goal.

I alone am the origin of the worlds. I am he that sports in the garden of the *Upanishads*. I am the flame of the submarine fire that will dry up the overflowing ocean of sorrow.

I pervade up and down and around with my own extraordinary glories. I am he who appears to be determined by means of argument, counter-argument, and inquiry.

I am the seer. I am the host of

seers. I am the act of creation and I myself am the created. I am prosperity, I am progress, I am satisfaction, I am the glow of the lamp of satisfaction.

I am one. I am devoid of all distinctions, such as "this," "like this," or "thus." I am he that should be worshipped by the non-desirous. I am devoid of the inner feeling of merit or demerit.

I am the revealer of oneness. I alone am the supreme reality for minds purified by a thorough understanding of the (Vedantic) formula. I am the sun that dispels ignorance like the darkness of the night.

I am the efficacy of herbs, I am the warp and woof of the worlds. I am the bee intoxicated with the fragrance of the bliss of self emanating from the lotus of the sacred syllable Om.

I am the healing balm for evils. I am devoid of all conditional properties. I am the acme of liberality. I am he that rescues all by granting the fourfold desires<sup>1</sup> in various ways.

I am the goad of all powerful elephants, being greater than they.

<sup>1</sup> Dharma, merit; artha, riches; kama, pleasure; and moksha, liberation.



Sri Shankaracharya, re-organizer of the ancient monastic Swami Order, is considered to be India's greatest philosopher. He has interpreted the Vedas in a strictly monistic spirit. His "Definition of One's Own Self" is here translated in English by K. Balasubramania Iyer, B.A., B.L., and is one of the essays in *Select Works of Sri Shankaracharya* (Natesan, Madras).

I am as spotless as space. I am devoid of emotions generated by the god of love.

Amidst doubts and doctrines regarding the self, I am he that is realized by unerring instruction. I am averse to transient pleasures. I am fittest for the plenitude of eternal bliss and knowledge.

I am filled with the nectar of mercy. I am he that devours all the worlds including that of the lotus-seated.<sup>2</sup> I am devoid of the sinful "I". I am free from the contagion of sin and virtue.

I am beyond the scope of the senses. I transcend the ether (*akash*). I pervade all phenomenal existence which is unreal like a sky-flower. I am unattainable by the wicked. I am bent on dispelling

imperfect knowledge.

The very mention of duality will slip away from me. I am he whose dwelling is the innermost heart of all. I am attainable by the contented. I am perfect consciousness that knows no going or coming.

I am a host of suns for destroying the accumulated darkness of densest delusion. I am the various divisions of time—hour, day, night, year, *yuga*, and *kalpa*.

The sentient and the non-sentient are my forms. My actions are extolled by the wisest. I am inaccessible to the unsteady. My abode is the other shore of the boisterous ocean of phenomenal existence.

I am elated with the joy of conscious bliss that is hidden down the ocean of the *Vedas*. I am concealed to those whose minds are fond of deceptive verbiage. I am attainable by the way of peace. I am the root of all objects from the lotus-seated (Brahma) downwards and of the five great elements.<sup>3</sup> I impart bliss to the worlds. I am free from birth, age, disease, and death.

I am the several varieties of noise like the buzz, the grunt, the

<sup>2</sup> Brahma, the four-faced (or omnipresent) Creator who is shown in Hindu art as seated on a lotus. The true Self of man, which Shankaracharya is celebrating, is the causeless Spirit, and therefore beyond any partial divine manifestation such as Brahma the Creator.

<sup>3</sup> Akash or ether, air, fire, water, and earth.

tinkling and the roar.<sup>4</sup> I am he that illuminates the mansion of the heart by the lamp of self-realization promptly lit.

I am knowledge. I am the known. I am the knower. I am all the aids to knowledge. I am that pure sole existence bereft of knower, knowledge, and known.

My nature is beyond all creative principles. I am devoid of the thought that I am among them. I am difficult of attainment for the ignorant. My secret is realizable by a knowledge of the words "that" and "thou."<sup>5</sup>

I am the foremost of all deities, demons, fiends, men, animals, and mountains. I am without body and senses. I am the various directions—south, east, north, west.

I am of the nature of right and wrong. I am free from the bondage of right and wrong. I am easily attainable by those that follow the right. I am the happiest. I am the origin of the Creator himself.<sup>6</sup>

I am devoid of names and forms. I am free from hell, heaven, and liberation.<sup>7</sup> I am he that is realized by the ultimate inner sound.<sup>8</sup> I am the essence of all the *Vedas* and of the whole universe.

I am he whose mind is purified by the knowledge of the reality which dispels the distinction between the supreme self and the individual soul. I am the original. I am the change. I am the fruition of all fortunes.

In the shape of the serpent, the mountain, and the elephant, I bear the whole weight of the world. I

am Siva who destroyed the five-arrowed (Cupid) by the fire emanating from the eye in the forehead.<sup>9</sup>

I never become bound. So, too, I am never liberated from bondage. I am never such as to be taught. I am not the teaching. I am not the teacher.

I am devotion. I am worship. I am liberation. I alone am the means to liberation. I am the ruler of all beings. I am the root-cause of all that is past, present, and future.

I am respected by the great. I am disrespected by the ignorant. I am difficult to attain, owing to the evil tendencies of the mind deluded by pride, desire, and vanity.

I am the sacrificial rite, the sacrificer, the priest, and the sacrifice. I am free from control of mind. I am Yama, Varuna, Kubera,

---

<sup>4</sup> The characteristic vibratory sounds emanating from man's spinal centers. The yogi is able to identify the various centers by hearing, in meditation, the distinguishing sound.

<sup>5</sup> "Thou art That" or "I am He"; the true unity of man and God.

<sup>6</sup> The Absolute Spirit, man's true Self, is beyond all the vibratory realms of creation, ruled by Brahma.

<sup>7</sup> Spirit is changeless and qualityless; hence beyond any need for liberation.

<sup>8</sup> Aum, the Word, heard by the yogi in meditation. It is the "Comforter" or Holy Ghost which Christ promised to send; it reveals to all sincere devotees the ultimate Truth.

<sup>9</sup> "The single eye" mentioned in the Bible; the omniscient eye of light which the yogi contacts in meditation.

Indra, Nirriti, Vayu, Isvara, and Agni.<sup>10</sup>

I am the glory of that playful glance that affords protection and witnesses the control of the universe. I am established by the authority of that realization which springs up amidst conditions wherein there is neither night nor day.<sup>11</sup>

I am the definition and the defined. I am the implied meaning. I am devoid of dissolution. I am the gain and the loss. I am the unattained amidst the attainable.

I have no castes or rules of life. I am the sacred syllables. I am the respected among the most respectable. I am beyond the scope of speech. I am within the words and the meaning of every sentence.

I am unattainable even by hundreds of philosophies for minds that are devoid of peace and self-control. I am the sole refuge of the wise. I break to pieces countless doubts of various sorts.

I am the bliss of realization. I am the celestial tree that grants the desire for absorbed contemplation. I am free from phenomenal condition. I am the direct realization of the *Vedanta* (*atma vidya* or divine knowledge).

I am the oblation to the gods and the oblation to the manes, I am devoid of all ideas of rejection and acceptance. I am Vishnu, I am Siva, I am Brahma (the creator), and I alone am their cause.

All my sins have been washed away. The sorrows of phenomenal existence have been dispelled from my heart. I am the root of all the

various activities expressed by the letters ending with *ksha* and beginning with *a*.<sup>12</sup>

Why say so much! All this universe, sentient and non-sentient, is myself. Spray and foam and wave are not, in reality, substances different from the ocean.

My refuge is neither my mother, nor father, nor sons, nor others. My supreme refuge shall be the foot placed on my head by my master.

There is the foot of the guru. There is unbounded mercy in his look. There is whatever he has taught. Is there any higher fulfilment of life?

The looks of the venerable master are as full as the flood of rays of the full moon, they are a variety of the celestial tree in granting whatever boon is desired, and they soothe and quell the sorrow of the mind.

In the cave of the heart there lies forever by herself, the serpent-maid of pure consciousness, made happy by swallowing the huge frog of a fickle mind.<sup>13</sup>

<sup>10</sup> The eight deities which preside over the eight directions of the heavens.

<sup>11</sup> i.e., beyond all dualities. The yogi who realizes his Self passes beyond all relativities, which belong solely to phenomena.

<sup>12</sup> Ksha and A are the last and the first letters of the Sanskrit alphabet.

<sup>13</sup> The flow of the current of the "serpent" or coiled-up life-force, which flows downward in the ordinary man, is reversed by the yogi, and made to flow toward the brain. Just as a snake devours frogs, so the ascending life-energy in man devours all the croaking doubts of the mind.

In the vast ocean of bliss and realization, which is myself, characterized by *maya*,<sup>14</sup> a thousand universe-bubbles spring up and disappear again and again.

Solely by the good ship of the master's grace, wafted by the wind of good luck acquired in former lives, I have crossed the vast ocean of phenomenal existence, whose waves of sorrow are unendurable.

While there was the darkness of ignorance, I saw the whole universe as a reality before my eyes. But when the sun of knowledge has risen, I see nothing at all. This is wonderful!

I prostrate not to the gods. One who is beyond all gods does not salute a god. After that stage, one does no prescribed act. I prostrate again and again to my own self, which is the root of all endeavor.

---

Thus, rejoicing again and again at the thought of his having gained the knowledge of the self, the devotee reaches the supreme state of absoluteness (*kaivalya*), when the fruits of actions ripe for present enjoyment are exhausted.

Here Ends  
The Definition of One's Own Self.

---

<sup>14</sup> Maya or the Cosmic Mother who creates and destroys the universes. The yogi who has realized his own Self is the Lord of Maya and all her creative activities in the phenomenal worlds.



## GIFTS

- \* Records
- \* Books
- \* Amulets
- \* Photographs
- \* Magazine
- \* Incense

SRF supplies, and books by Paramhansa Yogananda, are advertised on various pages of this magazine. On request, the SRF office will gladly gift-wrap any book or article you order for a friend for Christmas, and will enclose in the parcel a gift card with your name.

### CHRISTMAS CARDS

New, beautiful, original! Designed by SRF staff artist. 15 cards with envelopes, \$1.00.

### S. R. MAGAZINE

A wonderful Christmas gift to a friend! \$1.50 yearly.

### "GANDHI LIVES"

This recent book, by Marc Edmund Jones, is an illuminating study of the nonviolent teachings of India's great political saint. Cloth, \$1.00. Order from SRF.



# The True "Second Coming" Of Christ

By PARAMHANSA YOGANANDA



The teachings of the Self-Realization Fellowship point out that 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, and the true scriptures of all religions reveal perfect unity.

## Jesus in His Hour of Trial

*And when they had sung an hymn, they went out into the mount of Olives. Then said Jesus unto them, All ye shall be offended because of me this night: for it is written, I will smite the shepherd, and the sheep of the flock shall be scattered abroad. But after I am risen again, I will go before you into Galilee.—Matthew 26: 30-32.*

Jesus knew through his divine intuition the exact events which were going to take place in his life and in the lives of the disciples according to the law of actions (karma) instituted by them in their past lives, and which had been foreseen and written in the scriptures. Even though Jesus knew all these things, he was nevertheless experiencing a great human struggle within himself to overcome his trials. Jesus did not try

to carry out a divinely planned drama with a hypocritical aloofness; he had to struggle and suffer to bring out the truth in the divine drama.

Because Jesus prophesied about certain happenings in his life, it should never be imagined that the lives of people are wholly predestined. Jesus predicted the happenings of his life which were already fixed due to certain actions initiated in the past. The effects of actions already performed are more or less predestined, yet they can be modified by will power, meditation, prayer, mediation by one's guru, and God's grace. God has given free choice to enable man to do what he pleases, to bind himself by delusion or to free himself by wisdom. It is never predestined as to which soul will be saved and which thrown into de-

lusion. God, through a guru-preceptor, bestows His grace on those truth-seekers who have already sincerely tried to seek Him and to be spiritual. The wicked, by their own wrong vibrations and sensual desires, keep themselves earth-bound, reincarnating in this world until they redeem themselves by working out their past evil karma.

If the lives of Jesus and the disciples and all other people were predestined and fixed by God before they were born on earth, then there could be no problem of evil for which man would be made responsible; human beings would live on earth like puppets. If God had desired human beings to be His puppets, he would never have given them freewill by which they could cast Him aside or accept Him, as they wanted. The life of Jesus shows that God is eager for all men to use their will-power, concentration, and free choice to discard the temptations of the flesh and to accept the joy of Spirit as felt in meditation. If God predestined everything, man could not be held responsible for his evil actions, nor would his prayers to be good be answered if God had immutably predestined him to be evil.

*Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder.*—Matthew 26:36.

*And when he was at the place, he said unto them, Pray that ye*

*enter not into temptation.*—Luke 22:40.

"Pray unto God that you don't misuse your God-given independence by preferring to be tempted by Satanic delusion instead of listening to your divine inner voice."

In the above words Jesus signifies that every soul is free to listen either to the Satanic voice of temptation within or to the divine voice of God through conscience. Jesus warns his disciples to reinforce their will with divine power that they may not find their will swayed and influenced by Satanic delusion. Jesus uses the word "temptation" to signify that state of mind of an individual when he becomes intoxicated with a harmful evil impulse, picturing it to yield happiness, and becomes so blind that he cannot see in what actions lie his highest good and true lasting happiness.

When Jesus said, "Enter not into temptation," he signified that it is not evil impulse or Satan which leads people to yield to temptation but that each individual is free to reject temptation or to succumb to it. Similarly, it is up to each person to reject the advice of God through conscience or to accept it. *Neither God nor Satan can influence man unless he chooses to be influenced.*

God is more tempting than temptation, and tries to influence man's freewill by the beauty of goodness and by the wisdom, happiness, and power in it. Satan tries

to influence man's freewill by the promise of sense-happiness, which invariably gives sorrow instead of joy. Satan sometimes gives a little sense happiness to his victims, followed by many sufferings.

*And he was withdrawn from them about a stone's cast.—Luke 22:41.*

*And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them, My soul is exceeding sorrowful even unto death; tarry ye here, and watch with me. —Matthew 26: 37-38.*

"My trial is so great that my heart is sorely tested and I am so sorrowful I wouldn't care if I died. Wait here with me and pray and inwardly watch with the intuitive eyes of Christ Consciousness that the Satanic delusion may not get within us unnoticed. Be watchful and slay delusion at sight with the sword of wisdom."

In these above words Jesus illustrates what the great yogi Patanjali spoke of in the Yoga philosophy: that even great men of divine realization may feel some delusion and temporary attachment at the time their soul-bird tries to fly away from the bodily cage. Just as a bird which has lived long in a cage feels reluctance to leave it even when the door is opened, so the soul feels a temporary unwillingness to leave its bodily confinement and to soar in omnipres-

ent freedom. As a bird long used to the cage begins to love its confinement in preference to its freedom in the skies, so a soul caged in the body hates to leave it during death.

### Bird in a Cage

When a bird is long in the cage, and the cage door is then opened, the bird may go out and quickly return, thinking: "My goodness, why should I roam in the vast unknown territory? Let me get back into the dear little cage."

Similarly, the soul long imprisoned in the body does not like, in meditation or during death, to fly to its native territory of omnipresence, but wishes to get back into the little bodily cage and to flutter with restlessness within its narrow confinement. The soul's love for the bodily prison can be compared to the love of prisoners who want to go back to the jail even when they are paroled.

Thus Jesus, with all his wisdom and self-control, felt the influence of delusion temporarily by which he was sad about the coming trial of crucifixion. He preferred a quick death by sadness rather than a lingering death on the cross.

When Jesus said: "Watch with me," he signified that the disciples should tune in with his Christ Consciousness and thereby keep delusion out from him and from themselves.

## BHAGAVAD GITA

Edwin Arnold's beautiful translation, Song Celestial. Cloth, \$1.25.

By SWAMI PREMANANDA

### *Cloth Binding*

Path of Eternal Law (Dhammapada)	\$5.00
Prayers of Self-Realization . . . . .	4.00
Three Upanishads (Origin of Soul; Sons of Immortality; Path of the Self) . . .	3.00
Katha Upanishad (Dialogue of Death; Vision of Immortality)	1.50
Isha Upanishad . . . . .	1.00
Mandukya Upanishad . . . . .	1.00
Kena Upanishad (Realization of the Absolute)	1.00
Path of Pure Consciousness (Jnana Yoga) . . . . .	2.50

### *Paper Binding*

The Universal Reality . . . . .	.75
Universal Truth . . . . .	.25
The Religion of Man . . . . .	.25

Self-Realization Fellowship  
3880 San Rafael Ave.  
Los Angeles 65, Calif.

## DIVINE HEALING



Paramhansa Yogananda sends, each day between 7 and 11 a.m., healing vibrations to his students and all others who ask his help in healing and liberating themselves from the threefold suffering of man: Physical disease, mental in-harmonies, and spiritual ignorance.

All persons who wish to avail themselves of this healing service may write Yoganandaji briefly, or may write or wire the WWPC (World-Wide Prayer Council) at the Los Angeles headquarters of SRF. The Council is composed of advanced disciples, all graduate members of SRF, who have proved their efficacy in aiding thousands to solve and dissolve their specific problems.

## THE HORN OF PLENTY

SRF freely offers assistance to members or non-members who wish to demonstrate more fully in their lives the divine law of success and abundance. "All things whatsoever the Father hath are mine."

All seekers who address the "Horn of Plenty Department" of SRF, in Los Angeles, will receive a Horn of Plenty Bank, accompanied by an inspiring Prayer Affirmation.

SELF-REALIZATION



## Reports on SRF Lake Shrine Opening

Many newspapers and magazines of America and India published reports about and pictures of the SRF Lake Shrine. The *Los Angeles Daily News*, under date of August 21, 1950, wrote:

"Ashes from the cremated remains of Mahatma Gandhi lay enclosed in a 1000-year-old stone sarcophagus on a Pacific Palisades estate today after a shrine in behalf of world peace and brotherhood had been dedicated in his name. In a setting of quiet simplicity and beauty, the bent, dedicated man who guided the spiritual and political destinies of 400 millions of people was memorialized in order that 'we may all live as brothers.'

"Another man of dedication, a spiritual and ethnic brother of Gandhi, blessed the ashes in a ceremony that yesterday opened to everyone the spacious new grounds of the Self-Realization Church of All Religions.

"Paramhansa Yogananda, founder and leader of the international church, and sometime teacher of the late Indian 'soul of souls,' welcomed a throng of over 1500 to the estate at 17190 Sunset Boulevard. There, where Sunset enters its final horseshoe into the coast highway, the latest of the Self-Realization churches sits beside a small, natural lake, surrounded by shrines to the four men whose teachings inspired Yogananda.

### *Statues of the Masters*

"Poking out of a sheer cliffside adjacent to the temple itself are statues of Christ, Lahiri Mahasaya, Sri Yukteswar, and Babaji. The latter three taught the basic truths of the idea of self-realization, the idea that knowing oneself is paramount to balanced living.

"It is, as Yogananda told spectators who crowded the startlingly simple lakeside temple, an idea

that is therefore basic to the followers of all religions, as well as to the followers of none.

"Somewhere between the spirituality of India and the practicality of America lies the solution to a balanced world," said Yogananda, known to his followers as the Master.

"Dryly, he pictured the present state of the world as being based on ignorance. 'Christians believe Indians to be heathens, and vice versa,' he said. 'What is needed is understanding.'

"With such a feeling, Yogananda and members of his church blessed the ashes of the spiritual leader who was cut down more than two years ago by an assassin's bullet. A tiny portion of the remains of Gandhi, sealed inside a two-by-six-inch metal box, was placed in a glass enclosure, pelted by roses from the hands of church members as well as Yogananda, and placed in the sarcophagus. Thus the sarcophagus itself was named a shrine. The shrine grounds will be available for inspection and meditation to any who so desire.

"Probably nothing so clearly represents the nature of Gandhi as the setting in which the ceremony took place. The temple, if indeed it is a temple in the current use of the word, is simply a series of four joined columns, topped by gold-colored lotus emblems, symbolic of self-realization. A windmill and an old showboat sit by, part and parcel of the newly acquired estate.

"High above, Sunset Boulevard winds to the sea, carrying thousands of Sunday drivers and beachgoers. Quite a few of them parked their cars on the road and gazed curiously at the proceedings. Possibly they heard the chanting of both men and women disciples of all ages. Undoubtedly they heard the microphoned tones of guest-of-honor Goodwin J. Knight, California's lieutenant governor, as he paid tribute to the spirit of Gandhi.

"Neither could they escape the resonant voice of Yogananda, who observed the 30th anniversary of his coming from India to this country by renewing his fervent plea:

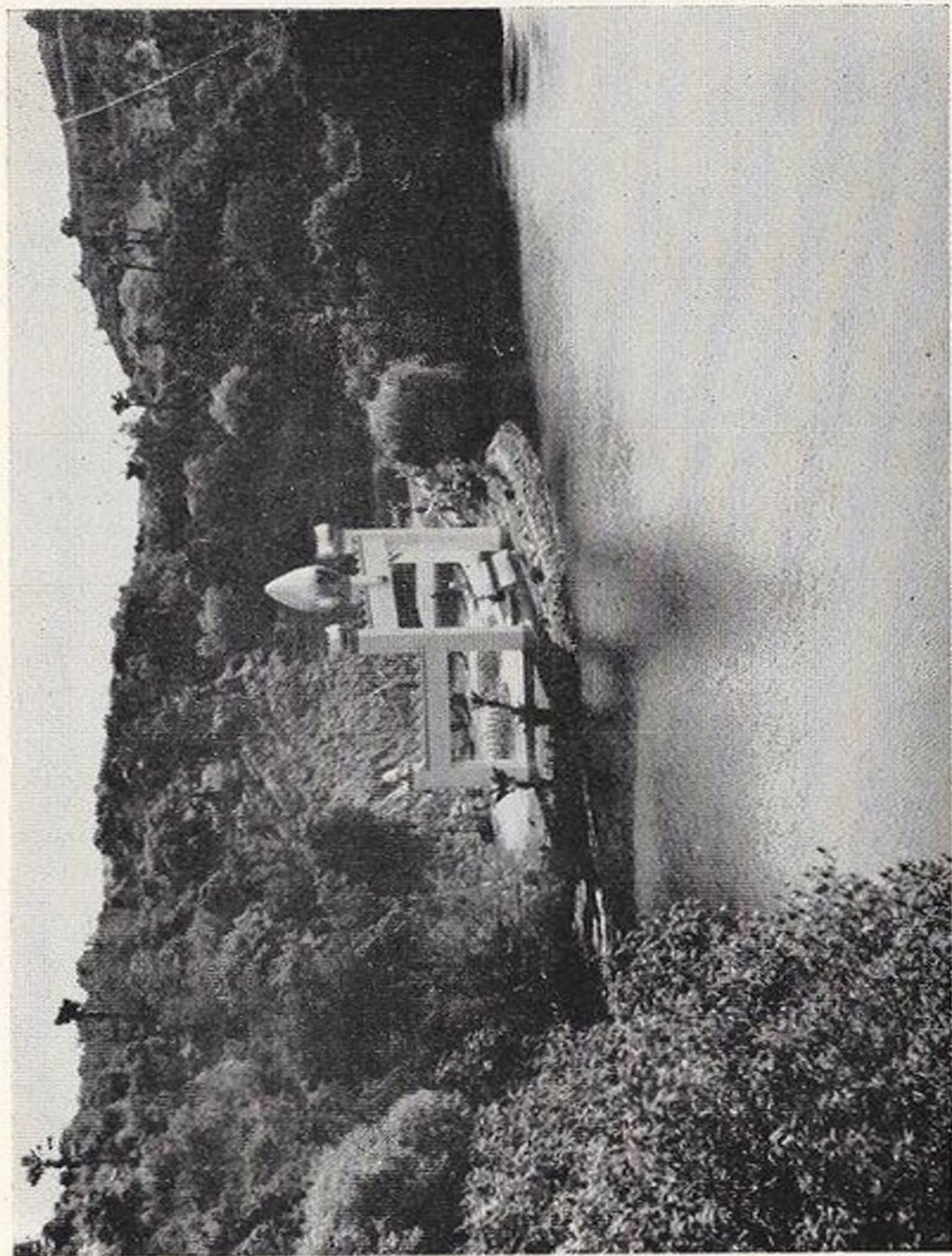
"I dedicate this shrine in the spirit of Mohandas K. Gandhi, that we may all live as brothers," he said."

#### "Examiner" Report

*Los Angeles Examiner*, Aug. 20th:

"Colorful religious pageantry of the mysterious East today marked the dedication of a world peace shrine to the late Mahatma Gandhi. It has been erected at 17190 Sunset Boulevard, facing a floating replica of a Mississippi River steamer and a Chinese junk across the natural spring-fed lake, a few blocks from the Pacific Ocean.

"Ashes of the Indian spiritual leader, sent from India, were entombed in a sarcophagus nestled against a cliff at the idyllic Self-Realization Fellowship lake retreat.



SRF Lake Shrine and Mahatma Gandhi Peace Memorial, Pacific Palisades, California.



*3-Story Brick Dutch Windmill House at SRF Lake Shrine*

"Approximately 1500 persons, including yellow-robed men and women followers of Paramhansa Yogananda, SRF founder, watched as Yogananda and Lieutenant-Governor and Mrs. Goodwin J. Knight unveiled the shrine. It followed the unveiling of golden lotuses encasing parapets atop a high white arch which eventually will be expanded into a three-story temple.

"Said Yogananda of Gandhi: 'He attained freedom for India with the method of Christ. Four hundred million people were liberated without the firing of a shot.' Knight praised Gandhi's ardent championship of the brotherhood of man."

#### "L. A. Times" Report

*Los Angeles Times*, August 21st:

"About 1500 persons yesterday attended dedication services of the

new open-air Golden Lotus Temple of the Self-Realization Church of All Religions. The site is beside a little lake in the last sweeping curve of Sunset Blvd. before it reaches the sea near Santa Ynez Canyon.

"Paramhansa Yogananda, founder of the Fellowship, spoke to several hundred disciples and visitors from other churches of the Order in Southern California. Lt. Gov. Goodwin J. Knight was another speaker. He also participated in the unveiling of the Gandhi World Peace Shrine, an ancient Chinese sarcophagus weighing several tons. Some of the ashes of Gandhi were placed in the sarcophagus."

#### *Symbolic Arch*

"Unveiling an arch of a distinct type of architecture originated by the Order revealed golden lotuses on its turreted top. The Rev. R. C. Stanley, youthful minister of the new temple, said the lotuses, made of gold-leafed copper, symbolized the spiritual unfoldment of man. Plans of the church, he said, include a three-story temple to be erected near the arch, and cabins for the disciples on the slopes surrounding the lake. The entire project will approximate an investment of \$1,000,000.

"The program included a demonstration of the scientific yoga postures used by members of the Order, who, according to Mr. Stanley, seek harmonious development of body, mind, and soul."





### FIRST WEDDING AT SRF LAKE SHRINE

Rev. Mr. C. Bernard, SRF minister, officiated at the wedding, Sept. 18th, of two Los Angeles philosophy students, Miss Mary Genevieve Barfuss and Mr. Gregory Page. Before the altar, brilliant with candles and banked with roses, the couple prayed that "our half-souls join the One Spirit of God," and exchanged roses as a symbol of unconditional divine love.

# Yoga Postures For Health

## "Uddiyana Bandha"—Stomach Exercise (A Second Phase)

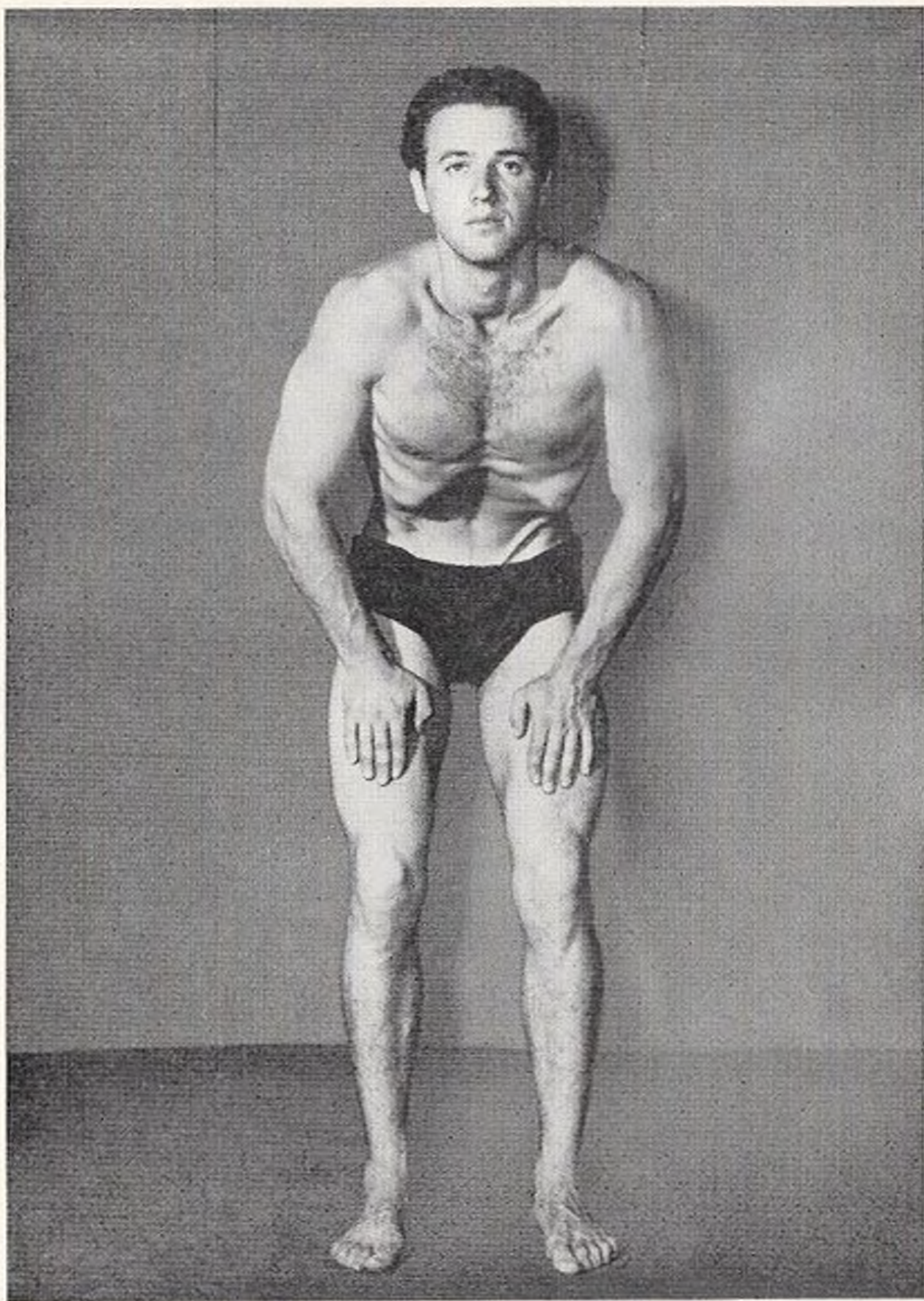
By C. BERNARD

The second phase of the *Uddiyana Bandha* (Stomach Exercise) is somewhat unusual not only in appearance but also in the amount of practice generally required to master it. Before one can essay the conscious control of the specific muscles of the abdominal region, it is necessary to develop some proficiency in the practice of the first *Uddiyana Bandha*, as described in the September, 1950 issue of SRF Magazine.

The purpose of the second phase of *Uddiyana Bandha* becomes instantly apparent by a glance at the accompanying photograph. Near the sides of the abdomen you can see the *external oblique* muscles clearly isolated from the rest of the abdomen. This exercise helps materially to strengthen them and facilitates the natural free-movement of the visceral musculature. The practice of this exercise helps greatly to improve the muscle tone of the region. As we have shown in previous articles, the oblique muscles protect and support the side portions of the abdominal wall. Their strength and tonicity safeguard against the tendency to hernia under conditions of great abdominal strain or pressure. Other health benefits are virtually the same as for the first *Uddiyana*.

While this is in fact one of the more difficult exercises to perform, the directions for accomplishing it are relatively simple. First assume the *Uddiyana Bandha*. This involves the retraction of the abdominal wall so as to form the depression. While retaining the depression in the abdomen, contract the lower abdomen and stiffen the two sides simultaneously. This requires considerable mental concentration.

You will notice a characteristic change which occurs in going from the first *Uddiyana* to the second phase. In the first *Uddiyana* the lower portion of the rib case (including the floating ribs) is held high and forms a distinct demarcation with the abdomen. Now notice that the effort of bringing out from the body and thus isolating the oblique muscles pulls the floating ribs toward the abdomen and exerts a constricting effect on the lower part of the rib case. This effect is mentioned here because it is characteristic of the isolation of the oblique muscles as distinct from another effect to be noted in the practice of the stomach exercise which will be described in the next issue of *Self-Realization Magazine*.



**"Uddiyana Bandha" — Stomach Exercise**

## IF THIS WERE FAITH

*By Robert Louis Stevenson*

God, if this were enough,  
That I see things bare to the buff  
And up to the buttocks in mire;  
That I ask nor hope nor hire,  
Nur in the husk,  
Nor dawn beyond the dusk,  
Nor life beyond death:  
God, if this were faith?

Having felt thy wind in my face  
Spit sorrow and disgrace,  
Having seen thine evil doom  
In Golgotha and Khartoum,  
And the brutes, the work of thine  
hands,

Fill with injustice lands  
And stain with blood the sea:  
If still in my veins the glee  
Of the black night and the sun  
And the lost battle, run:  
If, an adept,  
The iniquitous lists I still accept  
With joy, and joy to endure and  
be withstood,

And still to battle and perish for  
a dream of good:  
God, if that were enough?

If to feel, in the ink of the slough,  
And the sink of the mire,  
Veins of glory and fire  
Run through and transpire and  
transpire,

And a secret purpose of glory in  
every part,  
And the answering glory of battle  
fill my heart;

To thrill with the joy of girded  
men

To go on forever and fail and go  
on again,

And be mauled to the earth and  
arise,

And contend for the shade of a  
word and a thing not seen  
with the eyes:

With the half of a broken hope  
for a pillow at night

That somehow the right is the  
right

And the smooth shall bloom from  
the rough:

Lord, if that were enough?



## GANDHI ON ART

"All true art must help the soul to realize its inner self. In my own case, I find that I can do entirely without external forms in my soul's realization. I can claim, therefore, that there is truly sufficient art in my life, though you might not see what you call works of art about me. My room may have blank walls; and I may even dispense with the roof, so that I may gaze out upon the starry heavens overhead that stretch in an unending expanse of beauty. What conscious art of man can give me the panoramic scenes that open out when I look up to the sky above with all its shining stars? This, however, does not mean that I refuse to accept the value of productions of art, generally accepted as such, but only that I personally feel how inadequate these are, compared with the eternal symbols of beauty in Nature. These productions of man's art have their value only so far as they help the soul towards self-realization."

# Recipes To Remember . . . *And Practice*

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

By REBECCA RUSSELL



## "VEGETARIAN" VERSUS "PROPER-EATARIAN"

Because the word "vegetarian" connotes "fanatic" in the average mind, with an accompanying mental picture of an emaciated-looking person forlornly working away at a plate of lettuce, Paramhansa Yoganandaji has coined another word, "proper-eatarian," to describe one who follows a properly balanced diet in harmony with God's laws. The proper-eatarian's diet features a predominance of vegetables and fruits. This level-headed creature avoids meat, fish, and fowl, as does the vegetarian, but is careful to substitute generous quantities of other body-building protein foods, such as cottage cheese, eggs, garvanza beans, lentils, nuts, milk, yoghurt, avocados, and cheese.

The proper-eatarian does not preoccupy himself unnaturally with diet, but rather recognizes that right eating is simply one way in which to harmonize oneself with God's laws, operating as they do on every plane of existence. To ignore them is to bring physical distress and discomfort which impede not only one's physical and mental efficiency, but also his spiritual progress. The basic purpose

in acquiring and maintaining good health is to hasten spiritual growth. Such advancement is easier when the body enjoys health through harmony with the divine law. The aim should be to forget the body, not to concentrate on it. Its chief importance lies in the fact that it is the physical vehicle of the limitless soul, and as such should be made a fit temple for the manifestation of God's presence.

---

## DO YOU KNOW HOW TO SWIM?

Paramhansaji sometimes tells a little story which deserves repeating here. A pompous philosopher was being rowed across a great river by a good but unlettered boatman. The philosopher, unable to savor complete self-satisfaction in his intellectual accomplishments without the sauce of the boatman's awe, again and again questioned the poor man concerning his knowledge of the four *Vedas* (ancient scriptures of India). Upon hearing the boatman's confessions of ignorance, the philosopher gave him the melancholy assurance that seventy-five per cent of his life was as good as lost.

For his part, the boatman, who was humbly willing to acknowledge the philosopher's intellectual superiority, became increasingly angry at the needling. As though in sympathy, the heavens began to rumble, a great wind came up, and the river was suddenly swollen by a raging storm. Through the din the boatman shouted to the philosopher, who had become quite pale:

"Mr. Philosopher, do you know how to swim?" Clinging, terrified, to the rocking boat, the philosopher answered that he did not.

"Then," said the boatman, "I am sorry to advise you that one hundred per cent of your life will soon be lost!" With that the boat capsized and the philosopher vanished beneath the waves, while the boatman swam with powerful strokes to the shore.

#### *Fording the River of Life*

It may clearly be seen from this vivid illustration that *right knowledge* is necessary if we are successfully to ford the river of life and reach the shores of Infinite Peace. And what is right knowledge but mental concentration focussed on the source of all knowledge? — God? With the card of right concentration you will be able to take out all the books you wish from the library of the Infinite.

Philosophy must be applied, lest, like the unfortunate philosopher, we find ourselves drowning in the sudden swells of life's vicissitudes. If the Golden Rule is your philos-

ophy, *live* it! That will put teeth into it, teeth which will grind to soft pulp the toughest of life's trials.

---

### PRESENCE OF GOD

When you're in love it's no trouble at all to think of your beloved—everything else is secondary in your thoughts, and the one thought of the beloved runs like a bright ribbon through them all. So should the thought of God permeate every other thought, in silence and activity. A simple prescription for happiness, but it will change your life! However, for most of us to think of the unseen Beloved, alas, requires practice!

It is imagination which makes God seem far away. In every way He is doing His best to make us aware of His nearness, but when we mentally relegate Him to some nebulous spot in the farthest outpost of space, we make it impossible for Him to reach us. Yet listen a moment; do you not hear Him knocking in your heart? Every beat is a reminder that He is there. Sit down this minute and think about it—dwell on that marvelous fact. The One who was ingenious enough to fashion you is with you, right now! Recognize Him! Learn to enjoy His presence!

You can't dodge Him. There is no place where He is not. If you say, "Why should I concern myself about some far-away God who probably isn't interested in me anyhow? I'm going out to have

a good time. I'll worry about Him some other time." He will quietly furnish the necessary energy, digest your dinner for you, remind you that you've had too many cocktails by slowing down all your body processes, and wake you up next morning with a fearful hammering in the head by way of letting you know that He is quite aware of what a "good time" you had!

Try *practicing* the presence of God for a change. Even as you read this column say, "Lord, Thou art seeing through my eyes; Thou art beating in my heart; Thou art in the very air I am breathing; Thou art keeping me alive even as I sit here, unmindful of Thee, absorbed in my reading."

When you feel the desire to speak angrily to anyone, imagine so strongly that God is standing at your side that you feel Him, and then try (in vain) to say something unkind! How compelling is the love of God! It is not a sword of Damocles hanging perilously overhead, boding destruction; rather, His love is so powerful that if we will but acknowledge it by thinking of Him in even the least of our activities, it will permeate our whole being, it will lead us to peace and happiness untold, and it will overflow the cups of our souls to bring solace to others.



"No one has found God by walking his own way."—*Ram Das.*

"A man is born into the world he has made."—*Hindu Maxim.*

SEND FOR  
FREE BOOKLET



India specialized during all ages in the science of the soul. This highest of all sciences is taught to the members of Self-Realization Fellowship through the *Præcepta*, revelatory studies prepared by Paramhansa Yogananda. They explain the universal truths of all religions, particularly as regards the link between original Christianity and original Yoga; and guide the sincere student to physical, mental, and spiritual well-being.

As a member, you will receive through these studies the priceless and simple technique of *Kriya Yoga*, which sets man on the blissful highway to the Infinite.

**"HIGHEST ACHIEVEMENTS THROUGH SELF-REALIZATION."**

This 24-page booklet will be mailed without obligation to any inquirer. Address: Self-Realization Fellowship, 3880 San Rafael Ave., Dept. M, Los Angeles 65, California.

## A Letter From A Disciple

(Sister Gyanamata has been one of Paramhansa Yogananda's disciples for twenty-six 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 Self-Realization Order.)

Dear .....

One answer will cover all your questions. Turn to God and fill your consciousness with the realization of His perfection. Let your weakness be dissolved in the worshipful thought of His strength. It is not necessary to explain things to God, for He knoweth your need before you speak, and is more ready to give than you are to ask. When you meditate, turn away from everything except the one absorbing thought of His overshadowing Presence; in this way you will become receptive, and healing will flow through body, mind, and soul.

When not meditating, if you wish for an intellectual understanding of the laws that govern healing, read and re-read with concentration what Paramhansaji has written in *Scientific Healing Affirmations*. Note that he says: "Matter does not exist in the way we usually conceive it; nevertheless, *it does exist as a delusion.*" Do not, therefore, strengthen the delusion by allowing your consciousness to dwell on the body. When you meditate, let not the thought of your physical needs come between you and Him who is Author of your being -- the Giver of every good and perfect gift including that of healing.

With love in God and Guruji,

—Gyanamata

P.S. The best time to use healing affirmations is just before meditation. If you earnestly and deeply repeat them, you will find that you have become concentrated, and have passed from affirming into meditation.





# A SPIRITUAL INTERPRETATION OF THE *BHAGAVAD GITA*

By PARAMHANSA YOGANANDA

Chapter 4, Stanza 29

## The Highest Science --- Kriya Yoga

### Literal Translation

"Some devotees offer exhalation in inhalation, and the incoming breath of *prana* in the outgoing breath of *apana*. Thus by practicing the Pranayam life-control technique of Kriya Yoga (by recharging body cells and blood with energy distilled from breath, stopping the bodily decay, and quieting the heart) the inhalations and exhalations (required only to purify the blood) are made unnecessary.

"Other persons by the practice of eating yogi food and fasting learn to neutralize the actions of growth (*prana*) and decay (*apana*) in the body (and attain the oneness of Spirit.)"

### Spiritual Interpretation

"Kriya Yoga Pranayam stops bodily decay (*apana*) manifests in exhaling breath, by fresh oblations of life-force (*prana*) distilled from the inhaling breath. This practice will enable you to destroy the illusion of growth and decay of the body as flesh and make you realize it as made of lifetrans.

"Other devotees, by special delicate technique of food regulation, control the crystallizing current of life (*prana*) and the eliminating current of life (*apana*) and thus learn to neutralize the growth and decay of the body — ultimately realizing by a very long-winded process that this body is made of lifetrans."

There are two currents flowing in the body; one is from the point between the eyebrows to the coccyx. This downwardly flow-

ing or *apana* current has for its center the coccyx, through which it distributes itself to the sensory nerves and keeps the consciousness of man delusively tied to the body. This *apana* current, therefore, is restless and engrosses man in sensory experiences. There is another current called *prana* which is flowing from the coccyx to the point between the eyebrows. The nature of this life-current is calm; it withdraws inwardly the attention of the soul during sleep and meditation and in the wakeful states and unites the soul with Spirit in the brain and in the Christ Center.

The seat of life current is at the point between the eyebrows or the Christ Center. This point is called, in Sanskrit, the center of Kutastha Chaitanya (Christ Consciousness). Man, by concentrat-

ing his attention continuously at the point between the eyebrows, opens up the spherical spiritual eye through which he receives the vision of the omnipresent Christ, or Kutastha, consciousness.

There is an opposite pull exercised by the downwardly flowing current (*apana*) as compared to the upwardly flowing current (*prana*). The soul's attention is often being pulled upward or downward by these two currents. In other words, there is a tug of war between these two forces to take the soul downward or upward. Owing to the opposite pull of these two currents, *apana* and *prana*, the exhalations and inhalations of breath are born.

#### Prana and Oxygen

When the *prana* current goes upward, it pulls the vital breath laden with oxygen into the lungs. Then the *prana* quickly distills a quantity of needed life-force from the oxygen atoms and sends this refined energy and some surplus oxygen to all bodily cells. This distilled energy also helps to reinforce the life centers at the point between the eyebrows and the cerebrum. (It takes a longer time for *prana* to distill life-force from grosser liquid and solid foods present in the stomach.)

Then the downwardly flowing current, *apana*, pushes out impurities of the lungs with the exhaling breath. So long as the life-current (*prana*) pulls the inhaling breath into the lungs, man lives; at the

time, however, when the downwardly flowing current (*apana*) with the exhalation becomes more powerful, death occurs. The *apana* current then pulls the astral body out of the physical body.

When the breath disappears through the action of the outgoing current, *apana*, the astral body follows it to the other world. By Kriya Yoga, received through the great gurus, the devotee learns how to commingle the upwardly flowing life-current (*prana*) into the downwardly flowing current (*apana*) and commingle the downwardly flowing current into the upwardly flowing current (*prana*). Then he learns to neutralize the dual movement of the upwardly flowing current (*prana*) and the downwardly flowing current (*apana*) and by will power he withdraws both these currents into the one revealing sphere of spiritual light at the point between the eyebrows.

When the yogi can neutralize the downward and upward pull of these currents and withdraw all life-force from the senses, sensory motor nerves, and the body, and keep it still at the point between the eyebrows, then that light gives the yogi the power over *prana* or life-control (Pranayam Kriya Yoga). In this life withdrawn from the senses and concentrated into a steady inner light, the Spirit and Its Cosmic Light are revealed. But so long as this light is flowing up and down as the two battling currents of *apana* and *prana* — the

breath of exhalation and inhalation—they lend their life and light to the sensory perceptions.

The human breath knots the soul to the body. It is now evident that exhalation and inhalation resulting from the two battling spinal currents gives man the perception of the external world. The dual breaths are the storms which create rebellious waves (sensations) in the lake of the mind. These sensations also produce body-consciousness and duality and thus obliterate the unified soul consciousness. By the practice of Kriya Yoga the body is recharged with extra energy distilled from breath; the decay of bodily tissues decreases. This lessens and ultimately makes unnecessary the blood-cleansing function of the heart. When the pulsating life of the heart-pump becomes quiet, owing to non-pumping of venous blood, exhalation and inhalation are no longer needed.

### "Life Control"

Patanjali speaks of this control of life in the heart as Pranayam. He says that life-control manifests in disjunction or discontinuation of exhalations and inhalations. Pranayam or Kriya Yoga is a scientific method of neutralization of breath, having nothing in common with the foolish practice of trying to control life-force by forcible retention of breath in the lungs—an unscientific, unnatural, and harmful practice. Control of life in the heart by neutralizing its

function automatically leads to freedom of the soul from the cord of breath which binds it to the body. When the life-current is withdrawn from the heart, the exhalation and inhalation become unnecessary. The life-force also being switched off from the senses, the mind becomes detached. With cessation of breath, the yogi's free mind is able at last to perceive consciously the inner astral and spiritual worlds.

When breath is forced out of the lungs owing to the stronger action of the *apana* current, death comes; the consciousness of the body ceases to exist. But when the mortal breath disappears consciously from the lungs by Kriya Yoga, the yogi does not experience ordinary death; he consciously realizes without dying the death process by which the energy is switched off from the senses (causing the disappearance of the body-consciousness and the simultaneous appearance of the soul-consciousness).

Unlike the mortal man, the yogi realizes his life is not conditioned by exhalation and inhalation, but that the steady life-force in the brain is continuously reinforced through the medulla by the omnipresent cosmic current. Even mortal man during the state of sleep rises psychologically above the consciousness of breath; his life-force then partially becomes still and reveals the perception of the Spirit's place in the soul as the deep joy of sleep.

When the yogi controls the life-force, he is spoken of as one who has "eaten up" the two currents of exhalation and inhalation; one who nourishes his soul by absorbing the two currents into the one light of Spirit reflected in the brain. This is called by the yogis the "spiritual fire ceremony" in which oblations of exhalation and inhalation are offered into the flame of inner light and inner perception of the Spirit.

This is also a spiritual fire ceremony in which the upwardly flowing and downwardly flowing currents are offered as oblations into the Cosmic Light present in the brain and in between the eyebrows.

The greatest scripture of India, *Bhagavad Gita*, clearly mentions in this stanza the theory of Kriya Yoga—the technique which is taught in America by accredited Kriya Yogis of the Self-Realization Order. The purpose of Kriya Yoga is scientifically to empower the soul, that it fly from the bodily cage into the skies of omnipresent Spirit, and come back, at will, into its little cage. Kriya Yoga — Pranayam, true life-control, thus teaches man to untie the cord of breath which binds the soul to the body.

#### Why Kriya Yoga — Pranayam Should be Practiced

Many teachers and writers in the West condemn Yoga on the false grounds that it is unsuitable to the Western constitution. In

past centuries in India the orthodox Hindus would condemn the disinfected water conveyed by pipes (introduced by the English) as "sinful, heathen" water; electricity was branded "evil and destructive energy"! Of course, the Hindus now like the "heathen" water better than polluted malarious well-waters; they also prefer the "evil" electricity to dim dirty oil-lamps. Those unreasonable objections of the Hindus to Western science are no more discreditable than the ignorant condemnations uttered by certain Westerners about the time-honored science of Yoga.

Yoga, the highest science of mankind, commends itself to the greatest scientists of the East and the West. The divine science of Yoga is extolled by the world's greatest scriptures, *Bhagavad Gita* and the Christian Bible (in *Revelation*). The *Bhagavad Gita* tells man that Yoga is the most scientific and the quickest highway to the Infinite — better and higher than any other religious path. India specialized in the highest spiritual art of living, even as America in the West has developed the highest art of material living and human efficiency.

Yoga is not a cult nor a dogmatic belief. By Kriya Yoga or Pranayam or life-control technique as described in this 29th stanza of the *Bhagavad Gita*, the soul can be released from the body and united to the Spirit. Pranayam is derived from two Sanskrit words

—*prana* (life) and *ayam* (control). Pranayam is "life-control" and not "breath-control." Anyone holding the breath for a few minutes in the lungs feels pain, suffocation, and heart strain. This adverse bodily effect should be sufficient proof that yogis do not recommend such unnatural practices. Yet many of the western commercial condemners of Yoga recommend unscientific, not to say impossible, long retention of breath in the lungs — a practice completely tabooed by the yogis.

Pranayam or life-control is suggested in *Bhagavad Gita* as a universally suitable course for man to release his soul from the bondage of breath. The dog, for instance, breathes heavily and dies quickly. The crocodile breathes very little and lives up to six hundred years. Stout persons breathe heavily and die prematurely.

When breath leaves the body, the soul prisoner is paroled for a time in the astral world. Owing to attachment to the body, the soul has to be reborn on earth. If anybody leaves the earth with the unfulfilled desires of eating pies or curries, he has to return to the world, where they can be found! He cannot live in heaven because there the angels consume only the manna of God.

God dreamed the soul and encased it in a dream body heaving with dream breath. *The mystery of the breath holds the solution to the secret of human existence.*

When through disease, old age, or other physical cause this dream-breath vanishes, the death of the dream-body follows. The yogis therefore reasoned that the scientific dissolution of breath by preventing decay in the body would make the flow of breath unnecessary. If the body did not decay and toxins did not collect in the heart, breathing would not be required.

Scientific disappearance of breath does not cause death or unconsciousness. Instead, a breathless yogi can consciously realize the state of death as a far deeper and more blessed state than the state of sleep. Breath, lungs, heart slow down in sleep but are not completely stilled.

### Buried Alive

Yogi Sadhu Haridas, in the 18th century, was buried in the courtyard of Prince Ranjet Singh of Lahore. Before his interment several feet below the surface of the earth, the yogi was pronounced by doctors to be breathless, pulseless; in short, dead! After forty-nine days he was disinterred from the guarded royal courtyard; again he was pronounced dead by French and English physicians. After ministrations from a disciple, Haridas became very much alive — in open defiance of the medicos! Many yogis in modern India have demonstrated similar feats.

The yogis analyzed that a person could not sleep without slowing and completely forgetting his

breath, pulse, and heart action. So they devised the Kriya-Yoga Pranayam by which the breath is gradually slowed down and the movements in the lungs and the body stilled. When motion leaves the entire body — limbs, lungs, and diaphragm — owing to lack of agitation and complete stillness, the venous blood ceases to accumulate. Venous blood is ordinarily pumped by the heart into the lungs for purification. Freed from this constant work of blood purification, the heart and the lungs are quieted. Breath ceases to go in and out of the lungs by the mechanical action of the diaphragm.

When breath ceases in the ordinary man, suffocation ensues. But when breath ceases in the Kriya Yogi, he is suffused as with an intoxication like that of a multi-million cocktails of deep blissful sleep. He realizes then that it is the storm of human breath which is responsible for the creation of the dream wave of the human body and its sensations; it is breath which causes the body-consciousness.

St. Paul said, "Verily, I protest by the rejoicing that I have in Christ, I die daily" (live daily without breath). St. Paul was able to dissolve the consciousness of his dream body into the everlasting rejoicing of Christ Consciousness.

By forgetting breath in sleep, man experiences the joy of sleep; his body-consciousness nightly vanishes. By Kriya-Yoga Pranayam, when breath is scientifically stilled

by recharging and oxygenating the fleshly cells, the body dream dematerializes into the reality of God. Attaining this power, the yogi can keep his dream body on earth indefinitely like Babaji; or, like Elijah, he can dematerialize its dream atoms into the Divine Fire.

### State of Ecstasy

In the first state of ecstasy by Kriya Yoga, the yogi perceives the soul-blessedness. By higher ecstasies which come as a result of constantly living without breath, he realizes the physical body to be made of lifetrans which are surrounded by a halo of grosser electro-atomic cells. By experiencing the reality of the body as *prana* or lifetrans, controlled by the thought of God, the yogi becomes one with Him. With that God-consciousness the yogi is able to create, preserve, or dematerialize the dream atoms of his body or of any other object in creation.

A Kriya Yogi should have exact understanding of the rationale of the yogic science which is recommended in this stanza of the *Bhagavad Gita*. An explanation of the dream-state will be helpful. A man sees himself in a dream: the power of his mind creates the consciousness of a real physical body. Similarly, by materializing His thought, God has made dreammen walking about a dream creation in dream bodies of flesh. The body is nothing but a materialized dream of God.

God surrounded man's soul first with an idea body. Then He encased the idea body with a very fine or subtle light (the astral body). The third or final encasement was the electro-atomic dream body, the illusion of a fleshly form. The reason, therefore, that the *Gita* advises devotees to practice the Pranayam life-control technique is to enable them to realize that the body is made of life-force, not of flesh.

By proper breathing the yogi distills life-force from breath and thus reinforces the *prana* already present in the body cells. The novice yogi then occasionally sees his spiritual eye of light. By deeper practice of Kriya Yoga or breathlessness, man perceives his astral body. Finally he is able to see his physical body as an electro-atomic structure, an emanation in grosser form (by denser vibratory force) of the fine rays of the astral body.

This is why the guru advises his students to practice Pranayam (Kriya Yoga) and thus perceive the body as made of *prana* or life-force. By further advancement the yogi will realize the astral body with its texture of light to be an "idea" or materialized thought of God. When he has fully understood the ideational body he is able to withdraw his consciousness from the three bodily prisons and unite himself with the dreamless blessedness of God.

## **"THE HOLY SCIENCE"**

by Jnanavator Swami  
Sri Yukteswar

(Guru of  
*Paramhansa Yogananda*)

A Treatise on the Underlying  
Unity of the Bible and the  
Hindu Scriptures.

*Printed in India.*

Paper-bound. 63 pp. \$1.50.

---

### **"SELECT WORKS OF SHANKARACHARYA"**

Nine philosophical expositions by India's greatest philosopher, including his famous "Century of Verses" and "Knowledge of Self." 256 pp. \$1.25.

### **"THE MAHABHARATA"**

A condensation of India's glorious epic. A storehouse of philosophy as well as a fascinating and fast-moving story. 495 pp. \$1.25.

### **"THE RAMAYANA"**

India's most ancient epic. The turbulent and heroic story of Rama, king and avatar. 420 pp. \$1.25.

---

Printed in India. Paper-bound. Order from Los Angeles address of Self-Realization Fellowship.



Dr. N. N. Das and Paramhansa Yogananda at Encinitas hermitage.



## Noted Scientist Visits SRF World Colony

Dr. Nagendra Nath Das, a Calcutta physician and surgeon distinguished for his work in the field of heart and brain research, and a lifelong friend of Paramhansa Yoganandaji's, visited the SRF hermitages in July. Dr. Das has been working for the past year at the University of Michigan, as recipient of the Ghose Travelling Fellowship from the University of Calcutta for advanced study abroad in Neurophysiology and Electroencephalography. Although his primary reason for coming to California was the heartfelt desire to be reunited with his beloved friend, Dr. Das also wished to consult with Paramhansaji on matters chiefly scientific, knowing that out of his intuitive perception Paramhansaji could throw light on facts which Dr. Das had uncovered in his research but which he had not been able to correlate successfully — since, as Paramhansaji explained, "instruments can record psychophysical brain reactions but not the extrasensory perceptions of intuition."

Science is just beginning to uncover truths which were intuitively perceived thousands of years ago by the ancient *rishis* (sages) of India, and Dr. Das' research is influenced by his desire to prove, by modern scientific methods, the truths which these sages discovered by the less tangible (but no less exact!) science of *yoga*. Modern science is discovering this much at

least—that tangibility and reality are terms far from synonymous!

Dr. Das' research in America has resulted in the West Bengal Government's decision to purchase an Electroencephalograph and to equip a modern laboratory for his further research in India. Readers of Paramhansaji's *Autobiography of a Yogi* will recall the chapter concerning the work of the great Indian scientist Dr. J. C. Bose, and will be interested to learn that Dr. Das worked directly with that great man from 1924 to 1933 as research fellow in comparative electro-physiology (plants and animals) in the Bose Research Institute.

During his visit Dr. Das talked with a number of Paramhansaji's disciples at Mt. Washington and Encinitas, who were delighted to learn more about their Guru's earlier life in India from one who has been such a close friend. The doctor told them how, even as a boy, Paramhansaji was followed by crowds wherever he went. Paramhansaji's father was an official of the Bengal-Nagpur Railway Company, and often supplied the two boys with passes. Regardless of their destination, Dr. Das related, upon alighting from the train they were soon surrounded by a crowd of boys.

The two friends have devoted their lives, each in a different way, to demonstrating the ultimate harmony of science and religion —

Dr. Das through his laboratory research, Paramhansaji through the spiritual research of *yoga*.

Dr. Das was born in Calcutta. In 1920 he received his Master's degree in Physiology and in 1924 his Bachelor's degree in Medicine from Calcutta University, where many years later (1946) he was to serve as Examiner in Physiology. He has been for several years one of the editors of the *Indian Journal of Physiology* and secretary of "Swaystha Dharma Sangha" (Health League) of Bengal. He is also a member of the governing body of "Nari Sikhsha Parisad" and Banipith Girls' School, Calcutta. He was recorder in Physiology for the Indian Science Congress Association this year.

During his stay Dr. Das visited the SRF headquarters at Mt. Washington Estates, the SRF Colony at Encinitas, and the SRF Churches and projects in southern California. He was deeply impressed with the scope of the Fellowship's work. The day before his departure for India, a farewell gathering of 130 Mt. Washington and Encinitas renunciate workers and a few guests was held in the doctor's honor at the Encinitas SRF Hermitage. He was presented with many gifts from Paramhansaji and the group. At this time it was disclosed that Dr. Das has been elected to the Board of Directors of Yogoda Sat-Sanga Society in India, and that he intends to work closely with the YSS-SRF Centers in India under Paramhansaji's guidance. This

news brought great joy to all. Although the doctor was looking forward to returning to his family in Calcutta, he nevertheless expressed warm appreciation for the spiritual family he had discovered in faraway America.

Introducing his old friend to the assembled group, Paramhansaji handed Dr. Das a bouquet of flowers, saying, "This is my bouquet of love and blessings, representing all the good will of the Masters and Gurus and the people here. The evenness and genuineness of your steady friendship has been like a flame ever burning on the altar of my memory. Your coming has made the flame of that spiritual tie even brighter. I am happy that in your good self we have one of the genuine sons of India, a personal friend, and a true follower of Yogoda Sat-Sanga and Self-Realization and *Kriya Yoga*. Seeing your earnest desire to further the work in Bengal, on behalf of the Self-Realization Fellowship Board of Directors I elect you an honorary member of the board of Directors of Yogoda Sat-Sanga Society in India.

"We give you now a few perishable material gifts, and one imperishable gift in this wish: May God's love shine forever on the sanctuary of your devotion, and may you be able to awaken His love in the temple of all hearts through the light of Self-realization."

Dr. Das then said a few words. "It is one of the greatest pleasures



Guests at reception, at Encinitas hermitage, for Dr. N. N. Das, professor of Physiology at Calcutta University. Seated: Dr. Das (with flowers), Paramhansa Yogananda. Standing: Dr. Antonia Brico, famous conductor of symphony orchestras, Dr. M. W. Lewis, Mr. Lee Nafly, and Rev. Mr. Michael.

of my life to be fortunate enough to be among you this afternoon. My mind and my heart are full, so my expression is limited; indeed, I cannot express what I feel within me. But I believed, and I dreamed, and what I dreamed is now realized. For the last thirty years I was ever hoping that some day I would come to the United States and meet Paramhansaji again. By the blessings of God I am here today with you.

"During the last eight months, while I was doing research at the University of Michigan, every week I looked for a letter from Paramhansaji. He was busy, and I was busy too. Still, our hearts were together. Each letter which came was a great inspiration to me, and I did not know what I would feel when I met him face to face. But when I met him I was absorbed, I was united, I was magnetized; I passed these seven days—it was not hours or days, it seemed—it was but a moment which I have passed with him. You see, if iron comes to a magnet it is magnetized and stuck there, and it requires great force to separate them. That separation is very painful! But all your good wishes, all your kindness, I shall never forget in my life.

#### *Message for India*

"I believe that when I go back to India I will be able to convey the message to all my countrymen, and all the fellow-workers in this

Order. It is very difficult to imagine things at a distance, but with photographs and my descriptions I will impress them that this is the work that should be established in the right way all over India.

"I believe that some day Paramhansaji will again visit India and spread his light all over, and kindle in the minds and the hearts of all the eternal flame of devotion, the eternal knowledge that he has."

Paramhansaji introduced Dr. Antonia Brico, world-famous conductor of symphonies, who expressed her joy at being present. Refreshments were served, after which the guests one by one bade farewell to Dr. Das with the traditional salute of India—*Pronam*—"My soul bows to your soul."



### TIBET IN PERIL

Paramhansa Yogananda sent a cable on October 16th to Prime Minister Jawaharlal Nehru of India, and a telegram to the United Nations in New York. The telegram read: "Korea and French Indo-China received your help. Tibet even more desperately needs United Nation's help against foreign aggression. With Tibet lost, India will be in peril. Please do something immediately for Tibet." It is India's duty to help in guarding its close neighbor, Tibet. Volunteers from every province should come forward to be trained by the Government of India, and then sent to the Tibetan borders.

# BOOK REVIEWS

POPOL VUH, The sacred Book of the Ancient Quiche Maya. English version by Delia Goetz and Sylvanus G. Morley from the Spanish translation of Adrian Recinos. Norman, Okla.: University of Oklahoma Press. 267 pp., \$3.75.

Generally regarded as America's oldest book, the *Popol Vuh* is the most important of the five pieces of the great library treasures of the Maya civilization that survived the Spanish Conquest. The ancient record contains the Mayan mythology, traditions, cosmogony, and history.

"Of all American peoples, the Quiches of Guatemala have left us the richest mythological legacy," Hubert Howe Bancroft observed in his *The Native Races*. "Their description of the Creation as given in the *Popol Vuh* is, in its rude strange eloquence and poetic originality, one of the rarest relics of aboriginal thought." An extract follows:

### "Creation" in the *Popol Vuh*

This is the account of how all was in suspense, all calm, in silence, all motionless, still, and the expanse of the sky was empty.

This is the first account, the first narrative. There was neither man, nor animal, birds, fishes, crabs,

trees, stones, caves, ravines, grasses, nor forests; there was only the sky.

The surface of the earth had not appeared. There was only the calm sea and the great expanse of the sky.

There was nothing brought together, nothing which could make a noise, nor anything which might move, or tremble, or could make noise in the sky.

There was nothing standing; only the calm water, the placid sea, alone and tranquil. Nothing existed.

There was only immobility and silence in the darkness, in the night. Only the Creator, the Maker, Tepeu, Gucumatx, the Forefathers, were in the water surrounded with light. They were hidden under green and blue feathers, and were therefore called Gucumatx. By nature they were great sages and great thinkers. In this manner the sky existed and also the Heart of Heaven, which is the name of God and thus He is called.

Then came the word. Tepeu and Gucumatx came together in the darkness, in the night, and Tepeu and Gucumatx talked together. They talked then, discussing and deliberating; they agreed, they united their words and their thoughts.

Then while they meditated, it became clear to them that when dawn would break, man must ap-

pear. Then they planned the creation, and the growth of the trees and the thickets and the birth of life and the creation of man. Thus it was arranged in the darkness and in the night by the Heart of Heaven who is called Hurucan.

The first is called Calculha Hurucan. The second is Chipi-Caculha. The third is Raxa-Caculha. And these three are the Heart of Heaven.

Then Tepeu and Gucamatz came together; then they conferred about life and light, what they would do so that there would be light and dawn, who it would be who would provide food and sustenance.

Thus let it be done! let the emptiness be filled! Let the water recede and make a void, let the earth appear and become solid; let it be done. Thus they spoke. Let there be light, let there be dawn in the sky and on the earth! There shall be neither glory nor grandeur in our creation and formation until the human being is made, man is formed. So they spoke.

Then the earth was created by them. So it was, in truth, that they created the earth. Earth! they said, and instantly it was made.

Like the mist, like a cloud, and like a cloud of dust was the creation, when the mountains appeared from the water; and instantly the mountains grew.

Only by a miracle, only by magic art were the mountains and valleys formed; and instantly the groves of cypresses and pines put forth

shoots together on the surface of the earth.

And thus Gucamatz was filled with joy, and exclaimed: "Your coming has been fruitful, Heart of Heaven; and you, Hurucan, and you, Chipi-Caculha, Raxa-Caculha!"

"Our work, our creation shall be finished," they answered.

First the earth was formed, the mountains and the valley; the currents of water were divided, the rivulets were running freely between the hills, and the water was separated when the high mountains appeared.

Thus was the earth created, when it was formed by the Heart of Heaven, the Heart of Earth, as they are called who first made it fruitful, when the sky was in suspense, and the earth was submerged in the water.

So it was that they made perfect the work, when they did it after thinking and meditating upon it.

Then they made the small wild animals, the guardians of the woods, the spirits of the mountains, the deer, the birds, pumas, jaguars, serpents, snakes, vipers, guardians of the thickets.

And the Forefathers asked: "Shall there be only silence and calm under the trees, under the vines? It is well that hereafter there be someone to guard them."

So they said when they meditated and talked. Promptly the deer and the birds were created. Immediately they gave homes to the deer and the birds. "You,

deer, shall sleep in the fields by the river bank and in the ravines. Here you shall be amongst the thicker, amongst the pasture; in the woods you shall multiply, you shall walk on four feet, they will support you. Thus be it done!" So it was they spoke.

Then they also assigned homes to the birds big and small. "You shall walk on four feet, they will vines. There you shall make your nests; there you shall multiply; there you shall increase in the branches of the trees and in the vines." Thus the deer and the birds were told; they did their duty at once, and all sought their homes and their nests.

And the creation of all the four-footed animals and the birds being finished, they were told by the Creator and the Maker and the Forefathers: "Speak, cry, warble, call, speak each one according to your variety, each, according to your kind." So was it said to the deer, the birds, pumas, jaguars, and serpents.

"Speak, then, our names, praise us, your mother, your father. Invoke then, Huracan, Chipi-Caculha, Raxa-Caculha, the Heart of Heaven, the Heart of Earth, the Creator, the Maker, the Forefathers; speak, invoke us, adore us," they were told.

But they could not make them speak like men; they only hissed and screamed and cackled; they were unable to make words, and

each screamed in a different way.

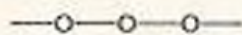
When the Creator and the Maker saw that it was impossible to talk to each other, they said: "It is impossible for them to say our names, the names of us, their Creators and Makers. This is not well," said the Forefathers to each other.

They wished to give them another trial; they wished to make another attempt; they wished to make (all living things) adore them.

But they could not understand each other's speech; they could succeed in nothing, and could do nothing. For this reason they were sacrificed, and the animals which were on earth were condemned to be killed and eaten.

For this reason another attempt had to be made to create and make men by the Creator, the Maker, and the Forefathers.

"Let us try again! Already dawn draws near: Let us make him who shall nourish and sustain us! What shall we do to be invoked, in order to be remembered on earth? We have already tried with our first creations, our first creatures; but we could not make them praise and venerate us. So, then, let us try to make obedient, respectful beings who will nourish and sustain us." Thus they spoke.



"Who hath a greater combat than he that laboreth to overcome himself?" — *The Imitation of Christ.*

PHOTOGRAPHS OF  
THE MASTERS

Paramhansa Yogananda: Three poses now available—the long-time favorite; seated, with folded hands; and his latest photograph, seated. Heavy paper, about 4½ x 6. Photos of Lahiri Mahasaya, and Sri Yukteswar, as well as a portrait-reproduction of Babaji are available in sepia, heavy paper, 4½ x 5¼. All photos, \$1.00 each.

AMULETS

Sterling silver, lotus shaped, about the size of a dime. A set of 3 amulets bears the likenesses of Paramhansa Yogananda, Sri Yukteswar, and Lahiri Mahasaya. Can be worn on necklace or bracelet. Each \$1.25; set of three \$3.75.

FOR FRAMING

Paramhansa Yogananda's poem, *Friendship*, 8½ x 11½ in., 25c.

INDIA INCENSE

Hindu Rose, Sandalwood and Gandhi, 25c per box.

(California residents please add 3% Sales Tax, Los Angeles residents, 3½ % Sales Tax).

Self-Realization Fellowship  
3880 San Rafael Ave.  
Los Angeles 65, Calif.

**S. R. F.**  
**Recordings**

The Voice of . . . . .

PARAMHANSA  
YOGANANDA

Singing  
His Original  
Beautiful and Famous

HINDU CHANTS

Record No. 101

"O God Beautiful"  
"In the Temple of Silence"  
(in English)

Record No. 103

Same chants in Bengali  
with harmonium, drums and  
cymbals

Record No. 102

Invocations by Paramhansaji  
with organ background  
"Prayers at Dawn, Noon and  
Evening"

Also

"Prayer at Night"

—:—

Non-Breakable  
Vinylite Records  
\$1.50 Each

(If records are to be mailed  
to an address in California,  
please add 5c for one or 11c  
for two—State Sales Tax)

—:—

Please make checks and money  
orders payable to:

Self-Realization Fellowship  
3880 San Rafael Avenue  
Los Angeles 65, Calif.



# News Of SRF Centers



## SRF Garden Party

Over 700 SRF members, some from as far away as Canada and Hawaii, attended the Garden Party held August 13, 1950 at Mt. Washington Estates. Sponsored by Mrs. Clarence Myers for the benefit of the new SRF "India House," it was the first of a series of four events celebrating the thirtieth anniversary of SRF in America.

The program included piano selections by the well-known South American pianist-composer Don Zelaya, and incidental music on the piano and organ by talented disciples of the Self-Realization Order. A buffet luncheon was served in the garden, followed by demonstrations of yoga postures by SRF men and women.

After short talks by Swami Premananda of the SRF Church at Washington, D.C., Dr. M. W. Lewis, Rev. C. Bernard, and other ministers of SRF, Paramhansa Yogananda delivered an address, "Self-Realization and the New Age."

## Kriya Yoga Initiation

On August 27, 1950, Paramhansa Yogananda gave initiation to nearly 500 Self-Realization students in the soul-liberating technique of *Kriya Yoga*. The traditional rose-

and-candle ceremony was held at Mt. Washington Estates. Although tens of thousands have been initiated in *Kriya Yoga*, this was the largest single group to receive the sacred spiritual baptism from Paramhansa since he came to the United States thirty years ago.

Last of the series of special events which took place in August to celebrate SRF's thirtieth anniversary in America, the *Kriya Yoga* initiation drew students from Hawaii to New York. Many were *Praecepta* correspondence students, for whom this occasion marked their first personal meeting with their guru Paramhansaji. Comments from a few of their letters follow:

"The Kriya Initiation — the whole afternoon spent with Paramhansaji and all of you — was more wonderful than *anything* I have ever experienced; and to be given the key to salvation by the Master himself! I believe that this was the most important day in my life. It is a great privilege and a greater joy to belong to such a wonderful organization as ours, whose leader has attained God-consciousness himself and is willing to show us the way."—R.P., *Dillon, Colorado*.

"My wife and I want to express our thanks to the Master and SRF

disciples for the glorious moments we realized at the Kriya Initiation." —E.H., San Diego, California.

"Words cannot express the satisfaction and divine inspiration we received while attending the various SRF services and the Kriya Initiation ceremony. We have a great deal to think about and meditate upon, and we are so grateful for the opportunity in this earthly life to have this wonderful experience of hearing and seeing the Master. We are striving to be worthy to be called his disciples." —J.D. and L.D., Los Gatos, Calif.

"I have just returned from Mount Washington Estates, and I am still filled with its beauty, holiness, and the unforgettable friendships I was privileged to make there." —C.A.P., Detroit, Mich.

"I'd like to mention the opening of the SRF Lake Shrine. It was truly beautiful. Since then I've felt so much closer to all of you and to our Master. I must remember to remember—I'm fortunate!" —S.H., Inglewood, Calif.

### Disciple-Guided Tours

About 100 SRF members from afar took advantage of two special tours, on August 27th and September 3rd, to the SRF Church at Long Beach and the SRF Golden World Colony at Encinitas, California. A highlight of the trip was the opportunity to have luncheon at the SRF Cafe in Encinitas,

where many sampled for the first time the famous SRF mushroom-burgers.

### SRF Gift Shops

A recent appeal for articles to be sold in the soon-to-be-opened SRF Gift Shops has brought heart-warming response from SRF members. They have donated, in a steady stream, many beautiful and original articles. The Gift Shops will be located at "India House" in Hollywood and the SRF Cafe in Encinitas; all proceeds will be used to buy food for undernourished children of war-torn countries, and to supply bandages and medicines needed sorely by the Free Dispensary at the SRF Colony in Ranchi, India.

Anyone is welcome to participate in this project, which is an endeavor to promote world brotherhood through putting the spirit of it into practice. It is hoped that gifts representative of all the countries of the world can be displayed for sale, as a token of SRF's sincere desire to serve all nations. Already we have received from a friend behind the Iron Curtain in Saxony some wooden crosses exquisitely inlaid by hand with mother-of-pearl.

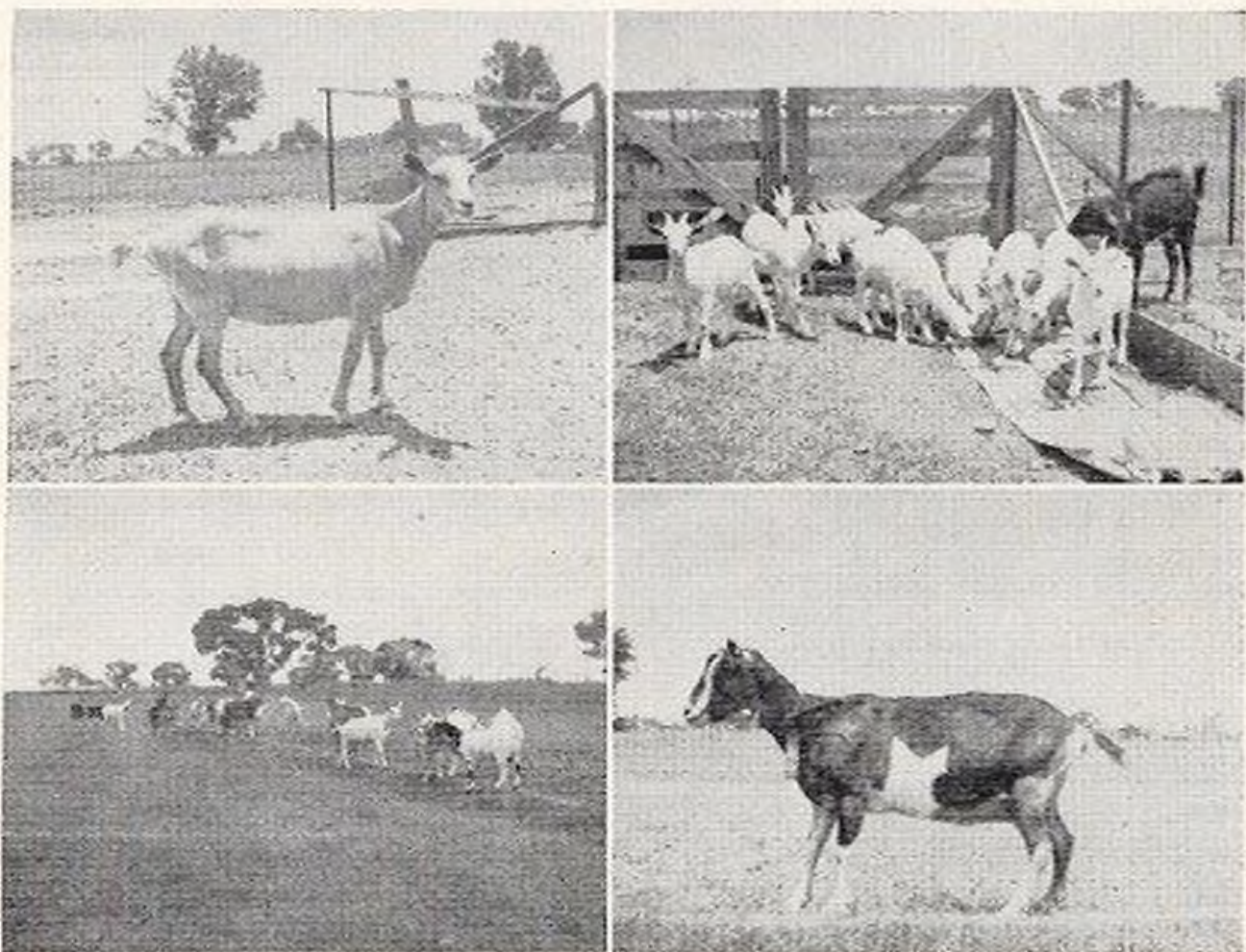
Donations of money or of attractive hand-made articles (embroidered linens, crochet-work, wall brackets, vases, ceramics, costume jewelry, etc.) should be sent to Mrs. Vera Brown, c/o Self-Realization Fellowship, 3880 San Rafael Ave., Los Angeles 65, Calif.

## SRF ACQUIRES GOAT DAIRY

One of the newest projects undertaken by SRF is the operation of the recently acquired Rosebud Goat Dairy at Scottsdale, Arizona. Here two SRF resident disciples care for a herd of thirty goats on a five-acre farm. Their duties include keeping the goats clean, milking and feeding them, and bottling and delivering the milk (in the

Dairy's own truck). The two young men have also assisted a third SRF disciple in the building of a 30 ft. x 30 ft. barn, and another building which will provide living quarters for three persons, and a small chapel.

The SRF Rosebud Goat Dairy serves Scottsdale and other areas surrounding Phoenix. As soon as new pasteurizing equipment is installed, the milk will also be delivered to Phoenix.



(top, left): "Honey," 1st prize Arizona Goat Ass'n Show, Grade: Saanen Class. (top right): Kids, 4½ months old. (lower left): Milk goats in pasture. (lower right): "Opal Lee," 1st prize, Arizona G. A. Show, Grade: Alpine Class.

The herd is an exceptionally fine one. At the Arizona Goat Association Show held May 21, 1950 at the State Fairgrounds, first place in the Grade Alpine Class and in the Grade Saanen Class went to two goats from the SRF dairy. (See illustration.)

Through caring for the goats the young men have found that the animals respond to human love and attention just like any other pet, and that kids raised with affection become good contented milkers later on. The divine law of love is everywhere operative!

#### Monterrey, N.L., Mexico

Dr. Marcos Jimenez of the SRF Center at Monterrey recently visited Mt. Washington Estates while in Los Angeles to attend a medical convention. Dr. Jimenez brought with him his mother, wife, and young daughter. Both the doctor and Mrs. Jimenez are vitally interested in Self-Realization teachings, particularly in the Kriya Yoga technique which enables the sincere spiritual aspirant to quicken his evolution sufficiently to find God in one incarnation.

The Jimenez family also expressed great interest in the life of the renunciate workers of the Order of Self-Realization, who devote their time to service for God and the Gurus. They were particularly impressed by Paramhansaji's emphasis on inner renunciation, rather than on the external forms which, without inner non-attachment, are meaningless.

#### Payments Abroad

Students who are unable to send money to U.S.A., because of Government restrictions, may nevertheless be able to remit to other countries. Payments for SRF dues, books, or other supplies may be made (in English or Dutch money) to the following SRF financial representatives:

- Mrs. Gertrude E. White  
33 Warrington Crescent  
London W. 9, England
- Mr. James E. Ampah  
Telephone Exchange  
G.P.O., Accra  
Gold Coast, West Africa
- Mrs. E. van Rees  
25 van Boetselaarlaan  
The Hague, Holland

#### Accra, West Africa

A member of the Accra SRF Center has written a letter to the Los Angeles headquarters, as follows:

June 5, 1950

"Two months ago I bought a portrait of the Mahavatar, Babaji. I hung the photo in my room, lit incense before it, and prayed that the deathless Himalayan Master Babaji would manifest himself in some way in order to give me more faith. I then sat down to meditate. Suddenly I felt a joyous thrilling sensation all over my body. Automatically and involuntarily I prostrated myself, putting my forehead on the floor and praying with great intensity.

"Financial embarrassment had

caused me to hesitate in buying the photo of Babaji. Wonderful to relate, on the day after the spiritual experience I have related, I received gifts from friends which covered my obligations, with a wide margin to spare.

"Days rolled by. On May 30th I bought a photo of the great master, Lahiri Mahasaya, disciple of Babaji. On June 3rd, with the intention of framing the picture, I took it from my drawer and stuck it on a calendar which hung in my hall. This calendar, of celluloid, had hung there for years. Just under it was an oil lamp.

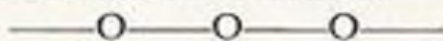
"That same evening I sat down in my room to read, but soon noticed smoke pouring out of the adjoining hall. The calendar was in flames. The part of the calendar on which I had stuck the Master's photo had already burned to ashes. Amidst the blaze of the fire, Lahiri Mahasaya's picture had rolled itself up but remained intact.

"After putting out the fire with water, I found there was not even a smudge on the Master's photo. Already, because of the smoke, relatives had gathered to see what was happening; all were amazed because the photo had not burned. I ran to a nearby SRF member, Mr. Lankai, and called him to come and be an eyewitness. We were both awestricken. The following day I took the photo and the remnants of the calendar to our SRF meeting place and showed them to the conducting teacher,

Mr. Ampah, and other members.

"From these incidents I can bear testimony that there are powerful spiritual forces behind the photos of the Masters. I will not hesitate to give permission if you wish to use my full name in connection with this testimony."

—Mr. N. O. Blessyn, D.630/3  
Crewe Ave., Korlewoko, Accra,  
Gold Coast, West Africa.



### SEND NO MESSENGER

"O woods and thickets, planted  
by the hand of the Beloved!  
O meadow of verdure, enamelled  
with flowers, say if He has  
passed by you!"

"Scattering a thousand graces, He  
passed through these groves in  
haste,

And looking upon them as He  
went, left them, by His glance  
alone, clothed with beauty."

"Ah, who will be able to heal  
me! Surrender thou thyself now  
completely.

From today do Thou send me now  
no other messenger, for they  
cannot tell me what I wish.

And all those that serve relate to  
me a thousand graces of Thee,  
And all wound me the more. And  
something that they are stam-  
mering leaves me dying."

—From *"The Complete Works of  
St. John of the Cross,"* translated  
by E. Allison Peers; published,  
1947, by Burns, Oates & Wash-  
bourne, Ltd., London.

## YOUR LETTERS SAY:



"I thank God for leading me to Self-Realization Fellowship teachings. A vast new world has been opened to me. I sense the great possibilities and benefits that can be gained from the study of these wonderful *Praecepta*."—L. D. S., Los Angeles, Calif.

"I have gained ten pounds weight and the gastritis and stomach trouble have ceased. The injured shoulder has healed. The broken knee is better and nervousness has quieted. From the bottom of my heart I am thankful that I took up the study."—J. A. W., Oakland, Calif.

"Thank you so much for your help. My life is adjusting nicely, and I am growing a great deal in Self-realization and ever-new joy. All my life I have been troubled with insomnia. Since studying the SRF lessons I have slept beautifully. I am grateful to God for the help and guidance received through the SRF."—O. M. S., Portland, Maine

"I am beginning to realize that in the *Praecepta* there are vast possibilities for the growth and extension of my Spirit. Your lessons truly are masterpieces of clarity, simplicity, and truth. The potent principle they set forth constitutes the fundamental force of the world's most dynamic, philosophical, psychological, and religious

power, yet for me it is their outstanding method of plain, direct application of the Law, by practice of their expertly formulated but simple techniques, which makes them so wonderfully effective. I am sure that anyone who will faithfully practice this simple mental training will reap a manifold harvest of well-being."—D. A. R., Ardonia, N. Y.

"All the lessons are so beautiful and interesting, and No. 12 explains some points which I have never been able to understand from any other source. I am feeling so much better, too, in every way, and it is such a joy to carry out the instructions each day and night. ....Thanks so much for the true bread you are sending out to hungry souls."—J. W. G., Talbottan, Ga.

"Have thoroughly enjoyed every word I have read, and even though I am just a beginner, your teachings have helped me tremendously. The first two weeks I was so engrossed that I wanted to swallow every word 'hook, line and sinker,' hoping for immediate attainment. I am now trying to absorb a little each day and seem to be getting along better that way. I joyously wait for each lesson, for I know I have finally found the way of truth."—W. L., Long Beach, Calif.

"In the September issue of *Self-Realization Magazine* Paramhansaji

urges the world to live in colonies on the model of our colony at Encinitas where 'all work for each and each for all.' I would like to assure you by my own experience how true this is. I want to thank each one of the disciples in particular, for the love, the enthusiasm, the kindness, and the help they gave to me and my son, and beyond all I would like to thank Guruji and God, who permits this to be. Yes, all of them work for each, and each for all. But I receive a thousand times more than I give."—Mrs. L.P., Encinitas, Cal.

"The lessons have brought me untold joy and pleasure, and above all—hope." —Dr. J.A.C., New York, N. Y.

"I find great joy in morning meditation, and often feel your assistance. In fact, the assistance you have given me from time to time (through prayer) has been wonderful beyond words."—E. H., Edmonton, Alta., Canada.

"I want you to know that since I have been studying Self-Realization my entire life is advancing rapidly. I cannot express the wonder of the miraculous way I have accomplished many undertakings."—Mrs. A. W. H., New Orleans, La.

"I will again tell you how deeply grateful I am for your continued prayers at the Headquarters. Sometimes they come like a breeze to me, a salutation from God.

"When reviewing the *Praecepta* I was aware how through them all

runs like a red string the exhortation to rise over all our weaknesses and limitations, culminating in the three powerful commands: 'Resurrect yourself from frailties!' 'Wake up, you sleeping image of God!' and above all, 'Be thou whole; take up thy bed and walk!' I felt that I had to do something about that, so I went to a remote place at the seaside. There I lived alone, didn't talk to anyone, and for hours and hours I prayed to God. The answer came as I told you in the last letter, and it brought many blessings to me. Everything has changed. The heart is so light and so quiet now. All nervousness is gone. I now do the meditation exercises without hindrance. They bring peace and still more peace, and I comprehend what you wrote in your letter: 'The loving Father is ever within you and all around you.' What bliss!" —B.E., Stockholm, Sweden.

"Through the use of the Horn of Plenty Bank I have overcome many material handicaps."—A.L., Montreal, Quebec, Canada.

"A very wonderful blessing came since your letter arrived — the healing of a body ailment." —F.S., Vancouver, Canada.

"Many thanks for your letters, the *Praecepta*, your advice and spiritual help. As I wrote the letter asking your spiritual help to get work here, my heart was full of sorrows. I knelt for prayer, whispering Babaji's sacred name, and I clearly felt my burden relieved. Next day I got the work.

Thank you once more." — *J.U. Bradford, England.*

"I don't know how to thank you for the blessings I have received and am receiving every day from God—anything I start manifests success. I feel so happy inside that other people envy me." — *V. J., Karlsruhe, Germany.*

"The weekly lessons are proving of intense interest and value to me, and as the teachings unfold I am beginning to perceive the substance of a new and finer way of life, which hitherto has eluded my anxious search through many volumes of philosophical writings. It has been a wonderful experience to find a message which does no violence either to one's intellectual integrity or to his emotional strivings—and in which, indeed, the demands of the head and the heart are profoundly reconciled. I truly believe that my membership in SRF is a unique privilege, and I pray that I may be worthy to follow the teachings to the end." — *P.G., Kent, England.*

"Swami Sri Yukteswar's *The Holy Science* is a truly valuable book. The knowledge it presents is timeless." — *A.R.S., Detroit, Mich.*

"Your magazine is one of the most inspiring that I have ever read. As a poet I have drawn richly from this seemingly inexhaustible storehouse of ideas. It has colored my work." — *J.S., Ambridge, Pa.*

"There is nothing so comforting or so important to me as my contact with SRF." — *A.B., Seine, France.*

## PARADISE

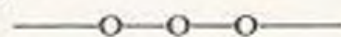
*By George Herbert*

I bless Thee, Lord, because I  
GROW  
Among Thy trees, which in a ROW  
To Thee both fruit and order  
OW(E).

What open force, or hidden  
CHARM  
Can blast my fruit, or bring me  
HARM,  
While the inclosure is Thine ARM:  
Inclose me still for fear I START;  
Be to me rather sharp and TART,  
Than let me want Thy hand and  
ART.

When Thou dost greater judg-  
ments SPARE,  
And with Thy knife but prune  
and PARE,  
Even fruitful trees more fruitful  
ARE:

Such sharpness shows the sweet-  
est FR(I)END,  
Such cuttings rather heal than  
REND,  
And such beginnings touch their  
END.



"My son, saith our Lord to his servant, suffer me to do with thee what I will, for I know what is best and most expedient for thee. Thou workest in many things after thy human reason, and as thy affection and thy worldly policy stirreth thee, and so thou mayst easily err and be deceived." — *The Imitation of Christ.*



## Comments on "Autobiography of a Yogi"

HAAGSCHE POST, largest newspaper in Holland: "In 1947 a work, *Autobiography of a Yogi*, appeared in America which gained a great deal of recognition within a short time . . . it has recently appeared in a Dutch edition. With amazement, not to say astonishment, the Western reader follows this vital book, in which telepathy and the experiences of cosmic consciousness are the order of the day. Through the entire book the author speaks with the greatest respect of the Christ figure and shows a very comprehensive knowledge of the Bible. . . . In the talks with Sri Yukteswar, also in the conversation with the Guru after his earthly death, lie fragments of a wisdom so deep that one feels spellbound, permanently moved."

"I know you will be receiving many letters from England after the publication of your uniquely inspiring volume, *Autobiography of a Yogi*. While still reading it, I cannot withhold my tribute for this wonderful blessing you have conferred on the world and upon myself in particular. A thousand thanks!" — S.C.M., Warwickshire, England.

"I have had the good fortune to obtain your *Autobiography*. Having read it with keen interest, I feel very much relieved and enlightened. I have been interested in Yoga for the past twenty years, but had not found the key which

would open the door to correct training. I send my heartfelt thanks to you and to all those who have worked with you for such a great contribution to the world."—C.E. D., Surrey, England.

"It has been a wonderful experience to read about your life and your initiation. I have the book here in front of me, and although I have read it twice, I frequently look up again various chapters which impressed me especially. For years I have been very interested in all this, and I have read various books on the subject, but none equal to yours."—U.R., Lausanne, Switzerland.

"My heart and soul are aching for the path of peace, love, wisdom, knowledge, and service, which have been so beautifully related in your *Autobiography of a Yogi*. Through it, although I have not yet completed reading it, I feel such a richness has come into my life! How wonderful it was when I awakened to the simple truth when I read: 'Never admit that you live by the power of food and not by the power of God; that money or men support you.'"—C.D., Vancouver, B.C.

"Reading your wonderful book has made me aware of the closeness and the subtle good influence of Lahiri Mahasaya, Sri Yukteswarji, and the immortal Babaji." — I.L., Sussex, England.

# "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"

NOW BEING TRANSLATED INTO TWELVE LANGUAGES

THIS IS the first time that an authentic Hindu yogi has written his life story for a Western audience. Describing in vivid detail his many years of spiritual training under a Christlike master—Sri Yukteswar of Serampore, Bengal—Yogananda has here revealed a fascinating and little-known phase of modern India. The subtle but definite laws by which yogis perform miracles and attain complete self-mastery are explained with a scientific clarity.

Colorful chapters tell of the author's visits with Mahatma Gandhi, the great Indian scientist J. C. Bose, Rabindranath Tagore, Luther Burbank, and the Catholic stigmatist, Therese Neumann of Bavaria.



THOMAS MANN, Nobel prizeman: "I am grateful to you for granting me some insight into this fascinating world."

GRANDY'S SYNDICATED BOOK REVIEWS: "Engrossing, inspiring. A 'literarity'!"

NEWSWEEK: "A fascinating and clearly annotated study."

TOMORROW, New York: "Refreshingly written...unique."

NEWS-SENTINEL, Fort Wayne: "Sheer revelation....autobiography at its very best....breath-taking....told with delightful wit and compelling sincerity."

2nd Edition. Cloth. 500 pp. 32 pp. of Unusual Photographs.

\$3.50 postpaid. (20 cents extra for all foreign postage.) Send orders to: Self-Realization Fellowship, 3880 San Rafael Ave., Los Angeles 65, California. The book may also be bought, or ordered, at any bookstore in America. Europeans may order the London edition (21 shillings) from Rider & Co., 47 Princes Gate; Indians may place an order for the London edition through any bookstore in India.

The book is available from the Los Angeles SRF headquarters in English, French, Dutch, and Swedish editions, \$3.50 each.

**SELF-REALIZATION FELLOWSHIP (SRF)**  
*Founded in 1920 by Paramahansa Yogananda in America*

**YOGODA SAT-SANGA SOCIETY (YSS)**  
*Founded in 1920 by Paramahansa Yogananda in India*

**DIRECTORY of CENTERS and CHURCHES**



**Los Angeles, California**

**SELF-REALIZATION FELLOWSHIP** of America (affiliated with **YOGODA SAT-SANGA SOCIETY** of India). Western World Headquarters: Mount Washington Estates, 3880 San Rafael Avenue, Los Angeles 65, California. Telephone: CA-pitol 0212. Cable address: Selfreal. The 60-room headquarters is the home of residential monks and sisters of the Self-Realization Order, and has additional accommodations for guests. The site covers 25 acres of city property. All SRF publications are produced here at the SRF printing plant.

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

Daily Meditation Service for residents held at 7:30 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 every Sunday at 11 a.m. conducted by Rev. C. Bernard. Children's Sunday School, 10 a.m. Meditation class for Kriya Yogis, Sundays at 8 p.m. Study Class for active and graduate SRF Praecepta Members only Wednesdays at 8 p.m.



**"India House"**

First "India House" of America. 4866 Sunset Blvd., Hollywood; phone NOrmandy 1-8006. "India House" has an auditorium seating 300 people, and a "Gandhi World Library," where books and periodicals (many from India) are available to readers.

SRF INDIA CAFE, at "India House." India curries and vegetarian American foods. Open from 12 noon until 8 p.m. daily except Mondays.

**Pacific Palisades, Calif.**

SRF Lake Shrine, 17190 Sunset Blvd., Rev. R. C. Stanley in charge; phone EXbrook 3-1894. Sunday services at 11 a.m. and 8 p.m. Bible and Bhagavad Gita Class Tuesdays 7:30 p.m. Praecepta class Thursdays 8 p.m. Open for visitors 3 to 6 p.m. daily except Mondays. Thousands have visited this floral wonderland of lake and gardens where ashes of Mahatma Gandhi are enshrined in Gandhi World Peace Memorial.

**Encinitas, Calif.**

SRF GOLDEN WORLD COLONY. Mail address: Encinitas, California; phone: 4341. The town of Encinitas, on Highway 101, is 100 miles south of Los Angeles, and 25 miles north of San Diego.

The SRF Colony site, on a bluff directly overlooking the Pacific Ocean, consists of approximately 30 acres of city property, including 1000

feet of ocean frontage, 700 feet of highway frontage with nightly illuminated gold-lotus towers. Buildings on the grounds include SRF Hermitage (Administration Bldg.), Men's Hermitage, Women's Hermitage.

SRF Inn (20 units) for SRF members and the public; phone Encinitas 9-9521 for reservations. SRF Encinitas Cafe, serving pure foods and fresh juices, is open to the public.

The SRF Colony grounds display beautiful flower beds and Oriental plants and trees, a fruit orchard, and a large swimming pool with mechanically pumped ocean water.

Colony activities include the all-round training of disciples; management of Paxton Conservatories (owned by SRF), where papayas and flowers are grown under glass; and an extensive agricultural project which provides fresh vegetables for both the Colony at Encinitas and the SRF headquarters in Los Angeles. Colony equipment includes food freezing plant of 20-ton storage capacity.

Meditation class at SRF Hermitage, Thursdays at 8 p.m., conducted by Dr. M. W. Lewis. Sunday services at 11 a.m., conducted at SRF Inn by Rev. Michael.

#### Private Desert Retreat in California

Six buildings; 22½ acres; separate retreats for monks and sisters of the Self-Realization Order.

Another site, 40 acres, donated for a SRF desert monastery; 1700-foot elevation. The site overlooks the town of Palm Springs, a few miles away.

#### San Diego, Calif.

San Diego Self-Realization Church of All Religions, 3072 First Avenue. Take First Ave. bus to Quince St. Phone: Woodcrest 0923. Services every Sunday at 11 a.m. conducted alternately by Dr. Lloyd Kennell and Dr. M. W. Lewis. 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 12:00 p.m.

#### Gardena, Calif.

Conducting Teacher, Mrs. Harriet Grove, 16407 Halldale Ave.

Center meetings held each Monday at 2 p.m. at home of Mrs. Blanche Keesey, Secretary, 1648 W. 168th St.

#### Long Beach, Calif.

Self-Realization Church of All Religions, 430 E. Ocean Blvd., Long Beach, Calif. Telephone: Long Beach 66-3377. Brahmachari W. Brown in charge. Services every Sunday at 11 a.m. Study and Meditation classes, Tuesdays, 7:30 p.m.

#### \*San Francisco, California

Conducting Teachers, Mr. and Mrs. Edward Silva, 3124 Pleitner Avenue, Oakland 2. For information please call Kamala Silva at ANdover 1-9199. Tuesday evening meetings at Palace Hotel, San Francisco.

#### \*Seattle, Washington

Conducting Teacher, Mrs. Mildred S. Hamilton, 7057 19th Ave. N.E., Phone VE-1612. Assistant Conducting Teacher, Ralph B. Hamilton. Secretary, Miss Glen Knapp. Praecepta classes, members only, Thursday evenings at 8 p.m. and Sundays at 12:30 p.m. Sunday services, open to public, 11 a.m.

#### Phoenix, Arizona

SRF Church, 1800 W. Monroe St. Minister: Rev. Herbert Freed; phone 31029. Mrs. Roy Freeman, "mother of the center." Miss M. Bryant, Secretary. Meditation and Devotional Service, every Tuesday at 8 p.m. Praecepta Class (informal) Fridays at 8 p.m.; Sunday Services, 11 a.m.; Yoga Class, Sundays at 7:30 p.m. Children's Sunday School, every Sunday at 11 a.m.; Mrs. E. Cole in charge.

(20 acres in this area have been donated for a SRF Colony.)

### *SRF Goat Dairy*

For information, please write Rosebud Goat Dairy, Route 1, Box 220C, 8102 E. Thomas Rd., Scottsdale, Arizona.

#### **Minneapolis and St. Paul, Minn.**

Conducting Teacher, Mrs. Gertrude Hirshfield. 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.

#### **St. Louis, Missouri**

SRF Representative, Mr. Adrian B. Endress. For information concerning SRF teachings, please write Mr. Endress at 814-A Pine St., St. Louis 1, Missouri.

#### **Detroit, Mich.**

Conducting Teacher, Yogacharya 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, Yogacharya J. Oliver Black. Secretary, Mrs. Elgie Kamm. Phone: 9-3137. Meetings every Monday at 8 p.m. in Y.W.C.A.

#### **Indianapolis, Indiana**

Conducting Teacher, Mrs. Ann G. Hoffman. Meetings are held at 4239 Graceland Ave., Indianapolis 1. For information, please write to Mrs. Hoffman at this address.

#### **Lock Haven, Pa.**

Conducting Teacher, Rev. Earle Kenneth Mayes. Mrs. Thelma O. Schwarz, Secretary. Mr. Clarence Britton, Treasurer. Meetings for members every Tuesday evening at 9:15

at 147 East Main St., Phone: Lock Haven 2133.

#### **Boston, Mass.**

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

Conducting Teacher, Adolph B. David, 88 Itasca St., Mattapan. Assistant Conducting Teacher, Mr. J. Bradford Lewis. Secretary, Miss Ellen MacTwiggan.

Meetings every Thursday at 8 p.m., 739 Boylston St. Room 433.

#### **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.

#### **Baltimore, Md.**

Conducting Teacher, Mr. John E. Jost, 408 E. Church St., Phone PProspect 2159-W. Secretary, Mr. William H. Eby, Jr., 704 Springfield Ave., Phone BELmont 2466. Meetings second and fourth Sundays each month, 4:00 p.m., at Hotel Arundel, Charles St. and Mt. Royal Ave.

#### **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.

---

#### **\*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 Clafuna, Box 4, Revelstoke.

#### **Vancouver, B.C., Canada**

Conducting Teachers, Mr. and Mrs. Clifford H. Davis. For information concerning time and place

of meetings, please telephone them at either BAYview 3320 or KERRISdale 5798-L.

**\*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.

**Br. Guiana, S. America**

Conducting teacher, Mrs. Henrietta Lutchman. For information concerning time and place of meetings please write Mrs. Lutchman at New Road Vreedenhoop, West Coast Demarara.

**Havana, Cuba**

Conducting teacher, Mr. Oscar Font. For information write to Mr. Font at Neptuno St. 1062, Havana.

**Mexico City, Mexico**

*(English-Speaking)*

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

*(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.

**Monterrey, N.L., Mexico**

Conducting Teacher, Mr. Juan B. Amaya, Calle Juan Mendez Num. 1104-Norte, Phone: 52-58. Assistant Conducting Teacher, Mr. Apolinar Nunez Leon. Meetings every Saturday, from 8 to 9:30 p.m. For further information please call Mr. Amaya.

**\*Merida, Yucatan, Mexico**

Conducting Teacher, Mr. Pedro Gonzales Milan, Apartado 113, Merida, Yucatan, Mexico. Meetings

held every Wednesday, 8 p.m., at Calle 30. Num. 502-P. Telephone: 27-56.

**\*Tampico, Tamps, Mexico**

Conducting Teacher, Dr. Alfredo Cuaron, Apartado Postal Num. 272, Tampico, Tamps, Mexico, who will answer inquiries regarding time of services. The meetings are held at Altamira 206 Oriente; phone, 25-81.

**Matamoros, Tamps., Mexico**

Conducting Teacher, Mr. Leopoldo Jimenez G., Apartado No. 317, Matamoros. Secretary, Mr. Nicolas L. Guerra. Treasurer, Mr. Ovidio Marroquin. Weekly meetings at Calle 10, No. 833, Matamoros. For information regarding time of meetings, please write Mr. Jimenez G.

**\*Tijuana, Baja California**

Conducting Teacher, Mrs. Maria R. de Meza, Avenida Rio Bravo, #880, Colonia Revolucion, Meditation Classes for adults, 2nd and 4th Sundays each month, 11 a.m. Meditation class for children, Sundays, 9 a.m. Praecepta class for adults, Wednesdays, 5 p.m. Praecepta class for children, Tuesday and Friday afternoons.

**London, England**

Self-Realization Church of All Religions. Conducting Teacher, Yogacharya B.C. Nandi. Secretary, Mrs. Gertrude E. White, 33 Warrington Crescent, London W.9. 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.

#### Alloa, Scotland

Mr. R. J. Calder, 4 Gartmorn Road, Sauchie, Alloa; representative in Scotland for SRF books and magazine.

#### The Hague, Holland

SRF Representative in Holland, Mrs. E. van Rees, 25 van Boetselaarlan, will furnish information concerning payment of membership dues and purchase of books.

#### Amsterdam, Holland

Representative, Mr. J. B. H. Mommens. Please write Mr. Mommens at 131 Weteringschans, Amsterdam C., for information regarding SRF teachings.

#### Bergen, Norway

Conducting Teacher, Mr. Andr Hoem. For information please write to Mr. Hoem at Ibsensgate 71, Bergen.

#### \*Strangnas, Sweden

Conducting Teacher, Dr. G. E. Aae. For information, write to Dr. Aae at Radmansgatan 1, Strangnas.

#### Thorshavn, Faeroes Islands

Conducting Teacher, Lt. Col. F. P. Goldney. For information please write Col. Goldney at Villa Dover, Thorshavn, Faeroes Islands, Europe.

#### \*Paris, France

Conducting Teacher, Mr. Constant Loupakoff-Desquier. Meetings held first and third Saturdays each month, 3 p.m., at 114 Rue de L'Abbe Groult, Paris 15e, France.

#### Grenoble, France

Conducting Teacher, Miss Genevieve Pfenninger. For information about meetings, write to Miss Pfenninger at Librairie Arthaud 23, Grande Rue, Grenoble, France.

#### Strasbourg, France

Conducting Teacher, Mr. Robert Noel. For information write Mr. Noel at Chambre Patronale, Quai

Jacques Sturm, Strasbourg, Bas-Rhin, France.

#### \*Bonn a/Rhein, Germany

Conducting Teacher, Dr. Hans Joahim Haase. For information regarding time and place of meeting, please write him at Meckenheimer Allee, No. 109, W. 4, English Zone, Germany.

#### Heilbronn, Germany

Formerly located at Karlsruhe. For further information write Conducting Teacher, Mr. Harry Dikman, Schwabenhof, Block 11-57, Heilbronn A. N., Germany, U. S. Zone.

#### \*Prague, Czechoslovakia

Conducting Teacher, Prof. Vladimir Novicky. For information about meetings, write Prof. Novicky at Praha, Sporilov 367, Prague, Czechoslovakia.

#### \*Turnov, Czechoslovakia

Conducting Teacher, Professor Karel Vlk, Turnov, Jicinska 288. Please write Prof. Vlk for further information concerning time and place of meetings.

#### \*Plzen, Czechoslovakia

Conducting Teacher, Mr. Ferdinand Baudys, Kyjevská 100, Plzen. For further information concerning time and place of meetings, please write Mr. Baudys.

---

#### 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). Weekly studies: every alternate Tuesday, 5:30 to 7 p.m., Praecepta study class; every alternate Friday, 6 to 7 p.m., exercises and meditation. These classes are held at No. F161/1 Lokko St., Christiansborg. Sunday services: 5:30 to 7 a.m., at Osu Progress

School, Amanfuom, Kaidabi House (near American Consulate House) Castle Road, Seaside, Christiansborg.

**\*Akim Oda, Gold Coast, W. Africa**

Mr. Okartei-Akko, Executive Conducting Teacher of SRF African Branches, in charge. For information regarding time and place of meetings, write him % The Postmaster, Posts & Telegraphs Dept., Akim Oda.

**Calabar, Nigeria, West Africa**

Conducting Teacher, Mr. G. O. Bassey. Meetings Tuesdays and Fridays at 6:30 p.m., Sundays at 10 a.m. and 6 p.m., at 12 E. Yamba St., Calabar (across from Duke Town Church—C.S.M.).

**\*British M. Togoland, W. Africa**

Conducting Teacher, Mr. Siegfried K. Etse; Secretary, Mr. Rudolf Oye. For information, write Mr. Etse at P.O. Box 21, Ve Deme, Via Golo-kuati.

**Koforidua, Gold Coast, W. Africa**

Conducting Teacher, Mr. Christopher R. Larnyoh, P. O. Box 35, Koforidua, Gold Coast, W. Africa. Study classes and Sunday 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 and study of Praecepta and other SRF literature.

**\*Takoradi, Gold Coast, W. 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. Write Mr. Laryea for information concerning meetings.

**\*Port Elizabeth, South Africa**

Conducting Teacher, Mr. G. K. Nulliah Naidoo, Hindu Primary School, 22 Upperhill Street. Meetings held every Thursday at 7 p.m.

**Pretoria, South Africa**

Conducting Teacher, Mr. Hyman Klein. For information regarding SRF teachings and meetings, please write to Mr. Klein at 209 Jacob Mare St., Pretoria.

---

**Manila, Philippine Islands**

Conducting Teacher, Judge Ricardo A. Cabaluna, 3 Halcon St., Quezon City. Assistant Conducting Teachers, Jesus Morfe and Hermengildo Tibayan, 294 Perlita St., San Andres Subdivision, Manila. Secretary-Treasurer, Jose G. Cabrera, Calandanan, Polo, Bulacan. Meetings 3:30 p.m. Saturdays at the home of Mr. H. Tibayan.

**\*Cotabato, Philippine Islands**

Conducting Teacher, Judge Ricardo A. Cabaluna. Assistant Conducting Teacher, Mr. Sixto Ramirez Gulapa. For information, write either officer at Kalamansig, Lebak, Cotabato.

---

**Dakshineswar, Bengal, India**

Yogoda Math (Self-Realization Fellowship Hermitage) on the Ganges River near Calcutta. Brahmachari Prokas Das in charge. 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; Brahmachari Prokas Das, Secretary.

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

SRF Instruction Department, for teachings by correspondence. Residential accommodations for Western members and friends. All publications to be printed on SRF-YSS press just installed.



### 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 (Sevashram). Col. A. K. Ghosh, Chief Medical Officer. Mr. Ramkishore Roy, Secretary.

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

### Lakshmanpur, Bihar

Yogoda Sat-Sanga Vidyapith, High School for boys, with residential hostel. Mr. G. C. Dey in charge.

### Calcutta, Bengal, India

Yogoda Sat-Sanga Center, 4, Gurpar Road, Calcutta (original homestead of Paramhansa Yogananda). Weekly class (Sat-Sanga Sava) with 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.

### Serampore, Bengal, India

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

### Gosaba, Bengal, India

Yogoda Sat-Sanga Ashram, Sonagoan 6. Meditation and study classes. Visiting minister Sree Prokas Brahmachari. Leader, Mr. Pasupati Baran will be pleased to furnish information regarding time and dates of meetings to all inquirers. Route to Sonagoan: From Sealdah station Calcutta by train to Canning Station. From Canning Station to Gosaba by motor launch.

### Uttarpara, India

"Yogashram", No. 39 Benerjee Para Lane, Uttarpara. Divine service,

group meditation and study classes every other Sunday at 4:00 p.m. Conducting teachers, Sree Prokas Brahmachari, Sri Purna Chandra Ghosh.

### Jhargram, India

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

Address: P.O. Sevayatan, via Jhargram, Dist. Midnapore, Bengal, India.

### Midnapore, India

Bhordaha Yogoda Sat-Sanga Society and Sri Yukteswar Sevashram. Regular meetings for study and meditation. Conducts free primary night school, charitable dispensary, and library.

Yogoda Sat-Sanga Ashram, Khurda. Dr. Bipin Behari Bhuia, in charge. P. O. Kasigiri, R. R. Sta. Pashkura.

Yogoda Sat-Sanga Ashram, Gobardhanpur. Sri Dhiraj Kumar Chakrabarty, in charge. P. O. Pulsita, R. R. Sta. Kolaghat.

Yogoda Sat-Sanga Ashram, Handol. Dr. Sarat Ch. Samanta, in charge. P. O. Bhemua, R. R. Sta. Haur.

Yogoda Sat-Sanga Ashram and the Yogoda Sat-Sanga High School, Eimalichak.

Yogoda Sat-Sanga Ashram, Sabong. Sri Benimadhab Sasmol, in charge. P. O. Sabong (Nakindi Khagreri).

Yogoda Sat-Sanga Ashram, Sabong. Sri Gosta Behari Das in charge. P. O. Sabong, Vill. Julkapur, R. R. Sta. Ballychak.

Yogoda Sat-Sanga Ashram, Dongabhang. Sri Abinash Ch. Prama-

nick, in charge. P. O. Polaspai.

Yogoda Sat-Sanga Ashram, Bhusulia. Sri Anukul Chandra Jana, in charge. P. O. Pingla. Vill. Bhusulia. R. R. Sta. Ballychak.

Yogoda Sat-Sanga Ashram, Pendroi. Sri Raicharan Puranratna, in charge. Gobardhanpur, Padina. R. R. Sta. Haur.

Yogoda Sat-Sanga Ashram, Ghatal.

#### Puri, Orissa, India

Self-Realization Fellowship (Yogoda Sat-Sanga) at the Yogoda Ashram, Puri. Br. Robin, acharya in charge. Project soon to be started in Puri, through the generosity and

devotion of American and Indian disciples: Assembly Hall Temple; also a shrine to honor the earthly resting place of Jnanavatar Sri Yukteswar, guru of Paramhansa Yogananda.

#### \*Madras, Mylapore, India

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

\*(Please write Conducting Teacher to confirm hour or place of meeting.)



International Headquarters, at Los Angeles, California, of Self-Realization Fellowship. Founded in 1925 by Paramhansa Yogananda.

### *Are You Listening?*

THE VOICE OF SELF-REALIZATION

Written for Radio by PARAMHANSA YOGANANDA

is presented over

KFOX, Long Beach, Calif. — 1280 Kc.

9 P. M. Every MONDAY

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

## BOOKS BY PARAMHANSA YOGANANDA

AUTOBIOGRAPHY OF A YOGI—In English, Dutch, Swedish, or French editions, \$3.50.

WHISPERS FROM ETERNITY—A spiritual classic; universal prayers. 5th edition. 279 pp. Cloth, \$2.50. Spanish Edition (*Susurros de la Eternidad*) \$1.50.

SCIENCE OF RELIGION—Essence of teachings of the Hindu Masters. Cloth \$1.50.

SONGS OF THE SOUL—Poems of divine love and God-Realization. New compact edition. Paper 75c.

PSYCHOLOGICAL CHART—A helpful analytical guide to temperament. 15c. Spanish Edition (*Cartilla Psicologica*) 15c.

THE COSMIC MOTHER—One Aspect of God. Illustrated by two Indian art prints. A booklet composed of the most inspiring excerpts from Paramhansa Yogananda's lectures on the Divine Mother and Her reflection—the human mother. Digest size, 25c. Spanish Edition (*La Madre Cosmica*) 25c.

METAPHYSICAL MEDITATIONS—Daily thoughts for Divine Peace and joy. 75c. Spanish Edition (*Metaphysical Meditations*) 75c.

COSMIC CHANTS—42 Devotional songs with music for piano. Plastic binding, \$1.00. Plain binding, 75c.

ATTRIBUTES OF SUCCESS—Tells of forces which must be utilized to mold a successful life. 25c. Spanish edition (*Las Condiciones del exito*) 25c.

SCIENTIFIC HEALING AFFIRMATIONS—Beautiful and practical affirmations for awakening the inner powers which free you from the consciousness of sickness in body, mind, and soul. Explains scientific reason for healing through power of thought, will, feeling, and prayer. 50c. Spanish edition (*Afirmaciones Cientificas Para Curacion*) 50c.

SELF-REALIZATION FELLOWSHIP

3880 San Rafael Avenue

Los Angeles 65, Calif.