

Self-Realization

FOUNDED IN 1925 BY PARAMAHANSA YOGANANDA

January-March 1967



Earth flies from shovel as Daya Mata, Self-Realization Fellowship president (*right*), and Mrinalini Mata, vice-president, break ground for three-story ashram for nuns at SRF headquarters in Los Angeles, December 9, 1966



PARAMAHANSA YOGANANDA, SANTA ROSA, CALIFORNIA, 1924

A Smile Millionaire

O Silent Laughter of Spirit! smile Thou through my soul. Let my soul smile through my heart, and my heart smile through my eyes.

Make me a smile millionaire, that I may freely scatter to poor hearts the riches of Thy smiles.

Enthroned Thyself in the castle of my countenance, O Prince of Smiles! No rebels of hypocrisy shall enter; Thou wilt be protected by my unassailable sincerity.

— *Paramahansa Yogananda*

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Paramahansa Yogananda, Founder. Daya Mata, President.

Second-class postage paid at Los Angeles, California.

Issued quarterly. Single copy, 25¢. Subscriptions: 1 year, \$1.00 (4 issues); 3 years, \$2.50 (12 issues). No extra charge for foreign postage.

Subscribers will please send notification of change of address one month in advance. (Post Office does not forward magazines to a new address unless subscriber arranges with P.O. for that service.)



FLOWERS NEAR THE SRF HERMITAGE, ENCINITAS

Blossoms of the ice plant — pink, yellow, purple, orange — brighten the palisade below center section of Self-Realization Fellowship Hermitage, Encinitas, California. In foreground is flowering cactus.

The Privilege of Being Human

BY PARAMAHANSA YOGANANDA

A talk given in Encinitas, California, on February 16, 1941

The flowers abloom outside* are so beautiful, but behind them is a garden still more lovely. Though it is very subtle and hard to discern in the beginning, if you can penetrate the inner door of the spiritual eye† you will discover it. I live in that garden — a region of exquisite qualities, of tender thoughts more sweet and fragrant than any flower. There the bee of my mind is continuously drinking the honey of God's presence.

As we interiorize our concentration and live more and more in that invisible land within us, we find that our soul qualities take special forms; each materialization is a window through which we perceive the Lord's indescribable sweetness. Don't think that the search for God consists only in meditation. Every good quality that you express in thought and action yields the hidden nectar of God's presence, if you go deep enough.

When we pass through the door of the spiritual eye, we see inside ourselves the factory of intelligent Life Energy that has created the whole universe. Because we don't concentrate within, we are mystified by the imprints of the invisible Spirit in Nature. We behold the productions of God; His name is written in the flower and in the sky, in everything — but He is silent. As human beings we are very much privileged, for among all God's creatures man alone has the physical, mental, and spiritual endowment necessary to seek Him and to find Him and know Him, and to understand His language of silence.

What is a Successful Life?

A child pictures success as having all kinds of playthings, and perhaps a toy car to ride in. A poor child thinks how happy he would be if only he had many toys. A wealthy child, on the other hand, may be bored with his playthings; he has a restlessness in his soul. In time

* The SRF Hermitage in Encinitas is surrounded by beautiful gardens.

† The "single eye" within the center of the forehead, whereby man beholds the inner astral and causal worlds behind the physical cosmos. "If therefore thine eye be single, thy whole body shall be full of light" (*Matthew 6:22*).

it may become very difficult to please the child of the rich, for he already has so many possessions. When we are older, we laugh at the desires of our childhood; and who knows but that whatever you are wishing for now, thinking it will bring the fulfillment of your life's dream, will one day have little significance for you? I found that to be so. I didn't want to become drunk with emotions, heedlessly bent on the follies I saw others pursuing, and I looked farther on. If we gaze a little ahead we can see for ourselves that most of the things we think we want are not going to make us really happy.

Success is necessary in order to possess the essentials of life: food, clothing, shelter, and health. If you don't have these to at least a certain degree, you are in a wretched position. You should be able to attain the minimum amount of comfort and happiness that you are seeking. Whether one is a spiritual or a material idealist, all persons can agree that there are a few basic physical needs that must be met so that man can preserve his bodily temple. Unless he maintains this temple, he cannot succeed in anything else.

Happiness is a Creation of our own Mind

But what is real success? If you attained everything that you wanted in this life, you would eventually become disillusioned anyway. By analyzing I saw for myself that the only pleasure I had in anything was that which my mind gave to it. If I withdrew my attention, enjoyment of any object vanished. Thus I saw that pleasure is internal, a concept of one's own mind. The beauty of your most valued possession, which you may be holding in front of your eyes, disappears when your thoughts are absent from it. Only when you put your mind on it do you perceive its loveliness. Therefore it is reasonable to say that within us, and not outside us, lies most of the happiness we are seeking.

We can magnify our happiness or minimize it. Suppose you have a little home and say, "I enjoy it more than a palace." Somebody else with a palace may not take as much pleasure in it as you find in your unpretentious cottage. The secret of success and happiness is inside you. If you have found success and prosperity outside, but not inside, you are not truly successful. A millionaire who is not happy is not successful. I don't mean that if you have a million dollars you cannot be a success. Whether you are rich or poor, if you get happiness out of life you are a real success.

Pleasure that lasts only for the moment and leaves you with regret afterward is not happiness. In true success, even though the first excitement of delight in some accomplishment fades away, the gratifying memory of fulfillment remains. All the good things that you have done in your life stay on in your memory as a joy forever. They are the real success that you have attained.

Real Success is to be Happy under all Circumstances

Success is not a simple matter; it cannot be determined merely by the amount of money and material possessions you have. The meaning of success goes far deeper. It can only be measured by the extent to which your inner peace and mental control enable you to be happy under all circumstances. That is real success. When you can look within and your conscience is clear, your reason unprejudiced, your will firm yet flexible, and your discrimination strong; and when you are able to obtain at will the things you need and the things you consider worthwhile, you are a success.

As a child you could be happy with little things, but now you tend to think you have to own several homes and cars, even though you can see that those who have them are not invariably happy. Plain living and high thinking make for contentment. Keeping your mind on the plane of ideas will give you more happiness than if you dwell on externals. Those who are preoccupied mostly with looking after their home, their possessions, their dress, are not necessarily civilized. You can dress up a dog, but that doesn't make it civilized. The difference between man and the dog is that man can voluntarily change his consciousness and his nature. He can penetrate deep within, into the region of the Spirit, where the dog cannot. Man's love is transcendental. When we die, the dog may grieve for us a little while, but human friends never forget us if they don't want to. As men we have tremendous advantages over other creatures.

Evolutionary Human Progress Lies in the Power of Thought

As a human being your greatest evolutionary progress lies in the power of thought. Persons who do not read or meditate, who live only externally, do not develop deeply. Meditation keeps you directly in tune with the Power that evokes all thought. To touch that Supreme Power is meditation.

It is more commendable to read a while than to occupy yourself day and night with housework or with noncreative activities. Set aside some time each day to improve your mind. As a human being you do injustice to yourself if you don't read; but if you meditate it is still better. I would love to read but I can scarcely finish two pages before I am called to attend to something else, so I have given up reading. I find it more profitable to meditate. As I go deep within, radiant lights appear and great joy comes, joy that remains with me all day long. Such is my experience. Such is the experience of all who commune with God.

In different ages and places, man has developed, by his thought processes, various ideas about life and the soul. For instance, when members of some African tribes have headaches, they think their soul is lost, and they appeal to the medicine man for healing. He goes out in the woods looking for the lost soul, which he brings back in a box. Then he "replaces" the "soul" in the patient's head, and the headache is supposed to go away. In another culture, when anyone is sick, fish-hooks are put into his flesh so that if he happens to sneeze, his soul will not escape but will be caught by the hooks.

As through the process of faulty thought some people have arrived at erroneous conclusions about the soul, so by true reasoning others came to a more profound understanding. We know that the soul is not a puff of breath, because there are persons who have lived long without breathing at all, in the suspended-animation state, showing that the soul cannot be bound by breath. The soul is something beyond breath or any other physical condition.

Man's Evolution Ordained by Cosmic Law

Whether or not you believe in yourself as a soul, you are bound by the cosmic law to develop, consciously or unconsciously, your deeper nature. Whatever your occupation in life, any time that you are planning something or otherwise using your intelligence creatively, your consciousness is evolving. You are evolving, also, through every action you perform.

It is much better to plan your life than to live in a haphazard way, but if you over-organize your time you should get away from that extreme also. Balance is necessary in every avenue of life. Instead of using your mind to plan only your everyday work and other passing

activities, it is better to employ it some of the time in reading constructive books.

However, many people who read constantly cannot tell you what they have read. Others inwardly digest and remember what they read. The best way to read a book is to introspect about it. See how it applies to your own life. You should not accept indiscriminately everything that you read; it should meet the tests of your mind. To be worthwhile, books should cause you to think. If they do that, you will find that you are developing.

Man should not be a psychological automaton, like the animal, which acts only through instinct. To be unthinking is a great sin against the Spirit that abides in you; we are meant to be conscious of what we do. We must reflect before we act. We should learn how to use our minds so that we can evolve and realize our oneness with the Creator. Everything we do should be the result of thought.

Do Not Misuse the Power of Thought on Trivialities

It is unwholesome to use the power of thought to obtain things that are not important. Aim for high goals. Learn to remove the weeds that have grown in the garden of the mind. Make your mental garden so beautiful that God will come there. If you want to have such a mental garden, blooming in the soil of wisdom, you must make your life simple. By doing everything consciously you can analyze your activities; then choose what is important and cut out the nonessentials. Learn to discriminate; devote some time each day to improving your mind. When you read Emerson or Milton or Plato or the great saints it may seem very hard at first, but after a while you will find yourself thinking about what they have written. You will feel you have gained something, because all those sages received their wisdom from the infinite treasure house of God — ideas that otherwise you might never think of in a lifetime.

Books can be your dear friends, and if you have choice ones you will feel yourself much benefited by them. Never let your time slip away idly; have at hand some worthwhile reading material, and read during free moments. It is good to have a variety. Read a bit of science and a bit of literature — anything that will expand and inspire your mind.

But don't waste your time on useless activities. Live simply, study rewarding books, and cultivate the habit of daily meditation. If you

meditate you will find much more happiness than you have ever known. All knowledge will be given to you from within.

Receive Knowledge Directly from Spirit

My life has been that way. I have not read twenty books since I came to America twenty years ago. I am not proud of the fact; I would have become wholly ignorant if I hadn't had, through meditation, the consciousness of Spirit. When I look at a book I see that whatever truth it contains has already been given to me from God. All thought and truth come from Spirit; if you commune with Him you receive wisdom directly from Him.

It is wonderful to read books rather than to waste time on unproductive activities, but better than reading books is meditation and anchoring your mind in God. Along with this you should have daily physical exercise. God wants you to be a balanced individual. If you allow your life to become unbalanced you will be punished by the cosmic law.



Bedroom of Paramahansa Yogananda in Self-Realization Fellowship Hermitage, Encinitas, California. The room is maintained as a shrine.

As soon as you are through with your duties, withdraw your mind from them and employ it in creative pursuits. The trouble with most people is that when they are performing an action they are thinking about something else. They don't know how to concentrate on what they are doing when they are doing it. You should learn to think of one thing at a time with all the power of your mind. Your whole attention should be there. Don't drag along. Doing things in a lackadaisical way leads to failure and misery.

Cultivate the Consciousness of Spirit

Don't put your mind all the time on little, useless things. Learn how to cultivate the consciousness of Spirit. That is why you were born a human being. You were created under the evolutionary law that you might exercise your divine powers to find God. The animal can't find Him. Lahiri Mahasaya was working on the science of helping animals to evolve more quickly; but he didn't live to finish it. I, also, know some of the ways to quicken the evolution of the lower forms of life. But what of the millions of human beings who are living like animals? When they leave this world they haven't fulfilled the purpose of their existence. Why not fulfill it now? You can if you concentrate. The only meaning of life is to find the Power who is hiding from us and who has kept us apart from Himself. We must find Him.

Why was temptation given us? That we might look for the One who is more tempting than any worldly temptation. That is the answer. Why do earthly lures surround you? Not to ensnare you, but to cause you to seek beyond them; to make you ask, "Who created all these things? Who made me? Who am I? Where are You, Lord? Why are You hiding? Talk to me." When you directly ask these questions of God, He answers. Most people don't call deeply enough to Him, and so they never find Him. You must speak clearly to Him in the language of your soul: "Lord, I want no longer to see only the beauty You have created. I want to behold Your Face, which is more beautiful than the flowers, more entrancing than all other faces. I want to see Who is behind all Nature." Even if a person covers himself with a veil you can see that someone is there. So is Nature like a great veil that is bulging with God's presence. He is hiding there, but you just take a look and then forget about it. As I sit breathless, silent, watchful, I become aware of a blissful trembling stir within me, and He says, "I am here."

This intelligence He has given us is the gateway of Heaven. It is the outer door to His kingdom, but you don't use it. Why don't you use it now, today? Don't wait to leave the earth like a dog, kicked out by death. It is a crime against your soul. That intelligence of yours was given to you to discover why you are placed here — to find Him.

There are various techniques for discovering the Spirit. Silence is one of them. Practicing silence means to silence all desires that try to percolate into your consciousness from outside, so you can go deeper within to feel your soul.

Another step or technique is devotion, or speaking to God purely and simply: "You have created me. I didn't want to be created. It is Your responsibility to reveal Yourself to me." Talking to Him a little while and then forgetting will never bring Him. God is "hard to get" because not everyone "means business" with Him. The technique of devotional prayer is usually ineffectual because most prayers are not deep enough. You have to repeat and repeat until you go really deep, into the superconsciousness. Prayer in which your very soul is burning with desire for God is the only effectual prayer. You have prayed like that at some time, no doubt; perhaps when you wanted something very badly, or urgently needed money — then you burned up the ether with your desire. That is how you must feel for God. Talk to Him day and night; you will see that He will respond.

Yoga is the Greatest Technique for Finding God

But the Yoga method is better. It consists of various techniques. The great sages of India reasoned that there must be a logical, scientific approach to God, just as there is to all the laws He created for operating the universe. The science of Yoga will take hold in this country more than anything else. The entire religious trend will be away from churches as we know them and into schools and quiet places where people will go to really find God in meditation, and not just to hear a sermon.

All of you here should practice divine communion. That is what Jesus did when he was with his disciples; he was communing with them. My greatest aim is not to talk to you about sugar but to make you taste sugar.

What is the use of talking about God unless you know and taste Him? You must realize God through yourself, as I have realized Him.

It is not a statement of pride. I am here to testify to you about Him. Day and night I think about my Lord. I am not wasting my time. Everything I do I am doing for Him, so that I don't know the passage of time or feel fatigue from daily activities. That is my meditation. I feel His presence when I work. I often give this illustration: Some worldly men remain drunk for years by now and then hiding and taking a little drink till they again feel good; then they go back to their work. So is the divine man; he hides from people and meditates upon the Lord. Feeling the Divine Presence, he says, "Lord, You are so wonderful, so marvelous! I love You." Then he goes back to his duties. He has drunk deep of the divine, intoxicating wine.

And he goes on talking all the time to God, no matter what he is doing. I don't see myself separated from Him for a second. That is what I wanted. I remember that once in a while He used to go away, and then I wanted to kill myself; I didn't find happiness in anything. Thus does one suffer when separated from God. But a time comes when the devotee beholds the Lord dancing everywhere, and feels the immortal water of His spirit and His bliss ever bubbling in his soul. That is what you will feel if you meditate. Pray with such intensity that He will come to you.

The Yoga techniques are more scientific than prayer and that is why they lead more swiftly to divine communion. In my youth, when I used prayer only it often took a long time to get results. After I had learned *Kriya Yoga* and practiced it, with deep devotion, I achieved results in a few minutes. Krishna said that Yoga is greater than the path of devotion, the path of prayer, the path of karma, or the path of discrimination.* It is a faster way. An airplane will take you from Los Angeles to New York in a matter of hours; by bullock cart the journey would last several months. If you practice Yoga, you will find it to be the airplane of spiritual progress.

After you have perfected yourself in the Yoga path, which embraces bodily discipline, mental discipline, and spiritual discipline, the obstacles to spiritual success are overcome and you can commune freely with God. That is why it is the highest path. And that is what I am trying to acquaint people with. Yoga is not a myth, a figment of someone's imagination. It is a true science. From far-away India I recently received a letter from a boy of seventeen, saying: "The *Kriya Yoga* technique is so wonderful. I am with God."

* *Bhagavad-Gita VI:46.*

Why shouldn't you take from India the greatest methods for finding God that have ever been given to mankind? I went to the masters in India for training, and they taught me more about Christ than anyone else. I saw Christ in their company. They talked with him. Did St. Francis lie to us? He saw Christ every night. Lord Jesus lives! I have seen him. When you are behind a screen you see everyone else outside, but they can't see you. So the saints and angels can see you, but you can't see them unless you practice Yoga.

Your Prayer must be Intense to Reach God

Last summer I went to a monastery and met a priest there. He was a wonderful soul. I asked him how long he had been on the spiritual path as a monk. He said, "About twenty-five years." I said, "Do you see Christ?" He answered, "I don't deserve it. Maybe after death he will visit me." I replied, "No, you can see him from tonight if you make up your mind." Tears were in his eyes, and he remained quiet.

You must pray so intensely. If you sit night after night practicing meditation and crying to God, the darkness will be burned up and you will see the Light behind this light, the Life behind all life, the Father behind all fathers, the Mother behind all mothers, the Friend behind all friends, the Element behind all elements, the Power behind all power. That is where I live, and where I want you to come.

Practice of Yoga Awakens Soul Longing

You have gone away from Him like the prodigal son, and it is only by returning within that you will make this vale of tears a haven of heaven. There is no other way. If everyone in this world were a millionaire there would still be troubles and sorrows, for you cannot buy unshakable happiness. That comes only by following a technique of Yoga, and by devotion, by going within. Practicing Yoga is half the battle. Even if you don't feel enthusiastic in the beginning, if you go on practicing you will come to feel that tremendous longing for God which is necessary if you are to find Him.

Why don't you make the effort? From whence are all the beautiful things in creation emerging? Whence comes the intelligence of great souls, but from the storehouse of the Infinite Spirit? And if these wonders that you see about you are not enough to induce you to seek Him, why should He reveal Himself to you? He has given you the

capacity for love that you may yearn for Him alone. Don't misuse your love and reason. And don't misuse your concentration and intelligence on false goals.

This World is only Pictures of Light

Night is the time for meditation; never go to bed until you have communion. I never do. Last night as I sat on my bed His presence engulfed me. The whole room and everything in it was blinding Light. Even when I slept I remained locked in the arms of the Divine. Never have I felt such joy.

This world is all a motion picture of His mind. There is no death, no disease, no wickedness. When you see that Light transforming itself into this terrible picture of life and death, then you laugh. And when He withdraws those light-and-shadow pictures again, you see it is only His Light that has created everything. We must fully shake ourselves out of this dream delusion to find that we are rays of that immortal Light. This realization comes with the practice of the highest Yoga technique of concentration. It cannot be conveyed in lectures.

God is our Only True Goal

Every now and then I receive a letter from students in London. During these terrible air raids they have not missed one SRF service.* That is the real spirit of England and that is the spirit that will save England. Politicians can never save the world; it is only understanding God that will save the world. He is our true goal in this life. Otherwise there is no justification for going on.

Those who love God worship Him in all religions. Criticize no one's faith. There should be a spirit of love and respect for all. Wherever you see a temple or church you should inwardly bow down to the Spirit there. It is not for everyone to be a teacher, but you can always draw the attention of others to spiritual things. Don't waste your time, spending hours listening to the radio and reading useless novels. Be entertained by the music coming from your own soul. Just by a gentle attuning touch of my love I hear His program here in my heart.

No one can bring you salvation unless you earn it — not through belief, not through following dogma, but by your own knowledge and

* Paramahansa Yogananda gave this lecture in 1941. *Editor.*

experience. You should ask yourself these questions every day: If there is a God, why don't I see Him? If there are saints, where are they? The answers will be given you; you can commune with God and His saints if you practice the science of *Kriya Yoga*. My sole desire is to give you the Truth, that you may experience what I experience.

The purpose of this life is to find your Self. Know your Self. Feel the throb of that ocean of God in your heart. If you were floating in the ocean, rocked on the bosom of its mighty vastness, and then you swam ashore and still felt the whole ocean dragging behind you as you walked onto the beach — that is the way I feel God. He never leaves any of His children for a moment. He will reply to all your questions, and then there will be no more fears.

Find that Power, feel the ocean of His love behind your consciousness, and you will achieve the greatest success that man can attain.

WILL THAT DAY DAWN FOR ME?

Translated by Paramahansa Yogananda

From a Song by Ramprasad

Will that day dawn for me, O Divine Mother, when my utterance of Thy Name will bring a flood of tears to inundate the banks of my ignorance and end the drought in my heart? Then in the lake of my gathered tears will grow the luminous lotus of wisdom, forever dispelling my darkness.

O All-Pervading Cosmic Mother, come to me in a tangible form! Thy face of infinite kindness alone can banish my grief.



"When Will the Lotus of Wisdom Bloom?"

Lotus blooming in pool at Self-Realization Fellowship
headquarters in Los Angeles, California

Secrets of Yoga

From Detroit's Mr. Black and India's Yogananda

BY EILEEN WOOD JASNOWSKI

This article appeared on July 10, 1966, in "Detroit," weekly magazine published by "Detroit Free Press," Michigan

There is a new kind of man in the sphere of the . . . mystics in loincloths. He is J. Oliver Black, a great American yogi. He conducts *Raja Yoga* (meditation) services at the Detroit Institute of Arts every Sunday. The dapper Black seems as far removed from the sparsely clad Indian as can be imagined. He looks more like a prosperous Midwestern executive, mainly because he is one.

Black made his fortune in the automobile industry during the early twenties. He had left his Rockford, Illinois, carriage works in 1917. Soon he was bustling about such auto plants as Maxwell-Chalmers, Saxon, Studebaker, Hupmobile. The story as he tells it is vivid and vibrant. But one is inclined to disbelief; the star of such a drama would have to be in his mid-seventies.

"Of course I am," he admitted. "My wife and I celebrated our fiftieth wedding anniversary last April. I've never felt better in my life."

The reason? A chance encounter with Yogananda, the great Hindu Master.

"Yogananda set me straight. When I first met him 35 years ago I was afraid to get half a mile away from a drug store. I was a regular hypochondriac. I took aspirins for headaches, and laxative pills, and probably would have taken tranquilizers if they'd had them. In those days the automobile business was a fast track, and without realizing it I was digging my own grave. Many of us hit pay dirt; but they're all gone now, except for maybe two or three."

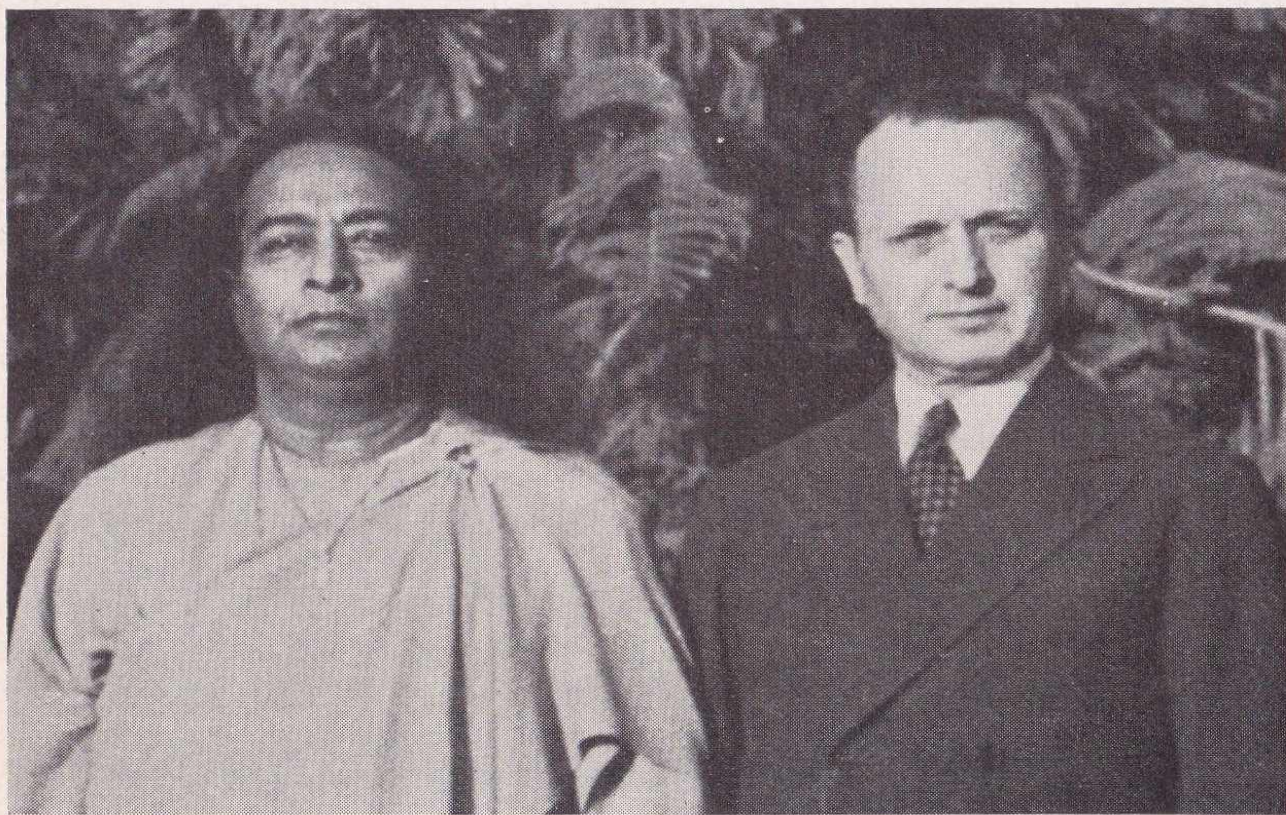
J. Oliver Black looks like anything but the "last leaf on the tree." It is difficult to believe that this man of vitality is in his seventies. He looks, acts, stands, and walks like a man who has just celebrated his fiftieth birthday.

"I was a victim of inner pressures, too, like all my colleagues. Besides running a successful company, Peninsular Metal Products, I

studied and taught a small philosophy class. We were trying to find an answer to man's existence. Everybody is, after his fashion. I was close to 40 when I met Yogananda at a private party. I instantly recognized him for the spiritual giant he was. Like many Americans, I had been searching for the truth, because I knew it was there. Yogananda taught me where to find it. You might say he handed me a blueprint, and I've been following it ever since."

What was so important about your meeting with Yogananda?

"He changed the whole direction of my life. Haphazardly, I had studied the yoga physical exercises — *Hatha Yoga*. I had listened to all the wise men from the East who came through Detroit, for whenever they lectured I was in the audience. They all said the same thing: 'Go within; learn to meditate.' But they never told me how. I'm an American and I was impatient for results. I wanted them right away. Yogananda taught me that important things aren't achieved overnight. His contribution to the West — Self-Realization — means exactly what it says. Realize yourself. *You* have to do the work: no preacher or priest or pundit can do it for you. Yogananda told me that you could



Paramahansa Yogananda and J. Oliver Black, Los Angeles, 1946

try to describe sugar to a man, you could show him pictures of sugar, but he'd still never know what it was until he tasted it. It's the same with yoga."

The automobile giants made their fortunes — and then seldom lived to enjoy them. Wives and daughters of businessmen today are terribly worried over the tension that threatens the lives and health of their loved ones. Could Black give the American businessman his formula for beating tension?

He snorted at that question. "Shortcuts, again. Everybody wants a shortcut. There aren't any. Of course I'll tell you what to do. A yogi wants everybody to take advantage of the same benefits he's had. Yoga isn't a religion, you know. It's a science, and this is the scientific age. The law of cause and effect applies here, just as clearly as when you mix yellow and blue you'll get green. It's a fact. Now when you begin to stretch the nerve endings and your muscles, and you flex the spine, ankle, knee, and hip joints, you're just naturally going to improve your health and feel better. Immediately.

By stretching the nerves you lessen tension. Yoga is for everybody, not just a few rare individuals. It helps adolescents with posture, complexion, and growing problems; it definitely helps them overcome teen-age inferiority complexes. Older people get all the benefits of calisthenics without any of the drawbacks. We can all do these exercises if we're taught properly. Yoga is noncompetitive, but challenging; the individual can play against par, you see, almost like a golf game, if you want to look at it that way."

What do you do — exactly?

"First of all," he said, warming up to his subject, "get rid of your pride. Don't be too proud to join a class and learn how to exercise properly. You can't really learn yoga out of books, although they make fascinating reading. Take a class first, and then read. You need the discipline of a class and repeated instructions to do these exercises slowly and correctly. Or take private lessons if you can't work into a class routine. After one series, you can go ahead on your own, but many students repeat because they find the classes so much fun. Men and women in their sixties become so flexible they have better posture and health than their children!

"If you learn how to breathe correctly, and nothing else, it's worth it. Doctors are pointing out what yogis knew 5000 years ago. Proper breathing prevents heart attacks, one of the main causes of early death

of American men. What other diseases hit the executives? Ulcers and strokes. Proper breathing and yoga exercises help you avoid these diseases. Back troubles that plague many men and women are caused mainly by their terrible postures. The spine is meant to be erect — and yoga teaches you how to work at this. Then you'll find a good percentage of your back troubles disappearing.

"Yoga will take weight off you, redistribute it, and build you up. It will improve your memory and sharpen your brainpower. You'll stop having colds every winter. Your hair will grow faster than it used to. Our teachers work on limbering your spine, ankles, knees. Mind and body work together; through concentration you'll learn balance control. The American businessman has an enormous amount of concentration and vigor. Usually it's misdirected, but he has it."

Do you do these exercises now? At your age, are they necessary for you?

"Absolutely. I stand on my head every day, and always do a combination of at least six and seven exercises daily. I meditate, in lotus posture, and I find the shoulder stand as invigorating as a cocktail — without the stick.

"You'll notice that many entertainers and movie stars practice yoga. That's because they need to combat tensions and anxieties; and of course women like to preserve their beauty. Greta Garbo, Mitzi Gaynor, Dolores Del Rio, Cary Grant, Yehudi Menuhin, Premier Ben-Gurion — all kinds of people in the headlines practice yoga every day. You'd be surprised to know some of the Detroit celebrities who benefit from yoga, too. By reversing the pull of gravity in some of the 'topsy-turvy' exercises, you not only rejuvenate your body but improve your mental faculties."

Besides doing a few simple yoga exercises every day, what else do you recommend to fight the tensions of our age?

"I have two other suggestions," he said. "These hints are so simple, our smart Americans won't follow them. After exercise, the second tip is — watch your diet. Quit digging your grave by eating mashed potatoes, thick gravies, overcooked vegetables, and refined-flour pastries. Fresh fruits and raw or barely cooked vegetables are your best friends. You can eat whatever you want, actually, if you do it in moderation. Americans have to discipline themselves in all departments, but especially in diet. We eat the wrong things, and starve ourselves on what our bodies cry out for. My tip here is to go to any health-food store

and talk to the clerks. They can give you helpful hints.”

How about smoking and drinking?

“Some of the men I see,” he said, “wouldn’t give up their alcohol or tobacco for anything. They’d rather die, and so they do. I wouldn’t mind so much if they actually enjoyed these habits, but they don’t. Nothing done moderately will harm you, but so many Americans have a silly kind of status-craziness. They must do this or that to be ‘in.’ And so they spend all their lives doing things they don’t want to do, so people won’t think they’re different or crazy.”

What’s your third tip?

“This is the one that most of us truly want to learn, but we don’t know how or where to go,” he said. “We all knew this once, but we’ve forgotten. We want to learn to meditate, to be alone without being bored or afraid. The poet W. H. Auden called our time ‘the age of anxiety.’ It’ll remain that until we learn to find the inner peace that we were once, originally, steeped in. ‘Study to be quiet,’ says St. Paul. ‘Be still, and know that I am God,’ says the Bible. And yogis throw you a challenge that will keep you busy the rest of your life: ‘Learn to still your restless mind.’ ”

Obviously it has worked for him, and for a good many of his varied congregations, some of whom drive in regularly from Chicago and Cleveland and Lansing. Every Sunday there are visitors from places as far off as New York City, Nova Scotia, and Toronto.

“I retired in 1951,” said Black. “Then I stayed on the board of directors of my company for a while until Yogananda told me to give it up, too. He said my true work was to teach, not preach. I didn’t think I was competent to do that, but he just looked at me with his dark, compelling eyes, and said, ‘That’s what *you* think, Oliver.’ So I did what he said, and I’ve never been happier. I knew that I had been fortunate to meet one of the few saints and sages of our century. He never did anything for monetary gain, just for man’s spiritual progress.

“I have never had anything afford me greater joy than my work in yoga. You can’t love life unless you give. Everybody’s joy is my joy — and that’s the most delicious drink you can imagine. But very few have tasted it. Most men haven’t learned how to forego selfish habits in this lifetime. Yogananda used to say, ‘If you’re stingy with God, He’ll be stingy with you.’ ”

A SPIRITUAL INTERPRETATION OF THE BHAGAVAD-GITA

(India's greatest scripture, a part of the "Mahabharata" epic)

By PARAMAHANSA YOGANANDA

Chapter XVII, Stanza 20

The good or sattwic gift is one made for the sake of righteousness, without expectation of anything in return, and is bestowed in proper time and place on a deserving person.

A gift (*dana*) that is presented to a worthy person without thought of receiving for it any kind of compensation is sattwic or virtuous in nature. The man who gives "with no strings attached" to a deserving person is pure-hearted. Paradoxically, such a gift brings the donor the greatest spiritual benefit, precisely because he does not seek it.

The habit of giving gradually breaks down the walls of separation between God and man, and leads the devotee to offer the Lord the ultimate gift: the surrender of his soul. When a devotee makes a gift of his soul to God through love, without expectation of any return of divine favor, he has passed life's highest test.

The Lord has everything except the love of his prodigal child, man. If the Heavenly Father may be said to "need" anything, it is the love of His runaway children, roaming in delusion. He wants them back, for their own happiness and for His happiness, too. He feels responsible for them; who but Him created *maya* and its labyrinths of misery? What rejoicing He feels when He receives the unconditional love of His children!

Material, Mental, and Spiritual Gifts

There are three kinds of gifts: material, mental, and spiritual. On the physical plane, to give food and money to a poor man is good; to give him a job is better. To help him become qualified to obtain work is better still. Continued material aid to a man makes him enslaved and dependent, so it is laudable to encourage him to remedy his ills by self-help.

On the mental plane, to aid in enlightening an ignorant person is good; to offer more education to an intelligent man is better, for he can be more helpful to others.

The Boon of Spiritual Help

On the spiritual plane, to give elevating instruction to a willing man, whose life has hitherto been sunk in materialism, is good. To impart divine wisdom to an ardent seeker is better. To aid an advanced devotee so that by his own enthusiasm and knowledge he can win emancipation is better still. To bestow God-consciousness on a worthy disciple by the transmission of ecstasy (*samadhi*) is the best of all. Only illumined gurus can transfer their divine realization to those of their disciples who are ready for the sublime experience.

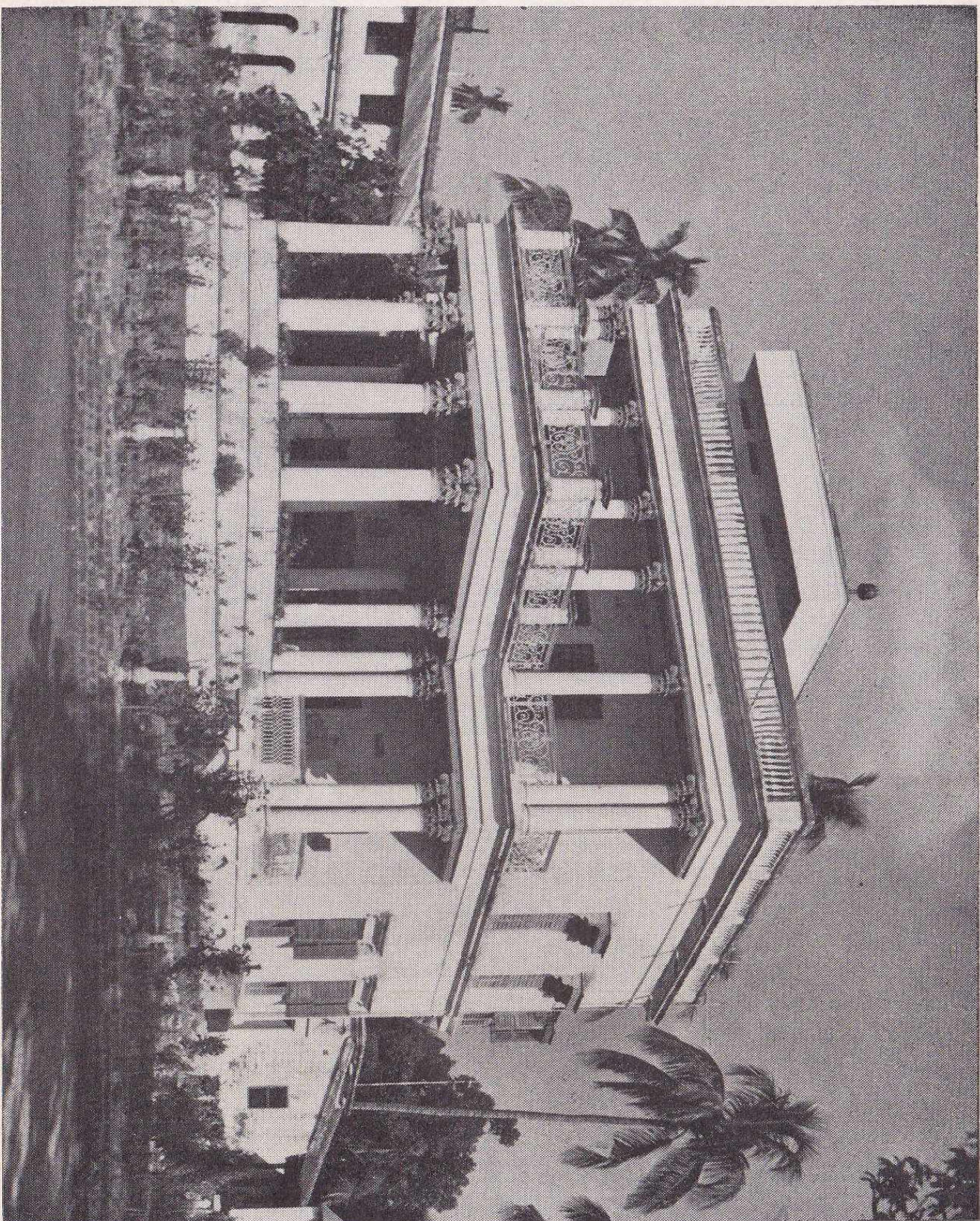
Every prophet quantitatively helps society, the masses around him, who respond with a little ardor and some slight inner development. But qualitatively he concentrates on raising a small group to supreme spiritual stature, as did Jesus, Lahiri Mahasaya, and others.

As one moon sheds on the world a greater light than the countless stars, so a Christlike disciple who receives the gift of God-communion through self-effort and through his guru's transmission of ecstasy inspires and redeems thousands by his transcendent spirituality.

The act of giving transmits physical or material power, mental power, or spiritual power from a qualified person to another man who needs that aid. In order to bestow money, wisdom, or divine consciousness on others, one must first have acquired those possessions himself. They should then be used to help his fellowman.

A Guru is the Best of Givers

Through sympathy and deep vision, a true guru sees the Lord suffering in the physically, mentally, and spiritually poor, and that is why he feels it his joyous duty to assist them. He tries to feed the hungry God in the destitute, to stir the sleeping God in the ignorant, to love the unconscious God in the enemy, and to wake the half-asleep God in the yearning devotee. And by a gentle touch of love, he instantaneously arouses the almost fully awake God in the advanced seeker. A guru is, among all men, the best of givers. Like the Lord Himself, his generosity knows no boundaries.



Yogoda Ashram on the Ganges River at Dakshineswar, India, established in 1937 by Paramahansa Yogananda

BOOK REVIEWS

IN THE COMPANY OF SAINTS, by K. Ramachandra. Paper, 184 pp., 1965, \$1.50 postpaid. Order from publisher: Atma-Jyothi Nilayam, Nawalapitiya, Ceylon.

The editor of this inspiring little volume of stories and personal observations of Mr. Ramachandra says in his introduction: "To roam about in the garden of the world's best spiritual treasures has been Mr. Ramachandra's diligent study for a lifetime, to eliminate their contradictions and to emphasize their similarities his unfailing creed, and to digest and disseminate them his one and only aim in life. In the words of the late American author, Christian Bovee, 'A great thought is a great boon, for which God is to be thanked first, then he who is the first to utter it, and then, in a lesser but still considerable degree, the man who is the first to quote it to us.'"

The book is one of two commemorative volumes (the other is in Tamil) published by friends of Mr. Ramachandra in celebration of his 70th birthday. Mr. Ramachandra is founder and managing editor of *Religious Digest* (an inspirational monthly published in Jayanthipura, Talangama, Ceylon), from which the material in *In the Company of Saints* was selected.

The volume contains a story about the famous Trailanga Swami, as recounted in *Autobiography of a Yogi*. Also included is an account of the miraculous nondecay of the body of Paramahansa Yogananda after his *mahasamadhi*. In one of the concluding essays Mr. Ramachandra says:

"In one of my earlier Diary Entries I have referred with righteous indignation to an Encyclopedia published in England in 1958 which did not consider it right to include the names of such great personalities as Sir Edwin Arnold, Dr. Annie Besant, Dr. S. Radhakrishnan, and others, while finding ample space for warmongers. . . . Spiritual giants like Vivekananda and Yogananda, who spent their noble lives as spiritual ambassadors of India to U.S.A., find no mention at all."

Some extracts from *In the Company of Saints* follow:

While Prophet Mohammed was bathing in a stream, he observed a scorpion carried away by the current. He took pity on the struggling creature

and rescued it. Instantly it stung the hand that had picked it up. The scorpion was again carried away by the current. The Prophet repeated his act of compassion and was stung again.

As Mohammed was attempting to save it for the third time, a passerby who had been watching the incident observed: "O Prophet, the scorpion is wicked. It does not want to give up its wickedness. It has returned evil for good twice. Why do you want to save it? Why not allow it to die?"

With great composure the Prophet replied:

"Brother, the scorpion does not want to give up its wickedness; that is its nature. So why should I give up my goodness?"

* * *

Sheikh Nuruddin is popularly known as Nanda Rishi, and his memory is ever green in the minds of Kashmirians, Muslims and Hindus alike. His tomb at Chrar is a place of pilgrimage for both communities. The following incident reveals the greatness of the saint and the unusual manner in which he practiced and preached brotherhood and equality.

He was once invited to a banquet by a rich man. When he presented himself at the banqueting hall dressed in a tattered robe, he was not admitted. He returned home, put on a costly garment, and went to the house of the host for the second time. He was cordially admitted and served with food. The host and the guests were surprised, however, to find that he was not eating anything. He sat quietly, placing his shirt sleeves and the lower ends of his overcoat on the food. When the people pressed him to explain his strange behavior, he replied that the food had been served to his clothes, not to him. The host regretted his folly, and the questioners learned an unforgettable lesson.

* * *

Egypt, which was once the spiritual teacher of Greece and Rome, became a province of the Khalif of Baghdad during the Muslim era. It was during this period that the great Master of Wisdom, Junnuna Misri, appeared and spread love and peace in the land. Declared a heretic by ignorant mullahs, Misri was brought before the Khalif, who sentenced him to forty days' imprisonment.

On the date of his release, a large crowd of disciples gathered at the jail gate to receive the Master. Seeing him worn out and exhausted, they uttered cries of sorrow. The Khalif, who had observed the touching scene from his mansion, walked up to Misri and offered him a seat.

The following conversation took place between them:

Khalif: Junnuna, you are now free. But see that you teach nothing subversive of the state or the social order.

Junnuna: I teach as I have been taught.

Khalif: What have you been taught?

Junnuna: This, O ruler of men! That if a society would have life it must live by the law of Love, and that if a state would be strong it must be ruled by the guardians of the moral law, and they must live a simple, frugal life as lived by the early Khalifs. They revealed Allah, the Eternal, in daily life; their aspiration was not long prayers but communion with the Divine in silence. They were the friends and guardians of the people. They were the sons of Light.

The Khalif was moved to tears as he listened to these words of wisdom from the lips of Misri, and fell at his feet, saying: "Master, forgive me. Accept me as thy disciple." The great Master agreed, and stayed for some time in the Khalif's palace before Misri returned to Egypt.

His parting message was: "If thou hast met God, He is enough—the one true Friend in life; if thou hast not met Him, meet those who are His friends; and thou wilt be happy."

* * *

Among the intellectuals of the U.S.A. who came under the influence of Swami Vivekananda during the latter's stay in America, Robert Ingersoll, the famous agnostic, occupies an important place.

One day in the course of a class talk Ingersoll remarked: "I believe in making the most out of this world, in squeezing the orange dry, because this world is all we are sure of." Spontaneously came the following illuminating rejoinder from the lips of Vivekananda:

"I know a better way to squeeze the orange of this world than you do; and I get more out of it. I know I cannot die, so I am not in a hurry. I know that there is no fear, so I enjoy the squeezing. I have no duty, no bondage of wife and children and property; so I can love all men and women. Everyone is God to me. Think of the joy of loving man as God! Squeeze your orange this way and get ten thousandfold more out of it. Get every single drop."

* * *

The great prophet and sage of Russia, Tolstoy, wrote nearly a hundred volumes before he passed away in 1910. Today the books about him and his teachings run into thousands. A famous book about him is by the Russian revolutionary Gorky.

One day Tolstoy asked Gorky why he did not believe in God. "I have no faith," was the prompt reply of the revolutionary. Tolstoy corrected him by saying: "By nature you are a believer and you cannot get on without God. Your disbelief comes from obstinacy, because you have been hurt: the world is not what you would like it to be.

“Faith, like love, requires courage and daring. One has to say to oneself, ‘I believe,’ and everything comes right. A nonbeliever cannot love. Such men are living barren lives; that is not good. But you were born a believer, and it is no use thwarting yourself.”

* * *

Shah Abdul Latif is the first and foremost of the *Pancharatnas* (five jewels) of Sindhi literature. His works belong to the first half of the 18th century.

Latif used to go to a grove for quiet meditation, with rosary in hand for counting the beads. There was a well in the grove to which the village girls used to come with their pitchers for fetching water. One day when Latif was busy with his usual religious practice, the girls started talking. One of them said to another, “O sister, tell me how many times you have met your sweetheart.” The latter replied: “A dozen times.” There was another girl who put the same question to some other girl, to which the reply was: “Sister, does one keep account of meetings with one’s sweetheart?” All of them went away home, giggling and in a merry mood.

Latif, who had heard all their talk, started soliloquizing: “Even that woman has kept no account of worldly love-meetings, whereas I am keeping account of my repetitions of the Name of God by telling the beads of my rosary.” The incident had such a tremendous effect on him that he gave up the use of the rosary from that day.

* * *

Speaking before the Preparatory Congress for a World Convention in Denver, Colorado, in September 1963, Mr. Ramachandra delineated the need for a spiritual approach to world problems, as follows:

A peaceful world can only be built by peaceful hearts. The sooner power-politicians of the world realize the truth that power and peace are diametrically opposed and that no man who has not found peace within himself can ever hope to establish peace outside, the better for the world. The man whose heart is filled with love for all is alone capable of making a correct approach to the perplexing problems of the day.

We had one such man in Mahatma Gandhi, whose disciple, Acharya Vinobha, is now carrying on his work of peace. We must remember here that the advent of Mohandas Karamchand Gandhi, with his policy of *ahimsa*, or nonviolence in politics in the Atomic Age, was not a coincident, incident, or accident, but a definite turning point in the history of mankind, according to certain spiritual laws governing this universe. “No power on earth can stand,” wrote this noble world-server and way-shower for humanity, “before

the march of a peaceful, determined, and God-loving people. Nonviolence is more powerful than all the armaments of the world. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man."

We are today earnestly engaged in such an important question as a "World Constitutional Convention." This is a stupendous task requiring all the mental, moral, and spiritual strength we possess. Above all these, it also needs the awareness that a mysterious Intelligence is guiding and helping us in the work. We are not alone in our efforts. There is God as a Living Presence, and without a sense of that Living Presence there can never be the unity we are hoping for.

Here I am reminded of a wonderful experience of one of America's great sons, Rear Admiral Richard E. Byrd, in connection with one of his Antarctic expeditions. This famous aviator and explorer had on one occasion to spend seventy days alone in the wilderness of ice. There was no one to talk to and all of a sudden he got the feeling that he was passing away. Taking a piece of paper, he wrote down his impressions as follows:

"The universe is not dead. Therefore, there is an Intelligence there, and it is all-pervading. At least the purpose, the possible major purpose of that Intelligence, is the achievement of universal harmony.

"Striving in the right direction for peace (harmony), therefore, as well as the achievement of it, is the result of accord with that Intelligence. It is desirable to effect that accord.

"The human race, then, is not alone in the universe. Though I am cut off from human beings, I am not alone. For untold ages man has felt an awareness of that Intelligence. Belief in IT is the one point where all religions agree. It has been called by many names. Many call it God."

BRAILLE COPIES

"Autobiography of a Yogi" and "Whispers from Eternity"



Paramahansa Yogananda's *Autobiography of a Yogi* is available for home reading by blind persons in the U.S.A. from the Braille Institute of America, Inc., 741 North Vermont Avenue, Los Angeles, California 90029.

A Braille copy of Paramahansa Yogananda's *Whispers from Eternity* is available from the New York Public Library, 20 West 53rd Street, New York, N.Y. 10019.

Blind persons who wish to borrow one or both of these Braille books should make their request to the institutions listed above.



Soul Whispers

By PARAMAHANSA YOGANANDA

O Christ, let the ugliness of unkindness in others impel me to make myself beautiful with loving-kindness.



Teach us, O Spirit, to regard virtue not with dread but with love. May we realize that obedience to the rules of Thine ethical code will crown us with the laurel of Thy grace.



Cast unceasingly the seeds of Thy blessings into the prayer-plowed soil of my heart. May they grow into plants bearing precious fruits of Self-realization.



O Lord of Compassion, teach me to shed tears of love for all beings. May I behold them as my very own—different expressions of my Self.



O Thou King of Infinitude, may I mount on the wings of right living to the rarefied regions of clear perceptions of Thee. Above all storms of trials I shall climb to the heights of Thy heavenly eyrie. Oh, make me Thine eagle of soul progress!

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Order from Self-Realization Fellowship

News of SRF Centers

Brother Mokshananda Returns from World Tour

Brother Mokshananda, minister in charge of the Center Department at Self-Realization Fellowship headquarters in Los Angeles, returned in January from a world tour in which he held meetings during October, November, and December with SRF members in Auckland in New Zealand; Sydney, Melbourne, and Perth in Australia; Athens, Milan, Paris, and London in Europe; Honolulu in Hawaii, and New York City. In most of these cities Brother Mokshananda conducted informal meditation and discussion meetings or *satsangas*, classes in Self-Realization Fellowship teachings, and *Kriya Yoga* initiations.

Mrinalini Mata, vice-president of SRF, traveled to Auckland and Sydney to hold *satsangas* and *Kriya* initiations in October and November with SRF students.

Following are extracts from some letters recently received by SRF:

"I would like to let you know how much it meant to us to have Mrinalini Mata and Brother Mokshananda with us. The lectures and



Brother Mokshananda of SRF headquarters (*second from left*) with SRF members Mr. Per Lynne, Mrs. Marian R. Lewis, and Mr. Walter J. Dawson at airport in Perth, Australia, November 12, 1966. The SRF minister had just arrived for a series of meetings with SRF members and friends.



MILAN

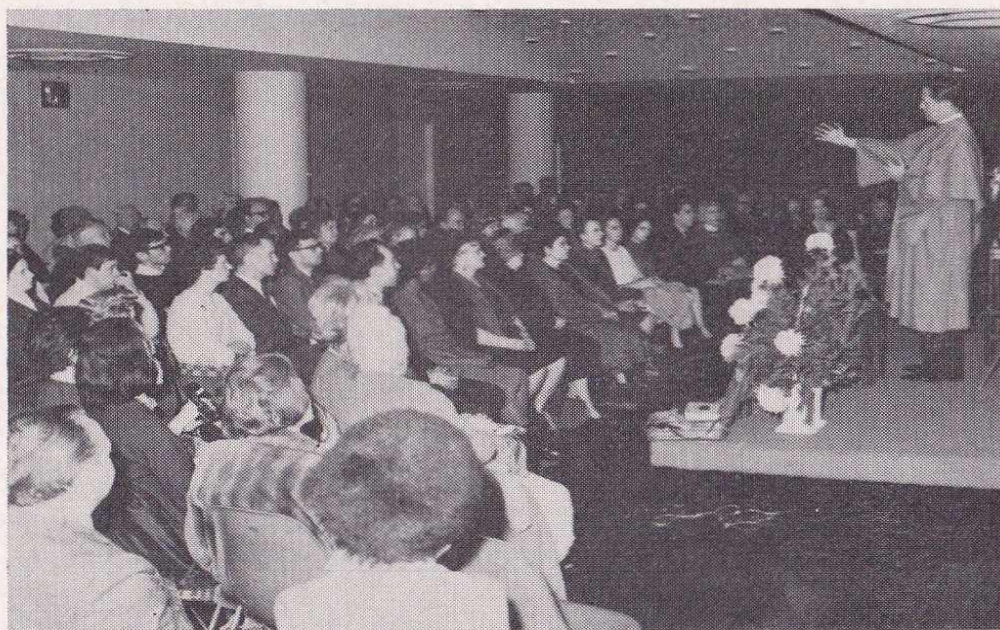
Brother Mokshananda (*far right*) with SRF members in Milan on December 11, 1966, during an informal *satsanga*. He conducted a similar meeting in Athens (*center*) on December 2nd, and in Paris (*bottom*) on December 14th. Bro. Mokshananda also gave classes and *Kriya Yoga* initiation in these cities.



ATHENS



PARIS



NEW YORK

Self-Realization Fellowship members and friends at lecture given by Brother Mokshananda on December 21, 1966, Carnegie International Center, New York City

Kriya initiation gave wonderful vibrations and tremendous uplift spiritually. I am ever grateful to have felt the loving spiritual strength pouring through the gentle Mrinalini Mata when her hands touched mine, and when she anointed me on the forehead, at which time there appeared to me a glorious inner sun surrounded by millions of light rays. The Master Yoganandaji was with me in Spirit as I sat afterwards and meditated. Peace and bliss wrapped me in ecstasy."—*H.B., Sydney, N.S.W., Australia.*

"What wealth came to us from the Los Angeles Ashram, during the visit of Mrinalini Mata and Brother Mokshananda, and how generously and lovingly it was given! It has left a living force with me; barriers have been lifted and limitations dissolved, and our Guru brought so much closer. Dependent as we still are on the senses, seeing Master on film has left an indelible impression on my mind. We have seen the expressions of his face and recognized his greatness. We have felt his nearness through *Kriya* initiation. Daya Mata's recorded address told us of the wholehearted fervor of her approach to the Divine and brought a yearning for the spiritual life of the Los Angeles Ashram. Renunciation is in the heart, however, and this is where we must find it. I would like to have the experience of the visit all over again because

I found that this was how I was happiest and most contented, this was how I wanted to be—in the company of Master's disciples and learning from their example.”—*E.L., Melbourne, Australia.*

“How grateful I am for the *Kriya* initiation on November 5th in Sydney. It was a beautiful and enlightening ceremony. Being initiated in *Kriya* has given me courage to renew efforts for self-improvement.”—*R.L., Kirribilli, N.S.W., Australia.*

“In spite of all the obstacles facing me at that time, it was really amazing the way they cleared and I was able, much to my joy, to attend the *Kriya* initiation ceremony in Sydney on November 5th. I feel very strongly that Master helped me to overcome the obstacles. I found the ceremony beautiful, inspiring, most moving. It was a truly blessed occasion; the memory of it is always with me.”—*L.B., Launceston, Australia.*

“Thanks to our Guru, and to all of you, for permitting me to attend the *Kriya Yoga* initiation in Milan. My feelings were deep and my joy was immense! Bless Heaven, and our Guru, for all the little material things I have not had in life, because now I know with certainty the treasure that awaits me on the spiritual path. Many persons have not yet even had this desire for the utmost of all desires. The unhappiness in the people of our dear city of Florence [because of the floods] cannot alter my great interior serenity, especially after being initiated in *Kriya Yoga*.”—*E.C., Florence, Italy.*

SRF Representatives Visit South American Groups

Yogacharya J. M. Cuaron of Mexico City and Brahmachari Francis of SRF headquarters are visiting Spanish- and Portuguese-speaking SRF groups in South America and the West Indies during March and April this year. Their itinerary for March includes Bogota and Cali, Colombia; Quito, Ecuador; Lima, Peru; Santiago, Chile; and Cordoba, Argentina. The April meetings are scheduled in Cordoba and Buenos Aires, Argentina; Asuncion, Paraguay; Montevideo, Uruguay; Sao Paulo and Rio de Janeiro, Brazil; Caracas, Venezuela; San Juan, Puerto Rico; and Santo Domingo, Dominican Republic.

SRF Lectures in San Francisco, California

Brother Anandamoy, minister in residence at the SRF Colony in Encinitas, California, will give two free lectures in San Francisco, California, on March 31st and April 2nd, and thereafter five evening

classes in SRF teachings, concluding the series with a *Kriya Yoga* Initiation and a *Kriya* Review Class for eligible SRF members. All meetings will be held in the Italian Room of the St. Francis Hotel, Union Square, except the *Kriya* Review Class, which will be held in the Borgia Room. All meetings except the *Kriya* Initiation and *Kriya* Review will be held at 8 o'clock in the evening. Following is the San Francisco schedule of Brother Anandamoy:

Fri.,	Mar. 31	Lecture: "Yoga in the Space Age"
Sun.,	Apr. 2	Lecture: "Scientific Approach to God"
Mon.,	Apr. 3	Class: "Recharging the Body with Energy"
Wed.,	Apr. 5	Class: "The Science of Concentration"
Fri.,	Apr. 7	Class: "The Need for Bhakti Yoga"
Wed.,	Apr. 12	Class: "The Technique of Meditation"
Fri.,	Apr. 14	Class: "Guru — Guide to the Infinite"
Sat.,	Apr. 15	<i>Kriya Yoga</i> Initiation Ceremony, 6 p.m.
Sun.,	Apr. 16	<i>Kriya Yoga</i> Review Class, 2 p.m.

SRF Classes for Eastern U.S.A. and Canada

Later this year Brother Anandamoy will conduct a similar SRF series in each of the following cities:

Los Angeles, California	July 11 – 20
Boston, Massachusetts	September 6 – 16
Toronto, Canada	Sept. 29 – Oct. 8
New York, N.Y.	Oct. 20 – Nov. 5
Washington, D.C.	November 10 – 19

Detailed announcements will be sent to students and inquirers in these areas well in advance of the program.

SRF Representative to Speak in Europe

This summer, between June 21st and September 2nd, Brahma-
charini Erika of SRF headquarters will hold informal meetings with SRF members and friends in the following European cities: Cologne, Frankfurt, Hanover, Berlin, Hamburg, Zurich, Stuttgart, Nuremberg, Munich, Vienna, and The Hague. Full information is being mailed to all SRF members in these areas in early April.

Books by Paramahansa Yogananda

Autobiography of a Yogi. 8th edition, 514 pages, \$4.00.

Whispers From Eternity. Heartfelt prayers that convey to man an infinite hope. 1959 edition. Cloth, 266 pages, \$2.50. (*Spanish edition, 1962; cloth, \$2.50.*)

Cosmic Chants. Devotional songs, arranged for piano. 1963 edition, plastic binding; 106 pp. 9 pp. Indian art prints, \$2.50.

The Master Said. A collection of Yogananda's sayings and wise counsel to his disciples. Cloth, 116 pages, \$2.50. (*Spanish edition, paper, \$1.50. Icelandic edition, cloth, \$2.50.*)

Metaphysical Meditations. Daily thoughts for divine peace. 115 pages, paper, 60¢; cloth, \$1.25. (*Spanish edition, paper, 60¢; German edition, heavy paper, \$1.75.*)

Scientific Healing Affirmations. For awakening the inner powers that free man from the consciousness of sickness. Paper, 76 pp., 75¢. (*Spanish edition, paper, 50¢.*)

How You Can Talk With God. The way by which man can commune with his Heavenly Father. Paper, 25¢.

The Law of Success. Explains how divine forces are utilized to mold a successful life. Paper, 25¢. (*Spanish edition, 25¢.*)

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Letters from SRF Students

"Yogananda's *Whispers from Eternity* is indescribable in its beauty."—*I.F., East Lansing, Michigan.*

"I enjoy and thrive on the teachings of our beloved Guru Yoganandaji. The last thing at night I read his *Whispers from Eternity*. I find that every line gives me peace and happiness. The inspired words are close to my heart; they seem to convey my inner feelings and to express my heart's yearning."—*R.G., Harrow, England.*

"I must tell you of the wonderful experience of receiving the book *Whispers from Eternity*. Even as I opened the package I sensed that there was something very precious inside. I found myself touching this book with tenderness and love. As I gazed at the Master's beautiful shining face on the cover, the realization came like a bolt, '*He lives!*' I felt his presence all around me. I felt his love enveloping me. I felt his encouragement. I wept for joy.

"I read the book, off and on, all day. That night I took it with me into meditation. It was as though I held the Master's heart in my hands. My own heart seemed to overflow. When I came out of meditation at twenty past midnight, my face was wet with tears. The peace and joy I felt, that wonderful bliss, is inexpressible. My beloved Yogananda has truly kept his promise: 'I shall be a gentle ghostly messenger of joy. I shall visit the dark mounds in human minds—the graves of bright aspirations. There I shall light hope candles fashioned in my nook of silence.' I thank God for his life, and the wonderful work he left for us in Self-Realization Fellowship."—*C.H., Albuquerque, N.M.*

"Because of a lack of faith (though I've desired greatly to believe) I inwardly doubted the statements of religious experiences by some of the SRF students that appeared in SRF magazines. But now I've got one of my own to relate, happily.

"For many years God had been seemingly ice-ages and light-years away from me. He was real to me as a child, but somewhere in the process of growing up I lost Him. Then one day while reading the ethereally beautiful *Whispers from Eternity*, which had come in the mail that morning, a change came over my spiritual life. As I read and drank in the sweet, strong, ambrosial nectar of those transcendental words, God was coming closer and closer, stealing up on me. Each succeeding poem was His soft, quiet footstep. My thirsty soul became

intoxicated with the heavenly wine Yoganandaji had distilled and was giving to me invisibly.

“Guruji knew well what he was doing. Various circumstances of my life had made me lose sight of God, and in SRF I was seeking to regain Him. SRF was to me like a life-saver to a drowning girl. Then, that unforgettable night I read *Whispers from Eternity*, page after page. When at last I arrived at the final poem, ‘Hello, playmate! I am here!’ it was as if God had actually popped out of some hiding-place and, with a tap on my shoulder, had spoken those words. It seemed, oh, so real! God had been away from me for so long and then suddenly there He was—right beside me! It was as if dear Yoganandaji had secretly arranged a surprise reunion between me and God. He who had long been so far away was now so close.”—*J.P., Washington, D.C.*

“I have a copy of Yogananda’s *Metaphysical Meditations* and I read it every day. Through this small yet marvelous book I have met the great Master of Yoga himself, and I have glimpsed God’s glory and omnipotence.”—*E.F., Highland, Indiana.*

“Shortly after I began studying the SRF Lessons I was completely healed of the smoking habit. It is as though it had never been, and I am daily grateful and thankful for this.

“I hope that Paramahansa Yogananda is eternally aware of the great joy he has brought to so many and especially to me. The beauty of his writing is almost more than one can bear at times. The chants are like something long forgotten—not at all strange. This teaching of SRF is the most wonderful and beautiful thing in my experience.”—*M.P., San Diego, California.*

“We received the back numbers of the magazines, and what a feast they contain! They answer so many questions I would have liked to ask had I been in America. I cannot be bothered reading anything else but Paramahansa Yogananda’s writings; they are not like anyone else’s writing. I don’t think he left out anything in the world in his teachings.”—*M.S., North Avoca Beach, N.S.W., Australia.*

“I was infinitely moved and fascinated by *Autobiography of a Yogi*. I applied for the SRF Lessons and found them absorbing. This teaching was what I had been unconsciously searching for all my life. From the very first, I received help from the Lessons. An enormous change has taken place in my life. I have had many spiritual experiences since studying the Lessons. In the beginning, the experiences

were almost continuous. I have received several healings in minor illnesses; and in two major illnesses Master has given me inestimable physical help — help that made it possible for me to come through the unbearable.”—*G.H., Los Angeles, California.*

“Since starting the Self-Realization Fellowship Lessons I can actually feel the changes taking place within myself. I have never before been so keenly aware of the gladness or joy in studying, and in the anticipation of more to come. To all the SRF Gurus who are guiding me on the path of realization, I offer my love and heartfelt thanks.” —*H.M., Medicine Hat, Alberta, Canada.*

Appreciation of Anandamoy's Classes in Dallas

“What a wonderful blessing it was to have Brother Anandamoy with us to give SRF Classes in Dallas! I was glad to see the SRF Recharging Exercises demonstrated; there were a few instructions I had misinterpreted, and the right way is easier. It was a profound and happy experience to be initiated in *Kriya Yoga*, and I am practicing it regularly.”—*F.L., Dallas, Texas.*

“My husband and I are deeply grateful for the opportunity of having Brother Anandamoy here to give a series of SRF lectures, and for the privilege of receiving the *Kriya* initiation; it was a momentous experience. I was gratified to see such a large number of people attending not only the lectures but the SRF Classes that followed. Thanks for letting Dallas be one of the points for the spread of your teachings.” —*M.B., Dallas, Texas.*

“I consider *Kriya* the greatest blessing that has ever come into my life; the benefits to be derived from it cannot even be imagined. Thank you for all your blessings and considerations. It was a great privilege to be in the presence of someone who has advanced on the spiritual path. Truly words cannot express the tremendous work that was accomplished during the SRF services in Dallas.”—*M.P., Austin, Texas.*

“When I received the notice that there would be SRF lectures and classes in Dallas, I felt that a new door would open soon. I enjoyed every minute of those few days, and all the persons I met. From the lectures I learned answers to many questions I had had as I studied the Lessons. I saw living examples of these teachings. I learned what tremendous power is felt in group meditation. The *Kriya* initiation was truly a most sacred and blessed occasion.”—*E.F., Dallas, Texas.*

Prayers for Divine Healing

Renunciants of the monastic Self-Realization Order send healing vibrations by prayer each day to SRF students and all others who request help in healing and liberating themselves from the threefold suffering of man: physical disease, mental inharmonies, and spiritual ignorance.

Any person who wishes to be included in the daily healing prayers may write, telephone, or telegraph SRF headquarters, Los Angeles.

Through the blessings of God and the Gurus of Self-Realization Fellowship, thousands have received spiritual aid in solving and dissolving their problems.

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India specialized during all ages in the science of the soul. This highest of all sciences is taught in the Self-Realization Fellowship Lessons, weekly studies based on the writings and lectures of Paramahansa Yogananda.

The SRF Lessons explain universal truths underlying all religions, showing particularly the link between original Christianity and original Yoga; and guide the sincere student to physical, mental, and spiritual well-being.

Members who fulfill certain preliminary requirements are initiated in *Kriya Yoga*, the holy science of God-realization.

Descriptive 24-page booklet, *Highway to the Infinite*, will be mailed without obligation to any inquirer.

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Comments on "Autobiography of a Yogi"

"I felt close to God when I read Paramahansa Yogananda's *Autobiography*."—T.S., Oakland, California.

"Having just read Yoganandaji's *Autobiography*, I am at a loss for words. More than once tears filled my eyes, as I saw with deeper insight into man and God. Our young people, as well as grown-ups, need to learn the power of Love." —W.S., Ferguson, Missouri.

"I have just completed reading *Autobiography of a Yogi* and have become deeply interested in *Kriya Yoga*. I obtained the book through a perhaps 'fateful' mistake by my husband—he went to the library to get a book on yoga exercises, and, since it was out, brought home Yogananda's *Autobiography* instead. I have hardly been able to put the book down."—P.B., Muncie, Indiana.

"I am half-way through Yogananda's *Autobiography* and find it such a great inspiration that I would like to have three more copies, to give to friends."—R.B., Lafayette Hill, Pennsylvania.

"I had become totally dissatisfied with my religious background, to the point of rejecting completely the validity of the Christian faith. Having never been content with this rejection, however, I felt there must be a hidden basic truth to be found in Christ's teachings. *Autobiography of a Yogi* convinced me that my intuition was correct and that I must search within for this basic truth."—M.H., San Francisco, California.

"It is either the fourth or fifth time that I have read *Autobiography of a Yogi*, and each time it is new to me and more enjoyable. I have improved both mentally and physically, and want to thank you for the prayers in my behalf. I can receive more help and peace by reading one paragraph written by Paramahansa Yogananda than by listening an hour to a sermon by anyone else."—E.P., Terre Haute, Indiana.

"Since my early teens I have been interested in philosophy, read many books, and discussed ideas with friends; however, nothing ever seemed to offer satisfactory answers to my many questions until I read *Autobiography of a Yogi*.

"For me the discovery of the book had significance. I had taken a long list of shopping items to town one day, but not one of the listed

items was available. So I said to myself that at least I would take a book home. (Material affairs were being pushed into their proper place?) The book I found in the library was the *Autobiography*. After reading the first few pages I read the whole book aloud to my husband. It made a deep impression on us both. We reread it, and were thrilled to realize that this great master had written weekly Lessons which are available for ordinary seeking souls like ourselves.

“Through association with SRF I feel I have found a reason for living. Before I read the *Autobiography* life often seemed a meaningless charade. Through the SRF Lessons I begin to understand a little of what is meant by ‘the love of God.’ I am much happier. Each Lesson gives practical help. I try to realize that every opportunity for improvement is there in my life, and with the guidance of the Lessons I can learn how to use those opportunities. Slowly I begin to realize the truth that through the guidance of the Guru ‘with God everything else will come.’ Everything has gradually improved since we first joined SRF — health, family relationships, material and business affairs. The SRF Lessons are my greatest treasure, and meditation periods are a growing joy.”—*L.D., Marlow, England.*

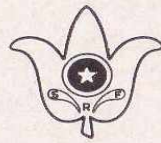
“Our Master is with us. His concern for our welfare led us to him. His *Autobiography* contains his vibrations, and the effect is electrifying on a soul searching for wisdom and love and for the meaning of existence. My wife found his book in a library quite accidentally, and she read it to me. I was shaken to the core. All questions were answered, life fell into an ordered existence, and the way was pointed out to the fulfillment of our being.”—*G.D., Marlow, England.*

“I found at the City Library the blessed Master’s book *Autobiography of a Yogi*. It was and is a joy past telling. For me it is the most wonderful book in the world, brimful of love and profound wisdom. I sent for a copy, and joined SRF as swiftly as possible. There is no teaching in the world as inspiring or more wisely helpful. I should know—I searched for many years.”—*E.S., Toowomba, Australia.*

“I have just completed a thankful reading of *Autobiography of a Yogi*. The book seems to me a signpost in my life, indicating the Way.”—*H.M., Dallas, Texas.*

“I have just finished the inspiring *Autobiography of a Yogi* and it contains so much wisdom I shall reread it many times. How relieved I was to read on page 483 that Yogananda has made provision for the ‘average man’ to study *Kriya Yoga!*”—*S.L., Tacoma, Washington.*

SRF—YSS DIRECTORY of CENTERS, CHURCHES, and MEDITATION COUNSELORS



SELF-REALIZATION FELLOWSHIP

Founded in America by Paramahansa Yogananda in 1920

YOGODA SATSANGA SOCIETY

Founded in India by Paramahansa Yogananda in 1917

Daya Mata, *President*

In addition to the official SRF Churches and Centers listed below, SRF Meditation Groups meet in many cities in the United States and other countries. For information please write to Self-Realization Fellowship Center Department, 3880 San Rafael Avenue, Los Angeles, California 90065.

UNITED STATES

California

LOS ANGELES — SRF-YSS international headquarters, Mt. Washington Center, 3880 San Rafael Ave. Tel. 225-2471. Visitors welcome, Sat. and Sun. 1 to 5 p.m.; other days by appointment.

HOLLYWOOD — SRF Church of All Religions, SRF India Center, 4860-66 Sunset Blvd. Telephone 661-8006.

SERVICES: Sun. 10 a.m. (meditation), 11 a.m. (main service and children's service), 8 p.m. (meditation); Thurs. 8 p.m. (midweek service).

MEDITATION COUNSELORS: Meera Mata, Bro. Mokshananda, Bro. Bimalananda. Telephone 661-8006 or 225-2471.

SRF INDIA RESTAURANT: in India Center. Open 11 a.m. to 8 p.m. daily except Mon. and Tues.

PACIFIC PALISADES — SRF Lake Shrine Church of All Religions and Mahatma Gandhi World Peace Memorial, Yogananda Museum, 17190 Sunset Blvd.

Telephone 454-4114. Open to visitors daily except Monday.

SERVICES: Sun. 11 a.m. (main service and children's service), 8 p.m. (meditation); Thurs. 8 p.m. (midweek service).

MEDITATION COUNSELOR: Bro. Bhaktananda. Telephone 454-4114 or 225-2471.

LONG BEACH — SRF Chapel, 430 East Ocean Blvd.

SERVICES: Sun. 10 a.m. (meditation), 11 a.m. (main service and children's service); Thurs. 8 p.m. (midweek service).

MEDITATION COUNSELOR: Brahmachari Harold. Phone Los Angeles, 225-2471.

ENCINITAS — SRF World Brotherhood Colony, Highway 101 at K St., P.O. Box 758. Telephone 753-2888.

SERVICES: Sun. 10 a.m. (meditation), 11 a.m. (main service), 8 p.m. (meditation), SRF Retreat Chapel. Thurs. 8 p.m., SRF Retreat Chapel.

SRF RETREAT: Guest accommodations for SRF students and friends, P.O. Box 758. Telephone 753-1811.

MEDITATION COUNSELOR: Bro. Anandamoy. Telephone 753-2888.

SAN DIEGO — SRF Church of All Religions, 3072 First Avenue.

SERVICES: Sun. 10 a.m. (meditation), 11 a.m. (main service and children's service); Wed. 7:30 p.m. (meditation); Thurs. 8 p.m. (midweek service). Telephone 295-0170.

MEDITATION COUNSELORS: Bro. Anandamoy, Bro. Premamoy. Telephone Encinitas, 753-2888.

REDONDO BEACH—1116 Pacific Coast Highway (alt. US 101). Sunday 10:30 a.m. (regular service and children's service); Wed. 9:30 a.m. (meditation); Thurs. 8 p.m. (midweek service).

EAGLE ROCK — (No meetings).

MEDITATION COUNSELOR: Mr. Eugene Benvau. Telephone 254-5527.

LOS GATOS (near San Jose) — SRF Center, 15840 Kennedy Road (Chapel 1/6 mile up winding drive from main road). Sun. 11 a.m.; Thurs. 7 p.m.

OAKLAND — 3431 Laguna Ave. Phone KE. 6-1770.

SERVICE: Sun. 11 a.m.

MEDITATION COUNSELOR: Mrs. Kamala Silva. Telephone KE. 6-1770.

Arizona

PHOENIX—SRF Church of All Religions, 2000 No. 7th Street.

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Michigan

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SERVICES: Sun. 11 a.m., Main Auditorium; Thurs. 7:30 p.m., Lecture Hall (September through June).

MEDITATION COUNSELOR: Yogacharya J. Oliver Black, 18094 Parkside Avenue.

New Jersey

PRINCETON — BELLE MEAD—George Wilkinson residence, Harlingen Road, Belle Mead.

SERVICES: Sun. 10 a.m. (meditation), 11 a.m. (main service), Thurs. 8 p.m.

(midweek service). Tel. WA. 4-5321.

MEDITATION COUNSELOR: Mr. A. E. Bardwell, 24 Balcort Drive, Princeton. Phone 921-2218.

New York

NEW YORK — Fisk Building, Room 230, 250 West 57th St. Sun. 11-12 a.m. (meditation); Wed. 7-8 p.m. (meditation); Fri. 7-7:45 p.m. (meditation), and 8 p.m. (regular service).

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Correos No. 428. Saturday, 4 p.m.

BRAZIL

RIO DE JANEIRO — Rua General Se-
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Sun. 10 a.m.

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Oficina 64, Casilla 13858. Monday
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Maida Vale, W.9. Thurs. 7 p.m.

MEDITATION COUNSELOR: Mrs. Gertrude
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14, jeden 2., 3., und 4. Sonntag im
Monat, 19.00 Uhr. Auskunft: SRF-Zen-
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ich. Sun. 7 p.m., three times monthly;
no service on first Sunday.

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MEDITATION COUNSELOR: Mr. Constantine Tenukest, Eaton Road, West Pennant Hills, N.S.W. Telephone 84-3518.

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RANCHI — Yogoda Math, Yogoda Satsanga Society of India (YSS India headquarters); YSS Vidyalaya (residential High School); YSS Sevashram (Home of Service). Telephone 724.

Write to the Secretary, Yogacharya Binay Narayan, Yogoda Math, Yogoda Satsanga Society, Ranchi, Bihar, for information about YSS meditation centers in India.

West Bengal

DAKSHINESWAR — Yogoda Branch Ashram, Dakshineswar, P.O. Ariadaha, Dist. 24 Parganas. Phone 56-2801.

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SRF Classes, July 11th-20th

The annual week of summer classes in Self-Realization Fellowship teachings will be held in Los Angeles during the week of July 11th – 20th. Details will be sent in May to all SRF students and magazine subscribers in North America.

Interested students and subscribers who live outside the area covered by the mailing should write airmail to the Class Registrar at SRF headquarters requesting particulars. It is necessary to register in order to attend the classes. (If one wishes to cable, the cable address is: *Selfreal, Los Angeles, California, U.S.A.*)

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Send for a copy of *Give Me thy Heart*, and feel free to write to us if you have any questions after reading it. Please address your inquiry to:

SELF-REALIZATION FELLOWSHIP

Personnel Department

3880 San Rafael Avenue, Los Angeles, California 90065

CAPTION FOR PHOTO ON OUTSIDE BACK COVER

View to the east from site of new ashram for nuns to be built this year at SRF headquarters on Mt. Washington in Los Angeles, California



“O Good Shepherd! thou leadest thy countless flock to the evergreen Pastures of Peace. Our deepest aspiration is to see the Heavenly Father with open eyes of wisdom, as thou dost; and to know like thee that we are verily His sons.”

— *Paramahansa Yogananda*

Christ as a youthful shepherd. Statue was pieced together from fragments found in Roman catacombs, and is about sixteen centuries old. It was displayed in the Vatican Pavilion at the New York World Fair in 1964. (*Photograph courtesy of the Lateran Museum, Rome, Italy*)

