



Self-Realization Magazine

FOUNDED IN 1925 BY PARAMAHANSA YOGANANDA



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Jesus: A Christ of East and West

BY PARAMAHANSA YOGANANDA



Jesus Christ is a liaison between East and West. That great master stands before my eyes, telling Orient and Occident: "Come together! My body was born in the East; my spirit and message traveled to the West." In Christ's birth as an Asiatic, and his acceptance by Western peoples as their guru, is a divine implication that East and West should unite by exchanging their finest distinctive features. It is part of the drama of God that the West was meant to have material power, and the East, spiritual power, so that amity might come through an interchange of their distinctive qualities. The spiritual freedom of the East overrides material suffering. The West needs that kind of spiritual freedom; God's Western children, being more fortunate physically and materially, need to develop spiritually and to receive the spiritual illumination of the East. And the East needs Western material development; God's Eastern children should welcome the help of the West, that they may industrialize Asia, and thus enable her to develop and use her resources to fullest advantage.

The American way of living progressively, plus the spirituality of India — you cannot beat that combination. India is the melting pot of religions; America, the melting pot of nations. America became great because of her love of liberty and because she welcomed all races to her shores — she absorbed the best of all nations. No other country was founded on and has grown on such wonderful ideals; the freedom and exceptional way of life that have been created in America by these ideals must never be lost.

Many in the West believe that Easterners are materially poor because they are spiritually wealthy. This is not true. And many Easterners believe that Westerners are spiritually poor because they

are materially rich. This is not the case either. The truth is that we human beings become too one-sided; we need to seek a balance by drawing the best from one another.

Jesus is a divine colossus standing between Orient and Occident, telling East and West to exchange their better qualities. Can you see him there? I see him. He urges the West to spiritualize itself and the East to industrialize itself — the East to accept the Western missionaries of science and industry, and the West to accept the Eastern missionaries of the Spirit. To the West he says, "Love your Eastern brothers. I came from the Orient." To the East he pleads, "Love your Western brothers; they have received and loved me, an Oriental." Isn't that a beautiful thought? It would make a magnificent picture.

Christ is not the property of either East or West — an East-West bond is manifested in his life. He belongs to both, and to all the world. His universality is what makes him so wonderful. Jesus took the body of an Oriental so that in being accepted as guru by the Occidental he would thereby symbolically draw East and West together. Those in the West who have adopted Christ as their own should remember that he was an Oriental. Love and sympathy for Jesus should be expanded into love and sympathy for all Orientals, and for all the world.

God does not prefer Orientals or Occidentals. He loves those who manifest His spiritual qualities. Why, then, was it ordained by God that Christ, a great savior of mankind, came out of the East? God wanted to come with the downtrodden, to show the transcendence of Spirit over matter. We should not conclude that it is necessary to be poor to be Christlike; if Jesus had come in a prosperous country, it would be equally foolish to reason that Christ Consciousness can be attained through material things, or that God favors the materially rich. A balance between spirituality and material development is necessary.

The ideals of Christ are the ideals of the scriptures of India. The precepts of Jesus are analogous to the highest Vedic teachings, which were in existence long before the advent of Jesus. This does not take away from the greatness of Christ; it shows the eternal nature of truth, and that Jesus incarnated on earth to give to the

world a new expression of *Sanatan Dharma* (eternal religion, the eternal principles of righteousness). The Christian Book of Genesis is an exact parallel of the older Hindu concept of the genesis of our universe. The Ten Commandments of Moses, many of the Biblical legends and figures and rituals, the miracles performed by Christ, the very basics of Christian doctrine, all have concomitance with the earlier Vedic literature of India. The teachings of Christ in the New Testament and of Krishna in the Bhagavad-Gita have an exact correspondence.*

The True Nature of the Star of the East

The parallelisms of Christ's teachings with Yoga-Vedanta doctrines strongly support the records known to exist in India, which state that Jesus lived and studied there during fifteen of the unaccounted-for years of his life — no mention is made of him in the New Testament from his twelfth to thirtieth year. Jesus journeyed to India to return the visit of the three "wise men from the east" who came to pay homage to him at his birth.† They were guided to the Christ Child by the divine light of a star — not a physical luminary, but the star of the omniscient spiritual eye. This "third eye" can be seen within the forehead, between the eyebrows, by the deeply meditating devotee. The spiritual eye is a metaphysical telescope through which one can see to infinity in all directions simultaneously, beholding with omnipresent spherical vision whatever is happening in any point of creation. The spiritual eye has been mentioned in the teachings of India, and Jesus referred to it, too: "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light" (*Matthew 6:22*). Brought thus to the stable in Bethlehem by the guiding light of the spiritual eye, the Wise Men recognized and honored the infant Christ for the great soul and divine incarnation that he was. During the unknown period of his life Jesus repaid their visit.

*Many parallel references are noted and analyzed in Paramahansa Yogananda's book, *Autobiography of a Yogi*.

†"Now when Jesus was born in Bethlehem of Judea in the days of Herod the king, behold there came wise men from the east to Jerusalem, saying, Where is he that is born King of the Jews? for we have seen his star in the east, and are come to worship him" (*Matthew 2:1,2*).

Even in the name and title of Jesus we find Sanskrit words with a corresponding sound and meaning. The words *Jesus* and *Isa* (pronounced "Isha") are substantially the same. *Is*, *Isa*, and *Isvara* all refer to the Lord, or Supreme Being. "Jesus" derives from the Greek form of the name Joshua or Jeshua, a contraction of Jehoshua, "help of Jehovah" or "Savior."*

The title "Christ" is also found in India — it was perhaps given to Jesus there — in the word "Krishna," which sometimes I purposely spell "Christna" to show the correlation. Jesus the Christ, and Jadava the Krishna are titles signifying divinity, meaning that these two avatars were one with God. While residing in physical form their consciousness expressed oneness with the Christ Consciousness (Sanskrit *Kutastha Chaitanya*), the Intelligence of God omnipresent in creation.† This consciousness is also called the "only begotten son of God" because it is the sole perfect reflection in creation of the Uncreated Infinite.

To understand what Christ Consciousness means, compare your consciousness to that of a little ant. The ant's awareness is limited by the minuscule size of his body; your consciousness resides throughout your relatively capacious form. If anyone touches any part of your body you are aware of it. Creation is the body of God, and His consciousness omnipresent therein is called the Christ Consciousness. He is aware of whatever we do within His universal form, just as we are conscious of our little selves. Through oneness with that Christ Consciousness Jesus was able to know, without being told, that Lazarus was dead.

The cow cannot discover the wonders of God's creation; it

**Smith's Dictionary of the Bible*; De Wolfe, Fiske and Co.; Boston, Mass.

†There are many derivations given to the word "Krishna," the most common of which is "dark," referring to the hue of Krishna's complexion. (He is often shown as dark blue to connote divinity. Blue is also the color of the Christ Consciousness when epitomized in the spiritual eye as a circle of dark blue light surrounding the star aforementioned in this article.) According to M. V. Sridatta Sarma ("On the Advent of Sri Krishna"), of the various other meanings given to the word "Krishna," several are found in the *Brahmavaivarta Purana*. He states that according to one of these derivations, "*Krsna* means the Universal Spirit. *Krsi* denotes a generic term, while *na* conveys the idea of the self, thus bringing forth the meaning 'Omniscient Spirit.'" In this we find the parallel to the Christ Consciousness as the Intelligence of God omnipresent in creation. (*Editor's Note*)

is the unique potential of every human being to attain the omniscience of oneness with Christ Consciousness. I ask those who do not believe in God, "Whence came the intelligence in man and in the universe, if it is not produced in some divine "Factory" hidden behind the ether?" Such mysteries prompted Einstein to say that space looks very suspicious. Space is concealing God; His Intelligence is hidden there, for out of the "nothingness" of space comes everything.

Being one with this Intelligence, which guides every atom in creation, Jesus could materialize his form anywhere he wished. And he can still do so, just as he used to appear every night to St. Francis in Assisi. Because Jesus was conscious not only of his microcosmic physical form, but also of all creation as his macrocosmic body, he could truthfully say, "I and my Father are one" (*John 10:30*). He experienced his presence in all atoms, even as does his Father. Jesus alluded to the omnipresent Christ Consciousness when he said, "Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without [the sight of] your Father" (*Matthew 10:29*).

Christ came at a critical time in history, when the world was sorely in need of spiritual hope and regeneration. His message was not intended to foster multifarious sects, each claiming him as their own. His was a universal message of unity, one of the grandest ever given. He reminded mankind that it is written in the scriptures, "Ye are gods" (*John 10:34*); and St. John voiced the inspiration and spirit of Christ's teaching when he said, "But as many as received him [the Christ Consciousness manifested in Jesus and in all creation], to them gave he power to become the sons of God" (*John 1:12*). Was there ever a greater message? Jesus assured the down-trodden, the white and the dark man, the Oriental and the Occidental, that they are all children of God; whoever is pure in heart, no matter what his race or color, can receive the Lord.

The charcoal and the diamond receive the same rays of the sun, but the diamond reflects their radiance. So, both in the Orient and the Occident, those who have diamond mentalities shall reflect God and be called the sons of God, and those who keep themselves dark with evil qualities shall not be able to reflect His light.

Train Your Heart to Feel the Brotherhood of Man

All mankind should open its heart to the message of Jesus that "[God] hath made of one blood all nations of men" (*Acts 17:26*). That is the Christ inspiration I love so much. I want to make that message a living reality, to give it a practical application. Color prejudice is the most foolish of all man's displays of ignorance. Color is only skin deep. God gave darker skin pigment to races that live under climatic conditions requiring greater protection from the sun, a purely practical measure; therefore white, olive, yellow, red, or black skin is nothing to be particularly proud of. After all, the soul wears a bodily overcoat of one color in one lifetime and other hues in other incarnations. So the color of one's complexion is a very superficial thing. To have any color prejudice is to discriminate against God, who is sitting in the hearts of all the red, white, yellow, olive, and black peoples of the world. Besides, it is well to remember that whoever hates any race will surely reincarnate in that bodily form; thus does the karmic law force man to overcome his soul-stifling prejudices. Train your heart to feel the brotherhood of man — that is most important.

Although Jesus' teachings were preordained to establish their strongest foundation in the West, he chose an incarnation in an Oriental body, and in the Jewish race, which has had a long history of persecution, because he wanted to demonstrate the folly of judging others according to distinctions of race and color. True Christianity must be lived; racial divisions must be banished. Prejudices and lack of real brotherhood are causes of war and disunion among God's children. We must work at eradicating all incitements to war; in hate and prejudice lie bombs and misery. Jesus warned, ". . . for all they that take the sword shall perish with the sword" (*Matthew 26:52*). It is not the sword, but the practice of Christ principles that shall ultimately free the world. In the highest sense, God alone protects you. You can best help this world by ideal living, as taught by Christ and all spiritually enlightened ones. Above all else, love God; don't you see that the whole answer is in His hands? When He will push aside the screen of mystery, you will see the answer to all that was theretofore obscure and unfathomable.

Some Westerners consider the Hindus heathens; they don't

know that many Hindus consider them also heathens — ignorance is fifty-fifty everywhere. I am sometimes asked if I believe in Jesus. I reply, “Why such a question? We in India reverence Jesus and his teachings, perhaps more than you do.”

In order to love Christ you must live what he taught, you must follow the example of his life. Jesus said, “. . . whosoever shall smite thee on thy right cheek, turn to him the other also” (*Matt. 5:39*). India has practiced this teaching more than any other nation. Many who call themselves Christian do not even apply it; they say that it is a beautiful philosophy, but if you were to slap them they would return twelve slaps, a kick, and maybe a bullet! Anyone who so retaliates is not a true Christian, or lover of Christ, for that is not the spirit of the all-forgiving Jesus.

Every time you see the symbol of the Cross it should remind you of what it stands for — that you must bear your crosses with right attitude even as Jesus did. When you mean well and still you are misunderstood or mistreated, instead of being angry you should say, as did Christ, “Father, forgive them for they know not what they do.” Why forgive one who wrongs you? Because if you angrily strike back you misrepresent your own divine soul nature — you are no better than your offender. But if you manifest spiritual strength you are blessed, and the power of your righteous behavior will also help the other person to overcome his misunderstanding.

Those eternal principles of truth and righteousness taught by Jesus we take very seriously in India — we take them literally, without rationalizing them to suit our purposes. Jesus said, “And everyone that hath forsaken houses, or brethren, or sisters, or family, or mother, or wife, or children, or lands, for my name’s sake, shall receive an hundredfold, and shall inherit everlasting life” (*Matthew 19:29*). That spirit of renunciation for God is all-pervasive in India. Especially in the olden days it was the ideal of every man to give at least one part of his lifetime to God alone.

God Does Not Like to Be Forgotten

Complete renunciation is not necessary for everyone, but if you forget God while fulfilling your material duties, God will not like it. Give time to Him alone, without work. I always save time in the

morning and night for God, and the rest of the day I serve Him wholeheartedly. You came on this earth for God. It is His world, not yours. You are here to work for Him. Life will very much disappoint and disillusion you if you labor only for yourself, because eventually you will have to leave everything; you will be forced to practice renunciation then!

The message of Christ is one of brotherhood, renunciation (in spirit if one cannot do it in actuality), morality, brotherly love and unity and equality, and supreme love for God. Remember Jesus' admonition: "And why call ye me, Lord, Lord, and do not the things which I say?" (*Luke 6:46*).

The authenticity of the life of Christ has been questioned by many agnostics. Some have propounded the theory that Jesus was legendary, his life a mere fictitious drama. I know that Christ is real, for I have seen him many times.

Jesus was not as fair complexioned as most of you in the West. He had dark skin. And his eyes were not pale blue, as many artists paint them; they were dark. Nor was his hair blond; it also was dark.

A Vision of Christ at my School in India

One day in Ranchi, India, at the YSS school I had founded, I was sitting with the young boys when I saw someone coming toward us, from behind the boys, and wondered who it was. Then I saw it was Jesus; his feet were not touching the ground as he approached. He came very close to us and then vanished.

A few years later in Boston I again saw Jesus. I was meditating and deeply praying to God because I felt that for three days I had forgotten Him — I had been so engrossed in fulfilling the responsibilities He had given to me. I told the Lord, "I am going to walk out of this work!" The right attitude is to love God and love His work because of Him. Those who do missionary service but never make the effort to meditate or commune with God never find Him. Because I felt that the activities of my ministry had taken me away from God, I prayed, "Lord, I will go away. I will not remain in America and do Your work unless I know You are with me." Then a Voice came through the ether like a beam of light, "What do

you want? You cannot go." Many times in my life God has thus prevented me from carrying out my desire to run away from my duties to this cause to be only with Him. I replied to the Divine Voice, "Let me see, on a sea of gold, Krishna and Jesus and their disciples." Even as I made this inward request, I saw those divine ones coming toward me! "It is hallucination," I thought. If the person meditating with me sees this also, then I shall believe. Instantly my companion exclaimed aloud, "Oh, I see Christ and Krishna!" Then I rationalized, "This is thought transference." I was doubting and praying to God to help my unbelief when the Voice said, "When I leave, the room will become filled with the fragrance of a lotus." As the vision vanished, the whole room became permeated with a marvelous lotus essence. Others entering the room even hours later noted the aroma. I could doubt no longer.

Mahavatar Babaji ordained that I come to America to interpret the teachings of Christ for the purpose of showing their parallelism with the yoga teachings of India's Lord Krishna. In the immortal truths expressed by these two avatars lies the answer of the ages. That is why Babaji, who is in divine communion with Christ, gave me the special dispensation of carrying this message to the West.

So long as breath will be in the body I will try to bring East and West together to fulfill the purpose for which Christ came on earth in an Oriental body. His soul in the West, his body in the East; bringing soul and body together unites East and West.

Truth Is a Universal Experience

Help to spread the message of Self-Realization Fellowship. There is nothing vague or mystical about Self-Realization teachings. You can realize these truths for yourself. Truth is truth, and it is a universal experience. After I heard my guru, Sri Yukteswarji, teach, I could see the blemishes in the talks of those who tried to make me understand something they did not understand themselves. A salesman should never try to sell something he does not believe in. One should teach only those things he has practiced and experienced.

Devotees of this path should sincerely study the SRF lessons and meditate deeply each night before going to bed. Jesus promised

to send the Holy Ghost, the Great Comforter. Through the practice of the SRF techniques of meditation the faithful student is enabled to realize the fulfillment of that promise. Worshiping Jesus is not truly meaningful until one can expand his consciousness to receive within himself the Christ Consciousness. That is the second coming of Christ. Unless you do your part, a thousand Christs come on earth would not be able to save you. You have to work for your own salvation. Then Christ can help you.

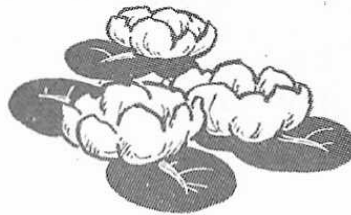
The first two lines of Rudyard Kipling's poem became famous: "East is East and West is West, and never the twain shall meet" But just because I eat curry and you eat apple pie, why should there be division between us? Division is imaginary lines drawn by small minds. It is the result of superiority complexes, and is the cause of wars and pernicious troubles. We must destroy division. Look to the example of the great Christ who came in the East and stands as a lofty ideal before both East and West, telling them, "Here am I in the midst of you; learn from one another, balance your spirituality and material development." There he stands — a Christ of East and West — linking the two hemispheres with this message of unity. Can you not see him?

Annual Self-Realization Fellowship
Class Series in Los Angeles
July 11-18, 1971

Students, members, and friends of Self-Realization Fellowship throughout the world are invited to attend the annual series of lectures and classes in the teachings of Paramahansa Yogananda conducted each Summer in Los Angeles. The schedule of activities will include *Kriya Yoga* initiation for eligible students of the SRF Lessons, inspirational programs, and opportunities to visit the ashrams founded by Paramahansa Yogananda. Complete registration information and details of the program will be mailed early in 1971. Plan now to attend the SRF Class Series during your summer vacation.

How to Find Favor with God

BY SRI DAYA MATA



Extracts from a talk during an informal satsanga with SRF Center leaders, following the SRF-YSS Fiftieth Anniversary Convocation, at SRF-YSS international headquarters, Los Angeles, July 13, 1970

In his teachings Paramahansa Yogananda stressed primarily the importance of diving deep into the sea of meditation in search of the pearls of God's wisdom, peace, love, and joy. To hold on to the meditative treasure he urged each devotee to move and live and have his being in silence. We practice that in the ashram. You should not assume from this that we spend all our time sitting quietly in meditation; we are very busy here. But we learn to live more within ourselves; we learn not to expend time and energy in useless idle talk. Guruji would sometimes say, "When you shake a pitcher that is only half filled with water, the sloshing of the water makes a loud, hollow sound; but when the pitcher is filled to the top it produces no sound when agitated. That is the way man must be — brimming with the waters of God-consciousness." When the pitcher of the mind is filled with divine thoughts, one has little wish to speak. He would rather be a silent observer, inwardly absorbing that which is good and beautiful around him, and remaining aloof from whatever is disturbing and distracting.

This state is not absentmindedness. No one around Guruji was allowed to be inattentive; he taught us to be ever alert. But whenever our minds had a tendency to become restless or too extroverted, Paramahansaji would recall us to our high goal, saying, "Keep your mind fixed in God."

No matter what problem we took to him, this was his unchanging admonition: "Do your best, and put it in God's hands." How many times, after talking with Guru, I wrote in my diary: "Master said, 'Just give it to God; everything depends upon Him.'" Paramahansaji did not mean that to accomplish one's objectives in this world all one has to do is to sit and pray, and everything will come to him. Suppose we told the scientist, the businessman, or the housewife: "Just sit and pray; God will do your work for you"?

Guruji was always practical minded; we learned that "God helps him who helps himself." The Creator has endowed each person with a spark of His divine intelligence, and we are expected to develop it by using it. While performing our duties in this world, we ought constantly to pray inwardly: "Lord, I will reason, I will will, I will act; but guide Thou my reason, will, and activity to the right thing that I should do in everything." It *works!* I know the effectiveness of this prayer, because this is how the work of Self-Realization Fellowship has been carried on through all these years, by Paramahansa Yogananda and by all of us who strive to fulfill his wishes in guiding his Society.

Some seekers complain that it is difficult to know God. Yet He is the easiest in the world to know; because He is not apart from us, He has never been away from us. If He were, we would not be here; we would not even *be*. God has not separated Himself from us; man has separated himself from God. When our thoughts are turned outward, engrossed in the multiplicity of the finite world, we disunite ourselves from Him. That is the simple truth.

How to reassociate our consciousness with God? Upon awakening in the morning, do not think first of work. Make it your practice to rise a few minutes earlier than usual so that before you begin the day's duties you can spend fifteen minutes, or half an hour, in meditation and communion with God. During that period, forget time and your worldly responsibilities; if there is a sense of urgency

to finish the meditation, you will not have the receptivity necessary to feel God's presence. During meditation, let go of all extraneous thoughts; think only of God. Talk to Him in the language of your heart. After meditation, carry into all of your activities, to the best of your ability, the meditative peace you have gathered in your heart.

Eventually, often when you least expect it, you will see some sign of God's sweet response. This is the way one grows in divine consciousness. It requires daily application. That consciousness doesn't come suddenly, with the Divine appearing out of the clouds and writing in letters of gold for you. Don't look for such miracles, for so long as you do, God will withhold Himself. That is His way. When you are hoping for miracles, it is not God that you desire; you only want Him to prove Himself to you. That He will not do. Give Him your heart sincerely, trust in Him wholeheartedly, unconditionally; then He will give Himself to you. Never will He come so long as you are looking only for His miracles.

Phenomenal experiences are not necessarily evidence of spiritual progress. The deeply sincere devotee is inclined to pray to the Lord not to send him such experiences, because he knows they can be a real distraction from his true goal — God. Spiritual phenomena do not stimulate the devotee's love for God, but rather the desire for Him to prove Himself repeatedly. Many noble souls have fallen from lofty states because in looking for miracles they lost sight of the Lord. If Paramahansaji saw a devotee going thus astray, he would caution, "That way will lead to delusion. Long for God and love Him for His sake alone. Then He will respond to you." It has been so in my own life. I have prayed to the Divine: "I want nothing from You, Lord — I need no proof. But I do ask of You one miracle: that no matter what comes in my life — no matter what kinds of responsibilities or trials I bear — promise me that I shall never lose my yearning for You. If that longing leaves me, I cannot live." To yearn always for God is my desire, because in that yearning He is constantly in my heart. That is the way the devotee feels.

We can make life ever newly interesting, completely fascinating, so that we become entranced with everything in the Lord's creation. How? Never look only to the external; see the Divine

Hand behind everything. Behold the flowers, how fascinating is their beauty, how marvelous that out of tiny seeds, so many of which look alike, such multifarious patterns of beauty have emerged. The wonder of it is intoxicating.

The majority of mankind lives a superficial life, never thinking deeply about anything, looking always for new sensual thrills. The result is that life becomes jaded and empty. This is what is wrong with the world today.

Paramahansa Yogananda taught us to appreciate even a grain of sand — no two are alike — and to notice the flowers, the trees, and to value the beauty in them. We learned from him to hold in highest regard everything in life, seeing the Creator behind the material forms. When one learns to live in that spirit, he sees heretofore hidden beauties in nature — he beholds God's handwriting across the vast blue sky. This insight that lifts the veils of nature to reveal God comes by continually practicing the presence of God. Everything in life, the multitudes, the many, can ultimately be reduced to One. God is the great Common Denominator of all creation, of all mankind. Keep Him always in your thoughts no matter what you are doing. That is the meaning of *karma yoga* as well as *bhakti yoga*.

Karma means "action"; *karma yoga* is the path of uniting the little self with God through selfless activity. If one would know God in this world, he must strive always to do that which is right, that which is good, that which is constructive; and as Paramahansaji said, "Always think that what you are doing, you are doing for God."

Each one has his duties to perform, given to him by God and by karmic law through the effects of his past actions. He must fulfill those responsibilities and not shirk them, doing his best while having full faith in God's wisdom and guidance. When one acts for himself, he is identified with his own little ego. But when he surrenders everything to God, he realizes his innate oneness with Spirit. Perfection may be attained through *karma yoga* only if one dedicates all the fruits of his actions to God. That is a very important point to remember.

As a temporal, mortal being, why should man think he has an automatic right to the things of this world? He doesn't even know

why he came on earth, nor when he will leave it. We are all completely dependent upon God, who brought us here. We are on this earth to perform our God-given duties to the best of our ability, and to lay the results at His feet. We are sustained by God during every moment of our existence; not only now, but throughout all eternity. How sad when man forsakes the very One who has given him life!

“Give everything to God,” Guruji said. “Give Him even the responsibility for your actions. He wants you to make Him responsible, for He is the true Doer of everything through you. You have attempted to rob Him of both the fruits of your actions and the responsibility for performing them.” Morning, noon, and night the ordinary man is engrossed in “I, I, I.” By contrast how impressive, how inspiring, our Guru’s sweet humility! When anyone praised him, an ineffably tender smile would steal over his face, and he would say, “It is He who is the Doer, not I.”

Paramahansaji taught, “When this ‘I’ shall die, then will I know who am I.” When ego consciousness is gone, one can truly live in this realization: “Lord, if any good I do in this world, it is because of You. For the mistakes I make, forgive me, and help me to do better next time.”

God does not vindictively punish man for human mistakes. He is a very kind, forgiving, and loving Lord. Never harbor a fear of Him. Even as a child I resisted the philosophical concept of a vengeful God. I could not accept a God who sternly chastised His children for their errors, their sins. Does one love that kind of father? The child lives in fear of and runs away from a parent who wrathfully strikes or spansks him when he does wrong. We are like children before the Divine. He knows human weakness and man’s susceptibility to *maya*, His cosmic delusion. Even before we commit a wrong action, He knows it. When we err, we ought to recognize our mistake and go to Him, childlike, to seek forgiveness and to ask for His blessing that tomorrow we may do better. To get in the habit of communicating with God in this way deepens one’s relationship with Him. In that closeness, based upon love and the sincere effort of the devotee to do better, God is not going to punish His child.

The Lord created this great delusion in which man is wallowing. Remind Him that it is His fault. If He had not created the cosmic delusion of *maya*, man would not be influenced to behave wrongly. After having alluded to His responsible part in our difficulties, we ought then to ask the Divine One to give us strength to tear aside the veil of delusion, so that we might always see what is Truth, or God. We should care not whether the world accepts or rejects us; we should want only and always to see, and to live by, what Truth is.

One may not be popular with the world, but to attain worldly recognition is not why man is here. He is supposed to strive to find favor with God, to be accepted by God. It is the Lord's standards, not man's, by which we should live. See what has happened to God's creation because man lives by worldly standards! Society is in such a condition that we don't trust our statesmen, our politicians, our teachers, our parents, our young people — no one trusts anyone else. What a tragic state! How are we going to correct it? We must begin by trusting God. Faith in our Creator is what is missing, and forgetfulness of the very Source of life.

Man must reclaim his lost divine heritage. He is a prodigal child who ought to make the effort to go back to the Divine Father. One need not don the other robe of the renunciant. True simplicity and freedom lie in the heart. There God silently watches you, silently guides you. There, in the feeling of love and surrender, one must establish the habit of talking with Him.

The striving devotee ought also to adopt a neutral attitude toward life; not an attitude of callous indifference, but rather, as Paramahansaji has said, "Instead of cultivating endless desires, which do not always bring happiness, think of life in this way: 'Lord, you have put me in this body. I didn't ask to be born. It is You who are dreaming my existence.'" In other words, realize that you, and all other forms of life, are but condensed or materialized thoughts of God. All that we are, all that we have, belongs to Him; of ourselves we are nothing. In Him, we have everything; in Him, we are everything. In that consciousness let us perform all our good works, let us enjoy the good fruits of this life.

During All Ages India has Specialized 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 the 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.

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



Self-Realization Fellowship
3880 San Rafael Avenue
Los Angeles, Calif. 90065

A SPIRITUAL INTERPRETATION OF THE BHAGAVAD-GITA

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

BY PARAMAHANSA YOGANANDA

The characteristic expression of the three qualities (*sattwa*, good or expanding; *rajas*, activating; and *tamas*, evil or obstructing) in knowledge and action has been described in previous stanzas. The triune expression of these three qualities in the agent, or doer of actions is now described in stanzas 26-28.

Chapter XVIII, Stanza 26

That agent who is without egotism or attachment, untouched by fulfillment or unfulfillment, and endowed with courage and zeal, is called sattwic.

He whose mind is not identified with the body-bound ego or tainted by attachment to objects of the senses; who patiently performs spiritual actions of meditation and divinely motivated actions of helping others on the path of salvation, disregarding success or failure, unexcited by paltry pleasures and sorrows, acting only with the supreme desire of pleasing God; that man is a sattwic yogi of the highest type. The following story aptly illustrates the state of such a yogi.

A wise man was sitting calmly on a rock, his consciousness intoxicated with the presence of God. His wife came running to him and sobbed, "Our son just fell from the roof and died."

"Sit in peace," her husband said quietly, "and meditate upon God. Tell Him, 'Lord, we thank Thee for giving us the company of a noble son, rather than a wicked one, for twenty long years. You in Your wisdom know why it is now best to promote him to a better place, no longer feeding our selfish desires to keep him here. Even though we shall miss him, because of our selfish attachment, we bow to Thine all-knowing wish.'"

Shocked, his wife exclaimed, "What is wrong with you? Haven't you a tear for our dead son?" After a little pause, the father replied:

"Last night I dreamt that I was a king, and that I had three sons who fell to their death from the palace roof when it collapsed during an earthquake. Now I am wondering whether I should weep for the palace and the three princes of my dream, or if I should cry for our one son who has been taken away in this mysterious earthly dream of God's?"

Such a wise man is a yogi, free from all attachment. He is indifferent to both the reverses and the successes that befall him, for he does not see himself as the doer; he perceives the Lord working through him in His world. He who believes he owns any portion of this earth is seized with terrible grief when he loses that which he mistakenly thought was his own.

Chapter XVIII, Stanza 27

That instrument of action, or agent, who is full of attachment, full of longing for the fruits of action, full of greed, impurity, and sadistic propensities; who becomes easily jubilant or depressed, is called rajasic.

A materialistic exertive person who never spends any time in the pure enjoyment of meditation, or in introspection, or in exchanging peace with others; who is excessively active, blindly accumulating money, property, and power with inordinate greed and sole self-interest; who is inclined to seek baneful thrills, such as the indiscriminate shooting of animals just for the lust of killing; who is sadistically ever ready to hurt or destroy any competitor, or to take revenge on anyone standing in the path of his self-interest; who is constantly bobbing up and down in excitation on the alternating waves of mirth and grief; he is nothing more than a cogwheel in the machinery of action, a mechanical rajasic person.

Chapter XVIII, Stanza 28

An agent who is oscillating (in body and mind), conscienceless, without humbleness, unscrupulous, insulting, idle, grieving, and procrastinating, is tamasic.

A person who is ever restless like a butterfly, unable to unite his body and mind with the peace of his soul within; who is conscienceless, performing evil actions whenever the impulse arises in him; who is without humility, rude and insolent toward others at the slightest excuse; who unscrupulously deceives others, playing the double life of a Dr. Jekyll and Mr. Hyde; who is ever ready meanly to insult others for his own self-aggrandizement; who is always physically lazy and mentally idle, unwilling to work intelligently lest he succeed; who is perpetually depressed, dampening others' joyous spirits; who does not finish either simple or important duties, and procrastinates because of inner and outer idleness and lack of enthusiasm and purpose in life, is certainly an agent of darkness or *tamas*.

Most people do not succeed in life because they are steeped in this dark tamasic quality. They blame the world and everybody but themselves as the cause of their failure; they never find fault with their own indolence, procrastination, unsociable conduct, restlessness, insincerity, selfishness, and maliciousness as the causes of their affliction.

Tamasic persons are always depressed because they blame others for their misfortunes, instead of their own faults, and therefore never find and remove the true causes of their unhappiness. Every man should analyze himself and immediately destroy any tamasic qualities that are keeping him, the agent or performer of evil actions, steeped in misery and away from liberation.

All human beings reflect in their faces, eyes, thoughts, speech, and actions their sattwic (divine), rajasic (activating), and tamasic (ignorance producing) qualities.

The deeply unhappy tamasic individual should try first to become rajasic, active, but with a noble purpose. It is better to work for God and to help His divine activities than to be selfishly busy making money with which to indulge in over-eating, over-drinking, and over-sexuality, only to die of heart disease. But even a depraved businessman, because of his activity, has a better chance for salvation than the tamasic man who allows his mind to ossify from lack of some form of productive internal or external activity.

Company is stronger than will power. Both tamasic and rajasic persons should try to associate with those higher sattwic beings who are steeped in the divine ecstasy of God-realization. A wrestler should always wrestle with a stronger combatant if he would increase his strength; weak tamasic and rajasic types likewise should associate with spiritually stronger sattwic individuals.

Environment is also influential; it creates the desire to become either good or evil. A man has free choice to select a good or evil environment or action before he forms habits. But after a specific environment has instilled in him the desire to follow a good or bad habit, he usually loses his free will: a good habit compels a man to be good and an evil habit compels him to do wrong; thus he helplessly gravitates toward a corresponding environment.

Outer environment is the instigator of the inner as well as the outer behavior of man. Since external influences affect the nature of the inner environment, the creation of a strong inner character is of paramount importance, for it can then remain unaffected by, or even change, adverse outer influences.

Unless one's inner environment is sufficiently strong, however, he should realize the great importance of associating only with persons and environments that are extremely wholesome. A person who abhors liquor, and who lives with others who do not touch it, creates a strong inner mental environment against drink. Such a one, by mixing with drunkards, may be able to help reform them. But if a person who has established an inner environment of even slight attachment to liquor elects to live among drinkers, he may easily turn into an alcoholic. An exceptionally good person may live safely with evil persons if he desires to help them, but a person inwardly inclined to wrongdoing should not mix with his kind, but with those who are better than he is. Likewise the slightly good person should associate with companions who are superior to him.

The worldly man should seek out the meditative man and create his own strong inner environment of God-communion. After that is accomplished, if he has to return to a material environment, or does so to help others, he will not be affected by it. Only when he has thus strengthened himself can he be of help in bringing other matter-infected unhappy souls into the fold of Divine Bliss.

Weekend Retreats

Plan a Spiritual Retreat in 1971

Weekend Retreats simulating ashram life are offered to members and friends of Self-Realization Fellowship. Conducted by SRF ministers, Weekend Retreats feature classes in the teachings of Paramahansa Yogananda, review of SRF meditation techniques, devotional services, and group meditations. Find divine rest and relaxation as well as deep spiritual inspiration in the peaceful, beautiful environment of SRF Retreat in Encinitas. In addition to weekend retreats, SRF Retreat offers a general program for spiritual retreat throughout the year. Write for descriptive leaflet. Make reservations in advance by writing or telephoning:

SELF-REALIZATION FELLOWSHIP RETREAT

P.O. Box 758, Encinitas, California 92024

Telephone (714) 753-1811

Weekend Retreat Dates for 1971:

MEN	WOMEN	MARRIED COUPLES
January 1-3	January 15-17	January 29-31
February 5-7	February 19-21	
	March 19-21	March 5-7
April 2-4	April 16-18	
April 30-May 2		
	May 14-16	May 28-30
	June 11-13	June 4-6
	June 18-20	
July 30-Aug. 1	July 16-18	July 2-4
	August 6-8	
	August 13-15	August 27-29
September 3-5	September 17-19	
October 1-3	October 8-10	October 29-31
	October 15-17	
November 5-7	November 19-21	
December 3-5		

A Cradle for Christ in Your Heart

BY PARAMAHANSA YOGANANDA



During this coming Christmas season, open a new portal of sublime devotion so that the Christ Omnipresence will be able to come anew within your consciousness. Every day, every hour, every golden second, Christ has been knocking at your dark gates of ignorance. Now, in this august sacred dawn, Christ is especially coming in answer to your inner call, to awaken the consciousness of His Omnipresence within you.

Weave a cradle of tender perceptions with the threads of your meditation, and make it commodious enough to hold the baby Infinity within its welcoming vastness. Christ is born in the viridescent blades; His gentleness is cradled in all fragrances. The opalescent sea-decked globe, the star-spangled savanna of the blue, and the red love of martyrs and saints have vied with each other in offering a dwelling place for the all-pervading baby Christ.

This Christ of everywhere is sleeping in the breast of Eternity; He loves to take new birth at any time, anywhere, especially in the warmth of your true affection. Though Christ is present in every speck of space as the splendor of new wisdom and creative expression, you can never see Him unless He chooses to be seen in the cradle of your unceasing devotion.

The cozy crib of your heart has for a very long time been small, holding self-love alone; now you must make it enormous, so that social, national, international, creatural, and Cosmic Christ love may be born there and become One Love.

This Christmas should be celebrated not only by appropriate festivities and the exchange of material gifts, but also by deep, continuous meditation, making your mind a cosmic cathedral for Christ.* You should offer your most precious gifts of love, goodwill, and service to uplift your inimical brothers, as well as your friendly brothers — physically, mentally, and spiritually.

The Infinite Christ is everywhere; worship His nativity in Hindu, Buddhist, Christian, Moslem, Jewish, and other true religious temples. Every expression of Truth flows from the all-pervading Christ perception, so learn to worship that sacred Source in every pure religion, belief, and teaching. Since the Cosmic Christ dreamed into existence the divine being that is man, you should celebrate the birth of Christ in your newly awakened equal love for every nationality and race.

All new-blown blossoms and astral twinklings are images of Christ; garland each one with your love. Behold the birth of an intoxicating Christ-love for your parents, friends, relatives, neighbors, and all races. In the cathedral of your soul, invite your restless thoughts to assemble and still themselves in a service of deepest united love for Christ.

When the Christmas packages are placed around the family tree, make every thought an altar of Christ, and saturate the gifts with your goodwill. Worship Christ as born in all creation: in the star, in the leaf, in the blossom, in the nightingale, in the nosegay, and in your velvet devotion. Unite your heart with all hearts, so that Christ may be born there and remain forever and forever.

*Each year on December 23rd devotees in SRF-YSS ashrams, temples, and centers throughout the world hold an eight-hour group meditation in spiritual celebration of the birth of Jesus. This custom was established in 1925 by Paramahansa Yogananda. (*Editor's Note*)

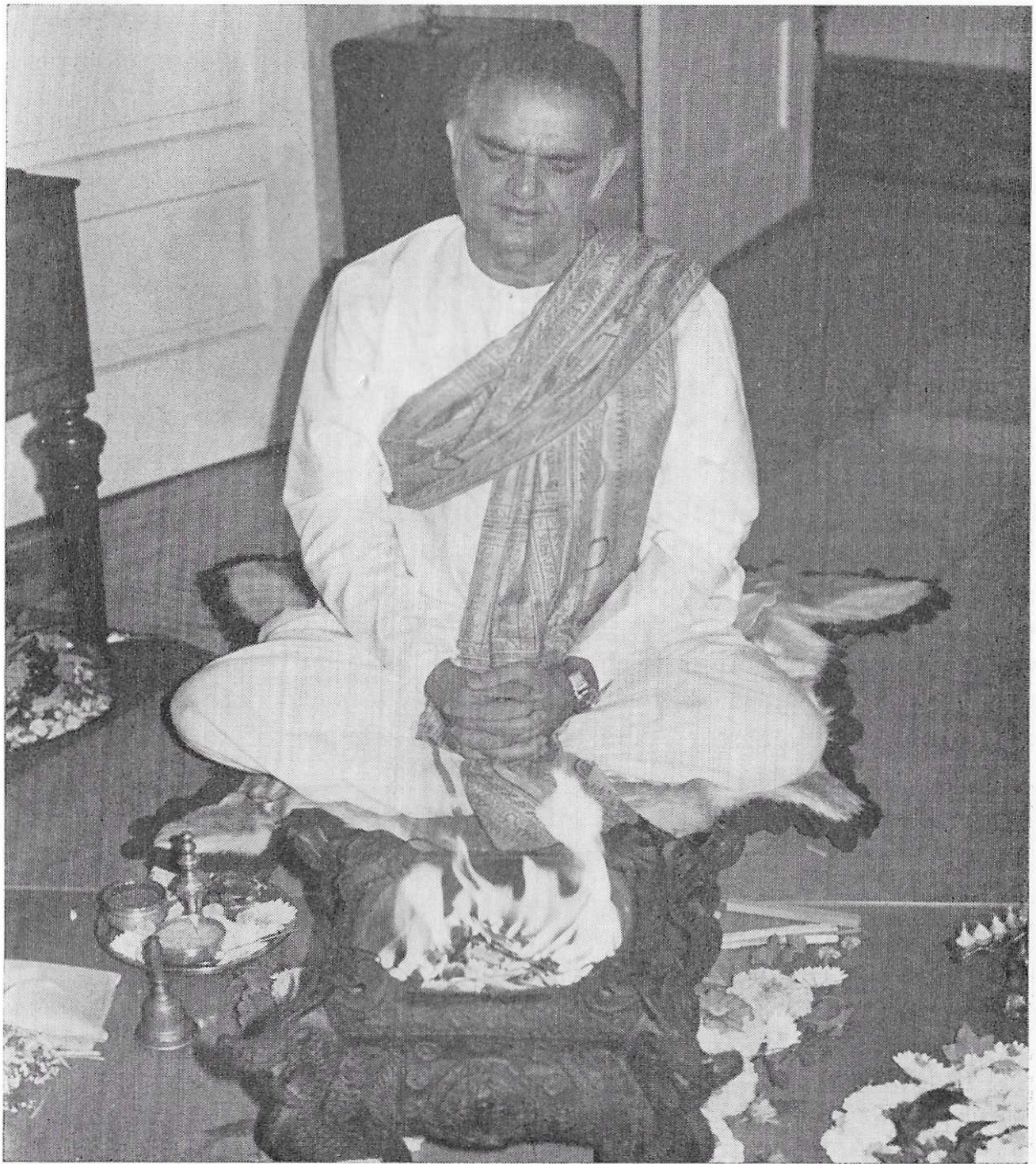
Yogacharya Binay Narayan Receives Sannyas Vow

The Reverend Mother Daya Mata, President of Self-Realization Fellowship (Yogoda Satsanga Society of India) and the spiritual heir of the SRF-YSS Gurus, bestowed sacred *sannyas* initiation on Yogacharya Binay Narayan on October 10, 1970. The ceremony took place in the living quarters of Paramahansa Yogananda (preserved as a shrine) at SRF-YSS international headquarters, Los Angeles. Sri Daya Mata conferred on Yogacharya Binay Narayan the name of Yogacharya Swami Shyamananda Giri. "Shyamananda" means "bliss through Shyama (Blue One)"; it is a name of Krishna and of one of the aspects of God as Divine Mother.

In 1938, twenty years before Yogacharya Swami Shyamananda Giri entered the SRF-YSS work and dedicated his life to serving this cause,* he had quietly taken *sannyas* (renunciant) vows in India at a *Kumbha Mela* in Hardwar. The initiation bestowed by Sri Daya Mata constituted a sacred confirmation of those vows, and formal initiation in the *Giri* (mountain) branch of the Swami Order founded by Adi Shankaracharya in the ninth century, the Order to which Paramahansa Yogananda belonged. Paramahansaji had conferred *sannyas* on Sri Daya Mata in 1934.

The *sannyas* vow taken by swamis in India and by SRF-YSS monastics is one of complete and unconditional renunciation of the little self and its desires so that the greater self, the soul, might live for and express God alone. The sannyasi dedicates his life wholly to the pursuit of this goal. In the SRF-YSS path, he seeks it through a life of deep meditation and spiritual discipline balanced by selfless service to God and mankind through Self-Realization Fellowship (Yogoda Satsanga Society of India).

*Swami Shyamanandaji is YSS General Secretary and Treasurer and a member of the SRF Board of Directors. As the YSS *Pradhan Dharmacharya* (literally, YSS chief teacher of *dharma*, "truth" or "righteousness") he guides and administers the YSS work as the representative of the SRF-YSS President, Sri Daya Mata.



Yogacharya Swami Shyamananda meditates in the shrine of Paramahansa Yogananda, SRF headquarters, during **sannyas** vow ceremony. The fire, a part of the ceremony, symbolizes the flame of Spirit into which is cast all earthly desire in order that the initiate may become a pure receptacle of the Lord.

Self-Realization Fellowship Board Members Visit Mexico City SRF Center



Yogacharya Swami Shyamananda, member of the SRF Board of Directors and General Secretary of Yogoda Satsanga Society of India, and Uma Mata, SRF Board member, visited the SRF Mexico City Center during October to conduct classes in the teachings of Paramahansa Yogananda. They were accompanied by Sister Asha.

From their arrival on October 21 until their departure on October 28th, the SRF representatives carried out a full itinerary: *satsangas*, slide shows on the life of Paramahansa Yogananda, devotional services, and interviews with countless devotees. There were also pilgrimages to religious temples, including the famed shrine of the Virgin of



Yogacharya Swami Shyamananda and Uma Mata preside at meeting with SRF devotees in Mexico City. Uma Mata reads a message from The Reverend Mother Daya Mata.

Guadalupe, and to Lake Xochimilco, as well as tours of historic and cultural sites.

The highlights of the visit to Mexico were memorable *sat-sangas* with SRF devotees, which were conducted by Yogacharya Swamiji. He spoke of the divine nature of all persons: "As fire is within the match and butter within milk, so divinity is within each human being. Every man has only to ignite the flame of God-love with the matchstick of meditation or to churn the ether with constant thought of the Divine One to realize his innate oneness with God.

"God *can* be known. Our Gu-

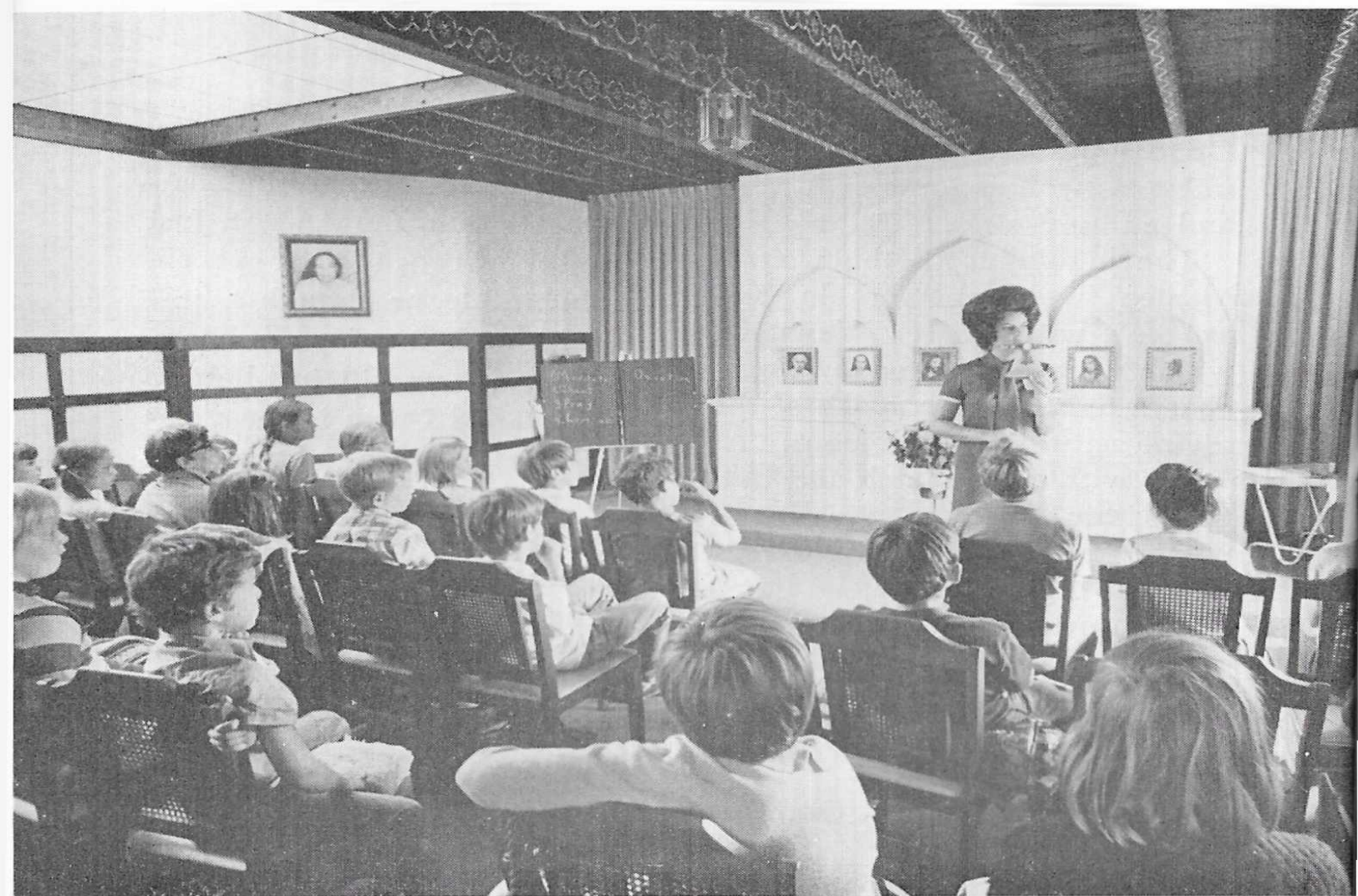
rudev Paramahansa Yoganandaji said: 'He is nearer than the nearest, dearer than the dearest. Just behind the words of your speech, just behind your thoughts, just behind the love of your heart, just behind your will, just behind your sense of I-ness is the great spirit of God. For those who think Him far away, He is far away; but for those who think Him near, He is ever near. The *Bhagavad-Gita* says, "He who seeth Me everywhere and seeth everything in Me, of him will I never lose hold; and he shall never lose hold of Me." The Lord never fails us.'

New Prices for Subscriptions to *Self-Realization Magazine*

Owing to rising costs of paper and postage, subscription fees to *Self-Realization Magazine* will be raised for the first time in thirty years. The increase in price will become effective December 1, 1970:

Domestic (U.S.A.)	Outside U.S.A.
Single issue 40¢	Single issue 50¢
1-Year Subscription \$1.50	1-Year Subscription \$2.00
3-Year Subscription \$4.00	3-Year Subscription \$5.00

Subscriptions already in effect prior to December 1, 1970, will continue at previous rates until they expire.



Youth Classes at SRF Lake Shrine

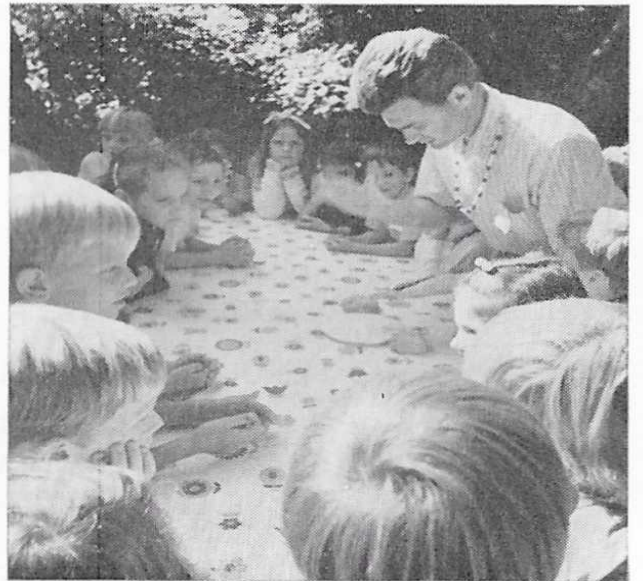
"Good and positive suggestions should instruct the sensitive ears of children. Their early ideas long remain sharply etched."

Swami Sri Yukteswar

Children from SRF Sunday Schools in Los Angeles and surrounding areas, ages six through twelve, participated in the 1970 annual youth classes at the SRF Lake Shrine in Pacific Palisades, California. Many of the activities

were held outdoors in the beautiful natural surroundings.

The youth series was conducted on four successive Saturdays in October. Activities began at ten a.m. with prayer, the SRF Recharging Exercises, and medi-



tation. During the day, the children participated in informal classes in SRF teachings, including how to live a spiritual life and how to meditate. Creative handcrafts were taught, and the children received instruction in *asanas* (yoga postures for health). The final day of the class series featured instructive and entertaining films, a special talk on the importance of seeking God by Self-Realization Fellowship minister Brother Dharmananda, and group preparation of a

“friendship salad,” for which each child had brought a fruit.

The youth class series conveyed to the children ideals and principles — “moral and spiritual values, without whose appreciation no man can approach happiness . . .” — to guide them toward fruitful, God-oriented lives. The practice of meditation early in life, encouraged by adult example and reinforced by group effort, has been shown to cast deep and lasting impressions in youthful minds.

Books by Paramahansa Yogananda

Autobiography of a Yogi. 10th edition, 514 pages, \$5.00

Spiritual Diary. An inspiring quotation for each day. Ample space for entering personal reflections. Introduction by Sri Daya Mata. Blue vinyl cover, gold lettering, \$2.00.

Whispers from Eternity. Heartfelt prayers that convey to man an infinite hope. 1959 edition. Cloth, 266 pages, \$2.50.

The Science of Religion. Happiness as the goal of all religions. Cloth, 101 pages, \$1.50. (*Spanish edition, paper, \$1.50.*)

Sayings of Yogananda. (Formerly "The Master Said.") Inspiring counsel of Yogananda to his disciples. 1968 edition, cloth, 126 pp., \$2.50. (*Icelandic, \$6.00; Spanish, paper, \$1.50.*)

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

Metaphysical Meditations. Daily thoughts for divine peace. 115 pages, cloth, \$1.25. (*Spanish edition, paper, 75¢; German edition, heavy paper, \$2.00.*)

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

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, 50¢.*)

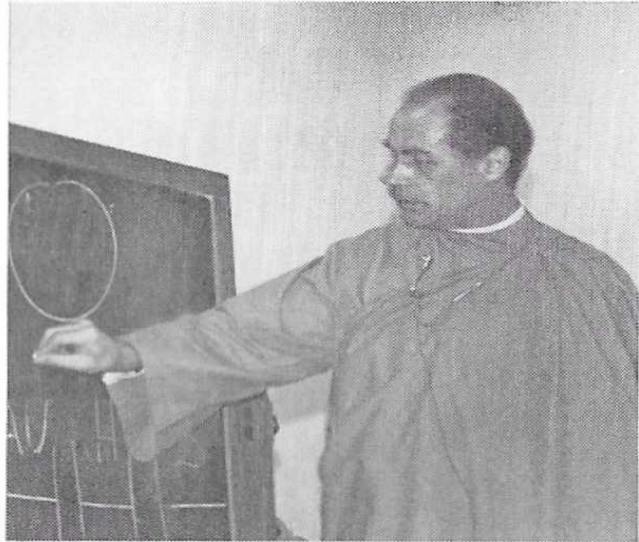
Postpaid. 5% Calif. sales tax, 5½% L.A. County till '71
Catalog of books, records, and photographs on request

SELF-REALIZATION FELLOWSHIP

3880 San Rafael Avenue, Los Angeles, California 90065

Classes in the Teachings of Paramahansa Yogananda

Eight classes in the universal science of Yoga were conducted by Brother Anandamoy in SRF India Hall, Los Angeles, on succeeding Saturday evenings from October 3rd through November 21st. A capacity audience filled India Hall each evening to hear Brother Anandamoy lecture on the basic teachings of Self-Realization Fellowship: "How to Recharge the Body With Cosmic Energy," "The Science of Concentration," "Keys to Correct Meditation," "How to Develop Devotion," "The Technique of Meditation," "The SRF Way of Life, and "The Value of a True



Brother Anandamoy

Guru." Classes in the teachings of Paramahansa Yogananda will be conducted regularly throughout 1971 by Self-Realization Fellowship ministers.



Two Thousand Guests Attend Halloween Festivities at SRF Headquarters



Each year, Self-Realization Fellowship extends a special invitation to children of neighboring communities to visit the Fairy Queen of Halloween on the evening of October 31 at SRF Headquarters in Los Angeles. This year, approximately 2,000 children and parents, many costumed for the occasion, took part in the traditional SRF Halloween festivities.

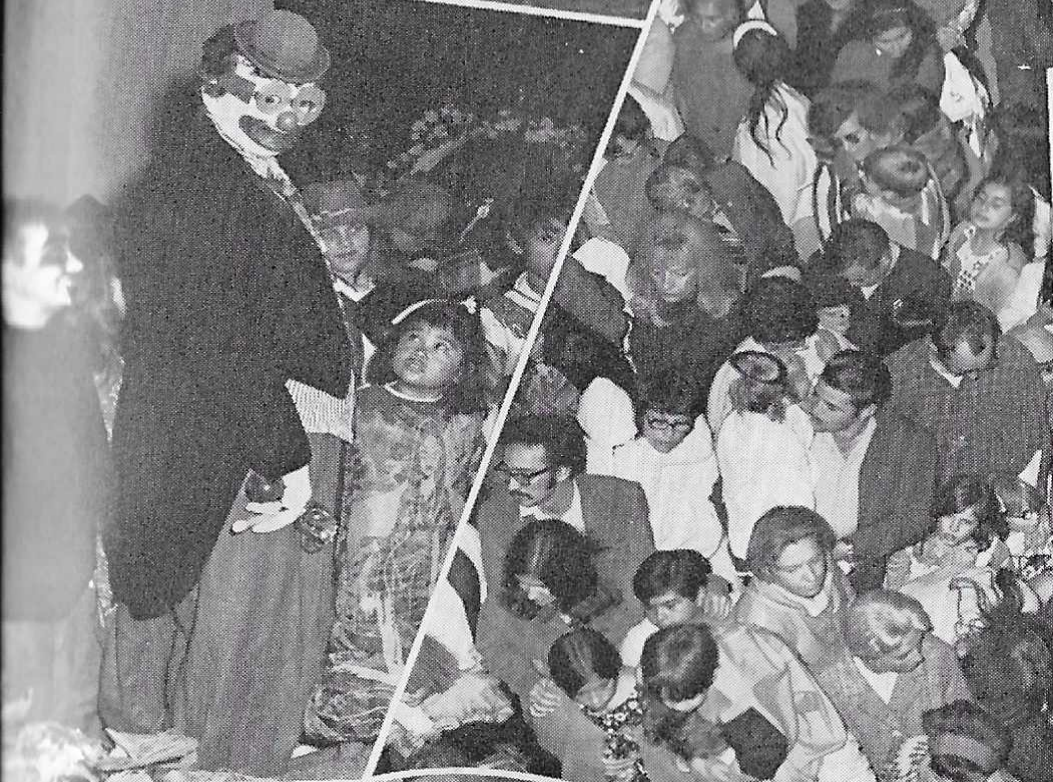
Entering the Mother Center grounds, children were met by two friendly grave-diggers, who were rightly afraid of a "corpse" whose casket had not yet been interred. The corpse reposed quietly until a red "devil" appeared in a burst of flame and smoke to awaken the sleeping dead. Passing the eerie graveyard with its haunting sights and sounds, the youthful visitors then met and were entertained by the famed characters of *Peanuts*: Snoopy and Linus — and Lucy, crabby as ever — who had gathered in the sincerest pump-

kin patch in the neighborhood to witness the long-awaited appearance of the Great Pumpkin.

The mystical aura and beauty of the Fairy Queen's kingdom then beckoned the children on to see a delightful old toy-maker and his exquisite dancing doll. Filling the Fairy Queen's colorfully lit realm were friendly witches, talking animals, rollicking elves, and beautiful fairies who enchanted every visitor with their artistry, stories, and songs.

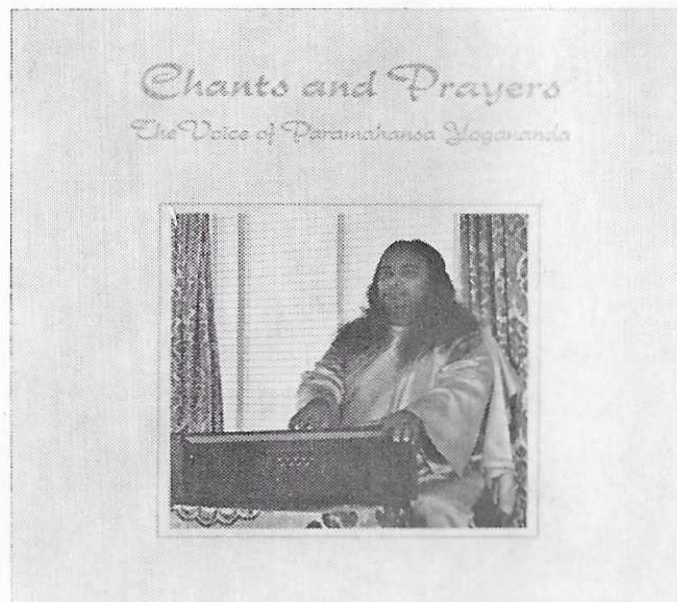
Standing before the Fairy Queen, the children made special wishes for "something very good" to happen in their lives. Touching them with her magic wand, the Queen bestowed gifts of love and good will; a ring, and a silver-wrapped sweet.

The success of the gala evening was reflected in the many warm comments from parents and letters of appreciation received at the SRF headquarters.



THE VOICE OF PARAMAHANSA YOGANANDA

Prayer at Dawn
O God Beautiful
Hey Hari Sundara
What Lightning Flash
God, Christ, Gurus
Temple of Silence
Song of India
Shanti Mundiray
Prayer at Eventide



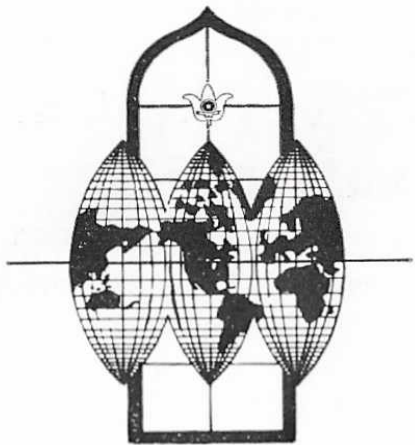
A long-play (33 1/3 rpm) recording of the voice of the beloved master singing devotional chants in English and Bengali. An instrumental number, *Song of India*, has Yoganandaji playing the *tabla* (drums) and Dr. Antonia Brico, noted symphony-orchestra conductor, playing the harmonium.

An inspiring extemporaneous invocation to the Lord follows *Prayer at Eventide*. At the end of this invocation the great guru's sonorous chanting of *Om* (Amen) conveys the vibrations of his God-conscious state. Those who join in thought and feeling with Paramahansa Yogananda as he chants the sacred *Om* — the universal symbol-word for God — will find their hearts imbued with peace.

No. 121 \$5 postpaid (please order by number) 5% sales tax in Calif.
L.A. County add 5 1/2% tax through December 31, 1970

SELF-REALIZATION FELLOWSHIP
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To the friends of SRF



Self-Realization Fellowship gratefully acknowledges the financial assistance received from members and friends. This help is vital to the continuing expansion of SRF activities and services in America, India, and other parts of the world. The work founded by Paramahansa Yogananda in India in 1917 and in America in 1920 is constantly developing; and SRF must apply its resources to new projects as well as to long-established activities.

Donors who desire to do so may indicate to which of the following Funds they wish to contribute: Paramahansa Yogananda Memorial Fund (for the building of a shrine at SRF headquarters), or Voluntary League (General Fund, India Fund, or Building Fund). Unspecified gifts are used for advertising and other methods of spreading the SRF message.

Gifts and bequests to Self-Realization Fellowship (a nonprofit religious institution) are deeply appreciated.

SELF-REALIZATION
FELLOWSHIP

Gifts are deductible on U.S.A. income tax returns; bequests are exempt from estate taxes.

3880 San Rafael Avenue, Los Angeles, California 90065

Golden Anniversary Booklet



- Paramahansa Yogananda's reminiscences of his early years in America
- Pictorial history of the growth of Self-Realization Fellowship — 115 photographs (45 of Paramahansa Yogananda)
- 8 pages of color photographs of SRF ashrams and temples
- "A Scripture of Love," by Paramahansa Yogananda

\$2.00 postpaid

SRF 50th Anniversary Convocation Photos Available

Two large panoramic photographs (black and white, 8" x 30") of Self-Realization Fellowship members and directors at the 1970 Golden Anniversary Convocation may be purchased from SRF headquarters.



Photograph taken during opening program (*see inside back cover Fall 1970 issue*) — No. 1229-1, \$4.00 ppd.

Photograph taken during banquet at concluding program (*see foldout Fall 1970 issue*) — No. 1229-2, \$4.00 ppd.



Please order photos by number

In California add 5% sales tax; in Los Angeles County add 5½% tax through December 31, 1970

Order from SRF / 3880 San Rafael Avenue, Los Angeles, Cal. 90065

SRF-YSS DIRECTORY of CENTERS, CHURCHES, and MEDITATION GROUPS



SELF-REALIZATION FELLOWSHIP

Founded in America by Paramahansa Yogananda in 1920

YOGODA SATSANGA SOCIETY OF INDIA

Founded in India by Paramahansa Yogananda in 1917

The Reverend Mother Daya Mata, *President*

For the reader's convenience, the United States section and the India section of this directory begin with detailed listings of the addresses and activities of SRF International Headquarters and YSS Headquarters, and those branch centers which are instrumentalities of SRF or YSS Headquarters.

The directory otherwise consists of a worldwide geographical listing of cities in which SRF and YSS students are meeting for meditation and other spiritual activities.

Information about time and place of SRF meetings may be obtained by writing to Self-Realization Fellowship, Center Department, 3880 San Rafael Avenue, Los Angeles, California 90065, U.S.A.

Inquiries about YSS activities in India should be directed to Yogacharya Swami Shyamananda, General Secretary, Yogoda Satsanga Society of India, Yogoda Branch Math, Old Hazaribagh Road, Ranchi 1, Bihar, India.

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. 8:30 a.m. (meditation), 9:30 and 11 a.m. (main service), 11 a.m. (children's service), 8 p.m. (meditation); Thurs. 8 p.m. (midweek service).

MEDITATION COUNSELORS: Meera Mata, Bro. Mokshananda, Bro. Bhavananda. Tel. 661-8006 or 225-2471.

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 Mon.
SERVICES: Sun. 9:30 & 11 a.m.
(main service), 11 a.m. (children),
8 p.m. (meditation); Thurs. 8 p.m.
(midweek service).

MEDITATION COUNSELOR: Brother
Jivananda. Telephone 454-4114 or
225-2471.

FULLERTON — SRF Church of All
Religions, 142 East Chapman Ave.

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: Brothers
Dharmananda and Achalananda. Tel.
Fullerton (714) 525-1291; if no an-
swer, phone Los Angeles (213) 225-
2471 (SRF headquarters).

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

SERVICES: SRF Retreat Chapel, 215
K St. at Second. Sun. 9:30 and 11
a.m. (main service), 9:30 a.m.
(children), 7:30 p.m. (meditation);
Thurs. 8 p.m. (lecture).

SRF RETREAT: Guest accommoda-
tions for SRF students and friends,
P.O. Box 758. Tel. (714) 753-1811.

MEDITATION COUNSELORS: Brothers
Premamoy and Bhaktananda. Tele-
phone 753-2888.

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

SERVICES: Sun. 9:30 a.m. and 11
a.m. (main service), 9:30 a.m. (chil-
dren's service); 8 p.m. (meditation);
Thurs. 8 p.m. (midweek service).
Telephone 295-0170.

MEDITATION COUNSELOR: Brother
Bhaktananda. Telephone Encinitas,
753-2888.

EL SERENO — SRF Meditation
Group.

LOS GATOS (near San Jose) — SRF
Meditation Group.

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NORTH HOLLYWOOD — SRF Med-
itation Group.

OAKLAND — SRF Center.

REDONDO BEACH — SRF Center.

RIVERSIDE — SRF Meditation
Group.

SAN FRANCISCO — SRF Meditation
Group.

SAUSALITO — SRF Meditation
Group

Arizona

PHOENIX — SRF Church of All Re-
ligions, 6111 North Central Avenue.

SERVICES: Sun. 11 a.m. (main ser-
vice); Thursday 8 p.m. (meditation
service). Telephone 279-6140 or
258-1072.

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JAPAN

TOKYO — SRF Meditation Group.

INDIA

CALCUTTA (Dakshineswar) — *Registered Office*, Yogoda Satsanga Society of India, Yogoda Math, Dakshineswar, Calcutta 57, West Bengal. Telephone 56-2801, 56-2908. Yogoda Ashram; Publication Section; Yogoda Satsanga Press.

(Correspondence regarding Yogoda Lessons and YSS publications should be directed to Yogacharya Swami Shyamananda, General Secretary, Yogoda Satsanga Society of India, at the Branch Math in Ranchi, Bihar.)

Bihar

RANCHI — Yogoda Satsanga Society of India, Yogoda Branch Math, Old Hazaribagh Road, Ranchi 1, Bihar. Telephone 724. Yogoda Branch Ashram; YSS Mahavidyalaya (college); YSS Homeopathic Mahavidyalaya; YSS Vidyalaya (boys' school); YSS Kanya Vidyalaya (girls' school); Yogoda Sangeet and Kala Bharati (music, fine arts, and crafts schools); YSS Bal-Krishnalaya (Montessori-type school); YSS Sevashram Hospital (allopathic and homeopathic sections).

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PURI — Yogoda Branch Ashram, Puri. Sri Yukteswar Samadhi Mandir.

Punjab

PATIALA—Yogoda Meditation Group Center.

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CHANDIGARH—Yogoda Meditation Group Center

NEW DELHI — Yogoda Meditation Group Center.

Uttar Pradesh

ALIGARH — Yogoda Meditation Group Center.

LUCKNOW — Yogoda Meditation Group Center.

SURAIKHET — Yogoda Branch Center.

West Bengal

CALCUTTA (Dakshineswar) — See first entry under "India."

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CALCUTTA (South)—Yogoda Meditation Group Center.

(Midnapur District)

DONGABHANGA — Yogoda Meditation Group Center.

EJMALICHAK — Yogoda Branch Center. Multipurpose school.

GHATAL — Yogoda Meditation Group Center. Sri Yukteswar Vidyapith (Junior High School); Primary School.

HANDOL—Yogoda Meditation Group Center.

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KALIDAN — Yogoda Meditation Group Center. Sri Yukteswar Smriti Mandir & Library; Primary School.

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PINDRUI — Yogoda Meditation Group Center.

SINTHIBINDA — Yogoda Meditation Group Center.

(Purulia District)

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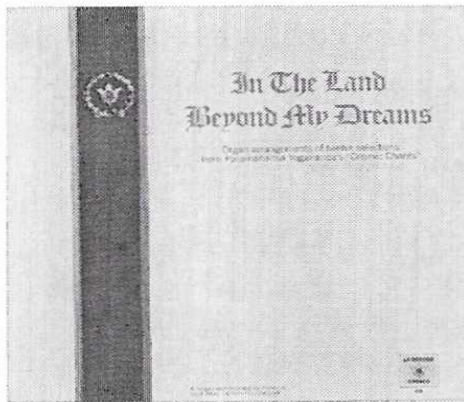
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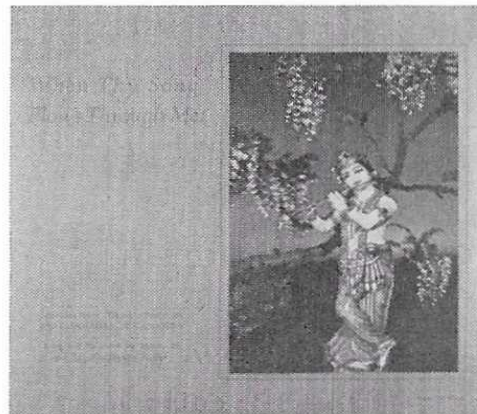
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Statement required by the Act of October 23, 1962, Section 4369, Title 39, United States Code, showing the ownership, management, and circulation of "Self-Realization Magazine," published quarterly at 3880 San Rafael Avenue, Los Angeles, California 90065, as filed on October 16, 1970. Location of the headquarters or general business offices of the publishers is the same.

Names and address of publisher, editor, and managing editor: Publisher: Self-Realization Fellowship, Inc., 3880 San Rafael Avenue, Los Angeles, California 90065; editor and managing editor, J. Brush, same address. Owner: Self-Realization Fellowship, Inc., same address. There are no bondholders, mortgagees, or other security holders owning or holding 1 percent or more of total amount of bonds, mortgages, or other securities.

The preceding paragraph includes, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any fiduciary relation, the name of the person or corporation for whom such trustee is acting, also the statements in the paragraph show the affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear on the books of the company as trustees, hold stock and security in a capacity other than that of a bona fide owner. Names and addresses of individuals who are stockholders of a corporation which itself is a stockholder or holder of bonds, mortgages, or other securities of the publishing corporation have been included in the preceding paragraph when the interests of such individuals are equivalent to 1 percent or more of the total amount of the stock or securities of the publishing corporation.

Average number of copies of each issue during preceding 12 months, and of the single issue nearest filing date, respectively, are as follows: total number of copies printed (net press run, 14,306-15,563; paid circulation (1) sales through dealers and carriers, street vendors, and counter sales 1433-1484; (2) mail subscriptions 10,969-11,510; total paid circulation 12,402-12,994; free distribution (including samples) by mail carrier, or other means 727-853; total distribution 13,129-13,847; office use, leftover, unaccounted, spoiled after printing 1177-1716; total 14,306-15,563. I certify that the statements made by me above are correct and complete. (Signed) J. Brush, Editor.

INSIDE BACK COVER: The Reverend Mother Daya Mata and Yogacharya Swami Shyamananda (formerly Yogacharya Binay Narayan) stand in silent prayer at the conclusion of Yogacharya Swamiji's *sannyas* vow ceremony, given in the shrine of Paramahansa Yogananda, SRF international headquarters. The large brown chair was occupied by Paramahansaji when, in August 1948, he entered a deep state of *samadhi* (union with Spirit) and conversed with God in the aspect of Divine Mother.

OUTSIDE BACK COVER: A Christmas scene in India. These lovely poinsettias were photographed in 1961, during Sri Daya Mata's second visit to India. Christmas holidays were spent in Neterhat, a mountaintop "hill station" ninety miles southwest of Ranchi, Bihar. The distant jungle four thousand feet below is a Government Reserve for elephants, tigers, leopards, and deer.



