

INNER CULTURE



EAST-WEST MAGAZINE



Success and
Happiness




The Eternal One

January
1936
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*A Magazine Devoted to the Healing
of Body, Mind and Soul*

The New Year



WE are on the threshold of a New Day. The New Year is knocking at the door, her jingling hands full of surprises and unknown promises.


O Soul! Ring out the old baseness and ring in the fresh melodies that rise and swell in the throat of Eternal Youth. Melt all that is old and past into the liquid gold of wisdom, and mold it into the pattern of precious experiences. Recall the past when you need to use it, but let not its memory bind you and keep you from moving forward with the March of Time.

The New Year is a new step in the Dance of Life. It is a Dance of Regeneration and Adventure, full of new risks and new triumphs. O my Soul! Join this Dance of Joy with a fearless and joyous heart and leap forward with the swinging, singing planets.

O my Soul! Drop your tears on the mountain-walls of hoary time and look forward at the steadfast gaze of the towering cliffs that stand as milestones marking the way. These are the mighty figures, the great talents, and the proud geniuses who have built up this civilization with its arts and sciences, which we now enjoy.

O my Soul! Raise your head as uprightly and proudly into the skies as these cliff-towers of the Ages, and fearlessly move into the new universe that the New Year may reveal unto you. Play your part so well and so nobly that our old Mother Earth can say to you on the eve of another New Year: "My Child, I am proud that you tread on my golden soil."

—By Sri Nerode.



INNER CULTURE

EAST-WEST MAGAZINE

Master Minds of the East and the West are contributing their best efforts to this magazine, dedicated to the super-art of living.

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SALOME E. MARCKWARDT, Managing Editor.

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Letter From Swamiji

To All Residents of Mr. Washington, and Students
and Friends of Self-Realization Fellowship:

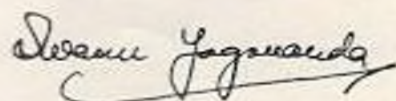
At this season my body is far away in India, so I shall celebrate Christmas with the Christ Joy, or Krishna Joy, ever omnipresent in your hearts.

This Christmas Morn, when you wake up looking for gifts around the Christmas Tree, forget not to concentrate around the tree of your own consciousness and devotion. Then you shall behold in its branchlets my blessings and un-failing good will, sparkling like unfading twinkling lights. And on the very top and uppermost part of the tree of your consciousness you will behold the inextinguishable star of my unconditional love, fragrant with Christ consciousness shining externally with sad and joyous gleam. The star of my love will be sad because my body is not near you in my beloved America in the peace-shade of the nearness of your presence. However, the star of my heart's devotion will glimmer joyously with the added love of the new-found Christ souls and all-pervading Krishna devotees of India. My Christna (Krishna) and Christ, ever one in Spirit, will be born anew in me in my new joy on Christmas Morn.

What present shall I give you this time, but the most precious gift of all gifts, the united Christ and Christna Joy which I shall receive on Christmas Morn.

Delve deep into your Inner Self and search in the tangled roots of the tree of your devotion, buried in the soil of meditation, for my hidden gift of all gifts, bound with the golden cords of my ever-burning memory of your love.

With increasing blessings,



Success and Happiness

By S. Y.

ALL prosperity is measured out to man according to the law of cause and effect, which governs not only this life, but all past lives. That is why intelligent people are often born poor or unhealthy, whereas, an idiot may be born healthy and wealthy. Men were originally sons of God made in His image, having free choice and equal power of accomplishment, but, by misuse of his God-given reason and will power man became controlled by the natural law of cause and effect and law of action (Karma) and thus limited his life. A man's success depends not only upon his intelligence and efficiency but upon the nature of his past actions. However, there is a way to overcome the unfavorable results of past actions. They must be destroyed and a new cause set in motion.

God The Real Source Of Prosperity

God is the secret of all mental power, peace, and prosperity. Then why use the limited impossible human method of gaining prosperity? By visualizing abundance, or by affirmation, you may strengthen your subconscious mind, which may in turn encourage your conscious mind, but that is all that visualization alone can do. The conscious mind still has to achieve the success just the same and is hindered by the working of the law of cause and effect. The conscious mind cannot initiate a new cause which will bring positive success in any direction, but when the human mind can contact God, then the super-conscious mind can be sure of success due to the unlimited power of God and due to creating a new cause of success.

Efficiency Through Concentration

After establishing that the goal of life is maximum efficiency, peace, health, and success, let us consider the surest

way to prosperity. Prosperity does not consist just in the making of money; it also consists in acquiring the mental efficiency by which man can uniformly acquire health, wealth, wisdom, and peace at will.

Great wealth does not necessarily bring health, peace, or efficiency, but the acquirement of efficiency and peace are bound to bring a properly balanced material success. Most people develop mental efficiency as the by-product of their efforts for material success, but very few people know that money is made for happiness, but happiness cannot be found just by developing an insatiable Soul - corroding desire for money.

Man often forgets to concentrate on his little physical needs and on his great need of developing mental efficiency in everything, and of acquiring Divine contentment. Man is so busy multiplying his conditions of physical comfort that he considers very many unnecessary things as a necessary part of his existence.

Mental efficiency depends upon the art of concentration. Man must know the scientific method of concentration, by which he can disengage his attention from objects of distraction and focus it on one thing at a time. By the power of concentration, man can use the untold power of mind to accomplish that which he desires, and he can guard all doors through which failure may enter. All men of success have been men of great concentration, men who could dive deeply into their problems and come out with the pearls of right solutions. Most people are suffocated by distraction and are unable to fish out the pearls of success.

The man of powerful concentration must ask God to direct his focused mind

on the right place for right success. Passive people want God to do all the work, and egotists ascribe all their success to themselves. Passive people do not use the power of God in intelligence, and egotists, though using God-given intelligence, forget to receive God's direction as to how the intelligence should be used. I can blame inertia as the cause of failure, but it hurts me to see intelligent egotists fail after making real intelligent effort.

The surest way to prosperity lies, not in begging through wrong prayer, but in establishing first your Oneness with God and afterward demanding the Divine Son's share. That is why Jesus said that men of the world wrongly and unsuccessfully seek bread first, but that they should seek the Kingdom of God first, then all things, all prosperity, unasked, would be added unto them. This is easier said than done. You have heard this before, but you must learn to demonstrate this truth in your life. You must remember that Jesus actually knew and felt it when he said: "I and my Father are One." That is why He could command the storms to stop, turn water into wine, wake Lazarus from sleep, and heal the physical and mental sufferers, and could feed the multitude. He was spiritually efficient, and hence He knew the art of mental and physical efficiency.

God's Will And Your Will

Broadcast your message, "My Father and I are One" until you feel this overpowering, all-solacing Bliss of God. When this happens, you have made the

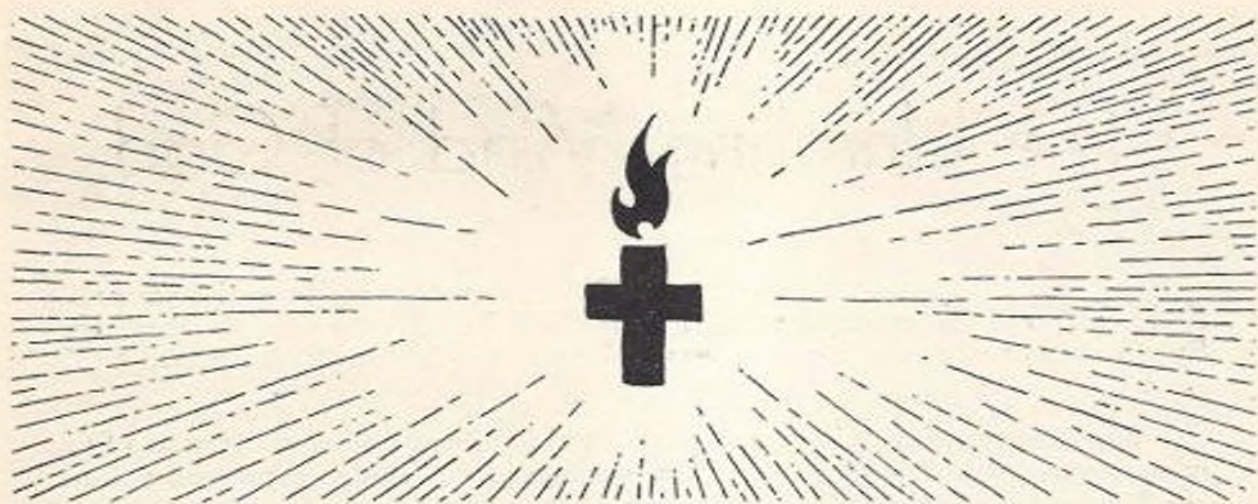
contact. Then demand your celestial right by affirming: "Father, I am Thy child, guide me to my right prosperity," or "Father, I will reason, I will will, I will act, but lead Thou my reason, will, and activity to the right thing which I should do in order to acquire health, wealth, peace, and wisdom."

Do not will and act first, but contact God first and thus harness your will and activity to the right goal. As you cannot broadcast through a broken microphone, so must you remember that you cannot broadcast your prayer through the mental microphone which is disordered by restlessness. By deep calmness, repair your mind microphone. Then again, as you cannot get an answer by just calling someone through a microphone and then running away, so, also, you must not pray once and then run away, but you must continuously broadcast your prayer to God through your calm mental microphone UNTIL you hear His voice. Most people pray in restlessness and do not pray with the determination to receive a response.

Repeat This Prayer Daily

Heavenly Father, teach me how to dive in Thy Ocean of Plenty again and again if I do not find the pearls of Thy Perception by one or two divings. I will not say that Thy Ocean of Everything is empty, for Thou wilt show me that the fault is with my diving. I will put on the diving apparel of faith, power, and fortitude, and Thou wilt direct my mind to dive in the right place, where Thy bounty is hidden.





The Second Coming of Christ

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

By S. Y.

It hath been said, whosoever shall put away his wife, let him give her a writing of divorcement: but I say unto you, that whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.

("Walks and Words of Jesus,"
by Rev. M. N. Olmsted.)

THOSE who divorce their wives when tired of them, or for any reason other than unfaithfulness, have committed adultery. Any one marrying a woman who is divorced for any reason other than adultery, commits adultery. This seems to be a very drastic law to people who, part from each other due to incompatibility of temper, decide to re-marry.

The idea is that to marry the wrong woman, actuated by social or physical instinct, is sinful. One should get married only when he finds soul unity with a proper mate. And the two thus married should stick to one another. Proper marriage gives birth to real love, union on a higher plane, and does away with living on the sex-plane.

People who are constantly getting divorced and getting married again, never give the divine love a chance to grow on the soil of proper matrimony. The minds of such people are ever concentrated upon sex and material beauty. Hence, too many divorces for flimsy reasons give birth to adultery, which consists in concentrating upon sex as an end in itself, instead of a means to an end of procreation on the physical plane, or procreation of love and emancipation on the spiritual plane.

Again, ye have heard that it hath been said by them of old time, thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths: but I say unto you, swear not at all: neither by Heaven: for it is God's throne: nor by the earth: for it is His footstool: neither by Jerusalem: for it is the city of the Great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, yea, yea: nay, nay: for whatsoever is more than these cometh of evil.

("Walks and Words of Jesus,"
by Rev. M. N. Olmsted.)

(Continued on Page 24)

The Unrolling Mind of God

LIFE is fundamentally and necessarily Spiritual. All its expressions and forms will be apprehended in their true Spiritual nature, as the consciousness of man unrolls from latency into Realization.

Man alone, of all God's creations, is able to achieve a realization of his co-existence with his Creator. Yet, strangely, he alone, experiences inner conflict and struggle. Lower creations have not this warfare within themselves, because they have no sense of moral responsibility. Only man has eaten of the Tree of Knowledge of Good and Evil. Hence, since he alone can be conscious of his imperfect, or undeveloped state, (life ignorantly conceived) he alone can become conscious of a perfect state (life rightly conceived.)

The Apostle Paul said: "I shall be satisfied when I wake in His likeness." He did not place God outside or apart from himself, but knew that Godhood was latent in his still partially slumbering consciousness.

If a rose in the bud had the power to be self-conscious, it would not be wholly "satisfied." It would feel itself tightly encased; would fret until its last petal was unfolded, and the full revelation of its beauty, fragrance, and utility revealed. It would be "satisfied" only in the fulfillment of its destiny.

The same Life that is pressing through the plant into the blossom of fulfillment is just as surely pressing through man, into the bloom of Self-Realization. Understanding this, the individual will cooperate with It, and be willing to yield to It his sense of a separate existence. In doing this, he is not annulling his individuality, but fulfilling it, by releasing the potency of Eternal Life. "I came not to destroy, but to fulfill," saith the Eternal Christ. Before the sun rises in the morning, there is the gradual spreading of the dawn. The nearer the sun comes toward the horizon, the brighter are the beams it casts ahead. Its appearance in full-orbed glory is the fulfillment of those prophetic rays. Likewise, the gradual dawning of the Light of Understanding in the mind is the approaching Light of Christ, dimly apprehended at first, but growing brighter unto the Perfect Day, wherein are no shadows of ignorance. This is the Sun of Self-Realization, risen out of the sea of Being.

Man becomes acquainted with, and like unto that upon which his interest is fixed. As he mounts the ladder of values, his interest is focused at increasingly higher levels. This process of ascension coaxes out from the depths of Being precious "hidden treasures." Eventually he reaches that rung where he places his attention and love on God alone; where His will and favor are more precious than all else besides. Here he is willing to say: "Thy will be done," to the Divine Life in which he is immersed. The false vestures of his mortal years begin to fall away. He is "clothed upon" with God's own righteousness, which is the fulfillment of his own being.

—Seva Devi.

The Eternal One

By S. Y.

BHAGAVAD GITA



CHAPTER II STANZA XVII

The One who pervades all things is imperishable. Nothing is powerful enough to destroy this Unchangeable Spirit.

POETIC RENDITION

The One who breathes life into all temporal things is indestructible. Nothing is able to destroy the immutable One, though all changeable objects of Creation melt away.

SPIRITUAL TRANSLATION

When an adobe house is shattered by an earthquake, the clay itself remains unchanged. So, also, when this Cosmic Clay-House of change is shattered by Cosmic dissolution, the Spirit of which the Cosmos is made, remains unchanged.

Just as electrons, atoms of hydrogen and oxygen, composing steam, water, and ice are all different rates of vibration of one energy, so also, man, Nature, souls, beasts, worlds, and all objects of creation are different, changeable forms of the One Spirit.

Even if planets were thrown out of their orbits, or if all matter were to melt into nothingness, there could not be an inch of empty space—space empty of Spirit. Forms of Creation and the great void, both equally contain Spirit.

Money may be spent, snow may melt away, oceans may evaporate, and the earth may be vaporized—still Spirit cannot be destroyed. Spirit is indestructible though all creation rises and melts away in His Bosom.

This Stanza especially emphasizes the fact that, though all things are visibly destructible—money, possessions, power, name, fame, friends, and so forth—yet

behind all the phenomena of destruction lies hidden the indestructible Spirit. If we would but choose to be identified with the indestructible Spirit, and realize Him in meditation, we would not be deluded and tortured with the pandemonium of change.

STANZA XVIII

By the indwelling Self, which is ever-changeless, imperishable, and limitless, these fleshly garments are spoken of as having termination. Battle, therefore, Offspring of Bharata.

POETIC RENDITION

The Divine Indweller, the Ever-Youthful One, whom the fingers of decay dare not touch, the One who lives in the region without boundaries, the One who can never be invaded by destruction, wears many costumes of flesh. He is imperishable, though his body garments decay. Equipped with this armor of wisdom, O descendant of Brave Bharata, sally forth to perform the inner battle.

SPIRITUAL TRANSLATION

The advanced devotee is afraid to fight the senses and to dematerialize the body into Spirit by higher meditations, as Jesus and the Hindu Saint, Kibara, did. Apparently the devotee is attached to the bodily cage and does not remember that he is a bird of eternity caged in a little place. As a bird of immortality, whose home is in eternal space, the devotee should not be afraid to rise above the body which some time, sooner or later, he will have to forsake when the last call comes.

So the Inner Self, Krishna, speaks to Arjuna, the devotee, through his intuition: "Concentrate upon your Inner Self which, being the image of the Eter-

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A Prayer

As I tune in to that mysterious power
That brings me strains of music passing
sweet,
That force that also strangely heals my
pain,
And when I tap it, gives me light and
heat,
So may my spirit be attuned to Thee,
Source of all heavenly light and power
divine,
And draw into my frail and fainting
heart
The wondrous power so freely poured
from Thine.

—Mary Shaw Page.
(Reprinted from *Advance*.)

The Greatest Blessing

Giving of alms, the righteous life, to
cherish kith and kin,
And to do deeds that bring no blame—
this is the greatest blessing.

Much learning and much science, and a
discipline well learned,
Yea, and a pleasant utterance—this is
the greatest blessing.

*A heart untouched by worldly things, a
heart that is not swayed
By sorrow, a heart passionless, secure—
that is the greatest blessing.

—Anon.

In Weakness Lies Strength

We should not condemn ourselves
For being weak sometimes;
For, out of weakness, strength is built.
We may not always trail unbroken
paths;
We may fall back and have to retrace
our steps,
Like the spider whose web has been
broken.
But each path or segment path retraced,
Is made smoother for other weary feet,
Who may profit by our plodding.
We cannot be ALL good always,
But it is useless to fret or worry
Over lost Causes.
We can always rebuild;
And in rebuilding,
Receive additional renewed strength.

—Katherine Maurine Haaff.

Jesus Christ

He chose to give the bread of life to
the few and obscure rather than satisfy
the hunger of the multitude with the
loaves and fishes, knowing full well that
by such a choice He fashioned a cross
upon which He would be crucified. For
all crosses are made by two lines of
force opposing each other. In His case,
personality and individuality blended
and transmuted, giving to humanity the
magic cross of the Resurrection.

—By Anne Walker Doughty.

What Is Heaven?

HEAVEN is the inspiring light of a kindly eye; the soothing tones
of a gentle voice; the uplifting graciousness of a helping hand;
the protecting spirit of one who believes only the best that is
said of us.

IT IS the wafted perfume of a blooming rose; the clear bright inno-
cence of a baby's eyes; the eternal bliss of a lasting friendship;
the unswerving loyalty of a true companion.

IT IS the all-wise tolerance of a great personality; the deep under-
standing of a loving nature; the true humility of a great intellect.

IT IS the pleasing vibrations of a kindly thought; the tuneful har-
mony of encouraging words; the colorful music of sincere appre-
ciation; the CALM and QUIET of a congenial Presence.

HEAVEN, as we know it, is everything that is Good and True and
Beautiful. It is Hope, and Faith, and Confidence; the beauty
in earth and sky and trees:

IT IS THE GLORIOUS REALIZATION OF ALL THESE!

—By Katherine Maurine Haaff.



A Modern Woman

By STARR DAILY

THE CLIMAX was no shock to Harry Gordon. It had approached like death, inevitably. Like death, also, it brought release from the fears and worries attending vanishing profits. For months he had been hiding a wobbly structure behind an imitation stone front. So when the crash came there was nothing to be salvaged from the wreckage. He was ruined, completely.

He chuckled mirthlessly as he thought of Flo—poor extravagant, glitter-loving Flo! They had started well enough together, from scratch, but how far away that seemed to him now! It was only a few years by the calendar: mentally and emotionally it was a thousand centuries. Ambition. The word sent corpuscles of gall through his veins. They had both been smitten by it, only in a different place. Flo had dreamed of scaling the social Mt. Everest; Harry of eclipsing the great J. C. Penny chain of retail stores.

There was but one thing to do now—be frank, brutally frank, because there wasn't anything left of the mess but just plain brutal failure. The break that had so often threatened of late could come now. Flo could slide out with the kids. Her excuse was tailor-made.

He found her with a copy of "Who's Who in New York Society" when he reached home. She was buried deep in the silken pillows of her day-bed, while her personal maid fussed over the finger nails of a slim free hand. When he spoke, she dismissed the girl with a lazy nod.

She listened without comment as their ten-room apartment, with all its luxurious appointments, melted away in his words. Her servants faded out in the fog of his voice. Knowing her

nervous hysterical reactions to anything that challenged her position, he paused occasionally and waited for the outburst. None were forthcoming. She only continued to listen, now and then filling in one of his gaps with a languid, "Yes, darling; please go on."

"We'll have to make less expensive arrangements for the children," he said. "Or at least, I can no longer afford to keep them in a Private. It might be—well, you are still young, Flo—and there's John Clayburn. Well, I guess you know he hasn't quite given up hope." He tried to temper his lack of tact with a forced smile.

"Yes, darling; please go on," she murmured. "You were saying something about the public schools for Betty and Junior."

"There's no use to beat around the bush about it, Flo—I'm washed out, flat, picked clean."

An ambiguous smile moved languorously across her features.

"I rather expected you to be pleased," he said sarcastically.

"I am, darling. Maybe you'll find a little time to get acquainted with your family now, now that you're broke. Time to discover that you're really the father of two lovely children, a boy and a girl, each with a personality all his and her very own. You've never known that before. Thousands of fathers are learning many things about their children these days that they hadn't known before."

"I'm in no mood for levity, Flo."

"Nor I," she smiled indolently, stretching her lithe body against her cupped hands at the nape of her neck. "We're going, you and I, down on the West side and find a thirty-dollar apart-

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The Sage

By ELIZABETH SWALLER



ONCE upon a time there lived a great lord whose many and varied benefactions were much sought after, and a never-ending stream of pilgrims traveled daily to his door. Although this great man himself traveled continuously from place to place, into far distant lands, and across briny seas, yet those who came to seek him always found him at home in his palace, ready to receive them, and to serve them. And although he was most lavish in his bestowal of gifts to those who knew him, these never failed to bring gifts to him.

Once, at the end of a summer's day, as the servants were about to close the gates for the night, a woman hastened from the depths of the garden and asked to see the Master. Although the Master had already dismissed his many guests, the woman was conducted to his presence.

She was received graciously and was asked the nature of her errand. "O," she replied, "I came only to see the many gifts which I am told you give to those who ask for them. Have you some for me?"

"Have you come far that you are so late?" inquired the Master. "No," she replied, "not so far, and as I was journeying, a kind traveler overtook me and allowed me to ride in his carriage. He, too, was coming here."

"But he has long since departed, has he not?"

"Yes, I saw him leaving with a most beautiful gift. That is why I decided to ask, also, for something to take away. Have you something for me?"

"Undoubtedly," answered the lord, "but what did you bring?"

"Bring," echoed the woman, puzzled, "why—I brought nothing." She continued: "In order to receive, must we give something?"

"That is the law," replied the Master, "and even I cannot change the law." He shook his head sadly and continued: "He who receives a gift must first bring a gift to me."

"How strange," murmured the woman, "I never thought of that. Is it then only an exchange?"

"Call it not so, I pray you," returned the Master, "but this you must understand, that whoever comes to me with requests must not come empty-handed, and in the same measure in which lies the gift he brings does he receive one from me. He who has neither measure nor gift, for him there is nothing."

"How very bewildering," said the woman. Then a sudden light illumined her face and she asked, beaming: "If I come again at some future time with a gift in a measure, then may I receive something?"

"Well said," replied the Master, smiling, "and for that saying I cannot send you away unrewarded."

Then taking a tiny casket from the table at his side he extended it toward her saying: "This contains a seed, small, but of inestimable value. Take it, nourish it well. It will grow and blossom and will some day bring you back again."

He placed the casket in her hand, then rising, he withdrew from the audience chamber.

mind, and meditate until your entire consciousness passes through the telescopic eye and beholds Christ Consciousness now.—

—Christ must be reborn in your consciousness. First, you must perceive Him in Spirit, and then you will be able to see Him in the body. Meditate so deeply and so strongly today that you feel Him and know that He is real and not just mere imagination. Christ is real. He must come to you. That you will attain this happiness—this unending joy in Christ—is my Christmas wish for you.—

—If you want real emancipation, do not waste your time. If you want to be prince of the world and conquer fear, disease, suffering, and death, do not go to bed until you make the contact with God. Do not go to sleep unless you feel that He is with you. If you will do this every day, you will see such happiness come into your life that it goes beyond all understanding. You must make the effort, but the effort will be worth while. Follow the way of the Christ and do not give up.—

—Your most important engagement is with God, and the way to meet Him is through persistent meditation. Prepare your cradle for the Christ Child now.—

—May God bless you with the gift of Christ in your consciousness this Holy Christmas Day.—

—With deepest blessings,—

—————Swami Yogananda

EAST WEST

January, 1936

January, 1936

Volume 8-3

WRITINGS BY SWAMI YOGANANDA

Letter From Swamiji To All Residents of Mt. Washington, and Students and Friends of Self-Realization Fellowship:

SUCCESS AND HAPPINESS

God The Real Source Of Prosperity

Efficiency Through Concentration

God's Will And Your Will

Repeat This Prayer Daily

The Second Coming of Christ

THE BHAGAVAD GITA

CHAPTER II

STANZA 17—The Eternal One

STANZA 18

On The Throne of Omnipresence

WISDOM OF SAINTS AND SAGES

The Unrolling Mind of God—Seva Devi

The Greatest Blessing

News from India

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The Power of the Life of Jesus—By Sri Ranendra Kumar Das

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Stingless Bees

Importance of the Right Food

Marital Happiness

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DIET/RECIPIES, HEALTH AND HEALING

Diet and Health—By ELLEN EASTON, B. Sc.

DINNER MENU

Tomato Pea Soup

Roast Nut Meat With Dressing

Cauliflower Ring With Beets

Whole Wheat Carrot Pudding

Sauce

Phosphorus

CENTER NEWS

A Dream of a Temple in India Fulfilled

Center News—By ORPHA L. SAHLY

New Year Greetings to Self-Realization Fellowship Centers

Long Beach,

California

Milwaukee, Wisconsin

Minneapolis, Minnesota

Indianapolis, Indiana

Denver, Colorado

The New Year

By Sri Nerode

We are on the threshold

Of a New Day.

The New Year

Is knocking at the door,

Her jingling hands full of surprises

And unknown promises.

O Soul! Ring out the old baseness

And ring in the fresh melodies
That rise and swell in the throat
Of Eternal Youth.
Melt all that is old and past
Into the liquid gold
Of wisdom, and mold it
Into the pattern
Of precious experiences.
Recall the past
When you need to use it,
But let not its memory
Bind you and keep you
From moving forward
With the March of Time.
The New Year is a new step
In the Dance of Life.
It is a
Dance of Regeneration
And Adventure,
Full of new risks and new triumphs.
O my Soul!
Join this Dance of Joy
With a fearless and joyous heart
And leap forward
With the swinging, singing planets.
O my Soul! Drop your tears
On the mountain-walls of hoary time
And look forward at the steadfast gaze
Of the towering cliffs
That stand as milestones
Marking the way.
These are the mighty figures,
The great talents,
And the proud geniuses
Who have built up this civilization
With its arts and sciences,
Which we now enjoy.
O my Soul! Raise your head
As uprightly and proudly into the skies
As these cliff-towers of the Ages,
And fearlessly
Move into the new universe
That the New Year
May reveal unto you.
Play your part so well and so nobly
That our old Mother Earth
Can say to you
On the eve of another New Year:
"My Child, I am proud
That you tread on my golden soil."
Letter From Swamiji to All Residents of Mt. Washington, and Students and Friends
of Self-Realization Fellowship:
At this season
My body is far away in India,
So I shall celebrate Christmas
With the Christ Joy,

Or Krishna Joy,
Ever omnipresent in your hearts.
This Christmas Morn, when you wake up
Looking for gifts
Around the Christmas Tree,
Forget not to concentrate
Around the tree
Of your own consciousness
And devotion.
Then you shall behold in its branchlets
My blessings and unfailing good will,
Sparkling like unfading twinkling lights.
And on the very top
And uppermost part of the tree
Of your consciousness you will behold
The inextinguishable star
Of my unconditional love,
Fragrant with Christ consciousness
Shining externally
With sad and joyous gleam.
The star of my love will be sad
Because my body is not near you
In my beloved America
In the peace-shade
Of the nearness of your presence.
However,
The star of my heart's devotion
Will glimmer joyously
With the added love
Of the new-found Christ souls
And all-pervading
Krishna devotees of India.
My Christna (Krishna) and Christ,
Ever one in Spirit,
Will be born anew in me
In my new joy on Christna Morn.
What present shall I give you this time,
But the most precious gift of all gifts,
The united Christ and Christna Joy
Which I shall receive
On Christmas Morn.
Delve deep into your Inner Self
And search in the tangled roots
Of the tree
Of your devotion, buried in the soil
Of meditation, for my hidden
Gift of all gifts,
Bound with the golden cords
Of my ever-burning memory
Of your love.
With increasing blessings,
Swami Yogananda
SUCCESS AND HAPPINESS
By S. Y.

A

Il prosperity is measured out to man according to the law of cause and effect,

which governs not only this life, but all past lives. That is why intelligent people are often born poor or unhealthy, whereas, an idiot may be born healthy and wealthy. Men were originally sons of God made in His image, having free choice and equal power of accomplishment, but, by misuse of his God-given reason and will power man became controlled by the natural law of cause and effect and law of action (Karma) and thus limited his life. A man's success depends not only upon his intelligence and efficiency but also upon the nature of his past actions. However, there is a way to overcome the unfavorable results of past actions. They must be destroyed and a new cause set in motion.

God, the Real Source of Prosperity

God is the secret of all mental power, peace, and prosperity. Then why use the limited impossible human method of gaining prosperity? By visualizing abundance, or by affirmation, you may strengthen your subconscious mind, which may in turn encourage your conscious mind, but that is all that visualization alone can do. The conscious mind still has to achieve the success just the same and is hindered by the working of the law of cause and effect. The conscious mind cannot initiate a new cause which will bring positive success in any direction, but when the human mind can contact God, then the superconscious mind can be sure of success due to the unlimited power of God and due to creating a new cause of success.

Efficiency through Concentration

After establishing that the goal of life is maximum efficiency, peace, health, and success, let us consider the surest way to prosperity. Prosperity does not consist just in the making of money; it also consists in acquiring the mental efficiency by which man can uniformly acquire health, wealth, wisdom, and peace at will.

Great wealth does not necessarily bring health, peace, or efficiency, but the acquirement of efficiency and peace are bound to bring a properly balanced material success. Most people develop mental efficiency as the by-product of their efforts for material success, but very few people know that money is made for happiness, but happiness cannot be found just by developing an insatiable Soul - corroding desire for money.

Man often forgets to concentrate on his little physical needs and on his great need of developing mental efficiency in everything, and of acquiring Divine contentment. Man is so busy multiplying his conditions of physical comfort that he considers very many unnecessary things as a necessary part of his existence.

Mental efficiency depends upon the art of concentration. Man must know the scientific method of concentration, by which he can disengage his attention from objects of distraction and focus it on one thing at a time. By the power of concentrations, man can use the untold power of mind to accomplish that which he desires, and he can guard all doors through which failure may enter. All men of success have been men of great concentration, men who could dive deeply into their problems and come out with the pearls of right solution. Most people are suffocated by distraction and are unable to fish out the pearls of success.

Inner Culture

The man of powerful concentration must ask God to direct his focused mind on the right pace for right success. Passive people want God to do all the work, and egotists ascribe all their success to themselves. Passive people do not use the power of God in intelligence, and egotists, though using God-given intelligence, forget to receive God's direction as to how the intelligence should be used. I can blame inertia as the cause of failure, but it hurts me to see intelligent egotists fail after making real intelligent effort.

The surest way to prosperity lies, not in begging through wrong prayer, but in establishing first your Oneness with God and afterward demanding the Divine Son's share. That is why Jesus said that men of the world wrongly and

unsuccessfully seek bread first, but that they should seek the Kingdom of God first, then all things, all prosperity, unasked, would be added unto them. This is easier said than done. You have heard this before, but you must learn to demonstrate this truth in your life. You must remember that Jesus actually knew and felt it when he said: "I and my Father are One." That is why He could command the storms to stop, turn water into wine, wake Lazarus from sleep, and heal the physical and mental sufferers, and could feed the multitude. He was spiritually efficient, and hence He knew the art of mental and physical efficiency.

God's Will and Your Will

Broadcast your message, "My Father and I are One" until you feel this overpowering, all - solacing Bliss of God. When this happens, you have made the contact. Then demand your celestial right by affirming: "Father, I am Thy child, guide me to my right prosperity," or "Father, I will reason, I will will, I will act, but lead Thou my reason, will, and activity to the right thing which I should do in order to acquire health, wealth, peace, and wisdom."

Do not will and act first, but contact God first and thus harness your will and activity to the right goal. As you cannot broadcast through a broken microphone, so must you remember that you cannot broadcast your prayer through the mental microphone which is disordered by restlessness. By deep calmness, repair your mind microphone. Then again, as you cannot get an answer by just calling someone through a microphone and the running away, so, also, you must not pray once and then run away, but you must continuously broadcast your prayer to God through your calm mental microphone UNTIL you hear His voice. Most people pray in restlessness and do not pray with the determination to receive a response.

Repeat This Prayer Daily

Heavenly Father,
Teach me how to dive
In Thy Ocean of Plenty
Again and again
If I do not find
The pearls of Thy Perception
By one or two divings.
I will not say
That Thy Ocean of Everything
Is empty,
For Thou wilt show me
That the fault is with my diving.
I will put on the diving apparel
Of faith, power, and fortitude,
And Thou wilt direct my mind
To dive in the right place,
Where Thy bounty is hidden.
The Second Coming Of Christ

It hath been said, whosoever shall put away his wife, let him give her a writing of divorcement; but I say unto you, that whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery; and whosoever shall marry her that is divorced committeth adultery.

Those who divorce their wives when tired of them, or for any reason other than unfaithfulness, have committed adultery. Any one marrying a woman who is divorced for any reason other than adultery, commits adultery. This seems to be a very drastic law to people who, part from each other due to incompatibility of temper, decide to re-marry.

The idea is that to marry the wrong woman, actuated by social or physical

instinct, is sinful. One should get married only when he finds soul unity with a proper mate. And the two thus married should stick to one another. Proper marriage gives birth to real love, union on a higher plane, and does away with living on the sex-plane.

People who are constantly getting divorced and getting married again, never give the divine love a chance to grow on the soil of proper matrimony. The minds of such people are ever concentrated upon sex and material beauty. Hence, too many divorces for flimsy reasons give birth to adultery, which consists in concentration upon sex as an end in itself, instead of a means to an end of procreation on the physical plane, or procreation of love and emancipation on the spiritual plane.

Again, ye have heard that it hath been said by them of old time, thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths: but I say unto you, swear not at all: neither by Heaven: for it is God's throne: nor by the earth: for it is His footstool: neither by Jerusalem: for it is the city of the Great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, yea, yea: nay, nay: for whatsoever is more than these cometh of evil.

In olden times the Scriptures enjoined that one should not swear but taught that it was permissible to give the oath of allegiance unto the Lord. However, Jesus said that it was not good to swear at all, especially by using the name of heaven or earth, for heaven is God's transcendental chamber of blissful retirement, and the earth is the place of heavenly activity. God rests; in the heaven region of space hidden behind the walls of light rays. There God rests in eternal bliss. The earth is the footstool of God, that is, it is a place where God works with His Feet of motion and activity. Neither should one swear by Jerusalem or any holy city, which has had the sacred manifestation of the Royal God through His saints. Neither should one swear by the head because it is the sacred abode of the soul.

Swearing is the result of overworked emotion. During the mental blindness caused by emotion or heated argument, or anger, or false assertion, one is apt to speak untruth or to assert untruth violently, and to add to such impulsive untruthful statements the sacred name of God, or heaven, or God-created earth, or the sacred abode of saints, or the holy abode of the soul in the head, is sin. Do not drag down something which is holy to support something, which is wrong or meaningless.

Swearing reveals weakness of character, lack of fineness, and lack of reverence. Swearing makes one cheap and also creates a cheap atmosphere, undermining the sacredness of holy things and impairing the sanctity and seriousness of good souls. Swearing reveals that one has to resort to emotional exclamations instead of using the clarity of reason to prove his point. A true statement firmly asserted does not need to be desecrated by swearing, which may fasten upon one the habit of prevarication, exaggeration, and misrepresentation. Swearing develops profane language, an impulsive and overbearing nature, and hasty and impatient assertions. In conversation and argument, it is best to us "Yea, Yea," or "Nay, Nay," calmly or emphatically administered, as the occasion demands.

The Unrolling Mind of God

Seva Devi

L

Life is fundamentally and necessarily Spiritual. All its expressions and forms will be apprehended in their true Spiritual nature, as the consciousness of man unrolls from latency into Realization.

Man alone, of all God's creations, is able to achieve a realization of his co-existence with his Creator. Yet, strangely, he alone, experiences inner conflict and struggle. Lower creations have not this warfare within themselves,

because they have no sense of moral responsibility. Only man has eaten of the Tree of Knowledge of Good and Evil. Hence, since he alone can be conscious of his imperfect, or undeveloped state, (life ignorantly conceived) he alone can become conscious of a perfect state (life rightly conceived.)

The Apostle Paul said: "I shall be satisfied when I wake in His likeness." He did not place God outside or apart from himself, but knew the Godhood was latent in his still partially slumbering consciousness.

If a rose in the bud had the power to be self-conscious, it would not be wholly "satisfied." It would feel itself tightly encased; would fret until its last petal was unfolded, and the full revelation of its beauty, fragrance, and utility revealed. It would be "satisfied" only in the fulfillment of its destiny.

The same Life that is pressing through the plant into the blossoms of fulfillment is just as surely pressing through man, into the bloom of Self-Realization. Understanding this, the individual will cooperate with It, and be willing to yield to It his sense of a separate existence. In doing this, he is not annulling his individuality, but fulfilling it, by releasing the potency of Eternal Life. "I came not to destroy, but to fulfill," saith the Eternal Christ. Before the sun rises in the morning, there is the gradual spreading of the dawn. The nearer the sun comes toward the horizon, the brighter are the beams it casts ahead. Its appearance in full-robed glory is the fulfillment of those prophetic rays. Likewise, the gradual dawning of the Light of Understanding in the mind is the approaching Light of Christ, dimly apprehended at first, but growing brighter unto the Perfect Day, wherein are no shadows of ignorance. This is the Sun of Self-Realization, risen out of the sea of Being.

Man becomes acquainted with, and life unto that upon which his interest is fixed. As he mounts the ladder of values, his interest is focused at increasingly higher levels. This process of ascension coaxes out from the depths of Being precious "hidden treasures." Eventually he reaches that rung where he places his attention and love on God alone; where His will and favor are more precious than all else besides. Here he is willing to say: "Thy will be done," to the Divine Life in which he is immersed. The false vestures of his mortal years begin to fall away. He is "clothed upon" with God's own righteousness, which is the fulfillment of his own being.

THE BHAGAVAD GITA

CHAPTER II

STANZA 17—The Eternal One

T

he One who pervades all things is imperishable. Nothing is powerful enough to destroy this Unchangeable Spirit.

POETIC RENDITION

The One who breathes life into all temporal things is indestructible. Nothing is able to destroy the immutable One, though all changeable objects of Creation melt away.

SPIRITUAL TRANSLATION

When an adobe house is shattered by an earthquake, the clay itself remains unchanged. So, also, when this cosmic Clay-House of change is shattered by Cosmic dissolution, the Spirit of which the Cosmos is made, remains unchanged.

Just as electrons, atom of hydrogen and oxygen, composing steam, water, and ice are all different rates of vibration of one energy, so also, man, Nature, souls, beasts, worlds, and all objects of creation are different, changeable forms of the One Spirit.

Even if planets were thrown out of their orbits, or if all matter were to melt into nothingness, there could not be an inch of empty space—space empty of Spirit. Forms of Creation and the great void, both equally contain Spirit.

Money may be spent, snow may melt away, oceans may evaporate, and the earth

may be vaporized—still Spirit cannot be destroyed. Spirit is indestructible though all creation rises and melts away in His Bosom.

This Stanza especially emphasizes the fact that, though all things are visibly destructible—money, possessions, power, name, fame, friends, and so forth—yet behind all the phenomena of destruction lies hidden the indestructible Spirit. If we would choose to be identified with the indestructible Spirit, and realize Him in meditation, we would not be deluded and tortured with the pandemonium of change.

STANZA 18

By the indwelling Self, which is ever-changeless, imperishable, and limitless, these fleshly garments are spoken of as having termination. Battle, therefore, Offspring of Bharata.

POETIC RENDITION

The Divine Indweller, the Ever-Youthful One, whom the fingers of decay dare not touch, the One who lives in the region without boundaries, the One who can never be invaded by destruction, wears many costumes of flesh. He is imperishable, though his body garments decay. Equipped with this armor of wisdom, O descendant of Brave Bharata, sally forth to perform the inner battle.

SPIRITUAL TRANSLATION

The advanced devotee is afraid to fight the senses and to dematerialize the body into Spirit by higher meditations, as Jesus and the Hindu Saint, Kibara, did. Apparently the devotee is attached to the bodily cage and does not remember that he is a bird of eternity caged in a little place. As a bird of immortality, whose home is in eternal space, the devotee should not be afraid to rise above the body which some time, sooner or later, he will have to forsake when the last call comes.

So the Inner Self, Krishna, speaks to Arjuna, the devotee, through his intuition: "Concentrate upon your Inner Self which, being the image of the Eternal Spirit, is immortal too. Do not be afraid to fight the senses and to destroy the attachment to the body. This you will sooner or later be compelled to do."

The delusion of losing the body often invades the advanced devotee, who temporarily forgets that he is the immortal Spirit and not the temporal body.

Even in a material war of righteousness, where the protection of the weak is necessary, a true man should not be afraid to give up his perishable body. Virtue acquired by sacrifice will forever be stored up with the soul, no matter where it goes. It is better to die acquiring righteousness than to die an ordinary death which is compulsory for all. It is better to die with God's recognition than to die choked in the vapors of selfishness. By dying in ignorance, one experiences at least temporary death, or annihilation, but by dying in wisdom one realizes immortality.

The Greatest Blessing

Giving of alms, the righteous life,
To cherish kith and kin,
And to do deeds that bring no blame—
This is the greatest blessing.
Much learning and much science,
And a discipline well learned,
Yea, and a pleasant utterance—
This is the greatest blessing.
A heart untouched by worldly things,
A heart that is not swayed
By sorrow, a heart passionless, secure—
That is the greatest blessing.

—Anon.

What Is Heaven?

By Katherine Maurine Haaff
HEAVEN is the inspiring Light
Of a kindly eye;
The soothing tones
Of a gentle voice;
The uplifting graciousness
Of a helping hand;
The protecting spirit
Of one who believes
Only the best that is said of us.
IT IS the wafted perfume
Of a blooming rose;
The clear bright innocence
Of a baby's eyes;
The eternal bliss
Of a lasting friendship;
The unswerving loyalty
Of a true companion.
IT IS the all-wise tolerance
Of a great personality;
The deep understanding
Of a loving nature;

The true humility
Of a great intellect.
IT IS the pleasing vibrations
Of a kindly thought;
The tuneful harmony
Of encouraging words;
The colorful music
Of sincere appreciation;
The CALM and QUIET
Of a congenial Presence.
HEAVEN, as we know it,
Is everything
That is Good and True
And Beautiful.
It is Hope, and Faith,
And Confidence;
The beauty in earth
And sky and trees:
IT IS THE GLORIOUS REALIZATION
OF ALL THESE!
A Modern Woman
By Starr Daily

T

HE CLIMAX was no shock to Harry Gordon. It had approached like death, inevitably. Like death, also, it brought release from the fears and worries attending vanishing profits. For months he had been hiding a wobbly structure behind an imitation stone front. So when the crash came there was nothing to be salvaged from the wreckage. He was ruined, completely.

He chuckled mirthlessly as he thought of Flo—poor extravagant, glitter-loving Flo! They had started well enough together, from scratch, but how far away that seemed to him now! It was only a few years by the calendar: mentally and emotionally it was a thousand centuries. Ambition. The word sent corpuscles of gall through his veins. They had both been smitten by it, only in

a different place. Flo had dreamed of scaling the social Mt. Everest; Harry of eclipsing the great J. C. Penny chain of retail stores.

There was but one thing to do now—be frank, brutally frank, because there wasn't anything left of the mess but just plain brutal failure. The break that had so often threatened of late could come now. Flo could slide out with the kids. Her excuse was tailor-made.

He found her with a copy of "Who's Who in New York Society" when he reached home. She was buried deep in the silken pillows of her day-bed, while her personal maid fussed over the finger nails of a slim free hand. When he spoke, she dismissed the girl with a lazy nod.

She listened without comment as their ten-room apartment, with all its luxurious appointments, melted away in his words. Her servants faded out in the fog of his voice. Knowing her nervous hysterical reactions to anything that challenged her position, he paused occasionally and waited for the outburst. None were forthcoming. She only continued to listen, now and then filling in one of his gaps with a languid, "Yes, darling; please go on."

"We'll have to make less expensive arrangements for the children," he said. "Or at least, I can no longer afford to keep them in a Private. It might be—well, you are still young, Flo—and there's John Clayburn. Well, I guess you know he hasn't quite given up hope." He tried to temper his lack of tact with a forced smile.

"Yes, darling; please go on," Flo murmured. "You were saying something about the public schools for Betty and Junior."

"There's no use to beat around the bush about it, Flo—I'm washed out, flat, picked clean."

An ambiguous smile moved languorously across her features.

"I rather expected you to be pleased," he said sarcastically.

"I am, darling. Maybe you'll find a little time to get acquainted with your family now, now that you're broke. Time to discover that you're really the father of two lovely children, a boy and a girl, each with a personality all his and her very own. You've never known that before. Thousands of fathers are learning many things about their children these days that they hadn't known before."

"I'm in no mood for levity, Flo."

"Nor I," she smiled indolently, stretching her lithe body against her cupped hands at the nape of her neck. "We're going, you and I, down on the West side and find a thirty-dollar apartment, and then I'm going to register with the Bureau for office work."

"No," he said bluntly. "If it comes to that I'll do the registering." Then he caught himself. "I'm not kidding about this for a minute," he added angrily.

"A man's place is in the home, darling." Her smile lopped over into a tantalizing grin.

"That used to be a situation for the makers of humor, the man doing kitchen duty. But it's no longer funny. It's a cold gray fact of life. A woman has a better chance in the labor market today than a man has. And we've got to live you know. That's one argument that defies argument."

He paced the floor in silent fury for a few minutes. Then he stopped directly in front of her and said sharply, "You can have your freedom."

"Why Harry." It was the first time she had spoken his first name in months. The manner in which she accented it caused him to search her face quickly for a trace of sincerity. "I'm just beginning to smell freedom around the corner," she went on. "After all, what is freedom? No more no less than happiness and a sense of values. We were both free when we had nothing to lose and a bubble of falsehoods to gain. We were happy when we had nothing but a thing that's worse than nothing to strive for. We even had a sense of spiritual values then. We enjoyed going to church before the theatre came along to give us boredom for

that joy."

"Yes," he cut in flippantly, "we even taught Junior to say his prayers together."

"Besides," she reminded him, "the Bureau is not charity, if that word happens to irritate your throat. It's common sense we want now, darling."

By this time the patter had become so ludicrous that Harry could no longer contain his sense of humor. However, at the same time he could not refrain from edging it with acid.

"Your imaginary picture is good," he said, "and the frame fits you better than you imagine."

"It's the same old frame, darling; only the gilt and gloss you put around it has been suddenly removed. Of course, I'm serious. We've got to hang together now. And you're going to prove your metal by facing this thing as it is, a plain hard-headed fact. It's no longer a question of what's best for you and me, but what's going to be best for the children."

"I wish you'd drop this banter, Flo," he said gravely. "The situation is just plain hell, whether you refuse to look at it nor not."

"No it isn't," she replied. "It's been hell. Empty hands have made a hell for me; and your business worries to keep my hands empty have made a hell on earth for you. For the first time in years we're going to have our evenings together, just like we used to, reading and planning, differently this time, shaving our corners and budgeting our resources, and dreaming new dreams, for the children this time, solid dreams, and not the bubbles that we blew."

A husky catch in her throat caused him to whirl quickly. Her eyes were closed. Two tears had been squeezed out beneath the lids at the corners. He saw them drop to her cheeks and roll slowly down.

"Flo, darling," he cried, and in a second's time he had buried his face in her lap.

Silence closed in around them. For minutes there was no motion, save the soothing stroke of her hand across his hair.

The Sage

By Elizabeth Swaller

O

nce upon a time there lived a great lord whose many and varied benefactions were much sought after, and a never-ending stream of pilgrims traveled daily to his door. Although this great man himself traveled continuously from place to place, into far distant lands, and across briny seas, yet those who came to seek him always found him at home in his palace, ready to receive them, and to serve them. And although he was most lavish in his bestowal of gifts to those who knew him, these never failed to bring gifts to him.

Once, at the end of a summer's day, as the servants were about to close the gates for the night, a woman hastened from the depths of the garden and asked to see the Master. Although the Master had already dismissed his many guests, the woman was conducted to his presence.

She was received graciously and was asked the nature of her errand. "O," she replied, "I came only to see the many gifts which I am told you give to those who ask for them. Have you some for me?"

"Have you come far that you are so late?" inquired the Master. "No," she replied, "not so far, and as I was journeying, a kind traveler overtook me and allowed me to ride in his carriage. He, too, was coming here."

"But he has long since departed, has he not?"

"Yes, I saw him leaving with a most beautiful gift. That is why I decided to ask, also, for something to take away. Have you something for me?"

"Undoubtedly," answered the lord, "but what did you bring?"

"Bring," echoed the woman, puzzled, "why—I brought nothing." She continued: "In order to receive, must we give something?"

"That is the law," replied the Master, "and even I cannot change the law." He shook his head sadly and continued: "He who receives a gift must first bring a gift to me."

"How strange," murmured the woman, "I never thought of that. Is it then only an exchange?"

"Call it not so, I pray you," returned the Master, "but this you must understand, that whoever comes to me with requests must not come empty-handed, and in the same measure in which lies the gift he brings does he receive one from me. He who had neither measure nor gift, for him there is nothing."

"How very bewildering," said the woman. Then a sudden light illumined her face and she asked beaming: "If I come again at some future time with a gift in a measure, then may I receive something?"

"Well said," replied the Master, smiling, "and for that saying I cannot send you away unrewarded."

Then taking a tiny casket from the table at his side he extended it toward her saying: "This contains a seed, small, but of inestimable value. Take it, nourish it well. It will grow and blossom and will some day bring you back again."

He placed the casket in her hand, then rising, he withdrew from the audience chamber.

Meditations

By S. E. M.

Once more we come
To a mountain top in consciousness
And see the white, clear pathway
Of a New Year
Stretching before us.
Shall we put our hand trustingly
In our Father's
And march out joyously, eagerly
In freedom and dominion,
Realizing fully
Who and what we are?
Let us step forth
In perfect confidence
That the intelligence,
Loving care, and sustaining
Power of Life
Will carry us through all emergencies
Victoriously.
Lay aside all burdens
Of fear, worry, wrong concepts,
Prejudice and inharmony
Before starting
On the joyous journey of understanding
To the Self.
Carry
No memory of mistakes or regrets
To hinder our progress
In the new land of the Spirit
Which we are entering.
This year we shall climb
To unprecedented spiritual heights.
We shall form a clear idea of our goal
Which is the higher Self or Christhood,
And then march forward steadily

Without giving the least attention
To the luring by-paths of amusement
And the distracting thickets of desire
Which beset the way.
Remember,
That to the eyes fixed on the light,
There are no shadows.
We shall keep the whole force
Of our attention
Focused on the blazing light
Of the Master,
Our way-shower.
Any lack in your life
Shows a lack of love for
And confidence in
Your Father-God.
Practice increasing your capacity
For love and faith
By consciously pouring them out
To God
Each day and by expressing
Compassion and kindness
To all your fellow travelers.
You have strayed far in consciousness
From your spiritual home
And the journey back
Does require conscious,
Directed effort at first.
You have become so lost
In a maze of man-made dogma,
Prejudice and attachment to things
That you have forgotten
The presence of your Guide,
And His voice-of-silence
Has become smothered
In the confusion
Of uncontrolled thoughts,
Emotions, and sensations.
It is necessary
To be able to still
Your thoughts and emotions
At will; to bring them consciously
Under your control
Before you can commune
With the inner Presence,
And find there
Peace,
Guidance and joy.
To find peace,
Guidance and joy,
Requires unflagging determination
And unending practice
In concentration and meditation.
Through meditation on,
Or communion with Life,
Or God,

You put yourself in harmony with,
And realize your identity with
Creative Power and Intelligence.
Realizing your identity
With Creative Power and Intelligence,
Is the truth, which sets you free
And which gives you dominion.
Potentially you have the power
To command
All outer things and conditions.
Set about now
To fully realize and express
The Christ-in-you.
There is no greater power
In the universe
Than this invincible,
Unfailing power of God
Which can accomplish instantly
All things to which it is directed.
Praise and bless this divine power
And send forth the Christ-word
In love and understanding
To create harmony,
Justice, health,
Success and great joy
For all men.
Whenever you desire any good things,
Speak the creative word for all men
That all may have the perfection
You desire for yourself.
You can never progress very far
Toward living the Christ-life
Until you are willing for others
To have all of the perfection
You wish to have.
When the unqualified energy
Which flows through you continuously
Is joined to consciousness,
It must obey
The command of intelligence
And manifest according to your will.
If you would have perfection,
See and command perfection.
You have the right and the power
To command every cell and organ
Of your body
To function in perfect harmony,
Health and beauty
And they must obey
Your royal command.
Stop vainly wishing and tell your body
What you intend it to manifest
And then see that it does it.
God-in-you
Is your governing presence
And through this Presence—

The "I am"—
The life in you,
You are able to control your body,
Your mind and your world
To create health, success, happiness,
Freedom and peace.
The goal of freedom
From misery, lack and failure,
And of dominion over
Self, conditions and things
Is worth striving for.
Emancipation, peace, and joy
Can be attained
If you will but make the effort now.
You are constantly creating
According to your thoughts and feelings
But this is a haphazard
And undirected use of divine energy.
Perfection may be yours
By the exercise of intelligent effort.
Are you willing to pay the price
Or do you want to go on
Making excuses
For your weakness and failure?
It is for you to choose.
Raise your thoughts, attention,
And feelings
To the heights
And make of life a victorious thing.
By keeping your thoughts and feelings
In tune with Christ Consciousness
You automatically raise the vibrations
Of your body and mind.
You become
Like that
Upon which
Your attention is fixed,
Therefore,
It is wise to watch your mind
And choose the mental pictures
And thoughts
Which you allow it to focus upon.
Practice trying to realize
The Christ-in-you,
The God presence in and with you.
Picture a blazing, loving Presence—
Talk to It. Realize that It is your life—
Your very being.
Practice realizing
Who and what your real Self is.
It is necessary
To practice seeing the Good
If you would manifest it.
If you continually see the Christ,
Nothing less than perfection
Can come into your life.

The same life, the same spirit,
The same intelligence
And animating energy
Flows through all creation.
Identify yourself with It.
Only Life itself matters.
Let go of all of your pettiness,
All of your foolish fears,
And confused thoughts,
And become Life.
Let Life flow through you.
Let Life live you.
If you have faith in God, live it.
Think as the Master thought,
Speak as He spoke
And act as He acted.
Expect only
The wonder and beauty of life
And see that you express
Only Its loving understanding.
Remember
That no matter where you go
You always take yourself with you.
The only way
To get rid of your problems
Is to have perfection in your mind.
This is the only place
Where you can realize
Health, success, beauty, and peace.
There is nothing real for you
Except that of which you are aware
In your consciousness.
You hold the key
To a joyous and victorious life
In your own hands.
Why do you go on
Depending for success and happiness
On things and personalities
Which in their very nature
Are changeable and undependable?
There is only One Power
Which is unfailing,
Irresistible and changeless.
Why not give God
All of your love and faith and let Him
"Bring it to pass"?
As you
Think about and picture
The perfect life of Christ,
You ascend in consciousness.
Watch your thoughts and feelings
And refuse to admit
Any form of negation
Into your consciousness.
Constantly picture perfection
Until you are completely identified

With your Christhood.
You can ascend
As far as your thought can take you.
Do you not see
How important it is
To use consciously
This wonderful power which is yours?
Resolve now that during the New Year
You will no longer
Waste the precious moments
Granted to you in this embodiment
And then have to reincarnate
And go through
The whole struggle again
In order to accomplish
That for which you were put here.
Think — try to realize —
What "Life", "I am",
"Being" or "God-in-you"
Really means, and what dominion
You actually possess if you but accept
And exercise it.
Meditate long and often
If you would know your Christhood.
If you were to exert half the effort
To attain understanding that you waste
On acquiring
An endless burden of things
Which you do not want,
You could emancipate yourself
From your problems,
Miseries and mistakes now.
Why not make up your mind
To spend this year
Seeking "God first?"
Why not take Him at His word
And try trusting Him
To "add all these things"
Which you have been struggling
So hopelessly to acquire?
All of your human methods
Have failed to bring you
The health, success, love,
Companionship,
Peace and self-expression
You have so much desired.
Shift your emphasis and give God
One year of the life
He has so freely given to you?
Of yourself
You can do nothing.
"Why not try God?"
Through the Christ-in-you,
(The animating energy)
Through Life itself,
You wield irresistible,

Divine power.
This gives you the right
"To speak the word" with authority.
An attitude of asking and begging
Indicates doubt of the willingness
Or the ability of God
To care for His creation,
And doubt
Never yet accomplished
Anything positive.
When you realize your divine sonship
You can successfully
Demand and command
The divine energy and power
To create perfection
In your body, mind and world.
Depend completely on Life, or God
To guide and sustain you
And live as easily,
Effortlessly and spontaneously
As the soft, silent snowflakes fall,
As the flower
Opens its petals to the sun,
As the breeze blows, the bird sings,
The star shines, and the waves roll.
Life is meant to be—full of wonder,
Beauty, glory, joy, freedom—
Without tension, failure or limitation.
Why not clear your mind of negation
And give GOD a chance?
Although Good is omnipresent,
It exists for you
Only as you are aware of It
And comprehend It.
It is worthwhile
To develop your capacity
To recognize and appreciate LIFE.
LIFE is health;
LIFE is power;
LIFE is success;
LIFE is abundance;
LIFE is love;
LIFE is creative intelligence—
And you are LIFE.
Scientific Digest
Stingless Bees

Scientists at the University of California have been making some interesting experiments with bees procured from a laboratory near Vincennes, Ind., where a man named Jay Smith has produced stingless bees. At California they have found that these bees produce much more honey, are larger, and can travel farther for honey, and can carry loads longer distances. It is thought that the Smith bees will add millions of dollars to the income of bee growers.

Importance of the Right Food

"Longer life, larger stature, greater vigor, and a higher level of cultural attainment are promised to those races of man that take advantage of the new knowledge of nutrition," said Dr. James McLester, President of the American

Medical Association recently in a public address.

"Man is no longer a puppet of Fate, but through scientific advances in the study of foods and general health he can now, to a considerable degree, be master of his own destiny. People must be taught what foods to eat, and they must be insured an adequate supply of food. Something like 20,000,000 American people are probably getting barely enough, or in some cases not even enough, food of the kind to keep them healthy. This condition, if continued, will surely affect the health of the race.

It is in the interest of the country that the price of food be kept so low that the poorest people can obtain an adequate dietary. Man's place in future history will depend in no small degree upon the food he eats."

Marital Happiness

According to researches made by Drs. Lewis M. Terman and Paul Bottenwieser in California, marital happiness runs in families. Those lucky people who are happy in their marriages are so because they have inherited or acquired a disposition just a little more amiable and affectionate than those whose marriages go on the rocks.

If you want to be happy in marriage, pick out a good mother-in-law. Of the 99 marriages for which these figures were available, 83 percent reported that the wives' parents had average or more than average happiness in their marriages. And 88 per cent of the husbands came from happy homes. Nearly 87 per cent had happily married parents on both sides of the family. No relation was found between age difference and happiness.

It was found that children in the home are not a guarantee of bliss. Although the presence of children may prevent divorce in some cases, this survey indicates that they have no effect upon the happiness of the parents. Of considerable importance, however, is the agreement of the husband and wife on whether or not they want children.

Nearly a third of the happily married couples reported that all of their interests outside the home are shared by the husband or wife. The other two-thirds, with very few exceptions, told of some outside interests held in common with the other member of the marriage. The unhappy couples, by contrast, included only 10 husbands and wives who reported such harmony on all their outside interests.

Good News for the Housewife

Chemists at the Delaware Experiment Station, in Newark, New Jersey, believe that they have solved a big problem for home jelly-makers, namely, how to figure the quantity of sugar that a jelly mixture needs. George L. Baker, assistant chemist of the Station, who invented the process, states that it will take the guess work out of jelly making.

Grandmother, and even mother, knew no way except guesswork to figure the sugar for a jelly mixture. When they followed a general "pound for pound" rule, the jelly might be perfect, or too sticky, or too still. The uncertain factor is the varying amount of pectin in the fruit juices used. It is this pectin which, with sufficient sugar and acid, makes it possible to produce a jelly.

Mr. Baker's invention is a viscosity tube which may remind the housewife somewhat of an hour glass. It measures the flow time of a fruit juice. If the juice takes a minute to flow between marks on the tube, the jelly will need sugar according to one-minute flow time, as shown on a direction table.

Did Thomas Edison Change His Views About a Hereafter Before Passing On?

By Allan L. Benson

A

America's greatest inventor, Thomas Edison, so far as the world knew, was all his life a confirmed agnostic, yet it is said that some years before his death he began to give thought to the possibility that a machine might be invented with which the dead could speak to us, which proves that his staunch views of early

days must have crumbled away to some extent at least. We cannot tell whether the master of electricity received some signal from the other world or whether he himself talked to those who have passed on before he entered the Great Beyond. We only are told that five years before his death his attitude toward all his former views underwent a decided change. The last utterance attributed to him was that there was "a fifty-fifty chance that there might be a hereafter with immortality for the individual."

Formerly, the mind that created the phonograph and the incandescent bulb refused to accept the belief in personal immortality or a personal God. Edison never publicly avowed the slightest interest or the slightest faith in another world. Nevertheless, something must have happened to him to change his mind before he himself passed on.

In early days, he made it plain that while he disputed nothing that came under the head of religion, yet he remained unconvinced of the truth of any of it.

"The statement that the universe was made by a Creator does not help," he once said, "because such a supposition immediately makes it necessary to explain what or who made the Creator."

Edison's ideas on life, death, and religion were very definite at this time. He believed that there was intelligence back of the universe but not personality. He did not believe that this intelligence had any interest in man. He had a peculiar theory with regard to what he called the "Life Force" in back of every living thing. This theory is important, because it carried with it a train of conclusions that was completely overthrown, if, toward the end, something came into his life that made him accept the possibility of the survival of personality after death.

"The Life Force itself," he said, "is immortal. It expresses itself in an endless succession of changing forms. This manifestation of energy came to the earth from some other part of the universe. It has the power to travel any distance instantaneously. But its quantity is limited. In other words, not more than a certain number of things can live on the earth at one time."

"Every form of life produces enough seeds or eggs to swamp the planet if each were to sprout or hatch and become a living thing. A single codfish could produce enough eggs to cover the earth several feet deep with his progeny if all the eggs were to hatch."

"Why, then, did it not happen?" he was asked.

"Because," the great inventor thoughtfully replied, "there is not enough Life Force on the planet to convert all the eggs and seeds into living organisms."

Edison did not believe that every egg or seed contained a germ of life. "Seeds and eggs," he declared, "are not the 'blue prints' which determine the form which the life Force, when it flows, will make. Life Force poured into a seed becomes a plant. Life Force poured into an egg assumes the shape of an animal."

He therefore believed in the underlying kinship of every living thing—the flower and the bird, the man and the tree, the nightingale and the tiger. "But," Edison emphatically declared, "the Life Force is at the bottom of each, irrespective of the design supplied by the blue print."

"What," was asked, "is your definition of life?"

"First of all," he replied, "energy. That is what I mean by Life Force. But there is another ingredient—intelligence. Every cell in every plant and every animal possesses intelligence."

"Where does this intelligence come from?"

"It is drawn from some common source—a reservoir, to which it returns after each individual life ends, to be used again and again forever. Intelligence, like energy, is indestructible and immortal."

"Each cell is intelligent, but some are more intelligent than others and develop the ability to do some things that the others cannot do. Some of the cells of a tree, for instance, know how to pump water from the earth into its branches, while others conduct the intricate chemical processes involved in the metabolism of the leaf. My stomach," he added, "knows how to make hydrochloric acid. I don't."

Echoes of a Song

ECHOETTE 3

By DR. FRED VALLES

Echoette IaEchoette IbEchoette IIa

Echoette IIbEchoette IIIECHOETTE IV

The ignorant forget,
The wise remember;
Though both have traveled
Through the same stations,
One slept while the other was awake.
Or one lived outside
While the other lived within—
The first with his senses,
The other with his true self.
Illusion produces thought forms,
Or creates things unreal, tangible.
Physically the coarse
Is wont to triumph,
Even as the denser matter
Reaches the lower planes.
Succession must be watched,
Protected, selectioned,
So that it will not drift
From the mother line.
And each time
That a great peril threatens,
The Phoenix again rises
From its ashes.
Spiritual perception
Will awaken true knowledge
Of that which is higher;
And will become a part
Of him
Who feels and understands.
It is the fusing of the many
Into the ONE.
All the paths
Conduce to divine union,
And the men march by these.
As He is in every path,
So He welcomes all alike.
The egoist is he who does things
With the idea of the recompense.
Ignorant is he who adorns the gods
And believes them personal arbitrators
Of all things human.
The qualities in different soils
Give distinct fruits,
But in each seed

There is a life, a form,
And a Soul Divinity
Is in each man
And in each thing;
So animals
Are our brothers in germ,
Even as the flowers and crystals;
The man and the gods.
Let us not seek
The fruit of the seed,
But rather
The essence that impels it.
The secret is:
Do not bind yourself
With more chains
To reflect the human egoist desires,
But do your duty
Whatever it may be.
You are action;
What you should do,
That which you do
Without having to do it—
This is not your action.
It is your true inaction.
Meditate upon the obligated action;
Illicit or belonging to another,
And inaction.
Your normal condition
Must be unconscious
And natural action.
Offer the fruit of your action
To the pyre of wise love
And so increase
The fire of universal wisdom.
The tree
Does not bear fruit for itself,
Neither does its foliage give it shade,
Nor its flower gaze upon it.
Endeavor to imitate the tree.
Your actions should not bind you,
Because they should not be for you,
That is the way
Of the true evolution.
All that you need is within you;
Do not hope
Nor confide in anything or anybody.
Physically, the indispensable;
Spiritually, and best,
And so avoid rebirth,
For your superior roots
Will absorb the inferior.
Every irregular oscillation
Is contrary to the equilibrium;
Procure not to oscillate,
And let the rhythm be serene,
So that your wisdom will be firm.

It is the road
To parch the works of vain action.
The eternal
Should manifest itself in you
When you are serene and brilliant.
There are two classes of sacrifices
Which, in the end,
Converge into one,
And by the fusion they are not—
Humans and the divine.
In all times there has existed
The immolation of animals and men,
And for the other part
The subjugation of the senses
In thousands of different forms.
The extremes are both bad.
Know, regulate, and offer.
The life of each
Of the cells
Which form the human body
Is a great science and is called
The "Yoga" wisdom.
There is also another science
No less costly,
And it is the vow
To silence, poverty, and solitude.
Meditate upon this,
Which is difficult to comprehend
By only thinking about it.
Distill and offer the life
In the respiration;
Modulating
The timing of respirations scientifically
Reveals a profound knowledge
And is called the Pranayama science.
Others offer the life
Enclosed in the nutriments they absorb.
It is a great thing to vehiculize sensibly
In each particle which enters in us
A thought of love in His name.
Among the nutriments
There are good and better,
And one optimately best,
Which confers immortality to those
Who know how to manage it,
And who get finally to utilize
Only its residues;
These beings unite
With the eternal forever.
Select by knowledge
What you should absorb
With as much care
As that which you put
On the outside or think,
But in whichever case
It is not possible to offer anything

Without action.
The vacant action
Is the depriver of provisions
Of knowledge;
When more full
Of the spiritual knowledge
An action is, the fuller the wisdom,
And for the same,
Is more worthy of Him.
Get closer to the Master.
He overflows with wisdom;
Serve Him
And do not repent
To prostrate yourself at His feet;
They caress and accelerate
The evolution
Of the herbs they touch.
When you have the conviction,
The faith
That you are but a part of Him,
Then you will never return
To be a stranger
Within yourself to the ALL.
Although you deviate in future lives,
Something which does not end,
Over the ocean
Of the most gross sensualness,
You will endure clean
Like the lotus flower,
And looking at the sun,
Or at yourself,
When that passes to the other side.
There is an eternal pyre
In which all should found themselves,
And the most dense scoria
Exhibit its brilliant secret of existence.
All action should be depurated
By you yourself.
You are wisdom,
That is your superior "I."
The good which animates you—
Know no other counselor or guide.
She will dry your tears
And cure your wounds,
And your divine inspiration
Will revive your illusions
Of fusion with Him.
Your firmness
Should rest in your knowledge,
Your faith
In your intimate self-conviction.
Do not believe
Another conviction will serve,
Knowledge or faith.
You alone have to win this capital;
Each Being should have it for his own.

It is this only
Which conduces to happiness supreme,
Which is PEACE.
Sad is he who confides in the stranger
And lives off the borrowed,
And the slave who doubts, trembles,
And walks crookedly
And his lamp
Lights and extinguishes
By the uncertain road of terror.
His shadow
Will reach to be his perdition
In the eternal doubt
Of one of his pilgrimages.
When your lookout
Is perpetually watchful
And your eyes have the light of wisdom
Within and without, they themselves
Being of this substance or ether,
All your actions
Shall be pure like His light, His eyes,
And His thoughts.
If you wish to unbury forever
The sepulchral roots,
Be your master by the action
Of spiritual wisdom,
Dedicating to the divinity
In the most insignificant
Acts and thoughts.

Do you not feel that you are good?
Then get up. Go ahead and DO!
(To Be Continued)

Diet and Health

By ELLEN EASTON, B. Sc.

DINNER MENU

Tomato Pea Soup

Head Lettuce with French Dressing

Nut Meat Fillet with Brown Gravy

Cauliflower Ring with Beets

Baked or Scalloped Potatoes

Whole Wheat Carrot Pudding

Tomato Pea Soup

Mix together equal quantities of canned pea soup, tomato soup, cream and milk. Heat in the top of a double boiler.

Roast Nut Meat With Dressing

Slice India Nutsteak thin and place layer in buttered baking dish. Cover with your favorite dressing well seasoned. Repeat layer of Nut Meat and layer of dressing. Pour brown Vegex, Savita, or Soy Sauce gravy over all and bake in moderate oven. Serve with gravy.

Cauliflower Ring With Beets

1 head cauliflower

1 cup soft whole wheat bread crumbs

1-1/2 cups milk

1/2 teaspoon vegetized salt

3/4 cup grated cheese

4 tablespoons melted butter

4 eggs

1 No. 2 can, or equal amount of cooked, diced beets.

Cook medium head of cauliflower in boiling salted water. Mash and measure 2 cups. Soak crumbs in hot milk. Add salt, butter, cheese, slightly beaten yolks and cauliflower to crumb mixture. Fold in stiffly beaten egg whites and pour into a well greased ring mold. Set in a pan of hot water and bake in a moderate oven about 45 minutes. Unmold and fill center with buttered beets.

Whole Wheat Carrot Pudding

1/4 cup raw sugar or honey

1-1/2 cups ground carrots

1 cup seeded raisins

4 slices whole wheat bread

1 tablespoon butter

1 cup milk

1 egg, beaten separately

3/4 teaspoon salt

2 cups whole wheat flour

Crumble bread into milk and soak until soft. Add carrots, raisins, sugar, egg yolk, salt and flour. Fold in beaten egg white and add melted butter. Pour into a buttered pudding dish and bake in a moderate oven about one-half hour. Serve hot or cold with golden sauce.

Sauce

1 cup raw sugar

4 tablespoons whole wheat pastry flour

1/4 teaspoon salt

4 tablespoons butter

1-1/2 cups boiling water

3 tablespoons grated or ground carrots

2 tablespoons orange juice

2 tablespoons lemon juice

Mix sugar, flour, salt and water and cook in top of double boiler until thick and clear, stirring constantly. Add rest of ingredients and let cook gently for ten minutes.

Phosphorus

A daily supply of phosphorus is necessary in the diet of all human beings—growing children needing more than adults. It is essential to the normal functioning and reproduction of the cells and it works with calcium in building the bony structure of the body. It is also found in the fluid which carries food to the cells and it aids the processes of the ductless glands. It is very widely distributed throughout the whole body, and therefore it is easy to realize how important it is in the diet. Phosphorus is necessary to cell life, nerve tissues and bone.

The best phosphorus foods are: egg yolk, milk, cheese, whole grains, dried beans, nuts, radishes, pumpkin, mushrooms, watercress, Brussel sprouts, lettuce, cauliflower, spinach, dried soy bean meal, leeks, asparagus and barley.

What Is Social Credit And What Does It Seek to Do?

By J. CRATE LARKIN

ARTICLE 1

ARTICLE 2

ARTICLE 3

ARTICLE 4

FOREWORD

S

SOCIAL CREDIT is a plan for enabling consumers to buy the abundance of things they are able to produce as farm and industrial workers. It would do this by

selling all retail goods to consumers at a discount, which would be made up to the retailer by a grant of Government credit. In addition, it would pay to every citizen of the nation a "national dividend" based upon the statistical determined increase in national wealth. Under present conditions it would be \$12.50 a month.

Originated by Maj. C. H. Douglas, a Scottish engineer, social credit has been widely publicized in England and Australia. Only recently has it attained much attention in this country. Advocates of social credit include both academic economists and millionaire business men. Both insist that instead of being a fantastic "white rabbit money" proposal, social credit is based upon well-established principles of economics and business and that in reality it is only an adaptation of the credit system of private banks, and of the dividend system of corporations.

Business men who are interested in social credit say it is neither Fascism nor Socialism, but rather is a way of escape from them. They say it is not a universal panacea for all our problems, but is only a way of providing "more wealth for all of us based upon our ability to produce that wealth."

In this series of articles, Mr. Larkin, who is vice president, secretary, and assistant treasurer of Larkin Company, Inc., of Buffalo, N.Y., presents one of the first popular explanations of social credit yet prepared in this country. Mr. Larkin is also the author of the popular booklet "From Debt to Prosperity."

The series is offered by this newspaper for the information of its readers, that they may understand one of the most interesting of the many new ideas for recovery now being brought forward. Its publication carries no implication of approval or disapproval of the plan.

ARTICLE 1

Recently I came across a very striking illustration showing why we are poor in the midst of plenty. Let us picture in imagination a vast plate glass window, reaching across the continent from New York to San Francisco. Inside the window are all the goods that America makes. Outside it are 120 million of us, would-be shoppers all of us, with our noses flattened against the window as we used to do when we were children. Let's go into the shop and see what we find there. The first thing that impresses us is the amazing variety of the goods that are on sale in the shop. There are almost a million items offered for sale—everything that we need in order to live in comfort and convenience and satisfaction.

Suppose we ask the shopkeeper how he can maintain that supply of goods? He will show us warehouses bulging with goods. Behind the warehouses are factories, and behind those are farms and mines, and behind those are laboratories and schools, and back of all of these are the American people themselves with their ambition, their enthusiasm, their inventiveness, and their history. With these resources the shopkeeper can guarantee to provide an unlimited supply of goods.

That supply of goods and services is America's real wealth. The ability to produce and deliver these goods and services is the only true limit of our real credit. Government surveys show that our present productive capacity can supply goods and services to the nation at the rate of at least \$2,500 a year for every family, so there is no question about the abundance of our real tangible wealth.

As we look around in this workshop of wealth, we remark how few people are working in it. Everywhere we look we see labor-saving machinery designed and installed purposely to eliminate human drudgery. Thanks to science, the curse of Adam has been lifted from the backs of men and transferred to the broader backs of Nature's forces by means of power—steam and electrical energy. Our control over these forces can keep the shop window filled with goods, yet we have just begun to use these servants efficiently.

As we look at the goods in the shop, we can't help noticing that every article carries a price tag. Where do those prices come from? They are manufactured—just as goods are manufactured.

We find in the shop two simultaneous processes of manufacture going on together. The first of these is a stream of real visible goods—articles of wealth we need and desire. The second is an almost invisible stream of figures in the form of prices. And these two streams—goods and prices—flow together, side by side, uniting in the shop window as goods for sale, with prices attached.

The sight of all this wealth in the store of plenty, filled with goods and prices, makes us feel very wealthy. Now let's join the 120 million shoppers outside the window. What a change we find here! Instead of the orderly, scientific co-operation of the productive system, and all the abundant wealth that is created in it, when we get outside we find a poor struggling mob of worried people.

Everybody is fighting everybody else, and most of us seem to be getting the worst of it. Many are hungry, many are homeless, many are cold—they lack warm clothing to keep out the cold winds of winter. Hopelessly they yearn for the wealth of goods in the window. That is the paradox of poverty amidst plenty. The Right Rev. C. E. Riley, dean of Niagara, has referred to this paradox as a "damned blasphemy." Those are strong words from a clergyman, aren't they?

Now, what is all the trouble about? Let's be honest. Let's not deceive ourselves at all. You and I know very well what it's about. It's about money. More than 80 per cent of all crime is admittedly due to money. So what is this money that we quarrel about? Certainly it must be plain that money and wealth are two separate and distinct things. But there is a great deal of confusion about money, and misunderstanding, too. People regard it as something scarce and mysterious and hard to get.

But if we stick to our personal experience we shall realize that money is only a ticket, a ticket authorizing us to go shopping in the store of wealth. Money entitles us to claim the wealth of goods in the store. A money-ticket is exactly like a railroad ticket except that a railroad ticket is only good for transportation while a money-ticket is good for anything in the store up to its stated value in prices.

The reason why money is so important that we quarrel about it is that these money-tickets are indispensable to our shopping. Money-tickets are just as necessary to our shopping as shopping is to our lives. Money is the title to life in modern society. Without money we can't touch any of the wealth in the shop window.

Science Fails to Solve Life

Guglielmo Marconi told the International Congress of Electro-Radio-Biology recently that science has absolutely failed to explain the problem of life. "This fact," said the man who invented wireless telegraphy, "would be truly frightening were it not for faith. The mystery of life is certainly the most persistent problem ever placed before the thought of man. There is no doubt that, from the time humanity began to think, it has occupied itself with the problem of its origin and its future, which undoubtedly is the problem of life.

The inability of science to solve life is absolute. If we consider what science already has enabled man, to know—the immensity of space, the fantastic philosophy of the stars, the infinite smallness of the composition of atoms, the macrocosm and microcosm, whereby we succeed only in creating outlines and translating a measure into numbers without our minds being able to form any concrete idea of it, we remain astounded by the enormous machinery of the universe. If, then, we pass toward the consideration of the phenomena of life, this sentiment is accentuated.

The Power of the Life of Jesus

By Sri Ranendra Kumar Das

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he sojourn of Jesus on earth was characterized by a deep desire to disclose to

each individual soul his sonship to God, and not to upset a social order. He not only reformed, but He revealed. On one particular occasion, a bystander addressing Jesus said: "Master, speak to my brother, that he shall divide an inheritance with me." The answer of Jesus: "Take heed and beware of covetousness, for a man's life consisteth not in the abundance of things which he possesseth," takes care of this question concerning property rights in such a manner that the economic problem is transformed into an ethical rebuke. Those who love are joined to aid others who suffer. As in primitive communism, all possessions are held jointly and divided as every man has need. Count Tolstoy, as well as Jesus, admonished: "Whosoever smite thee on thy right cheek, turn him the other also." In effect, Jesus wished to help man make himself master of all circumstances by changing his thought, and impress him thus: "Ye are the salt of the earth. Ye are the light of the world."

In the parable of the sower, He likens "the field" to "the world," and the good seed, He says, are the children of the kingdom. On another occasion, a youth asked of Jesus the way to inherit eternal life. He reversed the usual order and explained that to inherit eternal life, one must first communicate it, or to obtain the eternal life, one must serve the temporal, for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? The knowledge of Truth does not end in, but it may begin in, a commanding will.

Jesus endeavored to impress the populace that the Fatherhood of God was a reality, and to correct the error prevalent at that time that God was far removed from human contact and interest, and that there was no vital relationship between humanity and its Creator. The Kingdom of God, to which Jesus referred, was a spiritual kingdom, not a political one, as many of that day believed. In the words of Jesus: "The time is fulfilled and the kingdom of God is at hand: Repent ye and believe the gospel," He was referring to that spiritual kingdom and not a political kingdom, as many were wont to think.

He viewed men as children of God, and was a friend alike to publicans and sinners, making no division whatever in society and no distinction between good and evil. He appealed rather to the heart than to the intellect, and encouraged the restoration of the lost to the Father's home.

Jesus found spiritual refreshment in Nature and spent long periods of meditation on her bosom. Nature was intended to be used for man's good, and in it he found the simplest book of God's love.

He was not in sympathy with the current thought and opinions of His day, and in the sphere of religion He revolted against their traditions. He bore no patience with the requirements of the law, and the ritual of the temples, and even denied the efficacy of fasting, as was the custom of the day. Much less was He tolerant with the tyranny of institutionalism, whereby the Sabbath was made a barren, inhuman day. He drew a fine discrimination between the clean and unclean. The complex laws of His Time bore no toleration at His hand. He considered sacrifice as an unwarranted rite. His simple yet bold statements penetrated the very hearts of the people. Peace in preference to war, humility instead of pride, gentleness in the place of force, joy instead of grief, and, above all, the spiritual life towering over the earthly life. These were outstanding elements in His teaching.

His ideal life was portrayed through the "Sermon on the Mount." His methods of teaching were largely by means of parables, of which "The Prodigal Son" and "The Good Samaritan" are typical. One of the most beautiful parables is that of the man left as dead by robbers, on the way to Jericho. The priest and the Levite pass Him on their way, but the good Samaritan pours oil on His wounds. The Samaritans lived as untouchables to the Jews. In this parable, brotherhood by charity, and not religious creed, was exemplified.

Jesus, conversing with the woman at the well, said: "Woman, believe me, the hour has come when you will neither in this mountain nor yet at Jerusalem,

worship the Father, but the true worshippers will worship in Spirit and in Truth." "Seek ye first," he said, "the kingdom of God and his righteousness, and all these things shall be added unto you." "Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein."

The nature of God's kingdom was to establish the rule of the spiritual over the material, the control of life from within. This was to be accomplished, not by external force or mechanical arrangement, but by the power of consecrated lives. Herein the Jews misunderstood Him. The "Kingdom of God" meant deliverance from the Roman imperialism. They wanted revolution, not spiritual revelation. In our world we need the injection of the spiritual into political and economic principles.

Bernard Shaw on Religion

"T

his much I know, looking at life at seventy: Men without religion are moral cowards, and mostly physical cowards too when they are sober. Civilization cannot survive without religion. It matters not what name we bestow upon our divinity—Life Force, World Spirit, Elan Vital, Creative Evolution—without religion, life becomes a meaningless concatenation of accidents. I can conceive of salvation without a God, but I cannot conceive of it without a religion. . .

"An author of my sort must keep in training, like an athlete. How else could he wrestle with God, as Jacob did with the angel? . . . "Evolution is a mystical process. Darwinism, a mechanical doctrine, destroyed religion, but gave us nothing in its place. It gave an air of science to moral and political opportunism and to struggle for life militarism. It engulfed Europe yesterday in the World War. . . the cause of Europe's miseries was its lack of religion. . .

"Natural Selection must have played an immense part in adapting life to our planet; but it is Creative Evolution that adapts the planet to our continual aspiration to greater knowledge and greater power."—Liberty.

A Dream of a Temple in India Fulfilled

Bangalore, India Nov. 15, 1935.

HAIL, dear students of America! With your help and with the help of India and of Maharaja Coomar of Kasimbazar, and the cooperation of my beloved earthly father, my dream of nineteen years has been realized.

The extensive, and one of the most beautiful orchards of India, and Kasimbazar Palace at Ranchi have been acquired as the India Headquarters of Self-Realization Fellowship (Yogoda Sat-Sanga) and will be known as the "Shyama Charan Lahiri Mahasaya Mission."

This Headquarters will be so named in India to commemorate in deep gratefulness the memory of our great Guru-Preceptor, Shyama Charan Lahiri Mahasaya, who has given to the world the greatest easy-technique of salvation and who has actually been the saviour of countless souls.

Shyama Charan Lahiri Mahasaya Mission in India will have two departments—the Self-Realization Fellowship Headquarters and its activities and the Brahmacharya Vidyalaya (School of Self-Discipline) for boys.

The climate of Ranchi is one of the finest in India, very much like that of Los Angeles, California. It is 2,000 feet above sea level. This is an ideal place for American student-visitors and those American and Hindu students who want to give their lives to the training of boys and the training of their own souls in an atmosphere of renunciation, service, and high spirituality. This place has a wonderful bathing pond adjoining it and about 300 mango, 500 guava trees, and fruits of many other varieties. It is one of the finest orchards in India and is situated not far distant from the Ranchi railway station. New students from seven to twelve years of age may apply for regular school training along with a thorough spiritual training.

I would like a few selfless American students, well-versed in English and

in organization work and dietary laws, to come here at their own expense and teach English to the students, and at the same time improve themselves in the spiritual atmosphere of India.

This Ranchi Kasimbazar Palace School is better than any temple which I could create in America, for this was the first site I chose in India and was on the verge of disintegration when I arrived.

Nineteen years ago the benevolent Maharaja of Kasimbazar helped me to establish this Ranchi institution, and now his most understanding son, the wonderful students of America, and my earthly father, have helped me to make this Ranchi Temple a permanent one.

The Eastern Headquarters of The Self-Realization Fellowship (Yogoda Sat-Sanga) will be like the Western Headquarters of Self-Realization Fellowship at Los Angeles—a mecca for all the spiritually-hungry people of the world to come to and commune with the Cosmic Being.

The greatest credit here belongs to the selfless souls—Swami Satyananda, and Lahiri Mahasaya's grandson, Ananda Mohum Lahiri, Sasi Babu, Bijoy Babu, and Pundit Mahasaya, and acharyas (the interested inhabitants of Ranchi) and ex-students of Ranchi Vidyalaya, for saving the Ranchi institution from extinction. I am very grateful to them all on this account.

Sincerely, Swami Yogananda.

News From India

(Excerpts from Letter by C. R. Wright)

Calcutta, Oct. 9, 1935.

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FINALLY, we arrived at Wardha, in fair shape, considering the train, and were very cordially greeted at the station by friends and converts of Mahatmaji's, and were driven to Maganvadi, the ashram of Mahatma Gandhi, where we were lodged as guests of the Noted One. We entered a simple gate and drove down a winding lane, trees sheltering the narrow path, to a point just beyond the whitewashed hermitage, to a side door, and were ushered suddenly, without ostentation or demonstration, into the presence of Mahatma Gandhiji. There he sat, squatting, with an ordinary shawl draped over his head, pen (not fountain) in one hand, a scrap of paper in the other, and a broad smile on his face.

A marvelous feeling of awe and respect gushes forth from one as he is presented, and one can't help feeling this way after being received so hospitably and so smilingly—a divine smile, an understanding smile—a face about which many books could be written; a strong, a strange character—kind, determined, energetic, calm, peaceful—very saintly in cross-legged pose, with pen poised in hand, and an atmosphere of humbleness all around. "Converts," as he calls them, or devotees at his elbows, or rather just in front of him, to answer his demands or attend to his needs, wide-awake native lads, and a keen-eyed humble secretary among others. Also, prominent among them was Madeline Slade, the English convert, dressed in a homespun cotton sari, very attentive, courteous, humble, enjoying her newly adopted life, very simple in dress and action—a true devotee of Truth.

If time would permit, I would try to picture for you the rest of the events during our stay at Mahatmaji's—how we all sat cross-legged on a cement veranda, as it were, Swamiji alongside Gandhiji, and fingering away in the rice and vegetable (for they also eat very simple food); how we sat atop his ashram just as the sun was going to rest behind the palms and banyans, and entered into the prayer as conducted by Mahatmaji; how intensely interesting and unusual were the chats between Swamiji and Mahatmaji, especially on the day of Gandhi's silence, when all conversation was via pen and paper; how Gandhi appears when eating, talking, walking, etc.; but I must leave some news for my return. After these two days—two days which shall ever burn in my memory—we left for Calcutta and greater experiences.

Center News
By ORPHA L. SAHLY
(Director of Center Activity)
New Year Greetings
To Self-Realization Fellowship Centers

THE first Day of the New Year, or the first hour of the New Day! What does it matter? You need not wait for a time of beginning, for, not only is there "No time like the Present," but there is No Time But the Present. Still, if you have not begun certain things which you have been planning to do "some day," there is no better time to begin than on the first Shining Day of the New Year. Make one resolution, and never forget it for a moment, and that is, to mold this plastic year into a definite upward step toward the goal of your own Self-Realization. It is a great adventure. No one can tell you the beauties of soul-experiences which await you. Press on! Joyous surprises are at hand, and each Golden Minute is precious building material for your use, Here and Now!

Long Beach, California

The Self-Realization Fellowship Center of Long Beach has been newly organized under the initiative of a group of members who realize the present need of group study and meditation. We welcome you, Long Beach Center. The deeply earnest and devotional spirit evident in the one meeting which we attended, was a source of happiness and inspiration to us. May this be the beginning of long and ever-increasing service on the Path of Realization.

Milwaukee, Wisconsin

The Milwaukee Center has been recently reorganized, following a series of classes held in that city by the Rev. Dr. Roman Ostojka, accredited teacher of this Fellowship. We wish to welcome the new students. Also we extend our good wishes and congratulations to the Center and officers in charge. We are sure wonderful work will be accomplished in this group of earnest, sincere students.

Minneapolis, Minnesota

The program of the Minneapolis Center includes a number of interesting features, among which and of principal interest, are: a Book Party at the home of Mrs J. Edson Mullen, admission—the gift or loan of a book to the Center Library; and on December 22 at 8 p.m., the Christmas Candle Service is of special significance.

Indianapolis, Indiana

An interesting Center social activity which took place on a recent Sunday afternoon, was an Oriental Musical Tea. Members invited their friends. Russian Tea was served. The event was pronounced a great success.

A candle Light Service is planned for Christmas Eve. An Invisible Choir singing Christmas Carols, and all members taking part in the Service, will make it very beautiful and impressive.

Denver, Colorado

The Denver Center held Thanksgiving Services, with special music, and "Divine Nectar for Refreshment."

This Center is doing splendid work in the way of organizing both Advanced and Beginner classes, in this way preparing newer members for better understanding and interest in the regular assemblies.

The Denver students have begun a period of experimentation in GRATITUDE. Even a two-week period of the unwavering practice of gratitude is bound to result in such enlightenment that one will determine to make this practice an integral part of one's life. It is an investment in happiness.

Sun Runs New Motor

A NEW kind of sunlight motor has been demonstrated to the New York Electrical Society. It is as simple as putting four fried eggs on a dinner plate. It is a new kind of metallic egg with a wire around them attached to a

motor. When the plate is held under a light, the motor runs.

The discovery changes light directly into electric current, and seems to be a new and perhaps practical field of science at the end of its 4,000-year-long search for ways to put the power in sunshine to work. The motor was recently tested before a large audience by Ellis L. Manning, physicist, of the General Electric Company. This was said to be its first public showing.

Mr. Manning's scientific "eggs" were four black disks of iron, each about twice the size of a silver dollar. Each one was coated with an eggshell thin layer of selenium, a light sensitive metal. Over the selenium was platinum film so thin that it was semi-transparent. He set the plate about twelve inches below an ordinary fifty-watt house light. Instantly the motor hooked to it whirled—a motor the size of a little finger, but developing about one-fiftieth as much power as the motor that runs an electric clock.

These black metal disks are a new type of cell. Their secret seems to lie largely in the platinum coating. Although the platinum film cuts off much of the light from the selenium, it multiplies the electric power by twenty to fifty times. No one knows the reason definitely. Numerous other metals substituted for platinum have a similar but smaller effect.

Sunlight motors have been made before, but to get any appreciable power they used intervening machinery to convert the energy of light into mechanical power. This motor turns light directly into electricity with no moving parts whatsoever in the transformation.

Men travel

To gaze upon mountain heights

And the waves of the sea,

Broad-flowing rivers,

And the expanse of the ocean

And the courses of the stars,

And pass by themselves,

The crowning wonder.

—St. Augustine's "Confessions."

On The Throne Of Omnipresence

By S. Y.

I

sit in the Superconscious chamber of Bliss. Once in a while, during the diurnal solar hour, I come down into my parlor chamber of consciousness. Then I open the doors of music, vision, fragrance, taste, and touch—and let the fairies of song, color, fragrance, taste, and tenderness come and dance before me. They make me laugh; they make me cry. When I cry too much and become bruised by the wounds of trials, I close the doors of the senses, lest even the aroma of the rose or the song of the nightingale divert me.

Then I race through immeasurable space into the chamber of sleep and dreams. There I lie quiet beneath the many sheets and quilts of darkness. After a while, perhaps when I have had enough of sleep, I open a secret anti-chamber and get into the chamber of dreams, and there I begin to play my home-made films of experiences in the movie house of the subconscious mind. There, in this movie house, I do just as I please. I weave the golden cloth of dreams with the silken threads of sweet memories, that I may write the name of God thereon.

I am His Child, the Prince of the Cosmos, Son of the Omnipotent. I tarry in the chamber of changes and play with the senses in the chamber of consciousness, or in the little cinema room of my dream movies. But when I am through with these two chambers, once in a while I roar through space in the plane of my fancy into the region of unplumbed darkness. Since darkness is something, I try to get beyond its yawning gulfs on to the shores of eternal void. There, in the Land of Oneness, no dualities, not even dreams, dare to disturb me. I am the King of all Creation, the Factory of the Cosmos, the King of all things, the

Prince of Intuition-Omniscience. I am the Prince of Peace, the King of three worlds, sitting on the throne of my Omnipresence.

~~Ananda Moyi Ma and Swami Yogananda, Calcutta, 1935~~

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