

God Must Rule The Heart

By MOHANDAS K. GANDHI

Capturing Liberation

By PARAMHANSA YOGANANDA

Killing For Sport

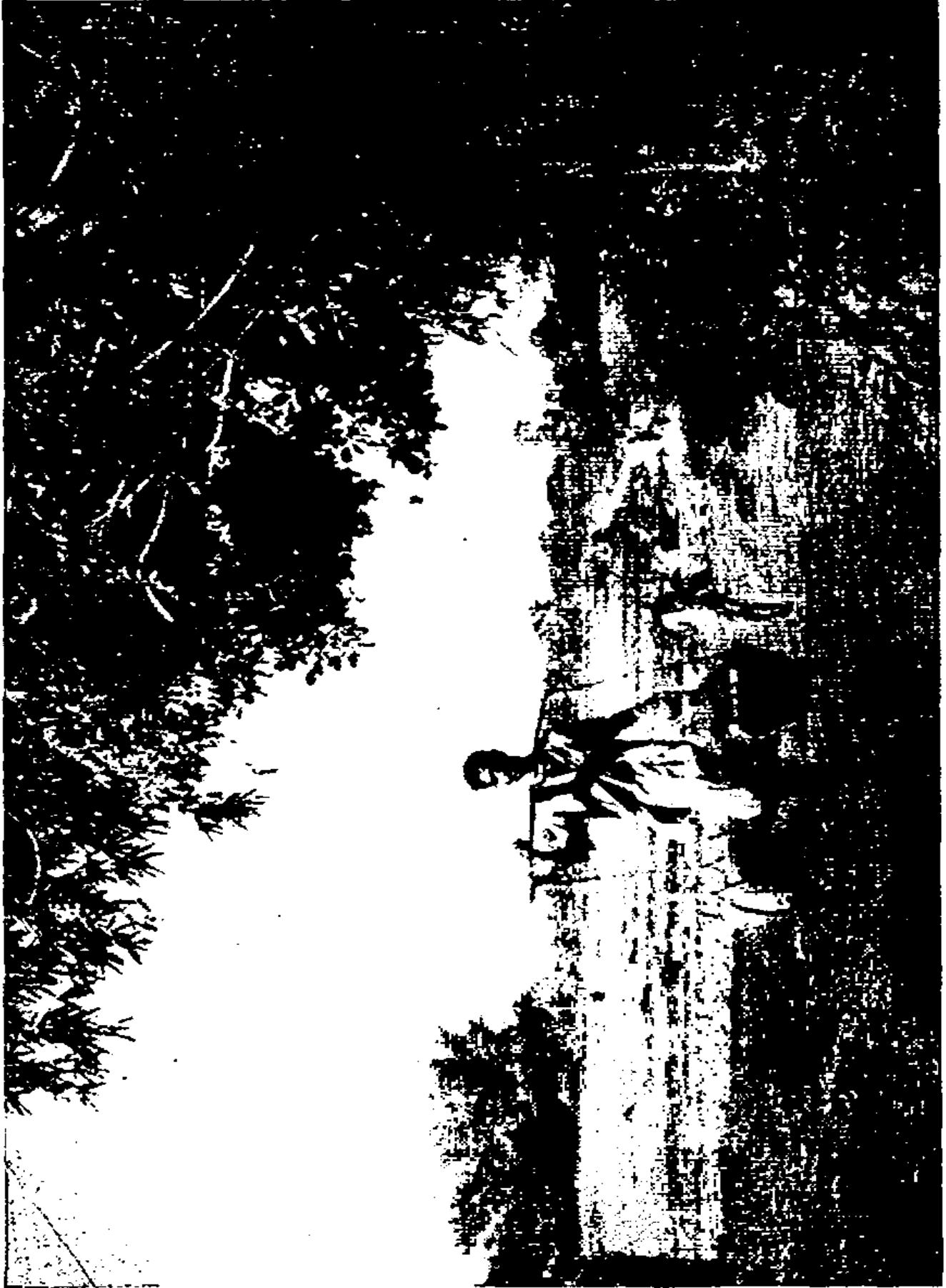
By GEORGE BERNARD SHAW

Philosophy and Modern Life

By PROFESSOR P. S. NAIDU

Winter Time Is Salad Time Too

By LILLIAN R. CARQUE



Scenes From India (3)

Photo by Leonard Paul Huish

Sunday morning scene. Carrying produce to Barjulihat through the rice paddies.

# EAST-WEST

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# Symposium

## On

### Saints and Renunciates

★ Love the Saints of every faith;  
Put away thy pride;  
The essence of religion is  
Humility, Service, Sympathy  
—Not fine clothes,  
Not the yogi's garb and ashes  
Not the blowing of the horn,  
Not the shaven head,  
Not long prayers,  
Not recitations and torturings,  
Not the ascetic way,—  
But a life of truth and love  
Amid the world's temptations.—*Guru Nanak.*

★ God-men are the circles whose centers are everywhere and have become straight lines.—*Ram Tirath.*

★ We are not afraid of the world and of men. Wherever we are and walk, we may always have our cell with us. For Brother Body is our cell, and our soul is the hermit that remains within praying to God. If the soul does not remain quiet in the body, little profits the pious a cell made by the work of his hands.—*St. Francis.*

★ We make no difference between prophets.—*Koran.*

★ Know that the saint and the sinner are twin brothers, whose father is our Gracious King, and that one was born but the moment before the other, wherefore we regard him as the Crowned Prince.—*Kahlil Gibran.*

★ Those who have enjoyed pleasures, and have renounced them, move about like the wind, and go wherever they please, like the birds unchecked in their flight.—*Lord Mahavira.*

★ Let us cultivate respect for the sages and saints and heroes of East and West. This international outlook is essential to the New Civilization which we must help in building. The world's hope is not in aggressive nationalisms of hate but in a new international vision of the Family of Nations, the Brotherhood of Man. Let young India say: "All the heroes of East and West are mine. Shri Rama is mine but also, Abraham Lincoln; Shri Krishna is mine but, also, Jesus; Mohammed is mine but, also, Mahavira; Moses is mine but, also, Mansur; Zarathustra is mine but, also Xavier; Guru Gobindsing is mine but, also Gotama Buddha!—*T. L. Vaswani.*

★ Through such souls alone, God stooping, shows sufficient of His light, for us in the dark, to rise by.—*Robert Browning.*

★ The earth yields nothing more divine  
Than high prophetic vision—than the *Seer*  
Who fasting from men's meaner joy beholds  
The path of beauteous order, and constructs  
A fairer type to shame our low content.  
The faith that life on earth is being shaped  
To glorious ends; that order, justice, love  
Mean man's completeness—that great faith  
Is but the rushing and expanding stream  
Of thought, of feeling, fed by all the past.—*George Eliot.*

★ God sends his teachers into every age,  
To every clime and every race of men.  
With revelations fitted to their growth  
And shape of mind, nor gives the realm of Truth  
Into the selfish rule of one sole race.—*J. R. Lowell.*

★ He who thoroughly knows living beings, whether they move or not, and does not injure them in any of the three ways, him we call a Brahmana.

He who does not speak untruth from anger or for fun, from greed or from fear, him we call a Brahmana.

He who does not carnally love divine, human, or animal beings, in thoughts, words, or acts, him we call a Brahmana.

He who is not defiled by pleasures as a lotus growing in the water is not wetted by it, him we call a Brahmana.

He who does not take anything that is not given him, be it sentient or not sentient, small or large, him we call a Brahmana.—*Lord Mahavira.*

★ God deliver you, sisters, from saying when you have done something that is not perfect: "We are no angels, we are no saints." Though we are not, it is the greatest help to believe that with God's aid we can be. This sort of presumption I wish to see in this house.—*St. Theresa.*

★ Break the chains, for the true servant of God is chained not to rocks by iron, but to righteousness by Christ.—*Benedict.*

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## God Saw The Prayer Candles



By FERN GAY



There it was—glaring in the headlines of the paper—the tragic and ironic story of the prayer candles: how the little mother had lit them to pray for her baby son who fought for life in an oxygen tent at a near-by hospital. Then the young veteran and his wife had received a call from the hospital. The baby was worse, and in their excitement they forgot the candles burning on the radio.

The article related that when the child's first crisis was over, in the early morning, the father had called the fire department to go to their home and extinguish the candles. It was one of the firemen who had the heart-rending duty of telling him that his home and almost all his possessions were lost in the blaze. The article ended with the statement that the couple had only a small amount of insurance on the house which they had recently bought on contract.

When I read this I could hear the atheists scoffing at prayer, and I wanted to rush out and find this couple and tell them to keep their faith, for God always hears devout prayer, and it was a baby's life they prayed for—not a house.

The answer came in the next evening's papers in another form, *Lady Luck Smiles*, and *There is a Santa Claus* said the headlines. I stared at the words; why didn't they just say, *God Answers Prayer*.

The baby was greatly improved, the hospital had reported, and the couple were surprised to find they had more insurance on their house than either of them was aware of; this permitted them to go ahead and build another. Someone else had gone on a vacation and turned over a house for them to live in. Yes, the sun was breaking through the clouds; God had answered.

Oh, His love is so great! Why do we worry so? Just a whispered word on the still night air and He hears us.

# Winter Time Is Salad Time Too!

By LILLIAN R. CARQUE



Nothing is more inviting than those fresh, pure, lovely-looking products of earth, air, sun, rain and wind—plus the working mind of man—unspoiled by artificial heat, needing only to be plucked, washed and well arranged.

Delicious, healthful salads can be enjoyed all the year round, even by those of very limited means. Winter salads are much cheaper than cooked vegetables, and digest in considerably less time. Cooked cabbage, for instance, takes from three and a half to five hours to digest, according to its age, while raw cabbage is digested in one hour.

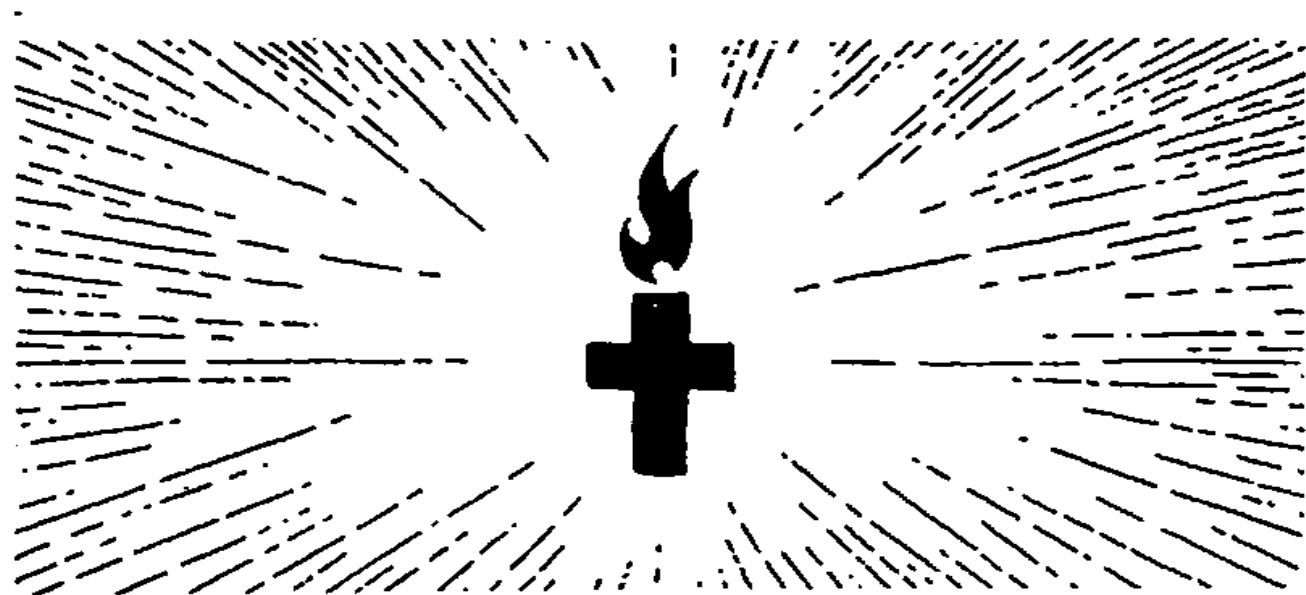
The importance of salads is equally as great during the winter season. The accumulated poisons of the body must be eliminated more energetically during cold weather due to increased congestion; hence the alkaline mineral salts abounding in salad food exert their salutary influence in neutralizing and expelling acids and toxins and in keeping the blood pure. Thus the organism is fortified against colds and catarrh that occur during the early months of the year; and fatigue poisons are combated effectively.

Lettuce is often difficult to obtain at a fair price during the winter, but many other forms of greens that are available provide an adequate substitute. These are watercress, endive, savoy cabbage, white or red cabbage. Brussels sprouts, kale, celery and the root vegetables. The latter, comprising carrots, turnips, parsnips, beets and rutabagas, contain generous quantities of mineral matter; and hence they may be used most advantageously in winter salads; shredded into fine flakes, they are not only delicious but colorful.

## Preparation of Root Vegetables

Always endeavor to select young roots and greens; they are not only more appetizing, but more tender for salads. Do not scrape carrots and root artichokes in cleaning, but scrub (the salts are richer near the surface) then grate. Remove as little of the skin of the raw beet as possible; then grate what is required. The remainder keeps longer than cooked beets do, and is of richer flavor.

Turnips, because of their stringy peel, should be lightly scraped, then grated; avoid peeling unless really necessary because of the vital



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

## Capturing Liberation

By PARAMHANSA YOGANANDA

*And one of the scribes came, and having heard them reasoning together, and perceiving that he had answered them well, asked him, Which is the first commandment of all? And Jesus answered him, The first of all the commandments is, Hear, O Israel: The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.—Mark 12:28-31.*

The Cosmic Sovereign and our Protector—God—is the one Lord

or Master of all creation. You—being one of His created children, made in His image and bearing the divine relation ordained by Him—should spontaneously love your Creator with the love He planted in you. This, so Jesus told the scribe, is the foremost of all cosmic laws ordained by the Spirit for soul upliftment.

You should love your Father, God, with all the divine love in your heart, with all the intuition in your Soul, with all the attention of your mind, and with all your mental determination and physical energy. This is the first and greatest divine commandment for your liberation. For, according to cosmic law, through the portal of your love He can be one with you, and



thus liberate you from the bondage of misery and delusion. To love God is to find eternal contentment and freedom from all human desires which create the miseries of continuous births and deaths. The thirst for love in our hearts is because we are made in God's image of love.

For God to command that man love Him above all things might seem unbecoming of an all-powerful Deity. But all Avatars and saints, including Jesus, have felt in their hearts that the greatest cosmic law of liberation is physically, mentally, and soulfully to love and contact this Source of everything. They have realized that just as the ocean can live without the waves, so God can live without our love, but as the wave cannot live without the ocean, so we cannot exist without the love of God. So the Avatars and saints point out to all mankind that we should love God, not because of compulsion or commandment but because He made us in His image. And if we love Him, then we can feel the ocean of His love behind the little wave of love in our hearts.

A great Saint of India said: "He is the cleverest man who first wholeheartedly seeks until he finds Him. For finding Him, he receives everything else along with Him." Many a man in the world foolishly uses his heart, mind, Soul and physical strength to seek money or human love or earthly power, only to lose them—if he happens to have

found them—at the time of death. So he is the most intelligent man who uses all his energy in finding God, the one treasure that can forever satisfy all the cravings of his heart.

Most people try to find God through absent-minded prayers or sacrifices, or circuitous wanderings in the forest of theology. Usually that does not yield results. But when a person uses the sincerity of his heart and deepest feelings, and the intuition of his Soul, and all the powers of concentration of his mind, and all his physical strength in the effort to meditate and learn to know God, he can surely succeed.

There is but one Creator, Originator even of our thought processes with which we think, of our love with which we love, of our Souls with which we claim immortality, of our minds with which we reason and accomplish. Therefore, in order to know Him consciously we should use all His mental and physical gifts energetically to make the supreme effort to express our love to Him in meditation until He consciously manifests there.

### Many Forms of Proof

This must be remembered: one must know God in order to love Him. No one can love anything of which he is entirely ignorant. No one can love a person who is completely unknown to him. But those who meditate deeply do "know," because they find proof

of the existence of God as the ever-new Joy felt in meditation—or the Cosmic Sound felt in deep silence—or the Cosmic Love felt while concentrating on the heart—or the Cosmic Wisdom felt in the wisdom developed by meditation—or the Cosmic Light seen in visions—or the Cosmic Life felt during meditation when the little life is joined to the greater Life in everything.

Any devotee who, even once, has sensed God as Cosmic Vibration or ever-new Joy in meditation, etc., can't help but love God through His tangible qualities. Most people never really love God because they don't know how lovable the Lord is when He visits the heart of the meditating devotee as Cosmic Light, thrilling Love, ever-new Joy, etc. Of course, this kind of transcendental contact of God by meditation is possible only to determined devotees who persist in meditation and continuous Soulful prayers.

### Who Are Your Neighbors?

The second great spiritual law leading to Soul-liberation is that you will love your neighbor (all races and creatures living in your neighborhood, that is, coming in contact with you *anywhere*) as you love yourself—your own Soul. You should love your neighbor as the manifestation of your greater Self or God. To love parents, relatives, neighbors, countrymen, all races of the earth, all creatures,

flowers, stars which live in your neighborhood (i.e. in the range of your consciousness) is to love the tangible manifestation of God in them all. So those who cannot love God as the subtle manifestations in meditation should learn to love God as manifested in nature and parents and all beings they sense or contact in any way.

It is God who becomes the father to protect the child, the mother to love the child unconditionally, and friends to help the baby without limitation. It is God who has become the earth and the stars to amuse the baby. Moreover, it is He who has become both the food and food-sustained baby. Hence, when the baby matures and has understanding, he may learn to worship God templed in himself (through meditation), or templed in his parents, friends, and all creatures and things in the universe (through love of his neighbor).

There are saints who learn to love God in meditation and ecstasy in the transcendental way, but until they also learn to love Him as manifested in all beings, around the neighborhood of the Soul, they never find complete redemption.

All the saints and sages have found that whenever the Soul contacts God in transcendental meditation and also by serving Him in all neighbors, then all Cosmic laws are automatically obeyed. Any one who can contact God in any way no longer has to obey other laws,

for such a one becomes so good and so intuitive that he *automatically* obeys all Cosmic laws. It is true that milleniums of darkness gathered in the Soul may be driven out by following numerous rules of conduct. But when, by supreme effort of the mind, the all-pervading light of God visits the Soul, then there is darkness no more, nor is it necessary to devise rules of conduct to destroy that inner darkness, for it is driven away forever by the advent of the great light. Therefore, according to Jesus and other great ones: To love God—who is the source of intelligence, love, life, and all human accomplishments — through continuous prayer and meditation, and to love God manifested in your neighbors through physical, mental, and spiritual service, are the two foundations on which all other laws of human conduct and liberated lives are built. There is no other spiritual law which is greater than these two.

*And the scribe said unto him, Well, Master, thou hast said the*

*truth: for there is one God; and there is none other but he: And to love him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love his neighbor as himself, is more than all whole burnt offerings and sacrifices. And when Jesus saw that he answered discreetly, he said unto him, Thou art not far from the kingdom of God. And no man after that durst ask him any question.—Mark 12: 32-34.*

Since the scribe showed that he understood that to love God with all his Soul in meditation, and to love Him in neighbors, is greater than all other commandments and all other religious formalities of sacrifices and burnt offerings, Jesus praised his explanation of the two commandments. Realizing that the man's mind was indeed already fully concentrated on God, Jesus assured this scribe that his whole mentality and spiritual efforts showed that he would soon attain a high degree of spiritual consciousness.



Verily our times are difficult because of all the commotions of the spirit, all non-understanding and all attacks of darkness against the Light. But perhaps this terrible tension is but the impulse in order to direct humanity through all storms and over all abysses to peaceful construction and mutual respect.—*Nicholas Roerich.*

# Meditation

## For The Week

By PARAMHANSA YOGANANDA

*January 5th.* Heavenly Father, every day of this new year help me to remember that the truth of Thy spiritual laws can be proved only by living a spiritual life.

*January 12th.* In the silence, I seek Thee as the Cosmic Sound—the blissful Sound that will free me from the miseries of this material world.

*January 19th.* Keep my heart safe, Oh Lord; for the bird of Bliss flies from the fire of egotism.

*January 26th.* Divine Mother, brighten the mirror of my meditation that I may see Thy reflection therein.

*February 2nd.* Lead my footsteps to the deep valley of humility, O Spirit of Love, that I may find the life-giving lake of Divine Love.

*February 9th.* Daily I strive to make my heart a cleansed cup to catch the refreshing rain of Realization.

*February 16th.* I am grateful, Father, that no material loss can harm thy devotee, since Thou hast taught that all forms arise, like waves, only to dissolve again.

*February 23rd.* At the hour of meditation, I dive beneath the waves of sensation and move through the calm depths of peace.

# Spheres of Science

## EXPERIMENTS IN REVIVING THE 'DEAD'

We are now able to add something to the brief reference which appeared a few months ago in this department on the method of V. Negovsky (Moscow) for reviving the dead, and this on the strength of a communication of his which appears in Nature.

Negovsky distinguishes between agonal and clinical death, which are connected phases of the same process. Agonal death is the active struggle of the dying organism; clinical death is said to ensue when the heart and breathing have stopped. Only biological death is true death, and nothing can be done about it. It is not always easy to distinguish between agonal and clinical death because so many factors are involved. For all practical purposes either form of death is coincidental with the end of circulation in the brain. Revival is much easier during agonal than during clinical death.

### *Blood Transfusions*

Negovsky says that he went to the front and experimented on soldiers who were dying from their wounds. First, blood was warmed to about 100 degrees F. Adrenalin hydrochloride and a solution of

glucose were added. This mixture was injected into an artery and vein of the arm. As soon as there was a strong contraction of the heart, blood was sent in the opposite direction. Transfusion was continued in the vein, this time under less pressure. Usually coronary circulation was restored.

Bellows were used to give 25-30 respirations a minute and then reduced to 16-20 a minute. Artificial respiration had to be continued for some time after natural breathing was restored, but with periods of rest.

Negovsky says that his method is indicated when death suddenly follows excessive loss of blood; also in suffocation, cases of severe wounds of limbs, collapse and the like. In four months he says he treated fifty-one cases of shock, agonal and pre-agonal death and clinical death. In thirty-four cases his "treatment preceded proposed surgical operation, and thirty-one of the cases treated were able to undergo surgical treatment."

### *"A Permanent Effect"*

In twelve out of his fifty-one cases "treatment produced a permanent effect in wounded men who had been regarded as hopeless and who were already in a state of agonal or clinical death." After

resuscitation these cases were sent to hospitals behind the lines. In thirty-seven other cases the effect was not permanent, and death ensued. Five cases of clinical death recovered completely.

On the strength of this record Negovsky thinks that "we may

now consider it the task of medical men to give active treatment for agonal and clinical death," which means that because the heart has stopped beating and breathing has ceased "we cannot end our struggle for life."—*W. K. in New York Times.*

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## Tomorrow's World

*Here are some of the newest discoveries and inventions of the scientific world. They are becoming available as manufacturers vie for post-war civilian trade.*

● When you buy a television set you may also get a gadget—at a low initial cost and with practically no replacement expense in the offing — which will produce odors appropriate to the pictures shown. Kitchen breakfast scene will carry odor of coffee; garden, of flower fragrance, etc. Scent vanishes as picture fades. Inventor Hans Laube of New York says 500 different scents can be controlled instantly, and in any sequence. Swiss inventor, working on same idea, claims his "smell transmitter" will produce 2000 aromas.

● Smallest radio yet planned is a miniature "skeleton" set which fits the palm of the hand, is about the size of a pack of cigarettes. Tubes are the size of lima beans; wiring is merely lines of silver-bearing ink, printed through a stencil on a small ceramic plate. Mobile source of power and amplifier must be worked out before tiny set can be produced in mass.

● Los Angeles business men can now place and receive calls in their automobiles within a 30 mile radius of downtown area. New service is experimental. If successful, will be extended along highways from San Diego to San Francisco.

● If flowers could safely absorb substances which would poison preying insects, yet be immune from poison—. An old fancy that has become fact. Deadly sodium selenite, mixed with soil, is absorbed by plant, and kills any spider-mite, aphid or thrip that alights on leaves or flowers and begins to eat.

● Houses may some day be heated by cold water! Five homes in Chattanooga, Tenn. will be heated thus as an experiment this winter. Principle of evaporation is that which Kelvin used in first mechanical refrigeration. "Heat pump" will utilize well water at a depth of 200 feet.

● Hay will be cured in the mow, instead of field-dried, according to agricultural experts at Ohio U. On electrified farms the modern way is to dry hay (which may contain as much as 45% moisture) in the mow by forcing air through it with a fan. Hay saved from weather damage by this method more than pays for necessary motor and fan. In addition to preventing weather damage, green color, denoting vitamin content, is saved and danger of spontaneous combustion lessened.

● War surplus flame-thrower liquid is being converted into liquid soap mild enough for shampoos and some hospital uses as well as for dishes and other cleaning chores. War Dept. has enough liquid on hand for 50,000 gallons of soap.

● Purveyors to the public's sweet-tooth may soon be leaving sugar out of many candies and beverages. A new chemical compound (benzene derivative) now produced in the form of orange crystals, is 4,000 times as sweet as cane sugar and will be much cheaper to produce. In comparison, saccharine — coal-tar derivative used by diabetics—is 200 to 700 times as sweet as cane sugar.

● Auto "snowshoe" can help when you're stuck in the winter. It is a simplified form of the tractor-tread; can be rolled up, stored in car compartment. When tossed against tire, added traction frees car from snowdrifts, ice spots, mud ruts or sand.

## **Inspirational Books**

By SWAMI PREMANANDA

### *Cloth Binding*

Path of Eternal Law (Dhammapada)	\$5.00
Prayers of Self-Realization . . . . .	4.00
Three Upanishads (Origin of Soul; Sons of Immortality; Path of the Self) . . .	3.00
Katha Upanishad (Dialogue of Death; Vision of Immortality)	1.50
Isha Upanishad . . . . .	1.00
Mandukya Upanishad . . . . .	1.00
Kena Upanishad (Realization of the Absolute)	1.00
Magnetic Power of Love (Bhakti Yoga) . . . . .	1.50
Path of Pure Consciousness (Jnana Yoga)	2.50
Law of Self-Manifestation (Karma Yoga) . . . . .	2.00
Way of Wisdom and Self-Liberation . . . . .	1.00

### *Paper Binding*

The Universal Reality . . . . .	.75
Realization of the Self . . . . .	.35
Chintamani (Thought Jewels) . . . . .	.35
Free Will and Divine Guidance . . . . .	.25
Universal Truth . . . . .	.25
"Thine Is the Glory" . . . . .	.25
The Religion of Man . . . . .	.25

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# The Health Front

*Today's Terrors are Tomorrow's History*

**Cancer and Isotopes:** Radioactive phosphorus, one of the isotopes (atomic research by-products) is the first to be applied practically and constructively. It has been used by Dr. Bertram Low-Beer, (ass't professor of radiology, U. C. Medical School) in the treatment of more than 300 cases of superficial skin cancers and warts. A solution of the substance is placed on thin blotting-paper. When dry, this is applied to the growth like a bandage, remaining in place several days (time depending on required dosage of radiation). A red blotch appears, disappearing along with the growth in about two months. Treatment was successful in 98% of patients who had basal cell carcinoma, 100% of cases of hyperkeratosis and 88.6 to 94% of cancer with various types of warts.

**Tuberculosis and Garlic:** Remembering that the medical lore of ancient India considered garlic effective in treating tb., scientists experimenting at the Indian Institute of Science, Bangalore, have found that garlic extract prevents growth of tb. germs in culture solutions. In other test-tube experiments, extract prevented growth of many kinds of bacteria.

**Cataract Sufferers See:** Patients whose eye lenses have been removed because of cataract can see by ultra-violet light, since the eyes' sensitiveness to ultra-violet is then increased 1,000 times. Patients of Dr. Wald, Harvard, could read an eye chart from top to bottom under this light, while he could not.

**Prompt Diagnosis for Prisoners:** In many cities prisoners thrown into the city jail as drunken vagrants are merely ill or injured, but unable to defend themselves or prove their innocence—except by dying. Only then do chagrined officials discover that the prisoner was suffering from shock, concussion or skull fracture. Cleveland has opened a clinic at the city jail to prevent such mistakes by determining at once if a prisoner needs hospitalization. This will also enable officials to isolate prisoners with communicable diseases.

**Anti-Malarial:** In the Far East a shrub (*dirroa febrifuga*) has long been used for ague, and as a general fever remedy. It grows from China and north India to Java and the Philippines. Its use, in the form of tea, is being considered as a weapon against malaria.



# Rules For the Control of The Tongue



(Every religion, system of philosophy or code of ethics includes advice on curbing the rash activities of the tongue—which is referred to in the Christian Bible as “an unruly evil, full of deadly poison.” Here are some of the rules which the Jain Shastras give for guidance in governing this obstreperous trouble-maker.)

1. Avoid lying; speak only words which are truthful and sincere.
2. Avoid exaggeration; speak in simplicity and truth.
3. Avoid deception; do not deceive either by word, look, or gesture.
4. Avoid evil-speaking; practice good will.
5. Do not listen to, act upon, or repeat an evil story. He who speaks evil of another, cannot find the way of peace.
6. Avoid idle conversation; learn how to be silent. Do not let the tongue run. Do not talk about the private affairs of others.
7. Avoid accusation, recrimination, condemnation and raillery. Practice forgiveness. Do not condemn those who are not walking in the righteous path; but protect them with compassion, walking the path yourself.
8. Avoid frivolous jesting and irreverent speech. Be modest in your words. Let your words be grave and reverent. Gravity and reverence are marks of purity and wisdom.
9. Avoid fault-finding, practice self-control. Avoid unprofitable arguments. Do not enter into wordy strifes about things. If one violently oppose you, let him have the last word.
10. Do not dispute about the truth, but live it. Cleanse your heart, acquire goodness and practice virtue.
11. Begin by adopting a vow of silence for one day in every week, or for one hour every day, while waking.



*Spiritual Interpretation*  
OF THE  
★ **BHAGAVAD GITA**

By PARAMHANSA YOGANANDA

## Escaping Two Dread Enemies

*Chapter III, Stanza 32*

**Literal Translation:**

But those who reject this teaching of mine (concerning truth), and do not live accordingly, lose all avenues of spiritual wisdom, are devoid of understanding, deluded and destroyed.

**Interpretation:**

Those who decry the wisdom emanating from Spirit—and declared by the scriptures and wise men—and live disorderly lives, find all the avenues of knowledge closed to them. Without understanding, such Souls starve for lack of spiritual nourishment.

Those who do not live according to the inner dictates of meditation-

born peace of Soul, find themselves entangled with the sensory perceptions of smell, sight, sound, taste and touch, and thus are confused, and lose the true sense of direction toward the Godward goal of life.

Numerous people, ridiculing all truth, shut their minds to every avenue or spiritual pathway of escape, and so rot in their self-created prisons of ignorance. Thinking the path of self-knowledge painful or difficult, those who desist from traversing it lose all understanding and peace.

*Chapter III, Stanza 33*

**Literal Translation:**

Even the wise man acts according to the tendencies of his own

nature. All living creatures go according to Nature; what can (superficial) suppression avail?

**Interpretation:**

Even a wise man—not to speak of ordinary individuals—finds his senses governed by his general nature, or tendencies. That is, the senses, in accordance with habits formed through previous pre-natal and post-natal actions, find attraction to certain things and are distracted from other objects. Previous karma determines the moods, inclinations, and habits which govern the thoughts and actions of men. Since this attachment and repulsion to objects of the senses are the cause of man's bondage, these dual obstructions in the path of liberation must be removed. Man must be governed by wisdom, and not by prejudiced moods and habits ruled by the tyrants of attraction and repulsion. Torturing the senses—as in protracted fasting to control greed, or lying on a bed of nails to remove the desire for a comfortable bed—or extreme suppression of strong inclinations, will not bring liberation from desires fed by strong previously-acquired impulses.

This whole universe is governed by karma—no one can escape its government by crude force. Only by gradually taming the senses through wisdom-guided sense-indulgences and self-control can the Soul be free from identifying itself with attachments and repulsions.

**Literal Translation:**

Attachment and repulsion of the senses for specific objects are nature-ordained. But let no one come under influence of (those two psychological) qualities. Verily, they are his enemies.

**Interpretation:**

This is a continuation of the theme in the previous stanza. It has been pointed out that some individuals always act according to the dictates of their natural inclinations, and that even the wise man is inclined to act according to his nature. But a lover of truth under no circumstance should imitate the bond-slave of the senses. He must strive to override all impulses of attachment and aversion of the senses for their corresponding objects.

The Soul, as a perfect image of Spirit, is ever-contented within. The body-identified individual, governed by the pseudo-soul or ego, is utterly oblivious of the unconditioned bliss within him. Being identified with attachments and aversions of the senses, his diversified mentality fails to perceive the eclipsed absolute bliss of his Self. To avoid this calamity it is advisable to shun strictly the natural, or habit-created, dual inclinations of the senses and prevent this blackout of the inexhaustible dazzling bliss of the Soul.

The ego perceives through the nature-created reddish dark glasses of attraction or repulsion, so everything appears to itself as red and gloomy. By turning his vision away from the senses and looking away from these natural limitations, the wise devotee perceives the luminescent happiness within and becomes completely satisfied.

Those who meditate regularly but not deeply may encounter either satisfactory or unsatisfactory spiritual experiences while trying to listen to the Cosmic sound. They may see the spiritual eye clearly, or only dimly. So they become filled with attachment or aversion to meditation, according to their experiences. This leads to spasmodic efforts to meditate deeply when spiritual results are obtained, and relaxation in concentrating fervently when good results are not forthcoming.

The earnest devotee must not indulge in these retarding longings for and aversions to meditation but always deeply enjoy the unchangeable bliss of the Soul. Otherwise, the senses will all too often indulge in the second nature of the dual psychological sensory conflicts and delude the Self, preventing it from realizing its true nature of immutable blessedness.

"Natural" inclinations in man—that is, inclinations born of his material nature—make him forget to re-discover his real Soul hidden beneath ignorance. These so-called

natural inclinations are fundamentally unnatural, and hence are inimical to the growth of the Soul. Jesus, too, implied that it is natural for men to seek bread and earthly happiness, but that the wise should seek the kingdom of spiritual happiness and Giver of all gifts first.



## SONG TO INDIA

By  
Mark Hyman

India! India!  
Recover your efforts from the  
past!

Unite and become whole!  
Find the word that will bind  
Your hands together  
Before the world in all your  
Strength and beauty.

India! India!  
The earth still echoes the steps  
Of Aryans, Chandragupta,  
Asoka,  
Babur, Tamerlane, and Alexander.

The Khyber tells a thousand  
tales.  
Show your power and strength.

# New Year's Wishes To You All

*From Paramhansa Yogananda*



No matter how discouraging your physical, mental, spiritual habits and problems have been, try to brace yourself and renew your efforts to find God through deeper meditation, and to achieve success through continued, but stronger, efforts.

What is past is gone, buried in the last year's grave. What is present is your own. You are reborn every year—every day. You can overcome your tests no matter how great they are, if you call upon your Soul's reserve strength; for the image of God is buried within you, and is greater than any disruptive power.

Every night you dump the body in the subconscious and become an angel—a God blissfully sleeping on space. But every day, on waking, most people turn into devils again. When you learn to meditate so deeply that your mind remains on God and inner peace while you perform your diurnal duties, then you can become a day-time angel too.

Don't make unimportant chores important, for nothing you achieve will last—hence why waste time? Work instead for everlasting life—for freedom from earth life. It is yours if you try unceasingly. You will get it if you convince God you want it above all His temptations such as money, sex and wine.