

# SELF-REALIZATION

## Magazine

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

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## MEDITATION FOR THE WEEK

By PARAMHANSA YOGANANDA

*July 2.* True friendship is the light with which we can help one another to see and pass through the door of heaven.

*July 9.* I want prosperity, health, and wisdom without measure—not from earthly sources, but from God's all-powerful, all-bountiful hands.

*July 16.* Divine Mother, I have been Thy busy bee, darting through the fields of incarnations, inhaling the breath of experiences. Now I shall roam no more; Thy aroma has quenched the perfume-thirst of my soul!

*July 23.* With the ideal of service for all, the intelligence which God has given me is reaching out toward its goal.

*July 30.* In helping others to succeed I shall find my own prosperity. In the welfare of others I shall find my own happiness.

*August 6.* Although they may be crowned with the utmost fulfillment, all the pursuits of life offer only partial joy; but finding God, we tap the reservoir of unending bliss.

*August 13.* I will make a bonfire of all my desires and heap them on the one great ever-increasing flame of desire which seeks only to know Thee.

*August 20.* The door of my friendliness will be open as widely for those brothers who hate me as for those who love me.

*August 27.* Father, let me feel that I am Thy child. Save me from beggary! Let all good things, whether health, prosperity, or wisdom, seek me instead of my seeking them!



# SELF-REALIZATION

## *Magazine*

*Founded in 1925 by Paramhansa Yogananda*

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Self-Realization Fellowship Hermitage and Grounds of the Golden World Colony, at Encinitas, California, established in 1937 by Paramhansa Yogananda.



# The True "Second Coming" Of Christ

By PARAMHANSA YOGANANDA



The teachings of the Self-Realization Fellowship point out that the Christ Consciousness of Jesus, free from theological crucifixion, can be brought back a second time into the souls of men.

These spiritual interpretations are born of intuition, and will be found to be universally true if they are meditated upon with intuitive perception. They are received and interpreted through Christ Consciousness. These spiritual interpretations are the means which the Masters have taken to show the world the common, scientific platform of intuitive perception, where the Christian Bible, the Hindu Bhagavad Gita, and the true scriptures of all religions reveal perfect unity.

## Christ Foretells His Crucifixion

*These things have I spoken unto you, that ye should not be offended. They shall put you out of the synagogues: yea, the time cometh, that whosoever killeth you will think that he doeth God service. And these things will they do unto you, because they have not known the Father, nor me. But these things have I told you, that when the time shall come, ye may remember that I told you of them. And these things I said not unto you at the beginning, because I was with you.*

*But now I go my way to him that sent me; and none of you asketh me, Whither goest thou? But because I have said these things unto you, sorrow hath filled your heart. Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come*

*unto you; but if I depart, I will send him unto you. And when he is come, he will reprove the world of sin, and of righteousness, and of judgment: of sin, because they believe not on me; of righteousness, because I go to my Father, and ye see me no more; of judgment, because the prince of this world is judged.*

*I have yet many things to say unto you, but ye cannot hear them now. Howbeit when he, the spirit of truth is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will show you things to come. He shall glorify me: for he shall receive of mine, and shall shew it unto you. All things that the Father hath are mine: therefore said I, that he shall take of mine, and shall shew it unto you.*



*A little while, and ye shall not see me: and again, a little while, and ye shall see me, because I go to the Father.*—John 16:1-16.

Jesus said: "I am telling you about the future, that you be not offended with me for not having warned you. Many trials will come to you as tests of your spiritual strength. Your persecutors will put you out of the orthodox congregations; they will even murder some of you, my disciples! thinking thereby they are serving a blood-thirsty God! Those religious leaders are blind with ignorance; they know nothing of the wisdom of Cosmic Consciousness, or of the Christ Consciousness that is fully manifest in me. I have waited until now to tell you of the persecutions which await you, because, so long as I have stayed by your sides, God's protection has been ever with you; there was no need for alarm.

"But now the Christ Consciousness in me will follow the inner way to Cosmic Consciousness from which it came; my outward embodied mission is nearly over. Your hearts are naturally filled with fear and sorrow. Still I have ventured to speak of these violent future events, that all of you be prepared to meet them with Christian fortitude.

### Seek the Father

"You are wondering why I depart, seemingly abandoning you to the fury of my enemies. The

reason is this: so long as you are attached only to the Son, you will not seek the Father. I do not want you to think of me as a little physical body; you must concentrate, rather, on my vast body—the whole cosmos emanating from the Cosmic Vibration of the Holy Ghost. The little body which holds your attention now will go away, and your minds will be able to receive *Aum* or the Holy Ghost—the bestower of everlasting comfort.

### I Will Manifest as Aum

"Because my little physical body is departing, I will manifest within you in my Christ and my Cosmic Consciousness; the Vibration of *Aum* will dislodge all your grief and fear. In the state of omniscient consciousness which will soon descend on you, you will understand how the divine law (karma) will operate to punish the sin in men which has made them persecute me, and plot to deprive my disciples of the righteousness of my presence among them. They think to judge me, not knowing that the Christ Consciousness in me is the Omnipresent Judge of all men!

"I have yet many truths to reveal to you, which, in your present mortal state of consciousness, you will not be able to grasp. However, when the Spirit of Truth or the Holy Ghost will manifest in your consciousness, It will guide your minds away from all material appearances to truth itself. The



Cosmic Vibration does not speak of its own power but faithfully transmits the vibrations of the Christ Intelligence present in it. The Holy Ghost will instruct you through visions and through your intuition; it will reveal to you all secrets of the past, present, and future. The Cosmic Vibration or Holy Ghost manifests fully the wisdom and glory of the Christ Consciousness. All wisdom of the Father or Cosmic Consciousness is also present in the Son or Christ Consciousness. Therefore, I have said that the Holy Ghost will transmit to you from me all knowledge which I, in turn, have received from the Father or Cosmic Consciousness.

"I am present with you now, but in a little while you will not see my body—for that will have been crucified. And again, a little while after crucifixion, you will behold my resurrected body. Whether I appear before you, or disappear from mortal sight, I am ever-living in the Father or Cosmic Consciousness."

### Wondrous Truths

In this, his last long discourse with his disciples, Christ reveals many beautiful metaphysical truths. When he said; "I go my way to him that sent me," he signified that the Son or Christ Consciousness in all creation must ultimately be merged in the Father or the supreme Cosmic Consciousness.

Jesus warned his disciples that if they knew him only as the

material body, they would suffer when that body would be taken away. If they concentrated only on his little body called Jesus, they would not know his vast Cosmic Body which consists of countless cells of stars, atoms, life-force, and ions of all vibrations. Disciples who would fail to commune with Jesus as Spirit would be rudderless when his body passed away. Disciples who realized Jesus as Spirit would find him to be the same living Lord throughout eternity.

### Not Subject To Death

Jesus therefore tells his disciples not to think of him as a body subject to death, but as the eternal Spirit. His body, he says, must be removed in order to free them from the delusion that he was a physical being. Only after the removal of that delusion could his disciples be able to tune in with his vast body of Cosmic Vibration, the great Comforting Holy Ghost.

By these words: "When he is come, he will reprove the world of sin," Jesus signified that through the omniscience of Cosmic Vibration, his disciples would reveal the evil actions of those who had persecuted and judged Jesus and thereby opposed the law of righteousness.

Jesus calls the Holy Ghost, "the spirit of truth" because it is the essence of all vibratory law as manifested in the cosmos. The Cosmic Vibration is the Invisible Power which, through variations



of vibration, materializes the outward forms of all created things. Jesus explains that this Cosmic Vibration cannot declare anything of itself but faithfully manifests whatever it receives from the guiding Christ Intelligence. In other words, the variations in Cosmic Vibration are created by the Christ Intelligence in it. The Cosmic Vibration cannot act of itself (is wholly free from the egoistic principle); it is solely guided by Christ Intelligence. That is why Jesus says: "For he shall not speak of himself; but whatsoever he shall hear, that shall he speak."

### "All Things Are Mine"

When Jesus says: "All things that the Father hath are mine," he signifies that all devotees who attain Christ Consciousness by deep meditation receive, further, all the wisdom and power of Cosmic Consciousness. Every human being who discards the consciousness of the limited ego and identifies himself with Cosmic Consciousness will claim as his own possession the universe and all things in it.

*Then said some of his disciples among themselves, What is this that he saith unto us, A little while, and ye shall not see me: and again, a little while, and ye shall see me: and, Because I go to the Father? They said therefore, What is this that he saith, A little while? We cannot tell what he saith.*

*Now Jesus knew that they were desirous to ask him, and said unto*

*them, Do ye enquire among yourselves of what I said, A little while, and ye shall not see me: and again, a little while, and ye shall see me? Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy.*

*A woman when she is in travail hath sorrow, because her hour is come: but as soon as she is delivered of the child, she remembereth no more the anguish, for joy that a man is born into the world. And ye now therefore have sorrows but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.*

*And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full. These things have I spoken unto you in proverbs, but the time cometh, when I shall no more speak unto you in proverbs, but I shall shew you plainly of the Father.*

*At that day ye shall ask in my name: and I say not unto you, that I will pray the Father for you: for the Father himself loveth you, because ye have loved me, and have believed that I came out from God. I came forth from the Father, and am come into the world: again, I leave the world, and go to the Father.—John 16:17-28.*



## Joy of Resurrection

Jesus said: "Are you discussing among yourselves as to what I meant? Verily, by the truth which I foresee, I declare unto you that you will weep and lament when I shall be crucified, but the wicked world will rejoice. Your sorrow will be turned into joy, for you will see me again in flesh and blood after I have been resurrected by the grace of the Heavenly Father.

"You will lament, giving me up for dead; but what rejoicings you will know to find me resurrected from the dead! Just as a woman is in pain during childbirth, but forgets all the anguish when she sees the new being who has come into the world, so all my disciples will be grief-stricken until they behold the miracle of my resurrected body, born out of the travails of my physical suffering. Then your hearts will really rejoice! Your sorrow will soon vanish, but your joy is eternal, irrevocable!

"You question among yourselves now, but soon, in your omniscience, you will ask nothing; whatever wisdom you require will be given

you from Cosmic Consciousness through the Cosmic Vibration and the Christ Consciousness in it. Up to this time you have not felt the Cosmic Vibration and therefore, have not asked anything of it. But in the state of Cosmic Consciousness you will receive all knowledge; you will know the fullness of the joy of Spirit. Hitherto I have had to teach you by words and proverbs. But a time will soon come when all the wisdom of the Father will manifest itself plainly in your consciousness.

### The Comforter

"When the Comforter comes to you, you will pray in my name, and I say unto you that I shall pray to the Father that He manifest Himself within you. The Father Himself loves you all because you have felt the universal love of the Christ Consciousness in me and are convinced that my Christ Consciousness came out of Cosmic Consciousness. I became manifested from the Cosmic Father and now I am in the world; soon I shall leave the world and merge again in the Cosmic Father."

*(Continued in next issue.)*





# A SPIRITUAL INTERPRETATION OF THE *BHAGAVAD GITA*

By PARAMHANSA YOGANANDA

## The Path of Discrimination [Jnana Yoga]

*Chapter IV, Stanza 27*

### Literal Translation

"Some (followers of the path of discrimination) offer all their sense activities and the functions of the life-force as oblations in the flame of control in self, kindled by wisdom."

### Spiritual Interpretation



Yogis who follow the path of discrimination (*Jnana Yoga*) firmly picture the indivisible relation of Soul and Spirit. The *jnana yogi* tries to by-pass the simpler and easier spinal-ascent yoga techniques; he concentrates his mind solely on the presence of the Self at the point between the eyebrows. By wholeheartedly following this most difficult path of realization, the true *jnana yogi* is eventually able to kindle the fire of inner perceptive wisdom. With this consummation, all the sense activities and the life-forces from the afferent and efferent nerves, attracted by the irresistible magnetic flame of inner wisdom, plunge headlong into that sacred fire.

*Jnana Yoga* is not so easy as it seems. Its greatest drawback is that it ignores the scientific path: disconnection of the mind from the senses by withdrawing from the nervous system all life-forces. The follower of the path of discrimination (*jnana*) is usually subjected to violent resistances from the senses and from the life-forces whose natural flow is toward the nerve endings and their connections with the outer world.

The difficulty of the *Jnana Yoga* path is illustrated in the following story. A man was trying to reach a certain destination (God) in a chariot (the body) pulled by ten wild horses (the senses). Several friends (the consensus of the sages) suggested that the man would be more likely to arrive at



his destination if he ignored the unruly horses and proceeded peacefully on foot (proceeded by the step-by-step methods of scientific yoga). The man, however, stubbornly resisted this advice; he and his horses must arrive together!

Final outcome to this sad tale: After violent struggles with the animals, a badly wounded man lay by the roadside!

#### Only for a Sandow!

The hidden palace of God cannot be reached through the sole path of mental discrimination except by a man so differently constituted from his fellows that he may justly be called a superman. Only such an individual can attain his goal "along with his horses"! The exclusive path of *Jnana Yoga*, therefore, cannot be recommended for the average man—only for a Sandow!

The follower of the path of discrimination, attempting meditation on the Supreme Spirit, is subject to the "drag" of the ten horses of the senses behind him—plus the pull of the life current flowing through the sensory motor nerves and also the pull of the subconscious thoughts. It is true that a *jnana yogi* of dauntless determination may succeed, even by the unscientific "hit-or-miss" method of inner concentration, in fully concentrating his mind on Brahma or God (thus "offering his senses and life as oblations to the fire of the Infinite"). But the path of *Jnana Yoga* is not only precarious but lengthy. By *Kriya Yoga*, on

the other hand, a man may speedily attain liberation.

The difference between this fire ceremony of *jnana* or wisdom and the scientific fire ceremony of *Kriya Yoga* can be best illustrated in the following way:

#### The Sense Telephones

Two men were meditating in different rooms, each of which contained a telephone. The telephone rang in each room. One man said to himself, in a mood of intellectual bull-headedness: "I will concentrate so deeply that I will not be able to hear the rings of the telephone!" It is true that, in spite of external noise, he may succeed in concentrating within; but he has needlessly complicated his task. This man may be compared to a *jnana yogi* who tries to meditate on God, ignoring the unceasing telephonic messages of sight, sound, smell, taste, and touch, as well as the outward pulls of the life-force.

#### No Illusions!

The second man in our illustration had no illusions about his power to ignore the rude clamor of the telephone! He prudently withdrew the electrical plug and disconnected the instrument! He may be compared to the *kriya yogi* who prevents any sensory distractions during meditation by disconnecting the life-force from the senses; he then reverses its flow toward higher centers.

It must be noted there is a difference between "self-control," and



"the fire of control in Self," referred to in this 27th stanza. Self-control often signifies the limited power of will used in subjugating a certain sense; or it may signify the power of self-control possessed by an average man. But "the fire of control in Self" refers to the supreme and unlimited power of control which the Self possesses as a true reflection of the Spirit.

The follower of the path of discrimination, by continuous use of will, tries to unite his ego with the unlimited power of the Self. If he succeeds, he unites his Soul with Spirit. He then finds his ten senses (the five instruments of action and the five instruments of knowledge), and the five life-forces to be automatically withdrawn into the Cosmic Fire, destroying all sensory restlessness.

#### What is Wisdom?

This stanza of the Gita refers to the method of meditation enjoined by the Vedanta philosophy of India. The method consists in listening to the scriptural wisdom, continuously thinking it over, and thus becoming one with it. I have described the defect of this method; it presents numerous difficulties. The mind is often pulled toward the senses by the life-force and by restless subconscious thoughts.

By controlling the life-force by the performance of the *Kriya Yoga* technique the yogi can gain a state of deep divine ecstasy. By practicing *Kriya* 1,728 times in one posture (that is, at one time),

and by practicing a total of 20,736 *Kriya*, a devotee can reach the state of samadhi (God-union). But *Kriya* cannot be practiced so many times by a beginner. When the body and mind of the *kriya yogi* are adequately prepared to accommodate the high voltage of so much *Kriya Yoga* practice, his guru will advise him that he is ready for the experience of samadhi. Through a thin wire only a certain amount of current can be passed, but many amperes of current can be discharged through a thick wire. Similarly, the body of an ordinary individual in the initial state of *Kriya* practice is like a thin weak wire which can only absorb with benefit the gradually increased amount of current generated by the daily practice of *Kriya Yoga* from 14 to 25, 25 to 50, and 50 to 100 times (as advised by the guru).

When the yogi by years of practice of *Kriya Yoga* makes his body and nerves adaptable, he can manifest within his body—ecstatically, easily—all the current generated by the practice of 20,736 *Kriyas*, and much more.

#### Kriya Yoga Bestows Bliss

*Kriya Yoga* helps to attain ecstasy—the state in which the body is perceived not as flesh but as electro-lifetronic energy. The body thus realized as energy becomes one with Cosmic Energy. Ecstasy also reveals the inconceivable bliss of the soul. The soul and its bliss



commingles with the cosmic blessedness of Spirit. In the state of ecstasy the yogi knows the body to be a motion picture of divine energy and also a dream of God's consciousness.

By *Kriya Yoga* one can scientifically march toward God, quickening his evolution by step-by-step methods and by a greater or a lesser number of correct practices of the *Kriya Yoga* technique.

My guru gave me the experience of ecstasy (samadhi) when my mind and body were ready. Before that, when I was not ready, I had been refused samadhi by the great yogi, Ram Gopal Muzumdar (the story is given in *Autobiography of a Yogi*).

(Continued in next issue)

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(Continued from page 17)

the surest and strongest foundation for the *Advaitic* (monistic) doctrine of the *Vedas*. Energy alone is real; the material world is unreal; the human soul is a form of the Universal Soul, one of whose expressions is cosmic energy. This is the fundamental irresistible law of nature and is known in *Vedanta* philosophy as the *Sanatana Dharma* (Eternal Religion).

This verification is the greatest contribution which modern science has made to human knowledge; this is its true cultural value.

—*Kalyana-Kalpataru, India.*

## PHOTOGRAPHS OF THE MASTERS

**Paramhansa Yogananda:** Three poses now available—the long-time favorite, and folded hands, both on heavy paper, sepia, 4½ x 5¾ in. New pose, seated, heavy paper, grey, 4½ x 6¼ in. Each, \$1.00. Photos of Lahiri Mahasaya, and Sri Yukteswar, are also available in sepia, heavy paper, 4½ x 5¾ in., \$1.00 each. Reproduction of portrait of Babaji in *Autobiography of a Yogi*, heavy paper, 4½ x 5¾ in., sepia, \$1.00.

## AMULETS

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

## FOR FRAMING

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

## INDIA INCENSE

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

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# Yoga Postures For Health

## "Yogasana" or the Yoga Mudra

By C. BERNARD

In the various postures of yoga (known as *asanas*) which we have considered to the present time, the stress has been placed upon the development or conditioning of certain muscles or muscle-groups. With each of these we have explained the effect which the muscular action (not action in the sense of actual movement, but the use of muscle tension to hold an unmoving position) had upon the fluid balance of the body, the stimulation of the forces of circulation and elimination, and the normalizing of glandular functions.

The posture known as *Yogasana* now being described is unique in that it belongs more specifically to the class of *mudras* rather than to that of *asanas*. Perhaps we had better clarify the meaning of this new term, *mudra*, before proceeding further. The practice of *asana* means simply to place the body in a certain position, the position to be held unchanging for a definite period of time (usually increasing gradually as one acquires proficiency in his practice). To all outward appearance the practice of *mudra* is identical with that of *asana*. *Asana* comprises the position itself—yet the same position may

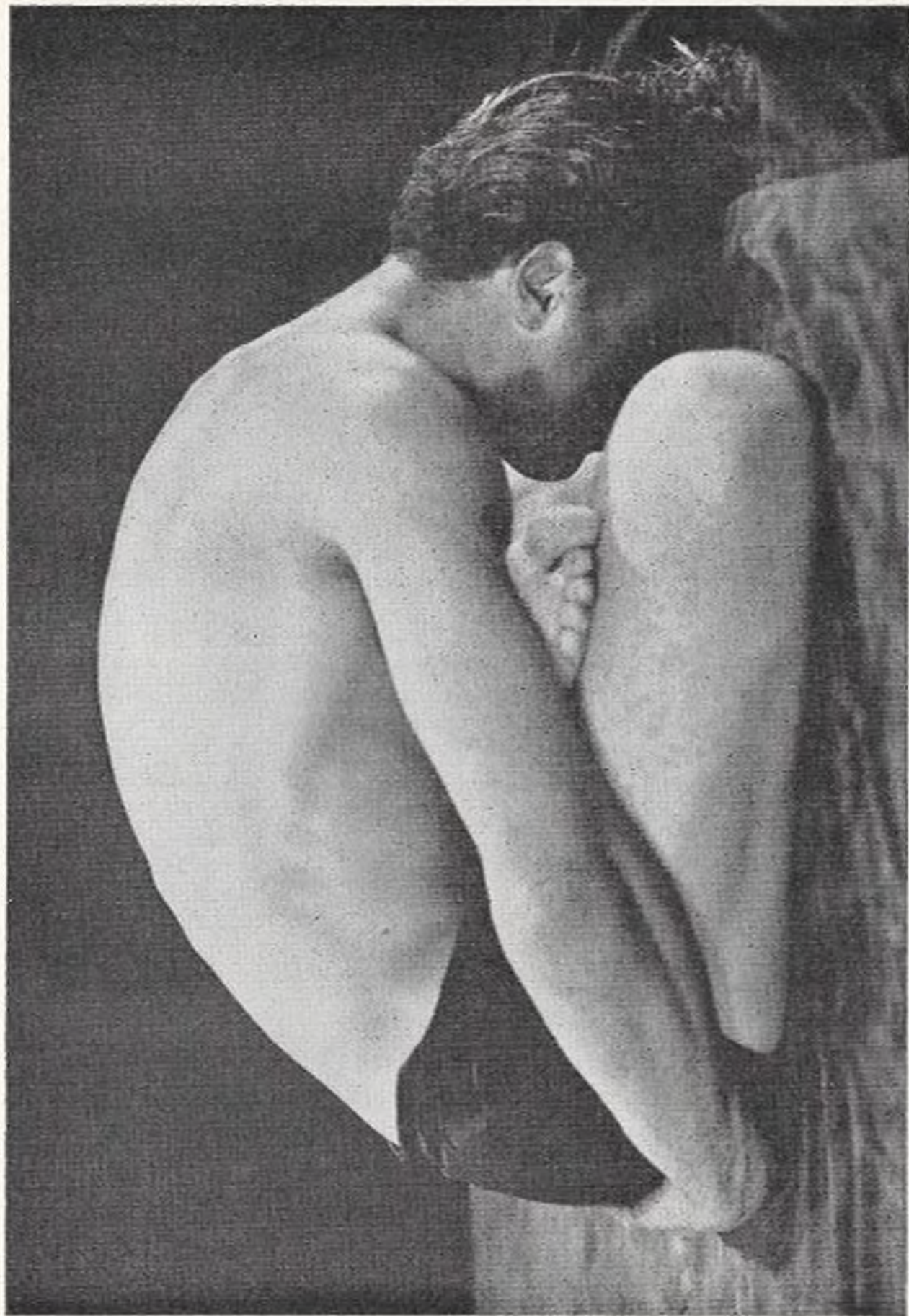
be assumed for the practice of *mudra*! It is for this reason that the posture described in this article is known variously as *Yogasana* (literally "Yoga Asana") and as *Yoga Mudra*. Under either appellation it is oftentimes referred to as the "Symbol of Yoga." Nevertheless there is a vital difference between *asana* and *mudra*.

### Asana and Mudra

Since the outward appearance of *asana* and *mudra* may be the same or similar, we must quickly satisfy the question—"What is the difference between *asana* and *mudra*?" The difference actually is this—and it is important: *mudra*, while it utilizes a position of the body (which might itself be called an *asana*) implies an action of the Life Force of the body. (The term "Life Force" as used in the Self-Realization teachings has the same meaning as *prana*, a word frequently encountered in Yoga literature). The Life Force, as we might expect, is the intelligent energy directly responsible for the action of all biologic functions.

It follows then that anyone who can assume *Padmasana*, or Lotus Posture (see page 10, March-April





"Yogasana," beneficial posture for all abdominal troubles



issue of *Self-Realization Magazine*) should be able with a little practice to take the position of *Yogasana* shown in the accompanying photograph. To practice this posture, first assume the *Padmasana* position. Then either with hands clasped behind the buttocks or with cupped fingers of one hand holding the cupped fingers of the other hand, in the same position, bend forward until the forehead touches the floor. The arms should be pressed firmly to the sides. For the short beginning periods of practice, exhale the breath and count to twelve. If the pose is to be retained for a long time (as it can be with gradually lengthened practice) the breathing should be normal.

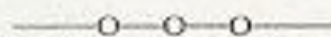
The greatest benefits obtainable from the practice of *Yogasana* are gained as one becomes conscious of the Life Force and its action in the body. This is true of all the poses which may be used as *mudras*. (It may be well to point out at this juncture that the Energizing-Relaxing exercises taught by

Self-Realization Fellowship remarkably assist one to gain this feeling-perception of the Life Force.)

### Purifies the Blood

The practice of *Yogasana* effectively promotes the peristaltic action of the intestines, thus greatly helping to relieve constipation. As a matter of fact, all abdominal troubles are much benefited; for instance: enlargement of the liver and spleen, dyspepsia, or even gastric ulcers. The *Yogasana* enhances the purification of the blood. Its beneficial effect even extends to helping pulmonary ailments. *Yogasana* also strengthens the forces of elimination.

Watch for the article on *Uddiyana Bandha*, an important exercise for the stomach region, in the next issue of *Self-Realization Magazine*.



"If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink.—*Proverbs 25:21.*"

## *Are You Listening?*

THE VOICE OF SELF-REALIZATION

Written for Radio by PARAMHANSA YOGANANDA

is presented over

KFOX, Long Beach, Calif. — 1280 Kc.

9 P. M. Every MONDAY

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



# Recipes To Remember . . . *And Practice*

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



## YOUR IDEAL BALANCED DIET

Your daily diet should include some or all of the foods listed below. The full list contains all the elements needed for the proper maintenance of the body.

½ apple; ¼ grapefruit; 1 lemon; 1 lime; 1 orange

1 glass orange juice with 1 tsp. finely ground nuts

1 small piece fresh pineapple

6 unsulphured figs, dates, or prunes

1 handful raisins

1 tsp. honey

1 baked (or half-boiled and half-steamed) vegetable with its juice

1 raw carrot, including part of the green top

6 leaves raw spinach

¼ heart of lettuce

1 tsp. olive oil

1 glass milk

⅓ glass cream

1 tbsp. cottage cheese

1 tbsp. clabber

Clabber is curdled milk, made by placing sweet milk in a warm

place for about twenty-four hours. (Use an earthen vessel, preferably.)

The list of foods given here may be apportioned as follows: Take the milk and fruits at breakfast; the cottage cheese and vegetable salad at lunch; and the ground nuts and dates and raisins at supper. The indicated amount of each food mentioned is suitable for sedentary workers; increased amounts will (without our advice!) be taken by the physically active person.

Hunger is quickly appeased by a large tablespoonful of finely ground nuts in half a glass of water or in a glass of orange juice.

Ice water should be taken sparingly at any time, especially during and after meals, as it retards digestion by lowering the temperature of the stomach. One should not drink ice water when he is overheated. Take water, preferably distilled or boiled, which has been cooled in a jar in the refrigerator. The best drink of all is Nature's distilled water — undiluted fruit juices.



at Mt. Washington Estates, 3880 San Rafael Avenue, Los Angeles; to SRF Church at Long Beach (the lovely Normandy Chapel); Encinitas SRF Golden World Colony by the sea; and possibly as far south as San Diego, to see the SRF Church there.

Out-of-town members visiting Los Angeles should plan to make hotel reservations. For further information please write to SRF headquarters (or telephone Capitol 0212), 3880 San Rafael Avenue, Los Angeles 65, California.

### Greetings to Boy Scouts

When the National Jamboree of the American Boy Scout Association was held June 30th to July 6th at Valley Forge, Pennsylvania, India was represented at the Scout conclave for the first time since her independence. Mr. Robin Sarkar, the delegate from Bengal, took with him warm greetings and good wishes from India's Paramhansa Yogananda, founder of Self-Realization Fellowship: "We are looking to the Boy Scouts of the United States and of India to set an example that will help promote Indo-American friendship and understanding. . . By living according to the laws of brotherhood . . . you can help to create for the world a future of progress and peaceful understanding. May God bless your earnest efforts!"

### Madras, India

Mr. M. P. Thyagarajan, leader of the Madras center, is engaged

in translating *Autobiography of a Yogi* into Tamil. He writes on May 31st: "A Buddhist monk from Indo-China recently came to our center to ask for initiation into *Kriya Yoga*. He stayed with me for three days and read the *Praecepta* lessons. I sent him with a letter of introduction to Brahmachari Prokas Das for initiation at the Dakshineswar headquarters."

### Ranchi, India

The Yogoda Sat-Sanga outdoor dispensary at Ranchi, which has gained a fine reputation in the community, recently reported a most unusual case. The patient suffered from an enormous growth on the tongue which distorted the facial expression and all but prevented eating and breathing. Several doctors whom this man consulted concurred in the opinion that the growth might be malignant, and they therefore suggested treatments with radium and X-ray. Discouraged and unable to afford such treatment, the patient came to the Yogoda Sat-Sanga dispensary at Ranchi. After seven days, Col. A. K. Ghosh, who is in charge of the dispensary, operated successfully on the patient and removed the growth. The patient has since recovered the use of his tongue, and his features have once more taken on their normal expression.

As the fame of the YSS Ranchi dispensary spreads, more and more serious surgical cases are coming from far and near. For want of an





(above) Boys of the Yogoda Sat-Sanga Ashram assembled for physical exercises on the grounds of the residential yoga school at Ranchi, India. An accredited grammar and high school, the YSS Ashram was founded in 1918 by Paramhansa Yogananda.

(below) Brahmachari Animananda conducting a class under the trees at Ranchi. These two pictures were taken in 1950.



# THY SECRET THRONE

By PARAMHANSA YOGANANDA

Behind the screen  
Of all things seen  
How dost Thou hide —  
Elude the tide  
Of marching human eyes  
That 'round Thee rushing hies?  
'Twill not be long  
Ere will be known  
Thy hiding place  
By children with Thine eyes and grace.  
Sage science splits  
Each atom knit  
By Thee, to find apace  
Thy hiding place.  
Is heart of atom, electron,  
Thy secret throne?  
Deep we bore  
To find Thy art, and lore  
Of doings all sublime,  
E'er hidden betimes.  
Yet Thy abode  
Seems far remote;  
'Tis still to find  
With deeper mind.