

# Self-Realization

## MAGAZINE



Founded in 1925 by PARAMHANSA YOGANANDA



### MINISTER FROM SRF HEADQUARTERS GREETES MONTREAL GROUP

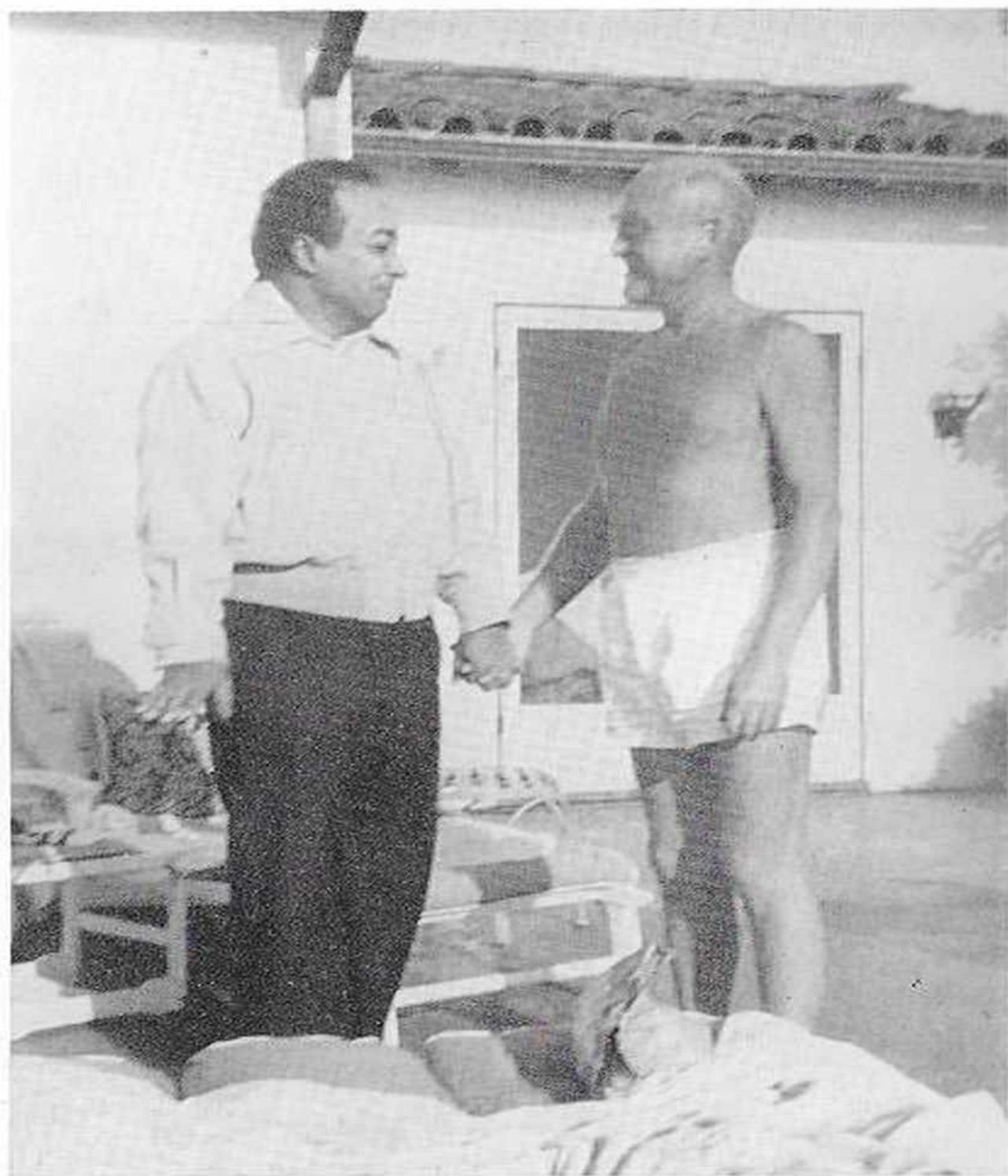
Rev. Donald Walters offers a *pranam* (Indian gesture of greeting) at the start of his lecture on June 6th before an SRF group in Montreal, Canada. Mr. Walters made a six-week tour of SRF centers in America, Canada, and Europe.

*Healing of Body, Mind, and Soul*

JULY-AUG., 1955  
25¢

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CAPTION FOR PICTURE ON OPPOSITE PAGE: Rev. Donald Walters of SRF Mt. Washington Center with Mr. J. Oliver Black, meditation leader of SRF center at Detroit, Michigan, shortly before Mr. Walters explained for Montreal, Canada. During June and July he made a tour of thirteen SRF centers in America, Canada, and Europe. (See page 38.)



Paramhansa Yogananda and Rajasi Janakananda (Mr. James J. Lynn), Encinitas, 1946. The guru and disciple could hardly look at each other without breaking into smiles. "Seldom has the world seen such a perfect friendship," said Sister Daya, SRF president. "Observing them together, we younger disciples were often reminded of the beautiful relationship of St. Francis and St. Bonaventure."

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July-August, 1955

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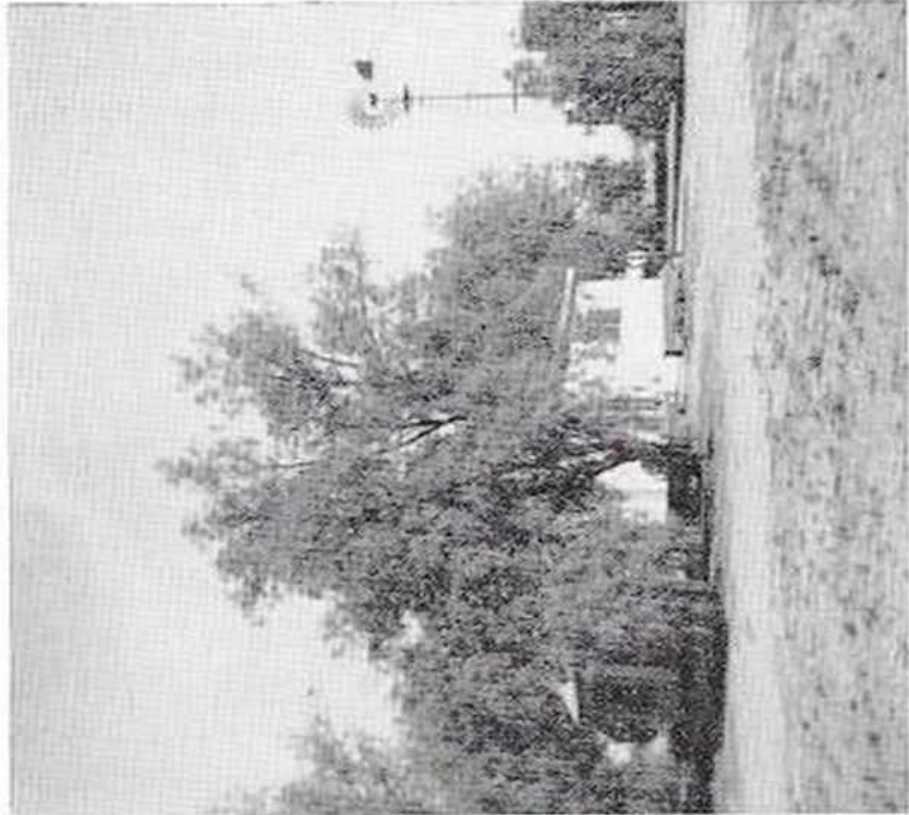
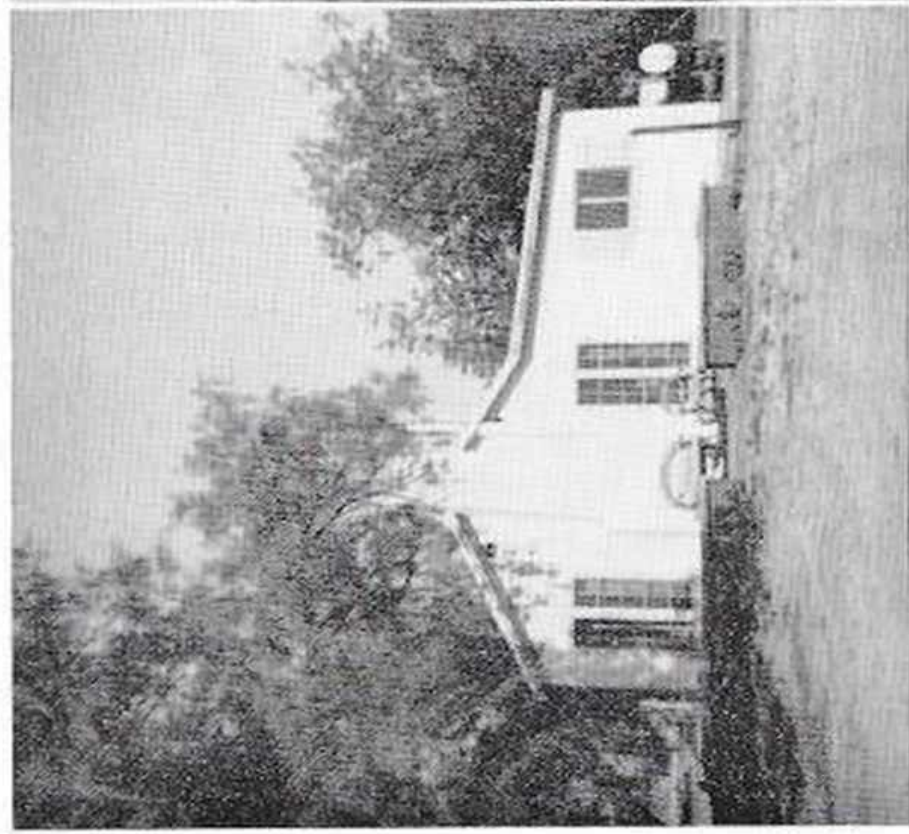
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TWO VIEWS OF SRF MEN'S RETREAT, NEAR TWENTYNINE PALMS, CALIFORNIA

This peaceful desert home was chosen as a retreat for SRF renunciate men by the founder of the SRF Order, Paramhansa Yogananda. He loved to walk and meditate here in the evenings. The mountains nearby reminded him, he said, of Darjeeling in India. Paramhansaji always enjoyed the sight of the windmill (*right*), which pumps water for the house and grounds.



## A Letter From Sister Gyanamata

*(Sister Gyanamata [1869-1951] was the most spiritually advanced woman disciple of Paramhansa Yogananda. She met him in Seattle, Washington, in 1924; eight years later she took the vows of a Sister of the SRF Order.)*

Dear .....

An English saint called "Mother Julian" wrote the following words: "The soul that willeth to be at rest, when another man's sin cometh to mind, let him flee from it; for the beholding of other men's sins maketh as it were a thick mist before the eyes of the soul, unless we behold them with compassion and holy desire to God; for without this it harmeth and tempesteth and hindereth the soul that beholdeth."

Whenever you are involved in an unpleasant situation with another person, as you are at present, I believe the best method of handling the matter is to decide: "What ought I to do, how ought I to act?" Then concentrate wholeheartedly on living up to your decision, putting the other person and her actions entirely out of your mind. The first effect of this is that one becomes calm, calm and happy—and you know how important this is in dealing with difficult situations. Whenever I have remembered and lived up to this rule, I have met with surprising success. Whenever I have not followed it but have expected to straighten things out by trying to effect a change in the other person, nothing but friction has resulted, and a lower vibration of my own consciousness. I maintain that holding my own consciousness on a high plane is of the first importance; if I take care of that, everything else will eventually come into line.

I deeply wish that you would be guided by this rule, not only in

this particular situation, but in *all* the questions that the years will present before you to be decided and acted upon.

You write of your "spiritual lassitude." Even those who know of a surety that there is no real joy except in what comes from God, and that the innocent pleasures of the world only divert their minds for a little while, are sometimes assailed by days of just such weariness as you are experiencing. Enough stress in education is not laid upon the need for courage in the character. We must learn to *endure*. And the only way to learn is by enduring. In courage one sees the brilliant triumph of the soul over the flesh. "Heroism is the dazzling and glorious concentration of courage."

Then too, remember the words of the Lord Jesus: "Father, save me from this hour: *but for this cause came I unto this hour.*" As with him, so with us, how can we expect to escape that which we were born to endure?

Of course I do not think it would be wrong for you to go off by yourself for a day. But it will only divert you a little. Would you not rather ask in meditation to be given what you need? Then if a free day comes, you will know that it is from His hand. The truth is, that which you want is with you all the time, closer than hands or feet. Any moment it may lift you above the world and personal depression. Wait patiently for Him.

No outward trial really matters. We should become stronger and stronger through our experiences, until we are able to stand among those of whom it may be said that their conquest of self has been final, needing no further testing.

## GYANAMATA

### YOGA AND HEALTH

*By Selvarajan Yesudian and Elisabeth Haich*

Therapeutic value of Hatha Yoga explained. Instruction in twenty-five yoga postures. Cloth, 190 pp., 26 pp. of photographs, \$3.00 plus 20¢ postage.

**Order from SRF**

## Scientist Advises Yoga Investigations



Dr. Nagendra Nath Das, lifetime friend of Paramhansa Yogananda,\* officiated recently as president of the Physiology Section of the 42nd Indian Science Congress. The meetings were convened during January in Baroda, India. Dr. Das' presidential address was "The Role of Bio-Electric Potentials in the Living System." Much of it was of a scholarly, technical nature; but a few extracts, given below, are of particular interest to SRF students:

"There are more than a billion neurons (nerve units) in the human brain, and they are interconnected so that each cell is rarely active without influencing others. The essential activity seems to consist in a sudden change in the cell surface that allows a momentary escape of some of the molecules. This surface change may be repeated at very short intervals so that the cell may become active and inactive as often as fifty times a second, and each time it becomes active an impulse will pass out from the cell to its neighbor or farther afield to other parts of the nervous system.

"If we look into the past, we find that the great importance of the nervous system in living organisms was recognized by the ancient sages of India. They realized by certain practices the structure of the nerve centers and spinal cord; and in the *shastras* (religious treatises) the *rishis* mentioned the *sat-chakra*, where the brain is represented by thousands of petals; and lower centers that are similarly represented by smaller groups of cells. The *Bhagavad Gita* says that the human nervous system is like an uprooted and inverted tree; the brain is compared to the mass of roots; and the downward branches of the tree to the nerves, dividing as they proceed away from the roots.... The spinal cord is said to be divided into three pathways: the *ida*, *pingala*, and *susumna*. The practice

\*Dr. Das' visit to California to see Paramhansaji was reported in the November-December 1950 issue of this magazine.



of yoga can create in those pathways an electrical flow under the yogi's control. In India, yogis still exist who control their nervous systems by the practice of *pranayama* and thus keep their body-cells fit for spiritual realization....

"The heart is an involuntary muscle that ordinarily cannot be controlled or stopped at will. But in our ancient culture the yogis of this land could control the heartbeat and could sometimes keep it stopped for long periods. One such phenomenon in a yogi was observed by me when the heart was completely stopped for ten minutes. With the stethoscope I could not find any indication of heartbeat or heart sounds....

"It has been my intention today to present to you an assemblage of facts which I hope will point out that this branch of physiology is pregnant with possibilities in the way of both fundamental research and clinical applicability.

### Need for Scientific Investigation of Yoga

"We are privileged to belong to a nation of people whose culture dates from ancient times. We have often been referred to as people of the "mystic Orient," principally because certain yogic practices have made it possible to halt the heart, to remain buried alive, to live without food for long lengths of time, and so on — apparently violating the basic principles of physiology.

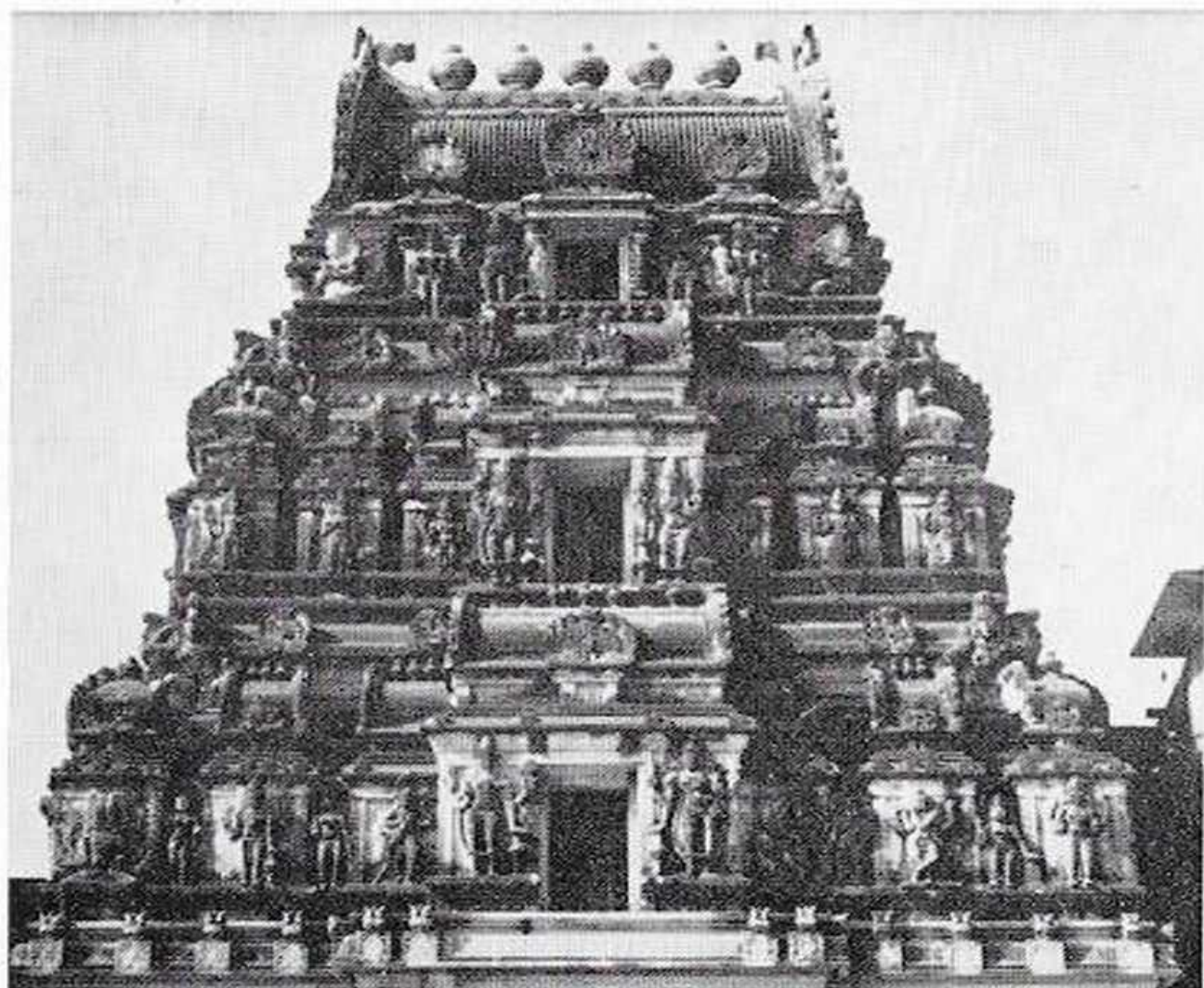
"These unusual activities are still performed by our yogis for the purpose of 'Self-realization' and for harmonious development of body, mind, and soul; and are accomplished by controlling the body-electricity.

"The physiologist in India holds a unique [investigative] position in this respect and it rests with him to unfold these mysteries."

In a letter to SRF, Dr. Das wrote: "At the Indian Science Congress I was able to present the modern scientific explanation for some of the facts of our ancient culture in yoga, but many more problems remain that require thorough investigation and explanation. This is a land of yogis; and if opportunities are offered, it may be possible to carry out a scientific study of these subjects. Scientific instruments like the electrocardiograph, electro-encephalograph, electromyograph, S-4 Stimulator, and others, will serve the purposes of investigations.

"In these research activities I feel that Paramhansaji's hands are guiding me and that what I have done so far is due to his blessings."

Dr. Das studied under the famous Sir Jagadish Chandra Bose and under Sir Ramnath Chopra. In 1945 Dr. Das became a lecturer in physiology at the University of Calcutta; he is also connected with UNESCO as an expert in brain research.



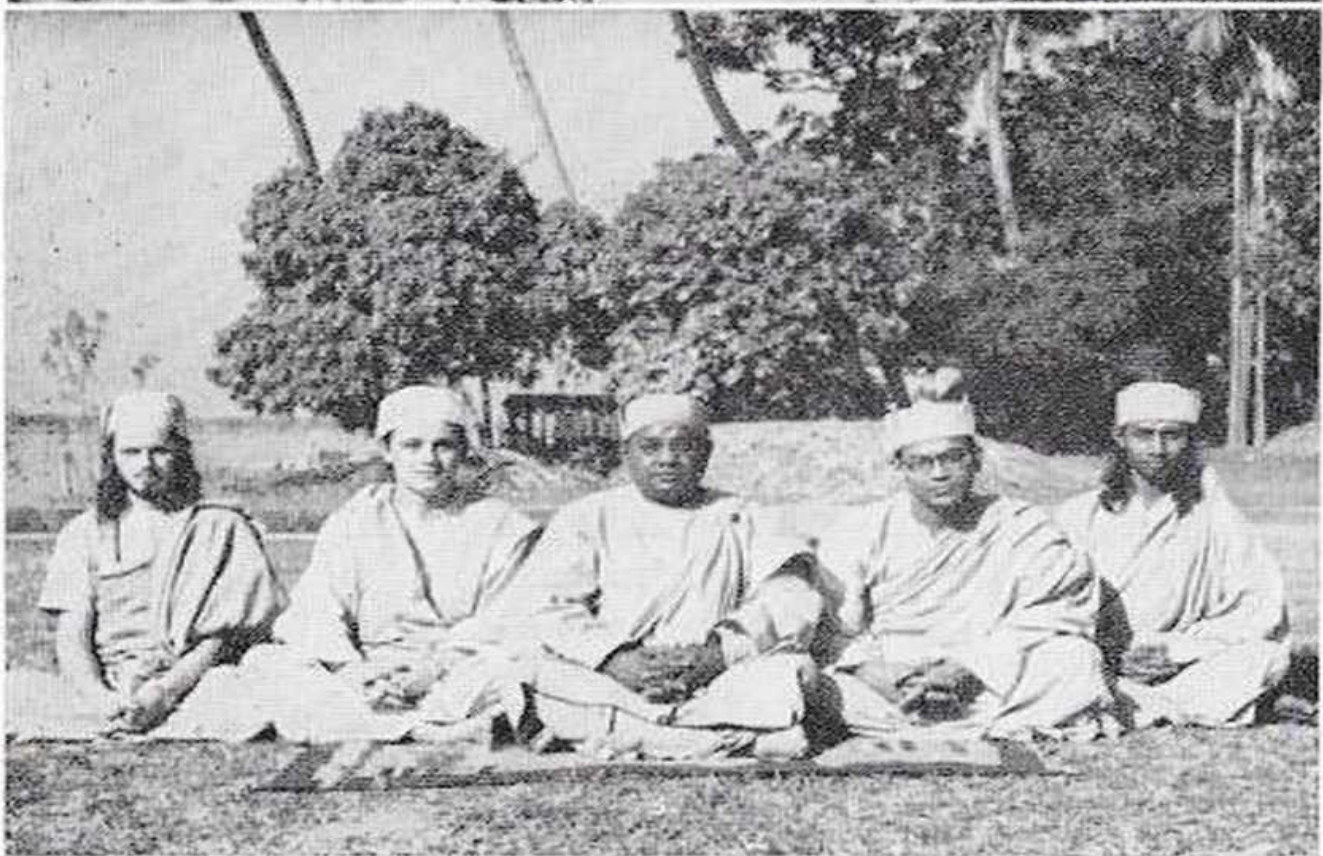
RANGANATH TEMPLE, BRINDABAN, INDIA

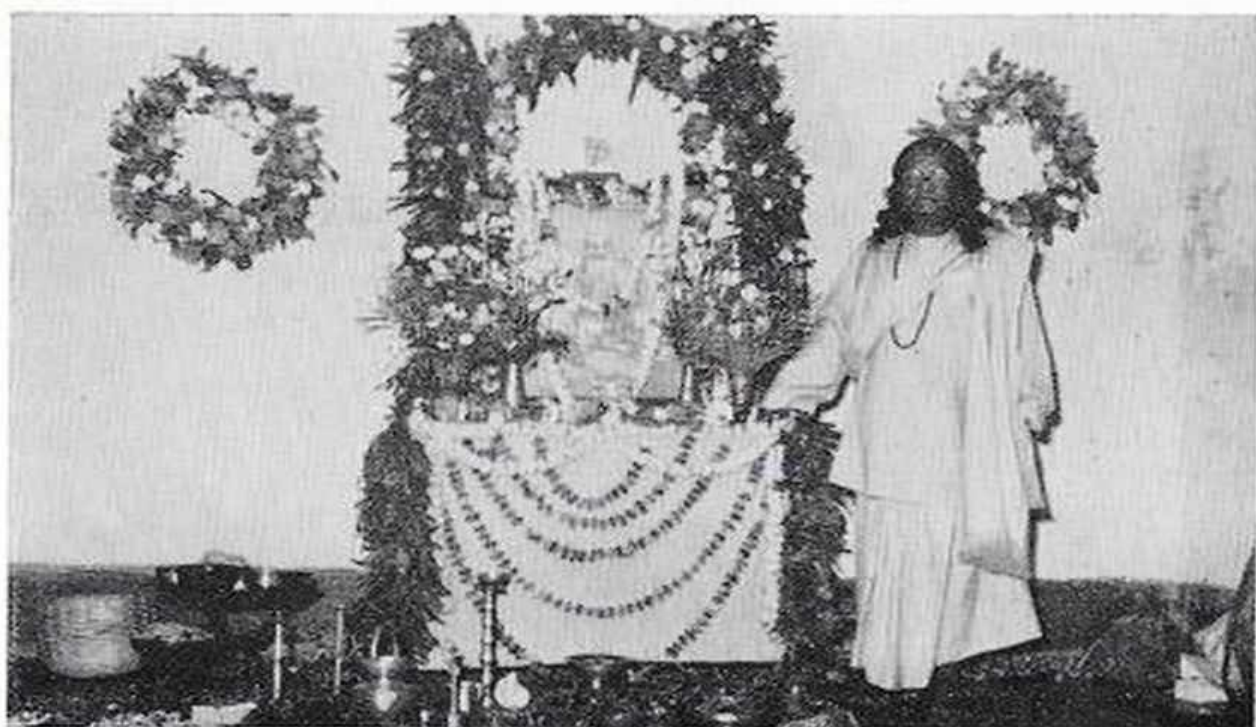
A view of part of a famous ancient Indian temple. (Photo taken in January 1955 by Dr. N. N. Das, a director of YSS, and president of the Physiology Section of the 42nd Indian Science Congress)

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### SIGNS OF SELF-REALIZATION

"When your mind is free from prejudice; when narrow-mindedness vanishes; when you sympathize unreservedly with everyone; when you hear the voice of God in the chorus of churches, temples, tabernacles, and mosques; when you realize that life is a joyous battle of duty but at the same time only a passing dream; when you find increasing joy in meditation and in bestowing on others your divine peace—then you will know that God is with you always and that you are in Him."—*Paramhansa Yogananda*



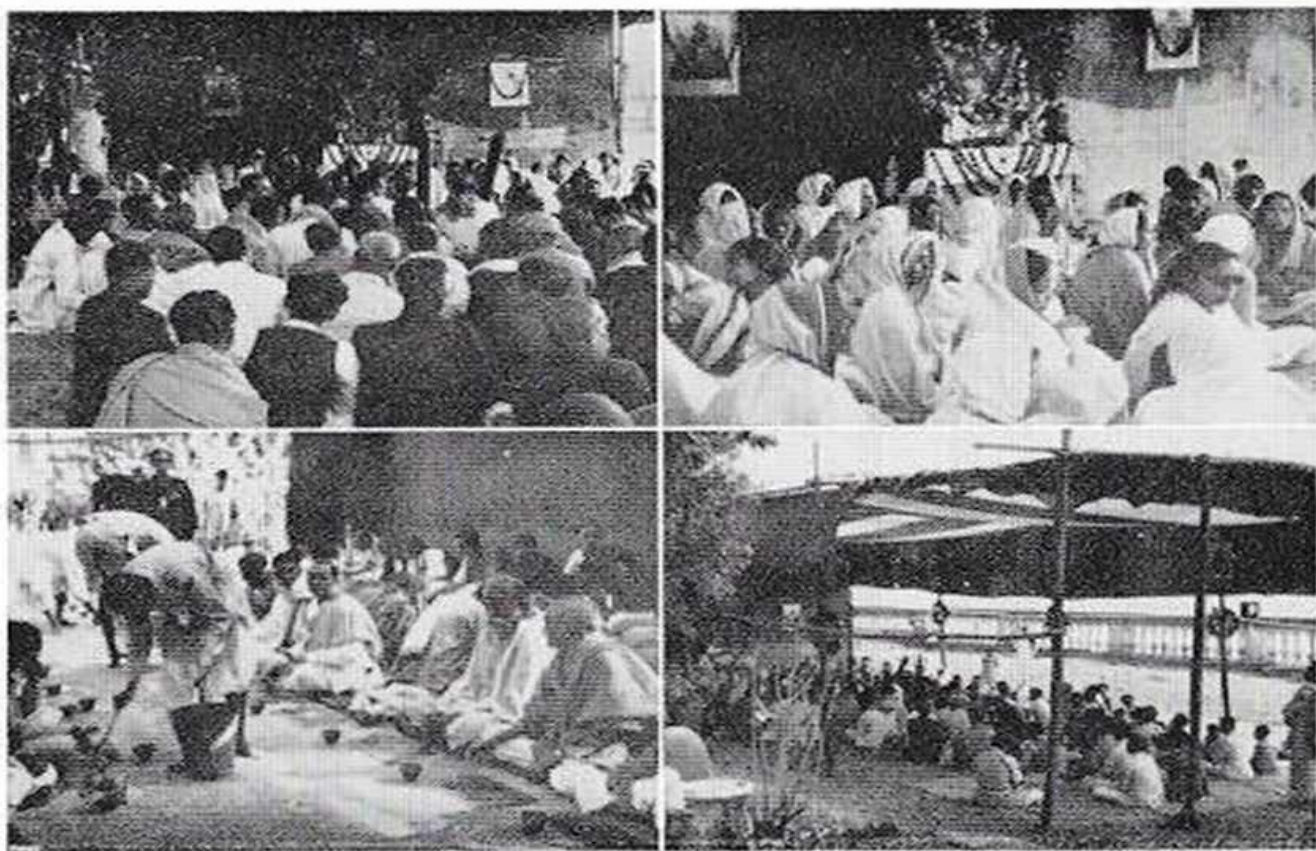


Swami Atmananda, secretary, YSS, and altar-decorations around a photograph of Swami Kebalananda (Shastri Mahasaya), at a commemorative birthday service held for Swami Kebalananda on January 30, 1955, at SRF-YSS Ashram in Baranagar, India. Swami Kebalananda, disciple of Lahiri Mahasaya and revered tutor of Paramhansa Yogananda, served for many years as the *acharya* (spiritual head) of the YSS school for boys that was founded in 1918 by Paramhansaji in Ranchi.

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CAPTIONS FOR PICTURES ON OPPOSITE PAGE: (TOP) Sri Ram Kishore Roy, director, YSS Brahmacharya Vidyalaya (school for boys) founded in 1918 by Paramhansa Yogananda; Brahmachari Animananda (*in sweater*), head teacher of Ranchi School; Sri Prabhas Chandra Ghose (*behind Animanandaji, wearing garland*), vice-president of YSS; and Swami Atmananda Giri (*in white cap*), secretary of YSS; at a religious service, December 12, 1954, Ranchi, India.

(BOTTOM, *left to right*) Brahmachari Jnanananda; Brahmachari Paramananda, Swami Atmananda, Swami Brahmananda Giri, and Brahmachari Sraddhananda, on lawn of YSS headquarters, Dakshineswar, India. The three *brahmacharis* had just taken their initial vows at a recent ceremony conducted by Swami Atmananda. On this occasion Brahmachari Sraddhananda was made a swami of the ancient monastic Swami Order.



(Upper left) Group at Paramhansa Yogananda birthday-celebration, January 5, 1955, Yogoda Math, Dakshineswar, India.

(Upper right) Group of women devotees at birthday service.

(Lower left) Group at feast at end of the birthday service.

(Lower right) A group-chanting service at the start of the birthday celebration.

#### YOGANANDAJI LISTED IN FAMOUS GUIDEBOOK

*Who Knows—And What*, a guidebook to "authorities, experts, and the specially informed," lists Paramhansa Yogananda as an authority on (1) yoga, (2) Indian religion and philosophy, and (3) world-brotherhood colonies.

The book was published in 1954 (\$15.70) by Marquis of Chicago, publishers of *Who's Who in America*. The information given in *Who Knows—And What* is "based on national surveys" and names "those its Editors judge to be widely recognized as general authorities." Names, addresses, and qualifications are given of 12,000 selected "knowers" of 35,000 subjects—subdivisions in the broad field of human knowledge: art, science, religion, and so on.

## The Sari is Adapted for American Women

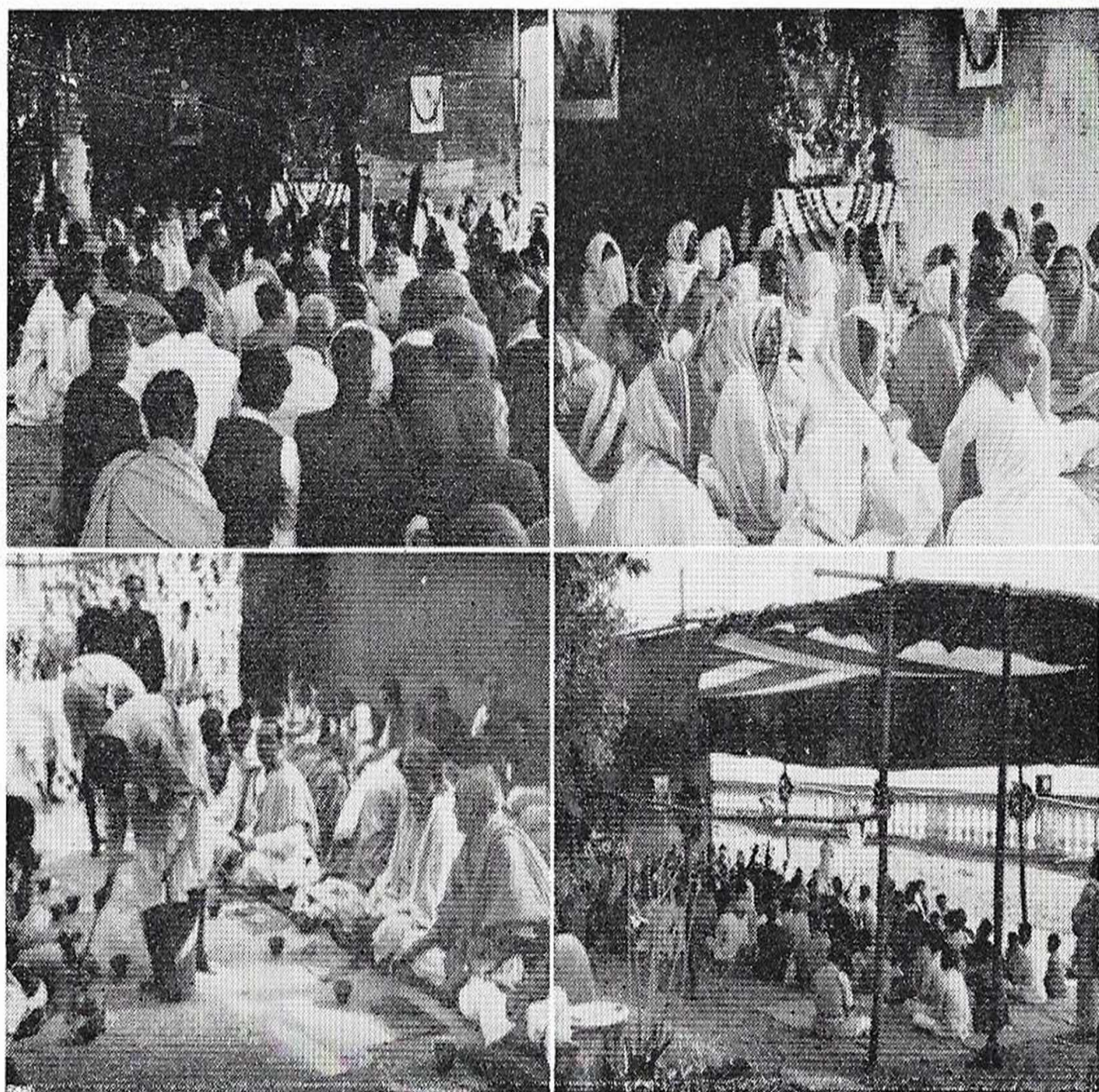


A new and multicolored glow is coming out of the East. Thousands of yards of richly embroidered silk sari\* materials are now being imported from India by American dress manufacturers and "are emerging from Seventh Avenue workrooms at the rate of 250 dresses a day," according to a recent article in *Life* (May 16th). On the other side of the world, in the weaving center of Benares, Indian craftsmen are working around the clock to complete orders for the lovely fabrics.

The *Life* article, which is beautifully illustrated in color, calls attention to an exhibit in New York of old and new Indian textiles and decorations at the Museum of Modern Art, "whose past shows have had a historic effect on style." An article by Dorothy Norman on the exhibition, which took up the entire main floor of the Museum, appeared on May 29th in *The Times of India*. A few extracts follow:

"Among the most widely worn traditional garments of India are the *dhoti*, *orbni*, *sari*, and *chadar*. Among its best known traditional crafts, relating to personal adornment, are its magnificent embroideries, hand-painted textiles, and brocades. It is famed for its *bandhana* or tie-dye work; its double-tied resist-dyeing — for what is known as *ikat* weaving; for its delicately woven muslins, its use of glass and talc stitched to fabrics; its marvelously printed cottons and silks; its painted cloths, block

\*A straight piece of cotton or silk cloth five to nine yards in length, which is draped gracefully about the figure, as illustrated in the picture above, "A Musical Soiree," by P. Banerji.



(Upper left) Group at Paramhansa Yogananda birthday-celebration, January 5, 1955, Yogoda Math, Dakshineswar, India.

(Upper right) Group of women devotees at birthday service.

(Lower left) Group at feast at end of the birthday service.

(Lower right) A group-chanting service at the start of the birthday celebration.

printing, and brocaded velvet; its shawls, fashioned in the twill-tapestry technique.

"Western designers are particularly struck by the vivid colors of fabrics in the South of India; by the bright but quite different rich colorings and elaborate textures of the Northwest; by the skill of the embroidery and mirror work; by the warmer tones of the rougher textures of the North, as opposed to the stronger colors of the South; by the rich surfaces and elaborate weaving of Benares; by the extraordinary perfection of printing in areas like Western India; by the peasant dress of Rajputana; by the pure natural woolens of Kashmir, by the garments of shepherds and cowherds; by what is made by the people, in the villages in particular, for their own use rather than for the market.

"The general level of skill in India, not only in the creating of such objects as textiles and jewelry, but in other crafts as well, remains extremely high. Moreover, in this, as in any other age, it is quite evident that if good things are wanted, they will be made. Thus it can only be hoped that the Museum exhibition will arouse great interest in America, which, in turn should still further aid in helping to keep one of the great traditions of the world from disappearing, as a result of the ever increasing impact of the machine age."

*SELF-REALIZATION MAGAZINE*

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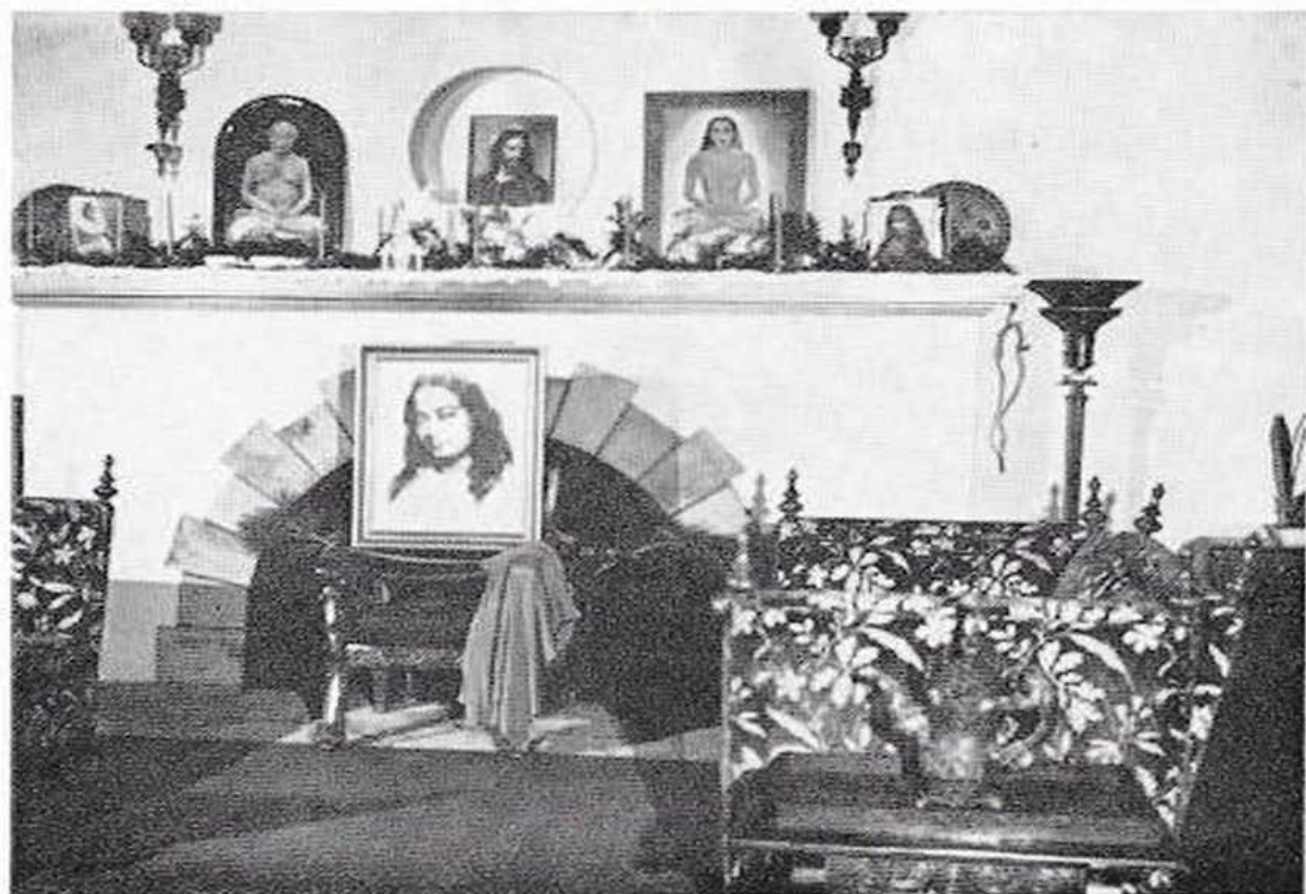
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#### SRF HERMITAGE, ENCINITAS, CALIFORNIA

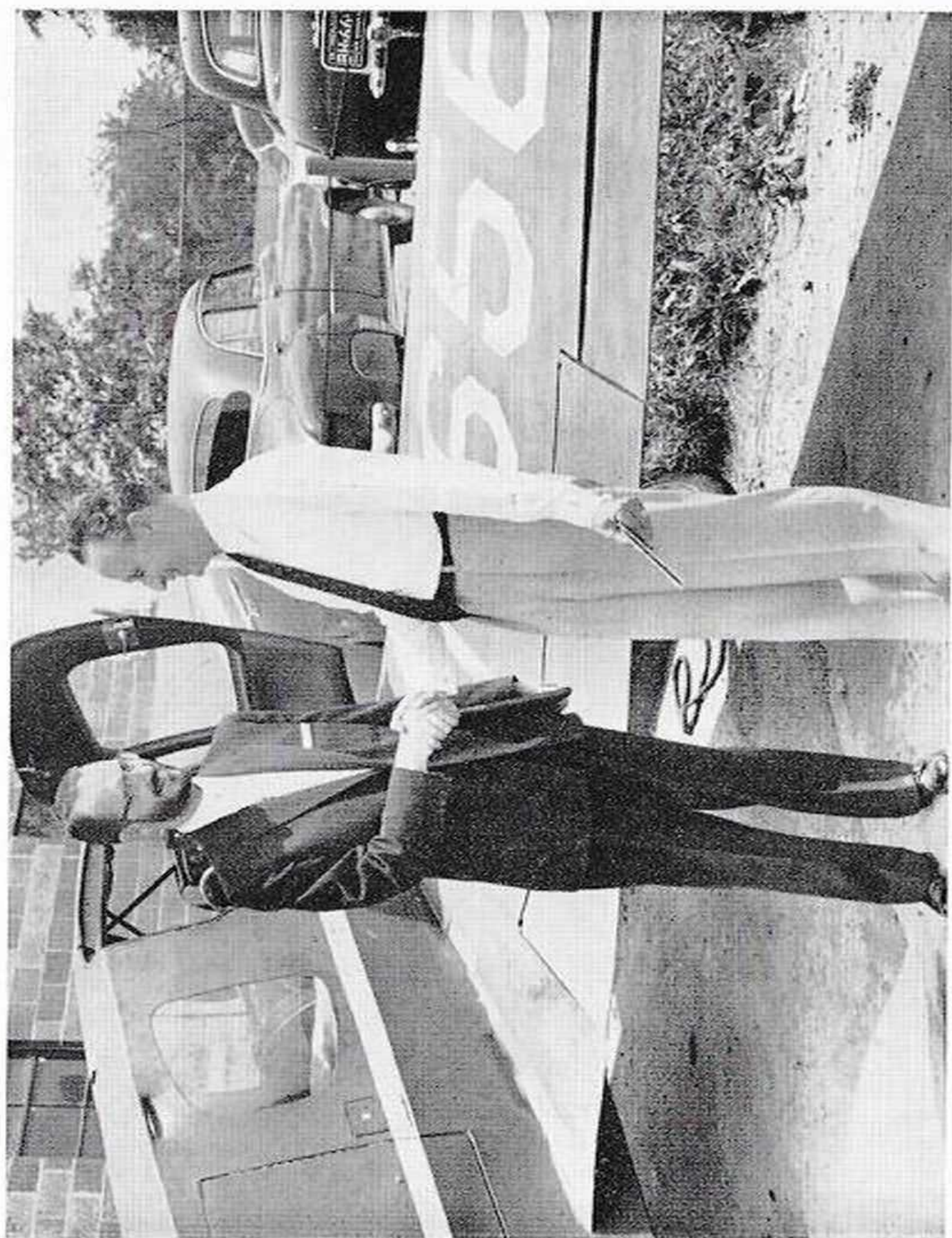
Altar in main hall of SRF Hermitage, Encinitas, California, decorated at Christmastime in 1954 with green boughs and candles. A portrait of Paramhansa Yogananda rests on one of his favorite chairs; his orange robe lies under the photograph. A day-long meditation, held in this room December 23rd, was attended by men disciples of all SRF colonies. (Similar meditation services were held on the same date at the Mt. Washington Center for women disciples of all SRF colonies.)

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#### "AUTOBIOGRAPHY OF A YOGI" ON UNIVERSITY LIST

Many professors of philosophy in various universities of the world bring *Autobiography of a Yogi* to the attention of their students. Among this group of teachers is Professor F. Spiegelberg, Department of Asiatic and Slavic Literature, Stanford University, California. On his list of recommended reading for students he has recently added the name of Paramhansa Yogananda's famous book.

Professor Spiegelberg, who has traveled in India, is deeply interested in the spiritual contribution of the Hindus to world culture.



## News of SRF Centers



### Los Angeles, California

Mr. V. K. Krishna Menon, India's delegate to the United Nations, was a guest of the Los Angeles Indian Community and of Self-Realization Fellowship on June 27th at an informal reception and dinner given in his honor at SRF India Center.

Nearly two hundred guests attended the reception in India Hall auditorium. After having been introduced to the assemblage by Mr. Ram Bagai, president of the Indian Community, Mr. Menon greeted and chatted with each one personally. Later he dined with leaders of the Indian Community and of SRF. Sister Daya, president, and Rev. M. W. Lewis, vice-president, represented the Fellowship. Among the guests were Mr. Bagai; Dr. Taraknath Das of the Taraknath Das Foundation in New York City; Mr. Aftar Singh, Mr. Menon's personal secretary; Mr. Upendara Lal, personal secretary to the Consul General of India at San Francisco; and Dr. Jagan N. Sharma, noted Los Angeles scientist.

Mr. Menon had come to Los

Angeles from the United Nations anniversary conference in San Francisco to give an address on June 28th before a Quaker group, members of the Whittier College Institute of International Relations, at the First Friends Church.

### *Vegetarians Convene at India Hall*

About 250 members of the Vegetarian Society attended a Western Convention for Better Living, sponsored by the Los Angeles branch, on July 9th and 10th in SRF India Hall. Many who heard the Saturday panel-discussions, which included an exposition of SRF philosophy, attended services the following morning at SRF Church of All Religions.

### *Visitor From India*

On June 26th Sister Daya, president, welcomed to SRF headquarters a distinguished guest, Major A. N. Chakravarty of the Calcutta School of Tropical Medicine. He came to America to attend a conference of skin disease specialists in Los Angeles. He told Sister Daya that, as a result of having read

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CAPTION FOR PICTURE ON OPPOSITE PAGE: Rev. Donald Walters of SRF Mt. Washington Center with Mr. J. Oliver Black, meditation leader of SRF center at Detroit, Michigan, shortly before Mr. Walters emplaned for Montreal, Canada. During June and July he made a tour of thirteen SRF centers in America, Canada, and Europe. (See page 38.)

Paramhansa Yogananda's *Autobiography of a Yogi*, he had determined, upon coming to Los Angeles, to visit the headquarters of the organization founded by the illustrious author. Major Chakravarty also visited the SRF Lake Shrine in Pacific Palisades and SRF India Center in Hollywood.

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### Mr. Walters Visits Centers in America, Canada, and Europe

Rev. Donald Walters of the SRF Mount Washington Center recently returned from a visit to thirteen SRF branch centers in America, Canada, and Europe. In the United States and Canada his tour included the following cities: Minneapolis, Minnesota; Detroit, Michigan; Montreal, Canada; Baltimore, Maryland; and New York City.

While in New York Mr. Walters received word from his parents, in Europe, that they would arrange passage there if he could visit them. After procuring a new passport in an unprecedented one day's time (it would ordinarily take two weeks under the most favorable circumstances), Mr. Walters emplaned for Paris. He was met at the airport by his parents, accompanied by Mrs. Helen Erba-Tissot, meditation leader of the SRF Centers in Switzerland. With her kind assistance he was able, during a brief stay, to organize an itinerary that included visits to SRF centers in Switzerland at Lausanne, Geneva, Berne, Zurich, and Basle. He then went to Stuttgart, Germany;



Rev. Donald Walters of SRF Mt. Washington Center upon his departure from Geneva en route to Zurich, Switzerland, during a tour in July of several SRF centers in Europe.

Paris, France; and London, England. In Geneva, Paris, and London Mr. Walters gave to eligible students the sacred initiation into *Kriya Yoga*. Many came from a great distance to attend the Paris meetings, some from southern France, others from Belgium.

"Everywhere I went," Mr. Walters said later, "I felt such a spirit of devotion to Master, and an overwhelming desire for a more tangible contact with the Mother Center. I had to assure these devoted students again and again of our sincere intention to send, from time to time, SRF ministers from the Mother Center to visit as many of our branch centers as possible.

"During all my travels, in whatever city meditation meetings are being held, the SRF devotees com-



Altar at Mt. Washington Center, Los Angeles, January 5, 1955, decorated to honor the birthday of Paramhansa Yogananda. Gardenias are scattered over the chair in which Paramhansaji had sat at many meditation services; at its base are his shoes, filled with flowers. (In India it is customary to touch the shoes of a holy man with one's fingertips and then to touch one's own forehead at the seat of the spiritual eye; the meaning of the gesture is that even the dust from the feet of a saint will uplift the consciousness of ordinary mortals.)

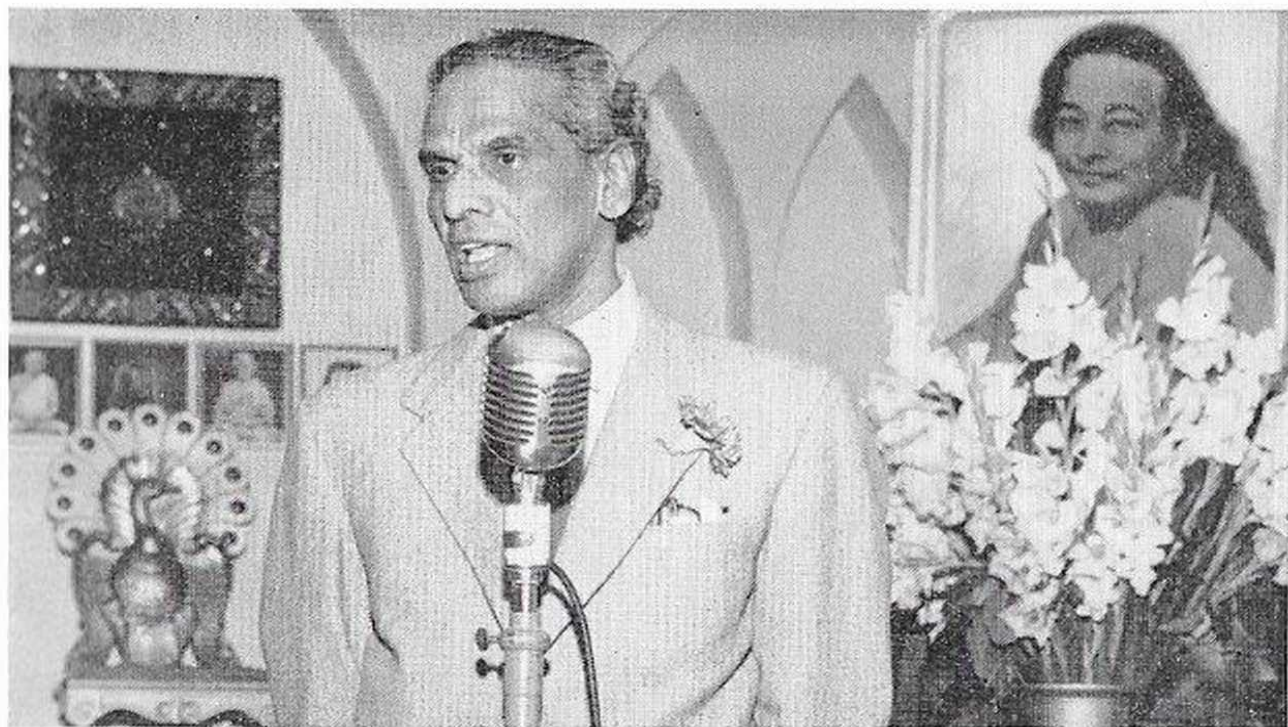
mented that, since Master's passing, they have felt his presence in joy and blessing."

#### Lakshmanpur, India

Brahmachari Animananda, Principal of YSS Brahmacharya Vidyalaya in Ranchi, addressed a meeting on January 15th of members of the staff of Udai Pratap College in Benares. His subject was "Ways of Self-realization."

In a second talk on the same day he addressed the students of the college, stressing that nothing

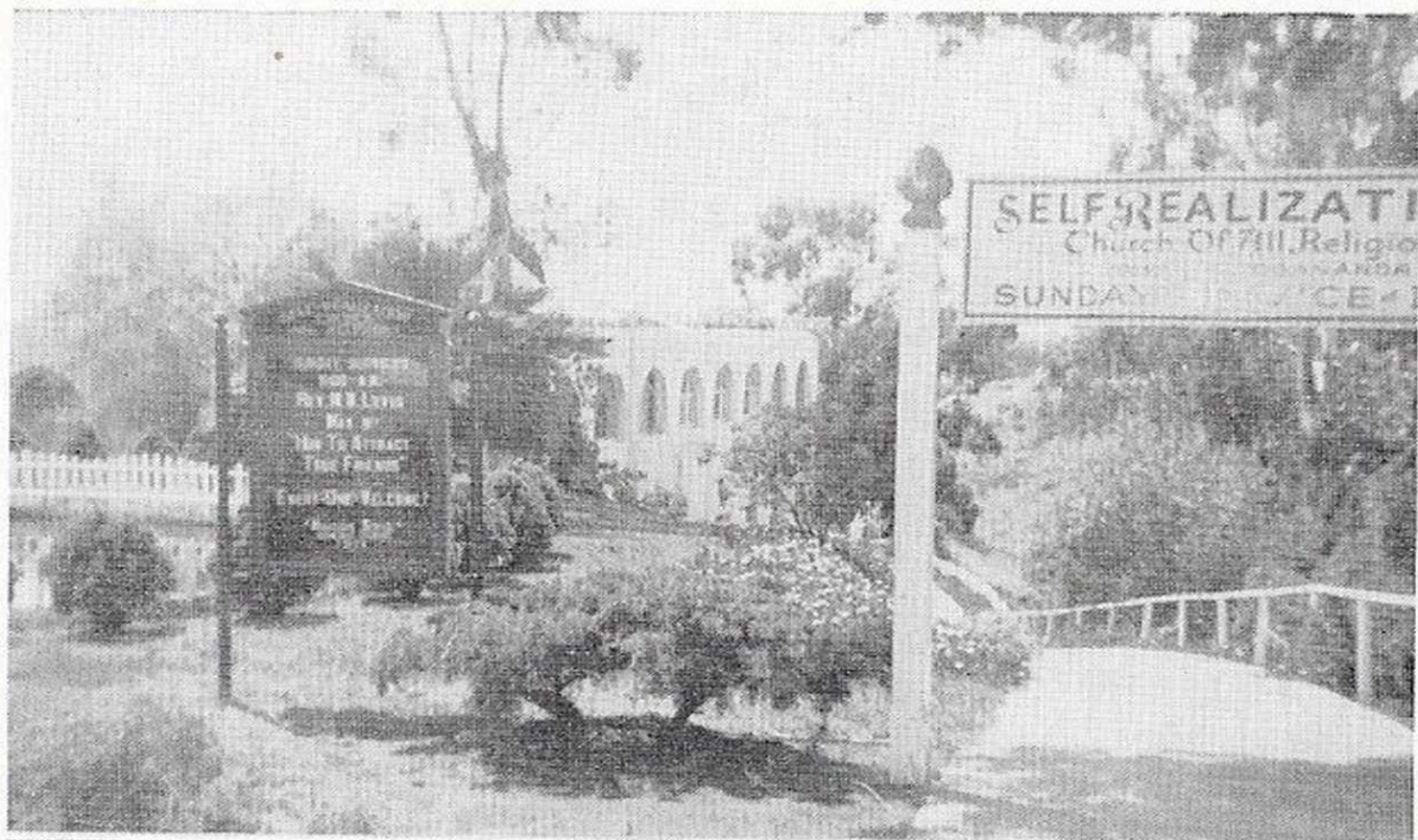
worth-while may be achieved without concentration. He also spoke on the subject of yogic miracles in terms of Einstein's Law of Relativity, explaining the relation between modern scientific researches and the various extraordinary phenomena of yoga. Citing the 43rd chapter of Paramhansa Yogananda's *Autobiography of a Yogi*, Animanandaji stated that yogis who have mastered the proper techniques are able to rise above the ordinary limitations of nature—they may, for example, move from place to



Mr. Krishna Menon, India's delegate to the United Nations, delivering a talk on June 27th before two hundred guests at SRF India Hall, Los Angeles. The photograph (*right*) of Paramhansa Yogananda was taken in 1950.



Sister Daya, president of SRF; and Mr. Menon, at India Hall



SRF CHURCH OF ALL RELIGIONS, SAN DIEGO, CALIFORNIA

(Above) View of church building as seen from entrance walk on Redwood Avenue. Church is situated on the side of a canyon heavily wooded with eucalypti. The Pacific Ocean is visible from the church site.

(Below) Opposite view of entrance walk, looking toward street from the church building (right).

# Self-Realization

MAGAZINE



March-June, 1955

50¢



*The Beautiful Life-Story of Mr. James J. Lynn,  
American Self-Made Multimillionaire  
Who Became an Illumined Yogi*