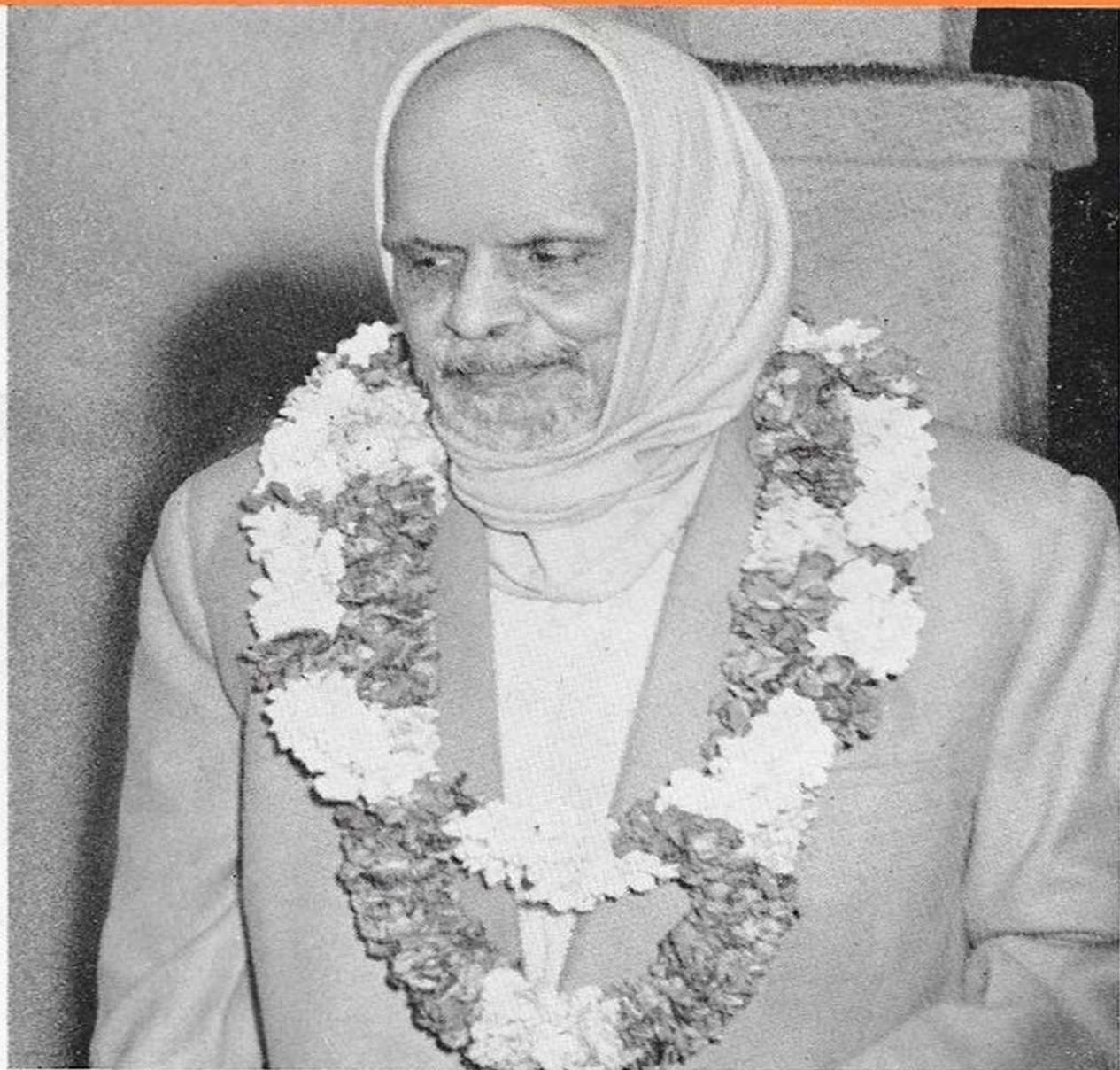




Self-Realization

MAGAZINE

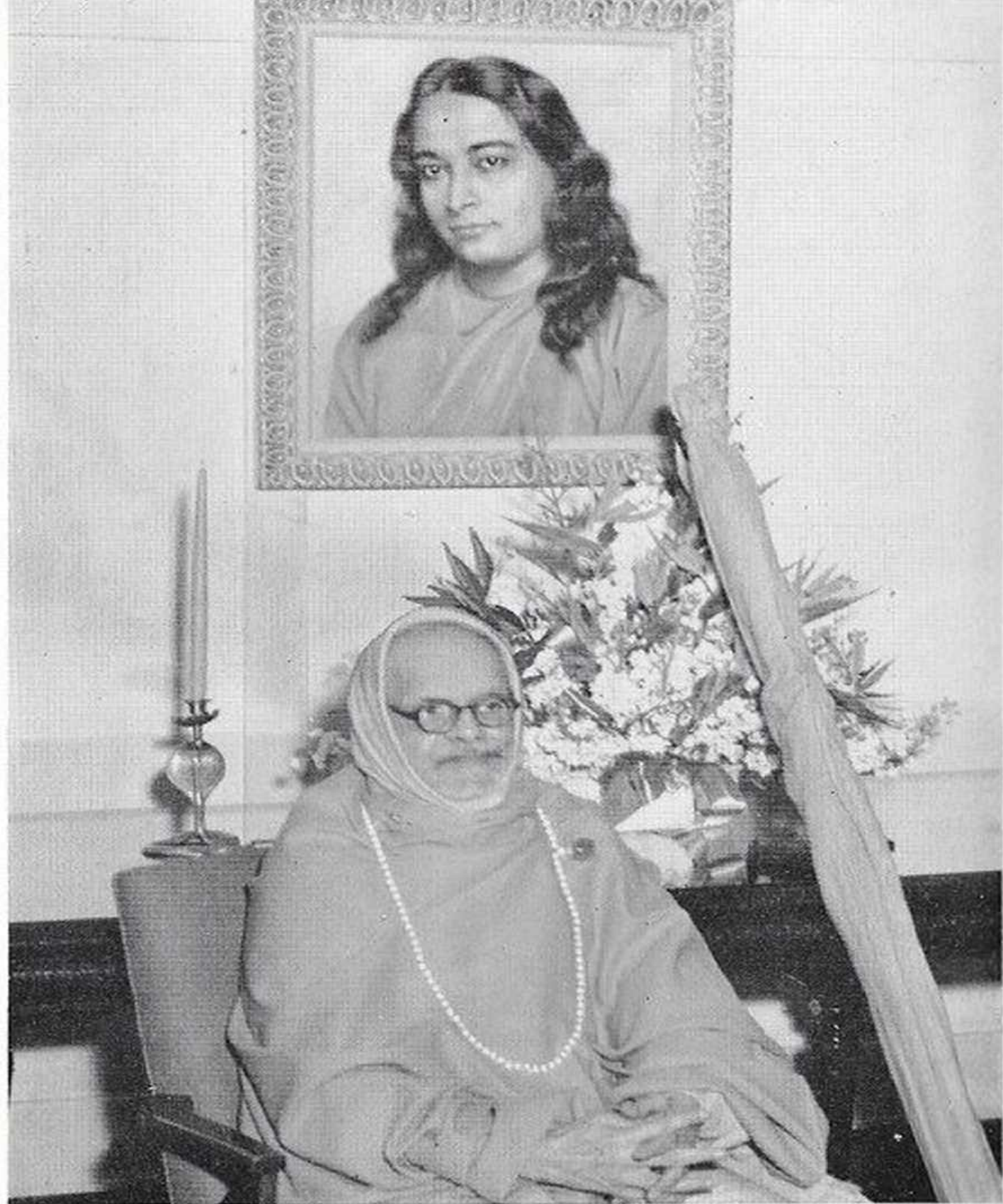
Founded in 1925 by PARAMHANSA YOGANANDA



HIS HOLINESS SRI JAGATGURU SHANKARACHARYA
Spiritual head of millions of Hindus arrives from India at Self-Realization Fellowship headquarters, Los Angeles

Healing of Body, Mind, and Soul

25¢
MAR.-APR., 1958



His Holiness Sri Jagatguru Shankaracharya of Puri, India, during press conference February 6th at Self-Realization Fellowship headquarters, Los Angeles. A score of newsmen and photographers were present to interview His Holiness, first head of the thousand-year-old monastic Shankaracharya Order ever to visit the West. On wall is a portrait of Paramhansa Yogananda, founder of Self-Realization Fellowship.

Self-Realization Magazine

FOUNDED IN 1925 BY PARAMHANSA YOGANANDA

March - April, 1958

Volume 29, No. 4

His Holiness Sri Jagatguru Shankaracharya.....	3
"The Most Unforgettable Character I Have Met".....	5
Activities of Sri Shankaracharya in America.....	9
Light From Ancient India.....	23
<i>By Sri Shankaracharya Bharati Krishna Tirth</i>	
Spiritual Interpretation of <i>Bhagavad Gita</i>	43
<i>By Paramhansa Yogananda</i>	
Directory of SRF Centers.....	52

Copyright, 1958, by Self-Realization Fellowship, 3880 San Rafael Avenue, Los Angeles 65, California. Paramhansa Yogananda, founder. Sister Daya, president.

Yearly Subscriptions: \$1.50 (no additional charge for foreign postage). Issued bimonthly. Three years, \$3.00. Single copy, 25¢.

Subscribers will please send notification of a change of address one month in advance.

Entered as second-class matter Sept. 7, 1948 at the Post Office in Los Angeles, California, under the act of March 3, 1879. Acceptance for mailing at special rate of postage provided for in Act of Feb. 28, 1925, embodied in paragraph 4, section 538, P.L.&R., authorized Dec. 2, 1937. Printed in USA.



1200 PERSONS HEAR HIS HOLINESS

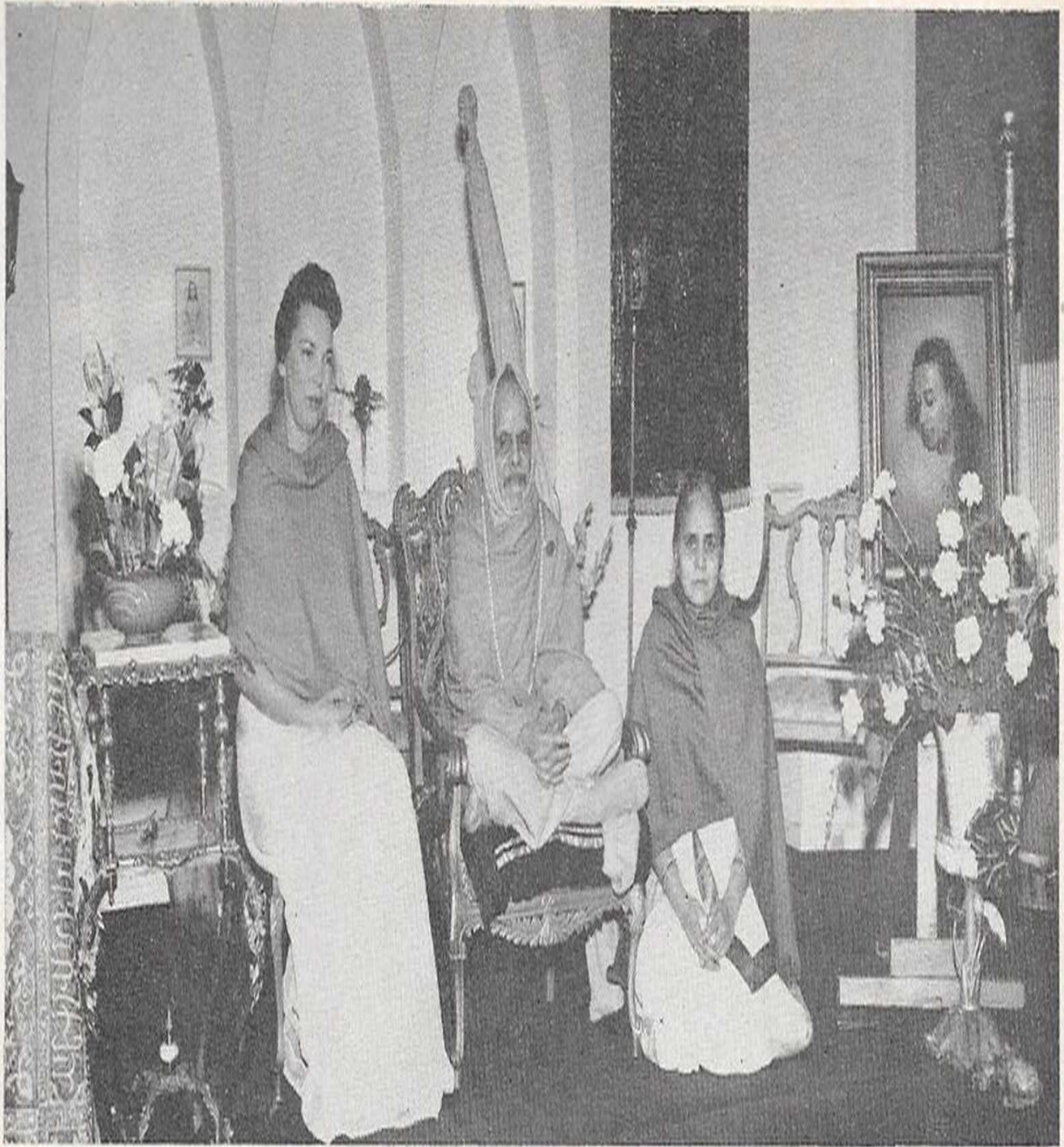
Sister Daya, president of SRF; Sri Shankaracharya, Mrs. C. M. Trivedi, and Mrs. Leiland Atherton Irish, Los Angeles civic leader; at Wilshire-Ebell Theater, Los Angeles, where His Holiness spoke on "Basic Unity of All Religions" on February 23rd before 1200 people.



HIS HOLINESS AT SRF HERMITAGE, ENCINITAS

(Left to right) Mr. C. M. Trivedi, Sister Daya, Dr. Arne Lipovec, Sri Shankaracharya, Mrs. Trivedi, and Rev. M. W. Lewis, at entrance to hermitage on grounds of SRF World Brotherhood Colony, Encinitas.

Mrs. Trivedi is holding the Jagatguru's *danda* (staff), wrapped in a protective cloth cover. The staff is a symbol of Sri Shankaracharya's status as a *sannyasi* (monk), and is taken by him wherever he goes.

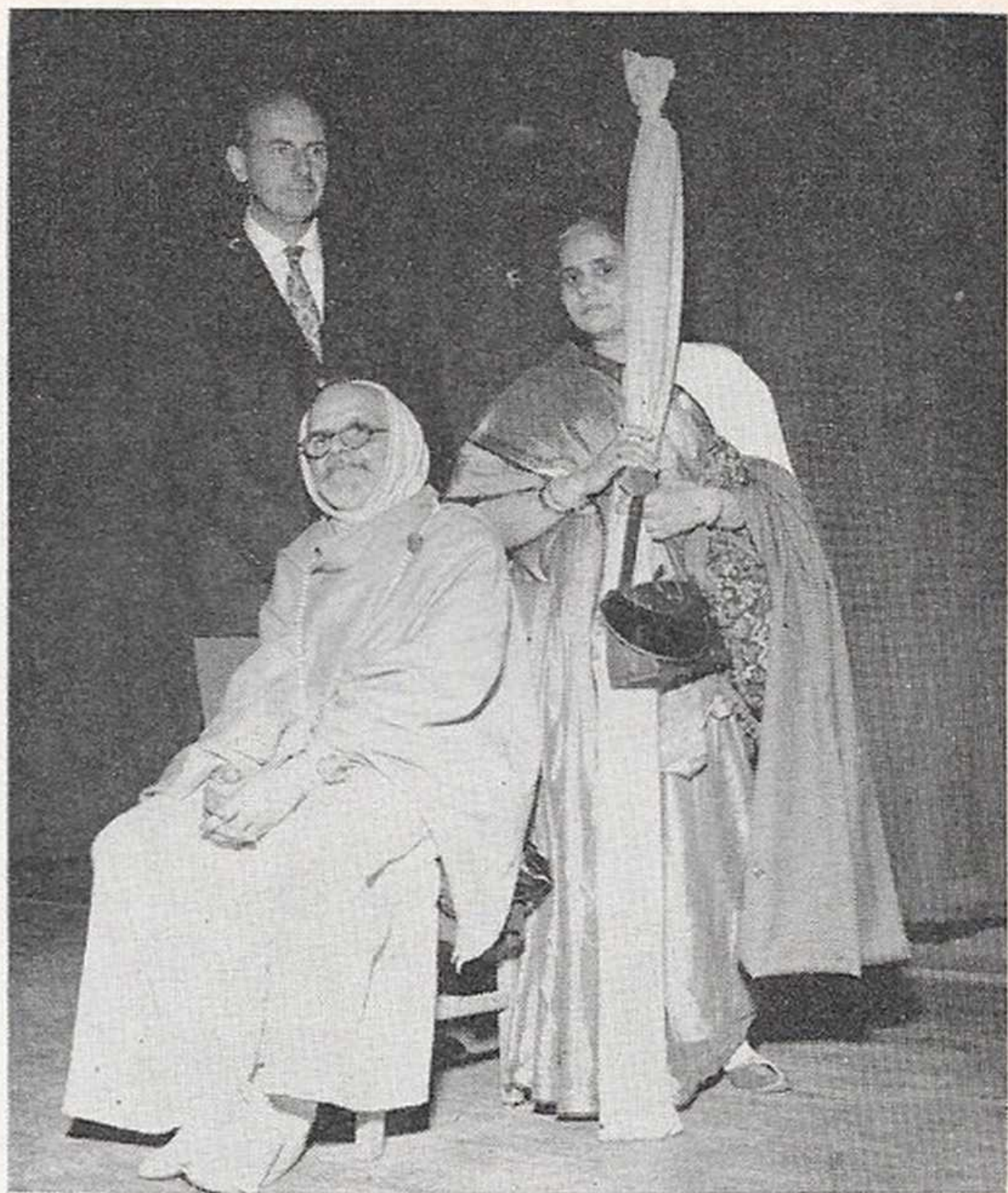


HIS HOLINESS AT SRF CHURCH OF ALL RELIGIONS, HOLLYWOOD

Sister Daya, president of Self-Realization Fellowship; His Holiness Sri Shankaracharya of Puri; and his aide, Mrs. C. M. Trivedi, on minister's platform at SRF Church of All Religions, Hollywood, California. His Holiness spoke on "Light from Ancient India" at Sunday morning service on February 9th. At right is portrait of the late Paramhansa Yogananda, founder in 1920 of SRF.



His Holiness at entrance walk leading to Self-Realization Church of All Religions, San Diego, California, which he visited on February 14th after giving a lecture at San Diego State College.



His Holiness and Mrs. C. M. Trivedi at Stanford University, Palo Alto, California, February 26th. At left is Dr. Frederic Spiegelberg, Associate Professor of Indian Civilization.

A SPIRITUAL INTERPRETATION OF THE *BHAGAVAD GITA*

By PARAMHANSA YOGANANDA



Chapter VIII, Stanza 7

Literal Translation

Therefore remember Me always, and engage thyself in the battle of activity! Surrender to Me thy mind and thine understanding! Thus without doubt shalt thou come unto Me.

Spiritual Interpretation

In this stanza Krishna tells Arjuna to realize God as the Dreamer of the whole panorama of existence. At the end of the body-dream he can then join the Cosmic Beam that created it.

A person who watches a motion picture show with excitement leaves the theater with a disquieted mind. Similarly, a man who views and plays in the motion picture of life with emotional involvement makes his final exit in a confused state; he must then go through other restless incarnations.

An analytical person who beholds a drama of violence may once in a while look overhead to see the motion picture beam as the instrumentality through which the pictures of the frightful drama appear on the screen; he is then less likely to be disturbed. To such a discriminating onlooker both the murdering villain and the brave hero seem nothing more than relativities of shadow and light.

Krishna advises man: "O devotee, behold your body and the battle of daily activity as dreams emanating from My cosmic consciousness. If you prevent your mind and heart from being emotionally agitated by the dream drama on earth, and keep them beholding My Blessed Beam, you will experience no terror. Without doubt you shall enter My transcendental dreamless state."

The wise devotee so deeply meditates in the bliss of Kriya Yoga that he does not forget that blessed consciousness during the daily battle of activity in which his mind and senses are perforce engaged. When he is able always to act with his mind absorbed in God, at death he becomes fully one with Him.

Chapter VIII, Stanza 8

Literal Translation

He attains the Supreme Effulgent Lord, O Arjuna! whose mind, stabilized by yoga, is immovably fixed on the thought of Him.

Spiritual Interpretation

In this stanza Krishna tells Arjuna to prepare himself spiritually throughout life, that at death, in the manner of a great yogi, he may carry his divine consciousness into the ineffable presence of God. Krishna advises his disciple to practice *Pranayama* life-control technique, or Kriya Yoga, and to learn to switch off the life-current from the five sense telephones, and then to unite his mind and life with the Shining Light of the soul.

It is necessary for man to practice Kriya Yoga to prevent his mind during meditation from wandering away from divine ecstasy into the domain of thoughts and material sensations. As a Kriya Yogi relaxes his life-force from the five sense telephones he automatically finds that sensations and thoughts have vanished from his consciousness. Thus freed, his mind becomes magnetized toward the blissful soul.

Chapter VIII, Stanzas 9, 10

Literal Translation

At the time of death a yogi reaches the Supreme Effulgent Lord if, with love and by the power of yoga, he fully penetrates his life-force between the eyebrows (the seat of the spiritual eye), and if he fixes his mind unwaveringly on the Being who, beyond all delusions of darkness, shines like the sun—the One whose form is unimaginable, subtler than the finest atom, the Supporter of all, the Great Ruler, eternal and omniscient.

Spiritual Interpretation

Pointed out in these verses are the three qualifications by which a great yogi passes from his physical body into the Divine Essence. First,

love of God. Second, mastery of that kingly science, Kriya Yoga, by which he can usher his consciousness into the Infinite through the agency of the "single eye" in the forehead. Third, perfect control of the mind, made possible through constancy in yoga, that enables him to place his thought undeviatingly on the Lord at the time of death—an hour whose finality is always known in advance by a true yogi.

These stanzas, making two references to God as Light ("the Supreme Effulgent Lord" and "the Being who shines like the sun"), also mention a specific yoga technique. The point Krishna wished to make by such a juxtaposition is that a man who devotes himself to yoga beholds the Lord as Light.

In meditation a great yogi takes his ego, life-force (*prana*), and consciousness beyond his physical body to a vast realm ablaze with soothing light. This radiance as from a thousand suns dissolves into an ever-new display of multicolored rays issuing from an endlessly enlarging spherical fountain.

The single eye in the forehead of man possesses spherical vision. In meditation that vision gradually expands for the yogi into an ineffable sphere of constantly changing luminosity, blissful and omnipresent.

After experiencing this vibratory vision of *Aum* as the Cosmic Light, the emancipated yogi goes beyond all delusive relativities of vibrations. He then feels and realizes the Transcendental Lord—He who exists behind the transitory dreams of cosmic matter and its myriad components of cells, molecules, atoms, electrons and protons, "lifetrans" (*prana* or energy), and "thought-trans" (the ultimate basis of matter).

In the transcendental state God spins out His dreams of ideational (causal), astral, and physical universes. An accomplished yogi is able to perceive one portion of the Lord's consciousness as the transcendental eternal peace, and another portion as the ripple of cosmic dreams—the worlds of creation. It is the vibrationless, blessed consciousness of God that in the last analysis is the causative and omniscient Supporter of the dream cosmos and all its forces, subtle and gross. The manifestations of the Divine are in evidence in the cosmic dream but He, the Ruler, remains hidden.

To attain the Creator, Krishna tells us in this passage, the yogi must completely penetrate his life-force through the single or spiritual eye. This seat of omniscience in man is referred to in the Bible: * "And he that overcometh, and keepeth my works unto the end, to him will I give power over the nations... And I will give him the morning star"—the star of the East or the "morning," the awakened divine *chakra* in the forehead (east).

It is through the opening in the spiritual eye that the astral vehicle

* *Revelation* 2:26, 28.

of man emerges from the physical body at death. Deprived of their astral counterparts, the sense organs and the myriad cells of the human form are left powerless. They then decay and return to their native state of "dust." The astral-body forces can be seen by the yogi as they pass up through the spinal tunnel and the brain (the seven "trap doors" of the plexuses) and enter an astral form.

The spiritual eye in the average man is not awakened during his lifetime. Therefore he is not aware at death of the passage of the astral body through the plexuses. An unconscious person who is carried from one place to another does not notice the stages of his journey. Similarly, the ordinary individual does not see his life-energy being freed from the physical vehicle at death and manifesting itself as an astral form.

At death man is overcome by fear at his strange experience—that of gradually finding himself unable to feel, or express his will through, a physical body. Then drowsiness overtakes him and for some time he remains in a state of peaceful slumber. Awakening from this sleep of death—much-needed after the hard trials of life—he becomes aware of his encasement in an astral body, one whose tissues are made of light. Amid the new beauties of the astral world, he forgets the whole of his past physical existence.

But a great yogi consciously observes through his spherical spiritual eye the various phenomena of death. He sees his life-forces move backward like a mass of rolling light from the cells, nerves, organs, and spine, and then enter an astral body that hovers over the inert physical form.

The yogi who in life or at death withdraws his life-force from the senses and focuses it in the single eye finds himself in a joyful state of breathlessness. He thrills to see streams of *prana* rolling backward from the countless cells and ascending the spinal tunnel through the coiled stairway (*kundalini*), out from the single-eye passage in the forehead into a subtle astral body.

(Continued on page 48)

CAPTION FOR PICTURE ON OPPOSITE PAGE

Part of capacity audience of 250 persons that attended reception in honor of His Holiness on February 15th at SRF India Hall, Hollywood. SRF sponsored the reception, which was held especially for members of the Indian community of southern California. (Left to right) Sister Daya, president of SRF, giving speech of welcome to Sri Shankaracharya; His Holiness; Mrs. C. M. Trivedi; and Mr. Trivedi, aide to His Holiness and secretary of World Reconstruction Association, founded in 1953 by Sri Shankaracharya in Nagpur, India.



SRI SHANKARACHARYA AT SRF INDIA HALL, HOLLYWOOD, FEB. 15TH (See opposite page.)

A yogi who has arrived at this state—a midway perception of the physical plane and the astral plane—is overwhelmed with joy. He sees a double splendor, that of two worlds. As a person standing on a narrow strip of land may simultaneously view two lakes that lie on either side, so the yogi is simultaneously aware of the physical sphere and the astral sphere. His range of perception increases, through meditation on his intuitive spherical eye, until he can behold the omnipresence of God in all creation and beyond it.

The ideational or causal body contains the seed thoughts of man's physical and astral bodies. When by deeper ecstasy the yogi dissolves his chronic thoughts or delusions that have caused him to be encased in physical and astral bodies, his soul then moves through the seven idea-knots or plexuses of his causal body out into the vibrationless Transcendental.

Chapter VIII, Stanza 11

Literal Translation

Renunciates of vanished attachments lead lives of strict self-discipline, desiring to reach the Immutable, known by the Vedic seers. I will briefly tell thee of the method by which that Immutable is attained.

The Divine Goal is attainable, Krishna assures Arjuna, through certain definite methods (described in the following stanzas).

Chapter VIII, Stanzas 12-13

Literal Translation

He who closes the (nine) gates of the body, who cloisters the mind in the heart-center, who fixes the full life-force in the cerebrum—he who thus engages in the steady practice of yoga, establishing himself in Aum, the Holy Word of Brahman, and remembering Me (Spirit) at the time of his final exit from the body, reaches the Highest Goal.

Spiritual Interpretation

A *yoti mudra* technique that is taught to advanced Kriya Yogis has for its purpose the "closing of the nine gates of the body," which Lord Krishna here advocates as a means for man's illumination.

Chapter VIII, Stanza 14

That yogi quickly reaches Me, O Arjuna! who thinks of Me daily with singlehearted aspiration, his mind focused only on Me.

Spiritual Interpretation

Success in Self-realization depends on whole-souled effort. The true devotee knows the value of constant and regular meditation, by

By PARAMHANSA YOGANANDA

"AUTOBIOGRAPHY OF A YOGI"

Foreword by W. Y. Evans-Wentz, M.A., D.Litt., D.Sc.

THE BOOK THAT IS AWAKENING THOUSANDS

"I am grateful to you for granting me some insight into this fascinating world." — *Thomas Mann, Nobel Prizeman.*

"Yogananda expounds the so-called esoteric doctrines of the East with the utmost frankness and good humor. His book is rewarding for its account of a life filled with spiritual adventure." — *United Press.*

"A fascinating and clearly annotated study." — *Newsweek.*

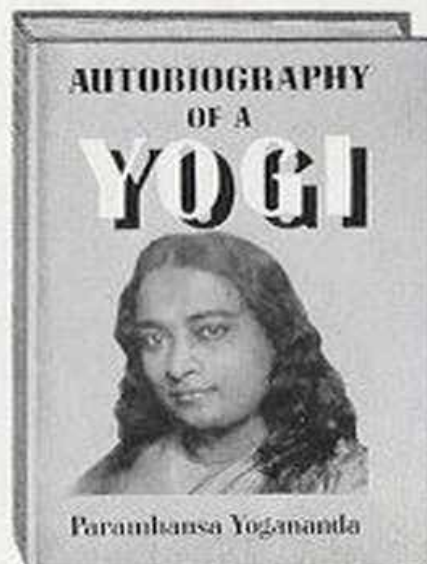
"In these pages is undeniable proof that man may conquer all material obstacles by inward strength. We must credit this important autobiography with the power to bring about a spiritual revolution." — *Schleswig-Holsteinische Tagespost, Germany.*

The book has been translated into French, Dutch, Swedish, German, Bengali, Arabic, Italian, and Spanish. Editions in preparation: Hindi, Portuguese, Icelandic, and Japanese.

The book may be bought from the publishers, Self-Realization Fellowship; or may be purchased, or ordered, at any bookstore in America or Canada. Europeans may order the British edition (12 shillings) from Rider & Co., 178 Great Portland St., London. Indians may place an order for the London edition through any bookstore in India.

\$4.00, 7th ed., 514 pp.

Send for free descriptive leaflet.



SELF-REALIZATION FELLOWSHIP

3880 San Rafael Avenue • Los Angeles 65, California

which his life becomes an uninterrupted prayer. Yoga should not be practiced mechanically or from an oppressive sense of duty, but with joy and perpetual zeal, thus causing each day's meditation to yield a deeper bliss than that of the previous day.

Chapter VIII, Stanza 15

My noble devotees, attaining the highest success (in the tests of earthly life) by having discovered Me (Spirit), undergo no further rebirths in this abode of grief and transitoriness.

Spiritual Interpretation

This world is a school. The highest lesson set for each man is the realization that he is not a mortal, beset by pain and mutability, but a free Son of God. The good student who passes this "final examination" of life has no need to return for further instruction. He has earned the divine Ph.D.

(To be continued)

**Sixth Anniversary of Mahasamadhi of Paramhansa Yogananda
Observed in SRF Centers**

The anniversary on March 7th of Paramhansa Yogananda's *mahasamadhi* in 1952 was observed with solemn devotional ceremonies in SRF centers and churches throughout the world. At the Mt. Washington Center, Sister Daya, SRF president, conducted a meditation service in memory of the beloved founder of SRF. Mrs. C. M. Trivedi, aide to His Holiness, sang several Vedic hymns and presented to SRF, in honor of the sacred occasion, a shawl belonging to Sri Shankaracharya. She expressed keen interest and appreciation that *puja* (ceremonial worship) is performed on such holy occasions by SRF.

(Continued from page 21)

In Pennsylvania: First Unitarian Church, Pittsburgh; Haverford College, Haverford; State Teachers College, Slippery Rock; Lycoming College, Williamsport; Temple University, Philadelphia.

In New Jersey: Dickinson University, Rutherford; State Teachers College at Montclair, Upper Montclair. In Rhode Island: Rhode Island College of Education, Providence.

In New York: Vassar College, Poughkeepsie; Hartwick College, Oneonta; Fredonia State Teachers College, Fredonia; Layman's Movement for the Christian World, Ryan.

In Connecticut: Yale University, New Haven; Trinity College, Hartford; Teachers College of Connecticut, New Britain.

In Vermont: The University of Vermont, Burlington. In Maine: Bates College, Lewiston.

In Puerto Rico: Inter-American University of Puerto Rico, San Germain.

THE CREST-JEWEL
OF WISDOM

By Shankaracharya
(*ninth century*)

Seven profound expositions by India's greatest philosopher. Transl. by Chas. Johnston. Cloth, 163 pp., \$2.50.

RAMAYANA AND
MAHABHARATA

A condensation in English verse. The heroic story of Rama, king and avatar, written by the earliest poet of Sanskrit literature, Valmiki; and the glorious epic of the Bharatas. Both in one volume; cloth, 335 pp., \$1.85.

SONG CELESTIAL
(*Bhagavad Gita*)

The Hindu Bible. Translated by Edwin Arnold; cloth, 111 pp., \$1.25.

YOGA-SUTRA
OF PATANJALI

With commentary of Vyasa. The Eightfold Path of Yoga outlined by the sage Patanjali. Boards, 158 pp., \$1.75.

Order from SRF

SEND FOR
FREE BOOKLET



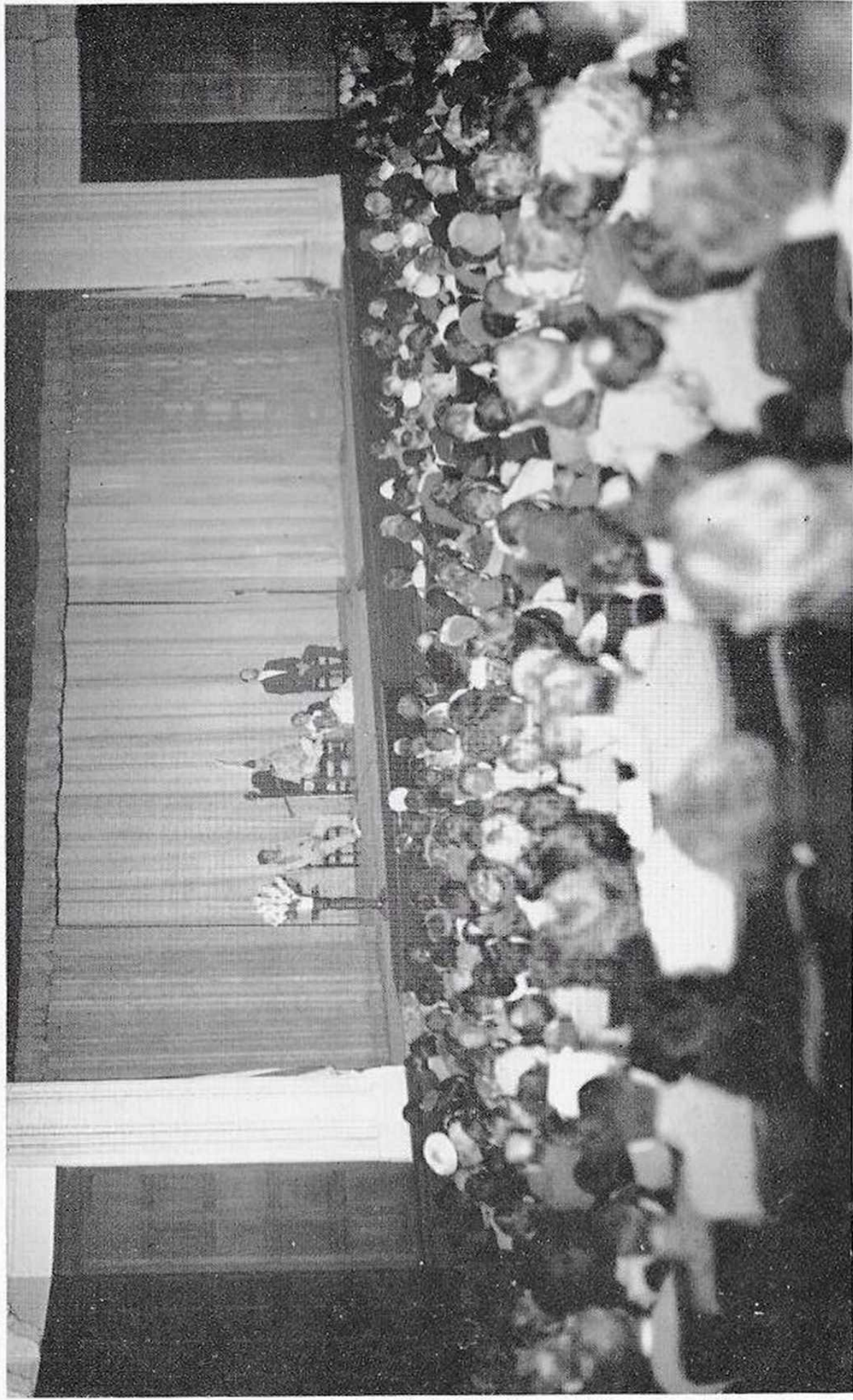
India specialized during all ages in the science of the soul. This highest of all sciences is taught in the Self-Realization Fellowship Lessons, weekly studies based on the writings and lectures of Paramhansa Yogananda.

The SRF Lessons explain universal truths underlying all religions, particularly showing the link between original Christianity and original Yoga; and guide the sincere student to physical, mental, and spiritual well-being.

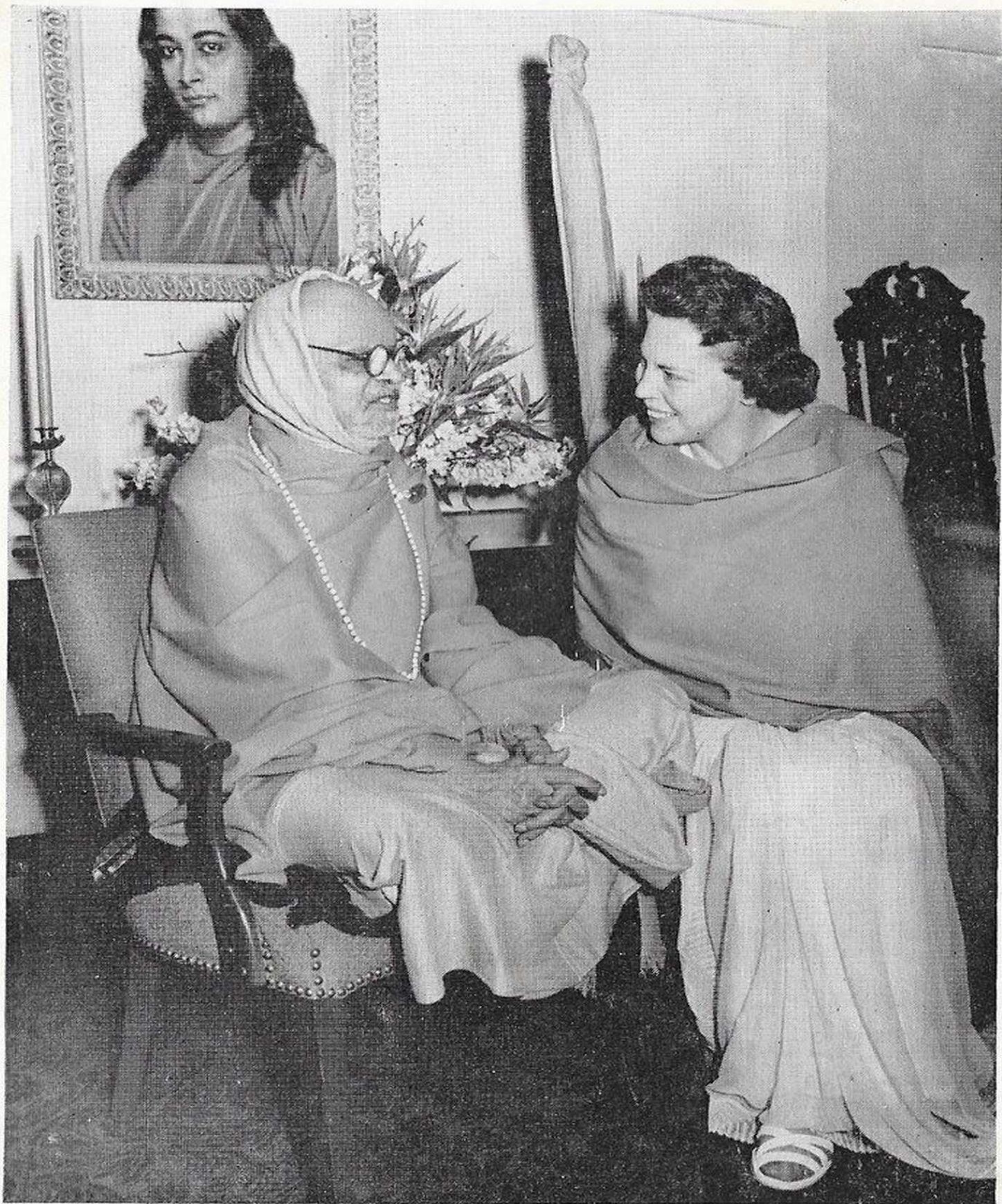
Members who fulfill certain preliminary requirements may receive the priceless and simple technique of *Kriya Yoga*, which sets man on the blissful highway to the Infinite.

HIGHWAY
TO THE
INFINITE

This 24-page booklet will be mailed without obligation to any inquirer. Address: Self-Realization Fellowship, 3880 San Rafael Ave., Dept. M., Los Angeles 65, Calif.



His Holiness Sri Jagatguru Shankaracharya (*seated cross-legged on chair*), speaking on "Basic Unity of All Religions" to 1200 persons at Wilshire-Ebell Theater, Los Angeles, February 23rd. With him on stage are Mr. C. M. Trivedi (*left*), aide to His Holiness and secretary of World Reconstruction Association, founded by His Holiness; Mrs. Trivedi (*seated on floor*); and Rev. Brother Kriyananda, minister of Self-Realization Fellowship, which sponsored this public lecture.



His Holiness Sri Jagatguru Shankaracharya with Sister Daya, president of Self-Realization Fellowship, which is sponsoring His Holiness's visit to America; at SRF headquarters, Los Angeles