

How Yogis Escape Karmic Fetters
BHAGAVAD GITA

Insulin: Crutch Not Cure Of Diabetics
By LILLIAN R. CARQUE

SRF Golden World Colony Opening
A THREEFOLD CELEBRATION

What Jesus Meant By
"Everlasting Punishment"
By PARAMHANSA YOGANANDA

Gandhi Memorial Dinner
PROPHETIC HIGHLIGHTS FROM SPEECH



TWO VIEWS OF THE GOLDEN LOTUS GATEWAY
(Entrance to the SRF Golden World Colony)

EAST-WEST

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Spiritual Interpretation
OF THE
★ **BHAGAVAD GITA**

By PARAMHANSA YOGANANDA

How Yogis Escape Karmic Fetters

Chapter IV, Stanza 6

Literal Translation:

Unborn, changeless, Lord of Creation and controller of My Cosmic nature (*Prakriti*) though I am, yet entering Nature I am dressed in the Cosmic garment of my own *maya* (delusion).

Interpretation:

A clerk in a factory is compelled to work—governed by the law: "good work, good pay; no work, no pay"—whereas the owner of a factory may willingly assume the active role of a clerk, but is not *compelled* to do so, nor limited by the clerical position. So ordinary beings are forced to be born, or reborn, by Cosmic delusion and

Its law of cause and effect (law of karma). But God, being the Creator of *maya* and the law of karma, is not subject to them, yet He may adopt these laws to descend as a divinely incarnated Avatar.

Ordinary Souls entering into their nature-made bodies, are tossed on the waves of sensory pleasures, and forget the vast ocean of Spirit existing beneath them. But the Yogi, reaching the final state of emancipation, beholds the ever-existing changeless (hence unborn) invisible ocean of God, existing unaffected in ever-mutating visible Cosmic waves of vibratory nature, stirred by His self-made storm of delusion.

The consciousness of an ordinary individual under the influence of

Cosmic delusion is bounded by his attachment to material possessions and acquired mental faculties. But the Yogi who attains Self-realization suddenly finds that even though he has a body he can exist within it and work with it, without being fettered by material desires and their karmic effects, just as the Lord remains unattached and free from karma even while His intelligence silently acts through His own Cosmic vibratory body created by His delusive law of relativity.

During the wakeful highest state of ecstasy, the liberated Yogi feels: "The realm of my consciousness extends beyond the limits of my mortal frame, to the boundaries of eternity—from whence I, the Cosmic sea, watch the little Ego floating in me. No sparrow falls, no grain of sand is blown away, without my sight. All space floats like an iceberg in my mental sea. I am the colossal container of all things made." The Yogi in the state of highest ecstasy simultaneously perceives the ocean of Spirit without the waves of creation and the Spirit manifesting in the waves of creation.

This stanza affords great encouragement to man. By stopping the misuse of free choice, and by practicing *Kriya Yoga*, he can recover his delusion-eclipsed image of God. Remembering himself as the image of Spirit, the wisdom-lit Yogi will learn that he can work in the world unfettered by Karmic bodily environment, or by

Cosmic Nature's ever-changing environment, even as God does.

God spun this ever-changing Cosmic play on the stage of time to entertain us; but we became too serious and immersed ourselves in delusion, thus creating miseries instead of entertainment out of life's tragedies and comedies by forgetting life is but a series of passing shows.



SRF MINISTERS

It is a pleasure to announce that Corrine Forshée and Sharon O'Neil have been ordained as ministers of SRF.

EXTENDING THANKS

Paramhansa Yogananda and the staff at Mount Washington Estates wish to acknowledge the many inspiring Easter Greetings received from members and friends. Our thanks were extended to you, mentally, at the time these messages were opened and enjoyed.

Insulin: Crutch Not Cure Of Diabetics

By LILLIAN R. CARQUE

The majority of diabetics rely on the insulin treatment, without instituting corrective and restraining measures over the appetites, undesirable propensities and other indiscretions. The pancreas, like any other gland, atrophies in time because of the artificially supplied insulin; there is no need to manufacture its own. This explains the permanent dependence upon insulin. But diabetics are merely delaying the day of reckoning, *if* they seek in insulin a short-cut to immunization—an absolution from their physical, mental and moral transgressions.

Disease Survives Death

That human consciousness exists before physical birth and even before conception, and that it does not lose any of its mental, moral and spiritual qualities with the death of the physical body, should convincingly demonstrate that suppressed diseases may live from life to life, for they do not die with the disintegration of the present physical edifice. *The seeds of past wrong actions sprout again and again as physical and mental diseases*, awaiting only the time, circumstances and the appropriate instrument through which to operate. A disease which does not exhaust

itself in this incarnation is carried over and may become the basis of a congenital disease, or its predisposition, in the next life.

In diabetes, sugar escapes utilization in whole or in part; this disorder is comparable to that of a motor which misses fire when its ignition system is out of order. Its energy is sealed; it is unavailable either for storage as glycogen (blood sugar) in the liver, or for combustion or other transformation. Before blood sugar becomes available, a lock must be turned; the key to this lock is insulin.

Peculiar clumps or islands of cells in the pancreas, known as the Islands of Langerhans, may be likened to the great fire kindler or match maker of the human fireplace. Its secretion, the hormone insulin rich in silicon, ignites the flame that burns the blood sugar. All starch consumed is converted into its ultimate carbohydrate, viz. simple sugar, but without this kindling lucifer from the pancreas, the sugar could never be burned, permitting its use as readily assimilable fuel.

Carbon Temperaments

Carbon is the negative sleepy element in Nature. Whence comes the coal we find buried in the earth?

It is the remains of layers of forests pressed together into a solid mass through the vicissitudes of time; the result of this is coal. Hence, in the true carbon temperament, we have an individual that is a personification of inaction, sleep and stillness. These retrograde tendencies create a *psychic* appetite for carbohydrates of the lower octaves — mineral-free cakes, pies, pastries, puddings, candy, bread in excess and peeled potatoes with white-flour creamed gravy. Also there is greater sugar retention in the cells and blood, and some of this ultimately escapes unused via the kidneys and urine.

As a rule, this type of individual is weak, timid, indifferent, unambitious, disinclined for work and effort and grows stout, uncomfortable, sickly and finally, diabetic. There is not insulin enough, under the circumstances, to "set fire" to the constantly accumulating abnormal quantities of unused carbohydrates ingested.

The Alimentive Type

Excessive assimilation of carbonaceous foods, and increased retention of sugars, is also the predominant physiological response of the alimentive type, with strong social affections. Persons of this type are lively, popular, companionable, jovial, often well-fixed financially and free spenders, good-natured and self-satisfied. Because of a desire for comfort and the so-called good things of life, this afflicted type

Past transgressions — so often the cause of diabetes — are not erased by the aid of insulin. One must cure the habits or traits which led to the disease, lest the tendency persist in future lives.

displays a marked tendency to self-gratification, which — unless restrained—leads to courses of frivolity, dissipation and intemperance. While vivacious and versatile, they love ease and luxuries, and cherish their softness too much to be fond of strenuous rude labors that utilize and burn up carbon accumulations.

Emotions And The Diabetic

What rest will do for a fatigued muscle after an hour or more, the hormone secreted from the Adrenal glands has been able to do in five minutes or less in an emergency. Following sorrow and depressing circumstances, as well as such emotional disturbances as fits of temper, this adrenal gland secretion acts as a heart stimulant, providing a soothing quiet and calm to the nervous system.

Extreme fright, anger, rage—or any state of emergency involving fight, flight or feverish activity—force the adrenal glands to spill their energy-producing hormones too lavishly into the blood stream. Adrenalin poured forth in such extraordinary quantities gives rise

to accelerated heart action, constriction of blood vessels, cessation of alimentary processes (thus freeing energy supply for other parts), the shifting of the blood from the abdominal organs to the organs immediately essential to muscular exertion, the discharge of extra blood corpuscles from the spleen, the deeper respiration, increased oxygenation, the quick abolition of muscular fatigue, the increased liberation of sugar from the liver and its mobilization in the circulation, the increased powers of coagulability of the blood permitting clotting in case of wound. All these changes are directly serviceable in making the organism more effective in the violent display of energy, which fear, rage, excitement or pain may involve.

The adrenals seem to get their potential energy from the thyroid output of iodine, for it is the thyroid gland that promotes the activity of the adrenals. The thyroid gland is essentially the energy controller of the speed of living. This gland controls the rate of oxygenation or burning up of nutrients for conversion into bodily heat and energy. For liberal quantities of oxygen and insulin are severely needed for the final burning or oxygenation of this potential blood sugar or glycogen for ultimate conversion into bodily heat, energy and muscular fuel. Small wonder that diabetes is frequently complicated with glandular derangements, hardening of the arteries and heart afflictions. It is likewise unfair to

call certain diabetically afflicted lethargic types lazy, as they may be suffering from inactive, weak or worn out adrenal or thyroid glands or both.

Pancreatic Food

Besides affinities and compounds of sodium required to neutralize emotional poisons, silicon (insulator of nerve sheaths) is the outstanding nutrient needed. The pancreas, which manufactures insulin, is especially rich in this element, its mineral constituents showing about twelve per cent of silicon. Silicon abounds in the peelings, skins, coats or shells of fruits, nuts, potatoes and grains, insulating natural foods and thus preventing the escape of vital electricity and oxygen locked up in their inside pulp or flesh.

Many truly lofty attributes of higher mind and Soul bliss vibrate in the same cosmic current as does silicon. These idealistic, devotional and religious sentiments of reverence and moral excellence, combined with the adequate appearance of silicon in the diet and in supplemental nutrition, insure the attraction of silicon from the blood to the nerve and brain substances, also to pancreatic tissues hungering for it.



Meditation

For The Week

By PARAMHANSA YOGANANDA

- May 2.* This new day shall bring a new start. Today I shall vow with renewed determination to dedicate my devotion forever at the feet of Omnipresence.
- May 9.* Divine Mother, teach me to emulate Thee, by holding the unfading torchlight of continuous kindness to light the way of my brothers.
- May 16.* Today I open the door of my calmness and let the footsteps of peace enter the temple of all my activities. I shall perform all dutiful actions serenely, saturated with peace.
- May 23.* The Light of the Creator's perfect health shines in all the dark nooks of my bodily weaknesses. In all my body cells His healing light is shining. They are entirely well, for His perfection is in them.
- May 30.* The All-Seeing Eye is behind my eyes. They are strong, for He sees through them. His strength is moving through my body. It is well, for His healing power is there.
- June 6.* I will fill my heart with the peace of meditation, that I may pour heartfulness of my joy into peace-thirsty souls.
- June 13.* As the sun spreads its vital rays, so I will strive to spread the rays of hope in the hearts of the sorrowful, and to kindle courage in the hearts of the despondent.
- June 20.* I will behold the Invisible in the forms of my visible father, mother, and friends, sent here to love and help me. I will recognize the One Divine Love in all their human expressions of love.
- June 27.* I will burn the candle of smiles to light the way of the joyless. Before the unfading light of my cheer, darkness will take flight from the hearts of my brothers.



CAPTIVE OF LOVE

The Mirror Of Love

(For Mother's Day)

But who's the solemn slender child—
Cloud-colored penitent—who stands
So helpless, meek, a prisoner
With cords about His dusky hands?

*Behold your Omnipresent Lord —
Who molded matter, sun and storm,
Who scatters worlds and succours man —
Called Krishna, now, in human form.*

How can this be? A captive child
Who cannot break the silken ties,
Who heeds a human mother's words,
Accepts rebuke from gentle eyes!

*Because a tender mother's love
Reflects the Love which He has wrought,
Mirrored in selfless eyes the Lord
Sees but Himself, and so is caught.*

—V. S.

Notes From The News



GANDHI MEMORIAL DINNER

The Chinese Culture Society recently sponsored a dinner in honor of: Mahatma Gandhi, India's freedom, and the cause of peace. Dr. Maneck Anlesaria was Master of Ceremonies. The speakers were Paramhansa Yogananda and Dr. Hugh E. MacBeth. Below are the highlights from Paramhansaji's speech.

The Saint Gandhi

Two kinds of prophets come into the world. There are qualitative prophets who make great men out of their disciples. And there are quantitative prophets who influence the masses so that vast multitudes are inspired and receive some light—light from the presence of a Master. Some Masters do both; but from that qualitative and quantitative standard we have to judge all the prophets of the world.

Qualitatively speaking, I have met many great, Christlike masters with whom I have lived and about whom I have written in my book,

Autobiography of a Yogi. But quantitatively speaking, I think that since the time of Christ there has been no single individual who has influenced the masses more than Mahatma Gandhi. Christ's teaching of loving enemies was never better demonstrated in the life of one individual in modern times than in the life of Mahatma Gandhi. He was very ugly to look at, but when you looked at his eyes, you could see the vastness of his Soul—then a vast concourse of spiritual thoughts overpowered you. He was shrewd—he was joyous—he had great faith in God. God sent him unto the world as a prophet who—though he did not make Christlike souls as the Masters of India did—for the first time (unlike the other great spiritual leaders of the world) went beyond his flock and influenced the great masses of people politically—even thick-headed politicians who had always believed that violence and brute-force can conquer.

Brute force destroys itself. When men originally clashed with each

other, it was because one clan had more than the other, so they fought for each other's property. In this way, from prehistoric days to, and including, the Christian era, thousands of wars, like snowballs, gathered into the first World War. And what did it accomplish? It only gathered in its wake more trouble, more disaster. The second World War came; and now, when we analyze the results of the second World War, don't we wish that we had the world as it was before this devastation occurred? But as Mahatma Gandhi and Jesus Christ said: "If you use the sword, you will fall by the sword."

Man's Use of Atoms

The snow-ball of bad karma is growing bigger and bigger, and now the politicians are speaking of war! Why? They should know very well they will not be safe—not even in the White House or Kremlin—because the atomic bomb has spread war everywhere; both to combatants and non-combatants. On the other hand, we can see that the Lord has given unto man—through the great scientists—the use of atoms; and we know now that one drop of water can run the city of Chicago with electricity for three whole days! If constructively used, this atomic energy could bring the millenium today. It could destroy all the slums of the world. Man would not have to work more than two hours. But, remember, nothing can bring about that constructive use of atom power unless

man realizes that he is not a brute, using brute violence, and concentrates on brotherhood.

It is only brotherhood, *the warmth of brotherhood*, that can melt the colossal ever-increasing snow-ball of war karma. So this is the time to preach brotherhood. No matter how dark you think the picture is, do not be too discouraged. I know there is a God who gives to nations of the world what is for their good. They reap good or bad results according to their karma; and very few realize that the good karma of America and the good karma of India are on the ascendent. Let me remind you that no power on earth can destroy the idealism of India and the spiritual democracy of America. I know that the atomic bomb is a very bad thing; but I know that in the hands of America it is better than in anybody else's hands. I wish, and pray, that America will never use the atomic bomb, but will destroy all bombs and stop the growing snow-ball of bad karma — war karma—which is destroying the warmth of the world. Only by love, by sticking to the principles of Christ and Mahatma Gandhi can this be done.

Gandhi's Treasure

Mahatma Gandhi was laughed at by his enemies, scoffed at by ignorant people. Many cartoons have been drawn about him. And still, in his life he has showed that evil travels with the wind, but the

power of Truth travels against the wind. He demonstrated that. I was talking once to a band of students who said that Mahatma Gandhi did not leave any bonds for his wife or children; and his son recently announced: "Father has not left anything." I am going to write to him: "Your father has left to you—and to us and to all the millions of people and to every nation—the riches of the spiritual truth he proved: that political freedom can come to four hundred million not by the sword, nor by the firing of a single shot, but by the power of love." Mahatma Gandhi's son has received freedom. So has all India received freedom by spiritual means.

Mahatma Gandhi has left a richer world today, a world in which these spiritual truths which were laughed at before have been demonstrated before the mouths of cannons.

In Bombay once, the native soldiers revolted and were firing and killing English people. It is alleged that Churchill threatened to send an army to bomb India out of existence. Then Mahatma Gandhi wrote to him, saying, "You don't need to do that. I'll stop them." And while the shots were being fired he went to them. They stopped firing, and he said, "Peace unto you. You will not gain freedom by killing a few British people. Conquer them by the greater force of love." They remained peaceful, and Mahatma Gandhi by his appeal, got the British to forgive the native insurrectionists.

I said that after the war India would be free; it was predicted in my magazine, *East-West*. I was laughed at for saying this, and for declaring that this World War II was being fought for the freedom of India and all down-trodden nations. Yet it has come true. India would never have been free if this war had not come about. *God* did not bring about this war; but because people believe in war, and create karmic causes, there is war. *God* does not need to use atomic bombs and miracles to destroy the devil. The devils kill themselves by using power wrongly. But we find that Mahatma Gandhi conquered by using the methods of Jesus Christ in actual life.

Facing Death

Never has any religious or political leader been so honored at his death as Gandhi. Gandhi is more powerful today than when he was alive. You can picture him weakening and dying of old age and disease, but that did not happen. He retained his powers and exemplified his teachings to the very end. Only one week before his death he was bombed, and he asked his followers not to be hard on the traitors! He said *God* was keeping him there to do a little more work, and that when it was done *God* would take him away. The night before his death he told his niece, "Ava, Ava, bring the important letters, I'll sign them. To-

morrow it may be too late." He knew his time had come.

Such a man is Gandhi who has freed India, who has brought the non-violent method before all these bull-headed politicians, and proved it an effective method. Mahatma Gandhi was of God. He may not have been as great as Christ or the Masters that I knew, but he knew God and he was aware of his coming death. When he was shot he had a smile, and made a sign of forgiveness with his hand. This was as inspiring as Jesus' words. It was like saying: "Father, forgive him for he knows not what he does."

What of the Future

Gandhi is living today in the hearts of men, to remind them that violence is the law of the brute. When brutes such as the great big sabre-toothed tiger infested the earth, they didn't *rule* the earth. Man, by intellectual power, overcame them, even though he wasn't equipped with machine guns.

We should all write to our Congressmen or to the State Department and urge them not to have this mad desire to use atomic power for destruction. The President and Stalin should remember that if the strong destroy each other, the meek shall inherit the earth. The meek shall never be destroyed. Their weapon is non-violence. Their weapon is Christ's method. Their weapon is loving the enemy and conquering the enemy by love.

This is a time when God is bumping the heads of Communism, Imperialism, Capitalism—all isms which believe in the power of force. I make one prediction now: *the world is not going down to destruction*—don't be frightened. Believe in your Father. He will protect you if you remember His ideals, if you keep faith in Him. We are moving upward. The twelve hundred years of the material cycle have passed, and 300 years of the 2400 years of the atomic age are gone. Then there will be the mental and spiritual ages. We are not going down. No matter what happens, the Spirit will win. I predict this, and that America's democracy and practical material power combined with India's spiritual power will conquer the world. Anybody who ever uses the bomb will fall by the bomb; but I know that in the hearts of America and India there is no love of violence. As Hitler with all his power fell, so any dictator, wherever he is, shall be downed. That is what I predict.

—O—

THERESA NEUMANN

The Catholic stigmatist, Theresa Neumann, is still manifesting the remarkable phenomena which have been attested by so many witnesses. In 1935 Paramhansa Yogananda visited this unusual devotee of Jesus and was impressed by her sincerity. His experiences with her are recorded in one of the fascinating chapters of *Autobiography*

Of A Yogi. During the war it was rumored that Theresa Neumann had passed on, but the news dispatch, reprinted below, shows that she is still playing her strange role in the Divine drama.

WOUNDS LIKE SAVIOUR'S ON HEAD, BODY

Frankfurt, March 26, 1948—(INS)
—A German peasant woman lay on her cot this Good Friday, her head, hands and shoulders blood-marked where Christ's body bled from the nails of the Cross and the Crown of Thorns. Thousands of awe-filled Germans and Americans filed silently past the cottage bed of Theresa Neumann in the town of Konnersreuth near the Czechoslovak border.

Theresa Neumann was born 51 years ago on Good Friday and since 1926 has bled profusely at the hours recognized historically as those which Christ spent on the Cross.

This year again—at the critical hours from noon to 3 p.m.—the apparently miraculous event took place while more than 4000 Germans and 2000 Americans walked past.

Police were forced to turn away more than a thousand persons.



ANNIVERSARY OF GREAT SCHOLAR CELEBRATED

The following report has just been received from India:

The 80th Birthday Anniversary

of Yogacharya Srimat Swami Kebalanandaji Maharaj* of Yogoda Sat-Sanga was celebrated at Yogoda Math, Dakshineswar on February 22. The holy function commenced in the morning with a joint prayer in the temple followed by a meeting at noon held under the presidency of Raja Kshitindra Deb Rai Mahasey. After recapitulations of Vedic and other hymns Sri Prokas Brahmachari, the Secretary-in-charge of Yogoda Math, read a short biography of Kebalanandaji Maharaj. Sri Indranath Seth read the Bengali translation of a relevant portion from the famous book, *Autobiography of a Yogi*** Sri Purna Chandra Ghose spoke at the meeting about the highest stage of renunciation attained by Kebalanandaji, which is indispensable in gaining eternal bliss by Self-realization. The President concluded the meeting after some references with regard to his acquaintance with Yogoda Sat-Sanga. About three hundred ladies and gentlemen were present at the function and were entertained with a banquet.

*He left his body in Benares in 1931, at the age of 68.

**Swami Kebalananda was a great Sanskrit scholar, but, more than that, he was a man of realization. He tutored Paramhansaji in Sanskrit, but also practiced Kriya Yoga with him and gave inspiring eye-witness accounts of incidents concerning his Master—Lahiri Mahasaya—and the great Master Babaji, with whom he had the privilege of spending some time.



Second Coming of Christ

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

What Jesus Meant By "Everlasting Punishment"

By PARAMHANSA YOGANANDA

When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory: And before him shall be gathered all nations; and he shall separate them one from another, as a shepherd divideth his sheep from the goats: And he shall set the sheep on his right hand, but the goats on the left.

Then shall the King say unto them on his right hand, Come ye blessed of my Father, inherit the kingdom prepared for you from

the foundation of the world: For I was an hungred, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me.

Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick,

or in prison, and came unto thee, And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.

Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels: For I was an hungred, and ye gave me no meat: I was thirsty, and ye gave me no drink: I was a stranger, and ye took me not in: naked, and ye clothed me not: sick, and in prison, and ye visited me not.

Then shall they also answer him, saying, Lord, when saw we thee an hungred, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto thee? Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me. And these shall go away into everlasting punishment: but the righteous into life eternal.—Matt. 25: 31-46.

The Christ Intelligence, which is present in all vibratory creation, discerns the state of all good and bad humans on the earth. And when, in the after-death state, they arise in the astral world, they are judged according to their merits and demerits. The virtuous ones are liberated by being lifted into Cosmic Consciousness. And the others, because of their evil actions,

are sent back to reincarnate on earth, a place of perpetual misery where the fires of insatiable desires ever burn.

In these verses, Jesus partially explains why virtuous Souls are liberated and evil-smearing Souls are sent back to the earth. All virtuous devotees who meditate not only behold Christ Consciousness within themselves, they know it is also present in all Souls alike. That is why, after serving Christ in the temple of meditation with devotion, they go on to serve him as present in the hungry, thirsty, forlorn, poor, sick and prison-confined Souls of the earth. As Jesus said, liberation can come only when devotees find the presence of Christ Consciousness within themselves, and also actually try to discern his presence in others.

Serve Christ In Man

When the devotee sees the Spirit of Christ in others, he will serve them willingly so that it can be said of him: When I, Christ Intelligence, was present in the Souls of the hungry you gave me food. When I was thirsty you gave me drink, and you took me in though I appeared a stranger—with my Divinity hidden in a poor human mould. When you clothed the poor, you actually clothed and helped me, the Christ Intelligence hidden within them. When you visited sick bodies, you ministered unto the Christ Intelligence present in them. When I was present in the bodies

of prisoners, you came to me! For, since I am present in all earthly brethren—the greatest and the least—whenever you have offered physical, mental or spiritual help to any of them, you have actually served me. I, being consciously present in all the children of my Father, am conscious of all the help they received from you during your earthly sojourn. And, by loving me in your neighbors, you have inherited my eternal love and eternal protection!”

Then Jesus speaks of those Souls who never meditate and find the presence of Christ within themselves, and who never realize that he is present in the hungry, the thirsty—in all burdened, trial-ridden Souls. He declares that such ignorant and unsympathetic Souls will have to return to the earth, which is a place of perpetual delusion and continuous punishment through insatiable desires and ever-increasing evil karma, and the constantly burning fires of misery.

Fire of Evil Desires

The Cosmic Law will vibrate its decree to such Souls wordlessly; but it might be expressed in words: “Depart from my presence in the astral world, all of you who are cursed by your own evil actions to burn in the seemingly unceasing fire of evil desires which are created through ignorance. Although the Christ Intelligence was equally present in all your great and insignificant earthly brother beings, you

did not in any way render help to that presence in those who were in need. Now you will have to depart from the astral world and reincarnate on earth. You cannot be liberated until you have worked out your past evil actions by the antidote of serving Christ Consciousness in all, and realizing the eternal nature of the life within you.”

It must be strictly understood, and always remembered, that when Jesus mentioned everlasting fire prepared for the devil and his angels, and spoke of everlasting punishment, he did not mean that there was a special place in the heavenly region where Souls are sentenced to eternal imprisonment and punishment for the mixed transgressions and virtues of one life—consisting of less than 100 years! Man is made in God’s image, and no matter how long he transgresses, he can not be thrown into the dungeons of eternal punishment. Cruel, revengeful human beings who would like to punish their enemies everlastingly, are inclined to think that God sends evil-doers to such regions for the transgressions of a few years. This is impossible, for all Souls, no matter how sinful they are, have within them the perfect image of God; and so they are given repeated opportunities to return to earth. They reincarnate here to work out their karma, and until they reach the stage where they remember the

(Continued on page 23)

BOOK REVIEWS

ENCYCLOPEDIA OF LITERATURE

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In view of the fact that the men of this world have used over three thousand tongues to express themselves, it must have been difficult to choose only the most important material for these two comprehensive volumes. In dealing with countries where many tongues are used (such as among the Africans, American Indians and Polynesians) the editor has considered those used by the most cultured groups—and hence most important from a literary standpoint. Volumes such as these can be adequately judged only after long usage, since the omissions of desirable material along some lines, and inclusion of unexpected but valuable material along others, is not at once apparent. However, on first perusal, this *Encyclopedia* seems to lack nothing except a good index.

Why The Lists?

It certainly is not customary to include a long list of names—amounting to a repetition of the table of contents—in a book review, for such a procedure makes dull reading. However, this sub-

ject merits an exception, for a quick glance at the following listing will prove that not only are familiar fields of literature tabulated, but some groups which we have never thought of as having a literature of their own are represented.

The first volume deals with: African, Albanian, Arabic, Aramaic, Armenian, Australian, Austrian, Basque, Belgian, Brazilian, Briton, Bulgarian, Byzantine, Canaanite, Canadian (English and French), Catalan, Chinese, Christian Hymnody, Cornish, Czech, Egyptian, English, Estonian, Ethiopic, Etruscan, Finnish, French, Frisian, Galician, Georgian, German, Greek, Hebrew, Hittite, Hungarian, Icelandic, and Indian.

Volume two begins with a section on Irish, Scottish, Gaelic and Manx, and continues with: Italian, Japanese, Judeo-Spanish, Latin, Latvian, Lithuanian, Louisiana French, Lusatian, Maltese, Mexican and Central American Oral, Netherlands, New Zealand, N. American Native (Eskimo and Indian), Norwegian, Persian, Polish, Polynesian, Portuguese, Provencal, Russian, Siamese, Slovak, S. African, S. American Indian, Spanish, Spanish-American, Swedish, Swiss, Turkish, Ukrainian, United States, Welsh, Yiddish, Yugoslav, and ends with Bio-

graphical Notes on some of the most famous authors mentioned throughout the works.

Methodical Variety

The major articles—over 100 in number—have been especially written for this *Encyclopedia* by authorities—some of whom have done research in fields not previously covered in works such as this. In addition, some fields have been surveyed here more thoroughly than in any earlier English work. Although each author presents his subject succinctly and methodically, the methods vary with the inclinations of the scholars and the nature of their material. Some include a number of quotations, others, none at all. Some choose these quotations chiefly from poetry, others from folk-lore.

However, every article lists the names and works of leading authors and ends with a bibliography. In many instances the authors show the long-range effect which religious and political trends have had upon literature. Some stress the early legends which were eventually metamorphosed into stories and ballads. Some divide the subject-matter into such sections as: prose, poetry and folk-lore. Others prefer to discuss it by periods. For instance, under Chinese literature we find: Confucian, Taoist and Buddhist periods, then the Golden Age of Chinese Poetry, Period of Literary Prosperity, Age of the Novel and of Dramatic Literature,

Classicism, and finally the Modern Period.

Range Of Appeal

There is little doubt that any one who has a good reference library will find this *Encyclopedia* a useful addition. Those who frequently have occasion to check on any points connected with literary history, will also find it sufficiently important to merit the expenditure.

However, interest sometimes transcends usefulness, and in this case the range of appeal extends beyond the merely scholarly. Almost any student who is interested in books will enjoy the quotations, the descriptions of mystical, religious and philosophical literature of the world's peoples, and the legends which have influenced their minds.

Literature Of India

It is a pleasure to report that one of the most comprehensive sections is the 132 pages devoted to the literature of India. This more than makes up for the fact that Indian writers are not represented in the biographical section at the end of the second volume. (No doubt, there is little but legend surrounding the names of early authors—since India's literary history is so long, and since the work has always been considered more important than facts about the temporary abode, or body, of the Soul that composed it. However, this dearth of facts does not

extend to modern giants such as Tagore.)

This Indian section is composed of many separate articles. *Vedic Literature* describes the *Vedas*, *Brahmanas*, *Aranyakas*, *Upanishads* and *Vedangas*.

Under *Epics*, the growth of the *Mahabharata*—so important that it is termed "The Fifth Veda"—is discussed at some length. Now over 100,000 stanzas, it is the longest poem known (eight times as long as the *Iliad* and *Odyssey* together, and, in fact, "longer than the united extent of all the epic poems in European languages"). From childhood to old age it influences the lives of Indians all over the country. "This," says the author of the article, "is due mainly to the encyclopedic character of the great epic. It is said that, in the fields of *dharmā* (religion and ethics), *artha* (material sciences), *kāma* (pleasures of life), and *moksha* (spiritual emancipation), whatever is taught in this epic may be found elsewhere, but whatever is not found in it will not be found anywhere else." The other great epic is, of course, the *Ramayana*.

The *Puranas*, often termed "the *Vedas* of the laity," are usually listed as 18 major (*maha*) and 18 minor (*Upa*) *Puranas*. Originally they were said to be five-sided: *sarga* (creation), *pratisarga* (dissolution and recreation), *vainśa* (divine genealogies—Krishna, Śiva, etc.), *manvantara* (ages of Manus) and *vainśanucarita* (genealogies of kings). Eventually, teach-

ings on many other subjects were included, for instance: gifts, religious observances, sacred places, rites in honor of household gods, means of livelihood, incarnations of gods, final emancipation, etc.

The article on *Classical Sanskrit* deals with the ancient poets, dramatists and historians, and includes a discussion of devotional lyrics and fables. Poets and scholars must needs be impressed by the refinements of classical Sanskrit, especially unusual poetic forms which make the "strict" rules for formation of English sonnets or French ballades seem childish. "Such writing is called *Citrakavya*: literary feat exciting our wonder, or writing involving pictorial design." There are verses in which two stories are told simultaneously (an extension of the double entendre); then there are over 32 works which combine *more* than two stories. Then there is a type of poem "in which one story comes through with reading the line in the normal order, and another with reading it in reverse order." Then there are figure poems "whose letters are arranged in the form of a lotus, sword, drum, wheel, horse, and the like, with sometimes rearrangements revealing the name of the author work, or patron." Another device is the wavy design "in which the alternate letters of two lines reform the same two lines."

The following articles in the Indian section are headed, respectively: *Literary and Dramatic Criticism*, *Ancient Philosophy* (describ-

ing the great systems, including the *Gita*), *Hindu Dharmasastra* (rules for good conduct or a good way of life), *Ancient Indian Grammar*, *Pali and Buddhistic Literature* and *Prakrit* (literature written in the popular dialects).

Following these general studies, is a series of articles replete with titles and authors. Through these one can read of the outstanding works in the present-day leading languages of India. These include: Assamese, Bengali, Bhojpuri, Gujarati, Hindi, Indo-Anglian, Kan-

nada, Kashmiri, Khasi, Malayalam, Marathi, Oral (uncollected songs and legends), Oriya, Panjabi, Sindhi, Tamil, Telugu and Urdu. No doubt, many a Western reader has never even heard of most of these languages (with the exception of Hindi, Bengali and Urdu) yet most represent the language of millions of people. For instance, Malayalam is the language of 12 million in the Malabar country; Panjabi is spoken by some 15 million people, and Tamil by some 20 million.—*Reviewed by Virginia Scott.*

WILL YOU SEE THE
SON OF MAN?

(Continued from page 19)

perfect image of God within them and thus finally become liberated.

Meanwhile, through continuous earthly desires, they create and feed the fires which singe them. These perpetual fires of earthly desire are equally tortuous to devilish and to intellectually bright, or so-called "angelic" Souls. So remember that there is no spot in the skies or beneath the earth where Souls are put for their evil actions—although the words "everlasting punishment" do describe earth where imperfect Souls reincarnate. For, due to the constant presence of cosmic delusion, this earth *is* a place of everlasting, or at least continuous, misery. Then heed Jesus' exhortation to all devotees. Do not embrace ignorance and earthly desires and thus continue to reincarnate on this misery-breeding delusive earth.

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Symposium

On

The Soul Or Self

★ And I will not make a poem nor the least part
of a poem but has reference to the Soul,
Because having looked at the objects of the universe,
I find there is no one nor any particle of one
but has reference to the Soul.
Was somebody asking to see the Soul?
See, your own shape and countenance, persons,
substances, beasts, the trees, the running rivers,
the rocks and sands.
All hold spiritual joys and afterward loosen them
How can the real body ever die and be buried?—*Whitman.*

★ There is in man a something which pure reason cannot grasp, an unconscious ego possessed of such power that it can do away in one fell swoop with all the conclusions of reason, with all aspirations and all one's laboriously acquired assurance.—*René Fulop-Miller.*

★ In the procession of the soul from within outward, it enlarges its circles ever, like a pebble thrown into the pond, or the light proceeding from an orb. . . . Cause and effect, real affinities, the longing for harmony between the soul and the circumstance, the progressive idealizing instinct, predominate later, and the step backward from the higher to the lower relations is impossible. Thus even love, which is the deification of persons, must become more impersonal every day. —*Emerson.*

★ I carry my adornments on my soul,
I go caparisoned in gems unseen,
Trailing white plumes of freedom.—*Rostand.*

★ Has it become like the Man of Sorrows, full of faith, hope, and charity? Then it hath heard the Voice and will not fail. But if the Soul is not like that, then, although it have the prophets' sight and knoweth all things, though it have Faith to removing mountains, yet it shall be only the more like Satan, and the worse its fate.—*Phylos.*

- ★ Will the whole come back then?
Can each see signs of the best by a look in the looking
glass? Is there nothing greater or more?
Does all sit there with you, with the mystic unseen Soul?
Strange and hard that paradox true I give,
Objects gross and the unseen Soul are one.—*Whitman*.

★ The Soul, smaller than the smallest and larger than the largest, is laid deep in the heart of this living being. The desireless being free from sorrows, sees, through the Grace of the Providence, that glory of the Soul.—*Kathopanishad*, I. 11. 20.

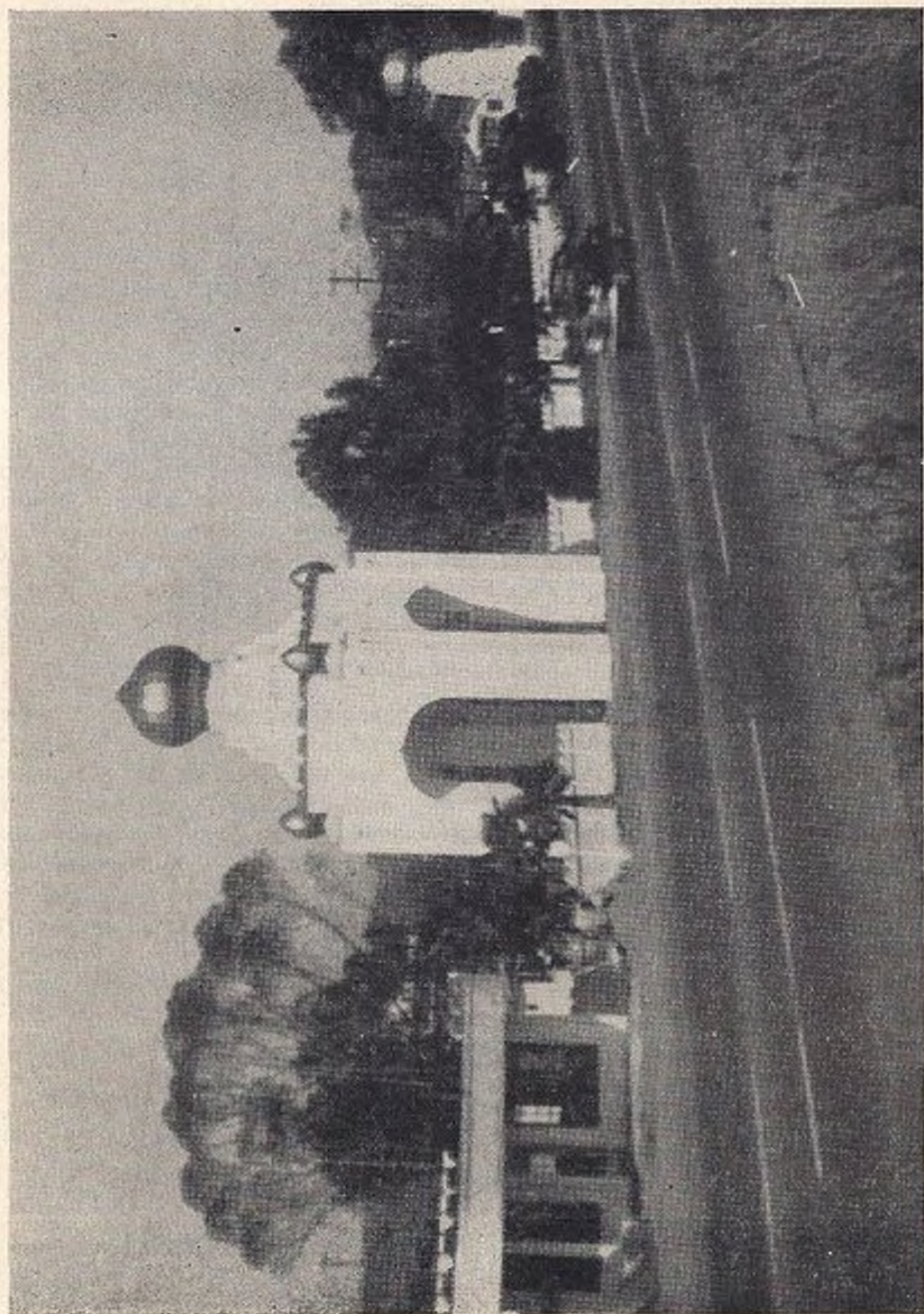
★ The nought is God, to whom the Soul may be united when she is nowhere bodily, nor hath in her any image of creatures. And when she is nowhere bodily then she is everywhere spiritually; and being in such a condition she is fit to be united with the said nothing, which also is in all places. And this union I have elsewhere called a union of nothing with nothing. . . . What is he that calleth it nought? Surely it is our outer man and not our inner. Our inner man calleth it All; for by it he is well taught to understand all things bodily or ghostly, without any special beholding to any one thing by itself.—*From The Cloud of Unknowing*.

★ Wherefore I say, let a man be of good cheer about his Soul, who having cast away the pleasures and ornaments of the body as alien to him and working harm rather than good, has sought after the pleasures of knowledge; and has arrayed the Soul, not in some foreign attire, but in her own proper jewels, temperance, and justice, and courage, and nobility and truth—in these adorned she is ready to go on her journey to the world below, when her hour comes.—*Socrates*.

★ Man has not a Soul, but is a Soul.—*Dr. Freinfels*.

★ The Soul lives after the body dies,
The Soul passes through the Great Gate,
And makes a way in the darkness to its source.
It pierces the heart of evil in order to know Truth.
Let this Soul pass on.—*Egyptian Book of the Dead*.





Formal Opening --- SRF World Colony

A Threefold Celebration

Early this spring, while fields of cultivated flowers brightened the hillsides around Encinitas, great golden lotuses blossomed right at the edge of the highway as the towers of the gateway leading to the SRF Golden World Colony were formally unveiled. Paramhansa Yogananda planned the opening as a threefold celebration—to commemorate the granting of U. S. citizenship to the peoples of India and the attainment of long-desired freedom by India, as well as to mark the formal opening of the Colony. The event was announced in several newspapers and covered by the *Los Angeles Times*, the *Tribune Sun* (San Diego), and by the *San Diego Union* which reported:

400 WITNESS WORLD COLONY GATE UNVEILING

With symbolic East Indian ceremonies, the golden lotus blossoms on the gate and towers opening into the seaside retreat of the Self-Realization Fellowship of All Religions were unveiled yesterday afternoon in Encinitas.

More than 400 persons circled the main tower, approximately 70 feet high, as Paramhansa Yogananda, founder, issued prayers for World peace to Jesus Christ and Indian masters. Mme. Amelita Galli-

Curci, the prima donna, was mistress of ceremonies.

Guests Introduced

The Paramhansa, clad in a brilliant orange robe, first called on the assemblage to sing "The Star Spangled Banner." After prayers, he introduced guests of honor, including Ruth St. Denis, internationally known dancer, and Mrs. J. Darsie Lloyd, mother of Harold Lloyd, motion picture comedian; Homer Samuels, husband of Mme. Galli-Curci, and various disciples and followers of Yogananda's teachings.

Mme. Galli-Curci pulled the rope which brought a white covering billowing down from the huge golden lotus blossom on the main tower. On either side of the tower smaller blossoms have been affixed. The blossoms, all made of copper, are covered with 24-carat gold leaf.

Grounds Inspected

Following the unveiling, the Paramhansa placed leis of multi-colored flowers around the necks of the celebrities and his disciples. The group then directed a tour of the grounds of the Golden World Colony, which Yogananda says is a model world colony to help abolish war.

The colony, patterned after four similar colonies in India, serves as an experiment in the feasibility of spiritual cooperation, he said. Meanwhile, the 45 residents of the colony are starting to rebuild Golden Lotus Temple, which toppled off its hillside and plunged toward the ocean in 1942. The project will cost an estimated \$100,000. Other buildings, including a college, will cost approximately \$400,000.

Guests At Flower Show

On the day of the opening, warm sunlight dispersed the fog, so that by noon—when visitors began to arrive—the white walls and red roofs of the Hermitage were framed in a brilliant background of blue sea and green terraces. Cars came from San Diego in the south and from Los Angeles, Santa Barbara and other points far north of Encinitas—some from towns several hundred miles away—and their occupants wandered about the grounds, sat and watched the ocean, or rested in the Hermitage, where the spacious adjoining living and dining rooms had been filled with rows of chairs.

Before the scheduled ceremonies, Paramhansa Yogananda and his guests of honor made a brief appearance at the Encinitas Flower Show, at the request of town officials. Since the area around Encinitas produces some of the finest perfume-essence flowers in America, the annual show is well attend-

ed. From a raised platform at one end, Paramhansaji and the guests he introduced spoke briefly to several hundred listeners. Paramhansaji took the opportunity to urge the vital importance of peace, brotherhood and tolerance—or, preferably, understanding—of viewpoints or "crazinesses" foreign to our own.

Unveiling the Towers

First event on the scheduled program was the unveiling of the lotus-topped tower gateway to the SRF Golden World Colony. This faces the highway, and is flanked on both sides by low white walls, with blue tipped parapets extending several hundred feet along the highway, and terminating in smaller towers, each topped by a single open golden lotus. (See Pictures.) The main tower bears a large half-opened lotus in the center with smaller buds at the four corners. All of the towers are white with blue insets, while the copper lotuses are covered in 24-carat gold leaf. Paramhansaji says that it looks like a castle of peace.

In the shadow of this gateway throngs of visitors gathered to join in the opening prayer by Paramhansaji, to see the guests of honor garlanded and introduced, and to hear words of praise for disciples and students who had worked on the plans and assisted in the construction of the edifice. These included Mr. Ernest R. Brockway (who assisted Paramhansaji in de-



Partial View of the throng surrounding the gateway. (Loud-speakers on the truck in the foreground carried the speeches to those at the edge of crowd.)

signing the structure), Dr. M. W. Lewis, Rev. Bernard, Rev. Michael, Mr. Cornelius Van Der Linde (who attended to special construction of the lotuses and parapets), Rev. Arthur W. Smith, Mr. Arnold Sell, Mr. James Coller, Mr. Anthony Bolt, Mr. Sigmund Karnas (in charge of gold-leafing of domes) and Mr. Paumer Torgerson. "They have all worked with their greatest might and I am very grateful to them," said Paramhansaji. "This has all been done as a great labor of love, and if they had not contributed their services I doubt that it could have been accomplished even if \$50,000 had been spent.

Some day this will lead to our Golden Lotus Temple, which will be rebuilt in the middle of the garden, facing the ocean.

"Remember," he continued, "that this Colony is meant to be a place where one can learn to feel the Fatherhood of God and acknowledge the brotherhood of man—for which Christ and Gandhi died. Both spoke of the brotherhood of man and the fatherhood of God, and lived in accordance with these principles. And my prayer today for all of you here in Encinitas—and for all in America and in India and in all nations—is that we may learn to feel and live in the Spirit

of the Fatherhood of God and the brotherhood of man during our little sojourn here."

As a climax to this part of the program, Paramhansaji introduced Mme. Galli-Curci, saying, "And now I am very proud and very happy that I can say I have known Madam Galli-Curci and her husband for twenty years, and our friendship has grown through these years because they have shown such great kindness, and because of their ideal living. They are the most wonderful, adorable couple that I have seen, for they live so much on the spiritual plane, and on a high mental and artistic plane. So now I have the privilege and the great joy of introducing this world-famous prima donna who is very dear to us here because she has been one of us in spirit. She is going to say a word, and then she will pull the cord and the coverings will come off the towers and this Colony will be yours."

As Madam Galli-Curci prepared to pull the cord, she declared: "In the name of God, of Jesus Christ, of the Hindu saints and our own Paramhansa Yogananda, I open the SRF Golden World Colony."

Opening Prayer

After the golden lotuses, now reflecting the late afternoon sunlight, had been admired, the visitors were asked to return to the Hermitage where they filled the

two rooms and overflowed to the porch and terrace. Fortunately, the use of a microphone and loud-speaker made it possible for every one to hear the speeches which followed.

Paramhansaji prayed that every one "be blessed with the spirit of oneness which permeates this place. And may this Golden World Colony reflect the 'one world' of Willkie, of Jesus Christ, Gandhi and our great Indian saints and Masters—Babaji, Lahiri Mahasaya and Sri Yukteswarji. In their names we are gathered in the spirit of oneness to acknowledge the Fatherhood of God and brotherhood of man. Heavenly Father, make each of us an example of Self-realization that we may love all, and by our love outlaw war and help to bring peace on earth in one world—a United States of the World, governed or guided by our loving Father, manifesting through our love and our consciences. Bless this place, and bless all who have made it successful in the eyes of God and in the eyes of those who love God and seek the underlying unity of truth.

"Heavenly Father, we are blessed as one family, made up of many nations and races and religions. May we always realize Thy white electricity is flowing through the multi-colored lamps of all human life, through all races and all religions. Father, Mother, Friend. Beloved God, Jesus Christ, Master minds

of India—may your love shine forever on the sanctuary of our devotion and may we be able to awaken your love in all true hearts. Aum—
aum—amen.”

Excerpts From Speeches

After an organ solo by Dr. M. W. Lewis, the guests of honor were again introduced. Excerpts from Paramhansaji's introductions and their brief speeches follow:

Paramhansaji: "I have the pleasure now of introducing to you Dr. Lloyd Kennell M.D., a prominent physician of San Diego, whom I have known for more than twelve years, and who is now the pastor of our Church of All Religions there."

Dr. Lloyd Kennell: "Since I first met the Master it has been a constant pleasure to say a word for him, and for the cause of Self-Realization, because in them I have found the truth which has made me free of many, many things. It is said that: 'There is a tide in the affairs of men which, taken at the flood, leads on to victory.' That is true in every field. Yet, I dare say, very few realize the tremendous importance of this occasion. . . . For the unveiling of the lotuses marks the beginning of a world colony in a world of hate. It marks the beginning of a great era, and it is indeed one of the greatest pleasures that could come to any human being to be present on this

occasion. Do not forget it throughout this life and you will not forget it throughout eternity."

Paramhansaji: "Now here is Dr. Maneck who has done a great deal in connection with the freedom of India. He and I took part in the organization of a great meeting in San Francisco, during the conclave of the United Nations there. We worked very hard, shoulder to shoulder, in this matter of freedom for India, and Dr. Maneck did a tremendous thing in helping that cause."

Dr. Maneck Anklesaria: "It is indeed a privilege to be present on this wonderful occasion. In the metaphysical life we merely dream our dreams and they come true! So while people of the 'practical' world denied in their minds that India could ever be free, ideal persons such as Paramhansa Yogananda dreamed and visualized India's independence—and, lo and behold, it came to pass.

"We are right now starting a center where people can come and worship and meditate and relax and find themselves. I hope that some day at this very same center there will be tens of thousands of people coming from all over the world to 'find' themselves—and that is what we need in the world today, to find ourselves. My hope is that my prayers really will come true, and that there will be hostel after hostel, house after house—centers of education where people can realize their true relationship

with themselves and with our Maker and the Cosmic Intelligence. My friends, I too want you to remember this occasion, and not only to remember it, but to pray that it can enlarge itself a thousand-fold. And I want you to remember it in terms of whatever little contribution *you* can make to bring about fulfillment. We may be told that we are merely dreamers and thinkers; but it has been said that if a dreamer could work and a worker could dream, to such a one God would submit all things. So, into your dreams please put a little bit of effort, and you will some day see that you have been contributing to the evolution of the world and humanity at large."

Paramhansaji: "Here is Mrs. Lloyd. As a guest in her home I have met her son, Harold Lloyd the great comedian, who is a wonderful person and has high ideals. Mrs. Lloyd, will you say a word?"

Mrs. Lloyd: "It is an honor and a privilege to be here, and may God bless you and your work. Thank you."

Paramhansaji: "I asked Homer Samuels to say a word, but he says, 'Please speak for me.' I am happy that he is here; for of all treasures in this life I treasure friendship most. I love my relatives—we all love our relatives but we mustn't stop there, we must give that love to others. And I especially treasure friendship because in it there is no compulsion, while if you have a bad relative you have to keep

him! In friendship you can choose; there is a genuine fusion of the hearts, and so I greatly appreciate true friends, such as Homer Samuels.

"And here is one who represents the people of Encinitas, and has been a wonderful friend ever since I came here. Captain Bucklew, will you say a few words?"

Captain Bucklew: "It was most enjoyable, gratifying and uplifting to observe the ceremony beside the Highway today. While I was there, I thought of the years that I have known you since you came here. It struck me that there seems to be one outstanding thing. That is, that wherever you have gone in our community, you have helped the community and helped the individuals. There has been an inspiration and a quiet guidance, a confidence in the future which you spread to those whom you come in contact with amongst us."

Paramhansaji: "And now I shall ask Ruth St. Denis, the world-famous dancer, to say a word. She is a great friend to India, and has danced before the Maharajas and in the theatres of India, and in her Oriental dances she performs better than any artist I have ever seen. She has also opened a church in Los Angeles and is doing a great spiritual work along with her dancing."

Ruth St. Denis: "I have always felt, all my life, that there was one test applicable to any man or wo-



Paramhansaji Garlands Mme. Galli-Curci



Ruth St. Denis (at microphone) thanks Paramhansaji for her garland.

man who professed devotion to God, who could attest to some degree, at least, of realization of God in his or her life. This test was: did they radiate peace and happiness and love and beauty? If they did not so radiate, it seemed to me as if their words were rather vain. Because to me the Godhead is composed—as the East has told us for so many years—of Bliss. In other words, my God is a happy God. He is ever-present; He is light, He is life, He is love. But in my short and varied career I have not found what I sought earnestly in very many preachers in our land, nor many prophets who manifested in themselves what they preached.

"I don't know of anything so easy as to give advice to the world! It's a thrilling experience you know, and you yourself have lots of fun. I have been guilty of a good deal of that myself, so I know all about the joy of getting up in a pulpit and telling the other fellow what to do. But when it 'comes Monday morning,' and *you* yourself are supposed to do it—that is another breed of cats,' as we say in a refined manner!

"So it gives me an enormous satisfaction—more than just a pleasure, a real *satisfaction*—to witness to my belief that one of the really inspired, radiating Souls in America is the leader of this whole movement. I think his concentric circles are infinite; they begin here, but they go out, and out and out. And I would like to say only one

word of the arts—this is also what Madame Galli-Curci says—she is going to sing in heaven and I am going to dance there. So we are still going to have the arts with us. We have had a good deal on earth, but we look forward to still more in heaven, and we will do our singing and dancing there, I'm quite sure, under the benign eye of the Master."

Parambansaji: "Yes, may we all some day be in 'heaven.' But as long as we are on earth, let us try to make it heavenly so that we will deserve 'heaven' afterward. Freedom in heaven shall never be given to those who stray, willy-nilly, leading a purposeless life; but to those who consciously seek God. I pray that we may all be together by being at one with Him, the Master of this universe who has sent us here to see if we love Him more than His gifts. There is no other reason for God creating us. He owns everything except our love—for He has given us the freedom to take that love away from Him or give it to Him. And if we consciously seek Him in preference to His gifts, and can convince Him of this, He comes to us without fail.

"And now Madam Galli-Curci will say a word. It was her song which first inspired me with a love for Western music. I couldn't understand Western music at first, and I must tell you that it sounded to me like all kinds of things tied in a gunny-sack and making noise.

But now I understand Western music which uses more major notes, while Oriental music—which would seem monotonous to you—uses more minor notes. From the first time I heard Madam Galli-Curci, I loved Western songs."

Madam Galli-Curci: "This is the end of a marvelous day which has been a spiritual feast. I must say that Self-Realization has helped me a lot in my career. It has helped me to relax, to think very little of myself, and to be aware that the same great Spirit passed through me and through the sweet brothers and sisters."

Paramhansaji: "And now, Dr. and Mrs. Lewis who were my first friends in those difficult days in Boston when few people came to hear me because I had a small hall. (I didn't realize that in the West we have to conform to certain conventionalities.) Several years later when I had Symphony Hall, which was well known, it was filled to overflowing and several thousands were turned away. But it is those who are friends in need that we remember always; and so I remember that whenever I ran short of money for the work—not for myself—I always bothered Dr. Lewis. I used to tell him then that we would have big centers, and he would say, 'But when?' He was hard to convince, but he wrote out checks for the cause, and once he was convinced he steadfastly followed this path with great zeal.

Now in his talks* he not only gives words but the spirit behind the words."

Dr. M. W. Lewis: "Paramhansaji told you I wrote out the checks, but he didn't tell you what I received after writing the checks, because spiritual things are invaluable, you can't buy them nor set a price on them. So although I wrote out checks, I received much more.

"Now these Golden World Colonies, which are to be established, are based on brotherly love under the Fatherhood of God. And if we consider the war which we have just been through, and the uncertainty and unrest in which we now find ourselves, I'm sure we will agree that brotherly love is needed. I was glad to read a recent statement of Pope Pius the XIIth, leader of the Catholic Church, in which he said that if people, nations, are to be united, they must be united through love. We have tried other ways but they don't work. So we must unite through brotherly love under the Fatherhood of God, then, I'm sure, we shall have peace.

"However, brotherly love will not manifest just by believing it is necessary, nor by wishful thinking. Brotherly love will come only when you change the hearts of men and they can perceive it, know what it really is. Now, to change the hearts of men the guidance of a

*Thursday evenings, the Golden Lotus Hermitage, Encinitas.

man of realization, such as Paramhansa Yogananda, is needed. He has passed along the way; he *knows* the way, and only one who knows the way to God can take you there—certainly one who does not know God cannot lead you into His presence. But when one follows the teachings of such a great man as Paramhansaji, then he realizes that above all dogma and creed, above all external forms of religion, is the one common highway of Self-realization where we find the Heavenly Father, and sense His mighty presence as the great eternal light. In that light is His divine love. Now when men sense that—not just in imagination, but when they see the light and feel His presence—then we shall have brotherly love.

"Now, the Heavenly Father is everywhere—in you, in me, in every one—but we have yet to attain a *realization* of that. I am going to tell you a story which points out that this Presence is everywhere, and shows the greatness of such a man as Paramhansaji, and what it means to those of us who can learn from him, and sit at his feet and increase our realization. In 1921 I was down at my summer place in Plymouth, Massachusetts. It was a hot, sultry summer afternoon and I was out in a boat with my father and my brother. We were becalmed about two miles from shore, when suddenly a terrific storm came up and there was hail, thunder, lightning and wind. I remember distinctly how I thought,

'Well, this is the end,' and I was wondering what it was going to be like.

"Then I thought of my wife and the two little children. And I thought of Paramhansaji, of how I had just started with him and things seemed so bright, and now they were going to be cut off! I remember feeling in my heart a deep desire for his help, and then his words came to me. He said: 'Remember, Doctor, if you look in the spiritual eye (the light of God which can be seen at the point between the eyebrows), if you look there and see His light and feel His presence, no harm can come.' And I remember looking inward, and as I lay in the bottom of the boat a great light came, and with it such an assurance that I didn't care what happened because I knew nothing could touch me. I knew that God had responded through Paramhansaji.

"Now late that afternoon we started home, and I arrived about 11 o'clock at night. Just as I came in the door the telephone rang, and over it his voice said, 'Aha, Doctor, you came near getting wet, didn't you?' Well, at first, you know, the habit of worldly delusion was pretty strong, and I passed it off. Then he said again, 'You came near getting wet.' So I said, 'Yes, how did you know?'

"He wouldn't say anything. But later I found out that just at that time he was sitting in the home of one of the lady disciples, reading



Paramhansaji and a few of the guests at the foot of the gateway (immediately after the dedication).



Ruth St. Denis, Paramhansā Yogananda, Mme. Galli-Curci and Homer Samuels near the gateway.

Emerson's essay on the sea. She said that—at precisely the time it happened—he suddenly threw the book down, stood up and walked back and forth in the room, and said, 'Sister, the Doctor is in trouble. He is in real trouble.' Such an occurrence proves that the Spirit of God is everywhere, and the Spirit, the consciousness, of a Soul who has achieved God-contact is everywhere. And if you learn from such a Soul, and are one with him, and feel his presence, then you too, as Jesus said, 'shall do greater things.' "

Paramhansaji: (In closing this section of the program) When we are thirsty we need water, and a talk on water does not help us. So it is that theology hasn't satisfied you; but SRF can give you the techniques to reach the kingdom of God through your own efforts. Just as your food cannot be eaten by any one else, so listening in some church to talks on the sermons of Christ will not help you. You must be Christlike yourself. That is why I often say that as the light shines equally on the diamond and the charcoal, but is reflected more from the diamond, so the light of

God is equally present in all of you. Charcoal mentalities who are selfish and material do not reflect God; but through transparently pure diamond mentalities His divine light is reflected.

When you look at the fingers on your hands, you love them equally. So does God love all of you, for He is equally in all races and colors. We are American or Hindu or Nubian or Japanese or German or Chinese or English for a little while, but we are God's children ever and always. That's what we must realize. If we don't, we shall continue to annihilate ourselves through hatreds and wars. Colors and races were made by God, but He is in all of them; and since your Soul is Godlike, you too must be above man-made divisions."

After a final story and a closing prayer, Paramhansaji called upon Reverend Bernard and some of the younger boys to demonstrate *asanas*—yogic postures. This ended the formal part of the program. Supper was then served, buffet style, and guests had an opportunity to talk over the events of the day before paying their respects to Paramhansaji and departing.



Much can be accomplished by forethought—nothing by inertness. On the other hand, the best forethought often consists in not gazing too long into the future with a view to provide for all that may come to pass.—*Petrarch*.

Spheres of Science

DIETARY DATA

Remember that:

If your child's marks at school are not good, it may not be his fault. If this is the case, you have probably had the child's eyesight checked (so much has been said and written about the importance of this, and in many instances the schools now test pupils' eyes) but have you checked to see if his diet is well-balanced? How about his luncheons? The results of government-sponsored lunch programs prove how many pupils may blame their failures on improper diets. At one school officials made a list of students who bought unbalanced luncheons and it was found that almost all of them habitually failed in their classes and were constantly infringing disciplinary rules besides. Properly balanced meals correct a large percentage of failures, fidgeting and illness. It has even been found that pupils classed as "feeble-minded" were merely undernourished.

Remember that:

If you're planning to have teeth extracted, or if surgery seems necessary for some reason, or if you have frequent nose-bleeds, take care to increase your intake of Vitamin C.

Remember that:

In buying citrus fruits you should judge by weight rather than by size. Only in buying oranges is size a factor—and not in the way you might expect. The U. S. Dept. of Agriculture reports that tests prove juice from small oranges is higher in Vitamin C content than that from medium or large oranges. Color is unimportant in grapefruit and oranges (some varieties of juice oranges are greenish even when ripe), but important in tangerines, where fruit should be bright brick-red for maximum juice and vitamin content. Deep yellow lemons have most juice, but light or greenish-yellow are more sour.

Remember that:

To protect the vitamin content in citrus fruits: Keep cool and dry. Tissue wrappers help prevent evaporation of moisture in fruits. Never expose to freezing temperatures. Peel and eat in sections if you want to get the greatest good from the fruit. If you prefer juice, don't strain it (unless you must avoid roughage). Drink at once if possible; in any case, do not extract juice more than 12 hours in advance; keep it covered and in the refrigerator. Glass or plastic reamers are less destructive to Vitamin C than metal reamers.

The Health Front

Today's Terrors are Tomorrow's History

Staying in bed so long after childbirth is needless, according to the doctors at the latest Congress of Obstetrics and Gynecology. Women should rest, but not stay in bed. For thousands of years women were up a few hours after delivery, and have not weakened to such an extent that they need to remain bedfast longer than that. This is in line with the present practice of some surgeons who get post-operative patients on their feet, for short intervals, as soon as anaesthetic has worn off. It is said that prolonged bed-rest is too much of a let-down to all body processes and necessitates a greater struggle to return to normalcy.

Nailing broken thighbones is becoming a common practice in the U. S. as well as in Europe where the technique was evolved by a German surgeon and demonstrated by Dr. Lorenz Bohler of Austria. Other surgeons at first feared infection and interference with blood supply would result; but Bohler's reports proved that from about 400 nail operations (on both old and new fractures) no such troubles developed. Technique: Under fluoroscope broken pieces of thigh are brought together. Through a one inch incision in hip, over

end of bone, guide wire is rammed down through bone's marrow canal. Hollow stainless steel nail is slipped in over wire and hammered in full length of bone; wire pulled out and incision sewn up. Instead of being confined to bed for months, patient can usually walk out of hospital in a couple of weeks, without crutches. Later, when bone is completely healed, nail is pulled out.

Finger tips show emotional stress and psychosomatic disturbances even when these are not revealed in any other physical symptom, according to researchers at Tulane Medical School. No one can keep his finger tips from palpitating under emotional stress, and this reaction can be registered on a machine called a plethysmograph. A finger tip of the subject is inserted in a plastic cup, and its alternate swelling and contraction measured by tiny changes in the cup's air volume.

One of the newest hearing aids is disguised as an earring. A matching one for the other ear is included. The special earring is connected to a 7 oz. instrument which is easy to conceal.



SRF RADIO PROGRAM

SRF is now sponsoring a series of radio broadcasts for listeners in the Southern California coastal area. Later, similar programs will be launched in other parts of the country. These fifteen minute broadcasts from **The Voice Of Self-Realization** can be heard at 9 p.m., Pacific time, thrice weekly—Mondays, Wednesdays and Fridays—over Station KFOX (dial 1280). Paramhansa Yogananda is writing the scripts, centering each one around a story which can be applied to individual problems. The series is appropriately entitled: **Stories To Remember**.

We now earnestly request all regular listeners in Southern California to write to SRF, in care of **The Voice Of Self-Realization**, as to where (in what city or town or rural area) they pick up this program, **Stories To Remember**, and how they like it, and what suggestions they can offer for its improvement. This will enable us to ascertain the present number of our radio friends and sympathizers, and to determine the boundaries to which our program extends. It will also enable us to send important announcements of SRF activities to all listeners, and free literature to those who have not had it.

Self-Realization Fellowship will deeply appreciate the interest of all those who cooperate with donations for this expensive radio program, or give any other sort of cooperation to help broadcast this first message of **Self-Realization** on the air. If you want to help, just fill out and mail the blank below.

I want to help broadcast the message of SRF through the **Voice Of Self-Realization** program: **Stories To Remember**.

- () I want to donate \$ monthly, for a period of months.
 My first offering is enclosed.
- () I want to make a donation of \$ now. This offering is enclosed.

Name Address

City Zone State

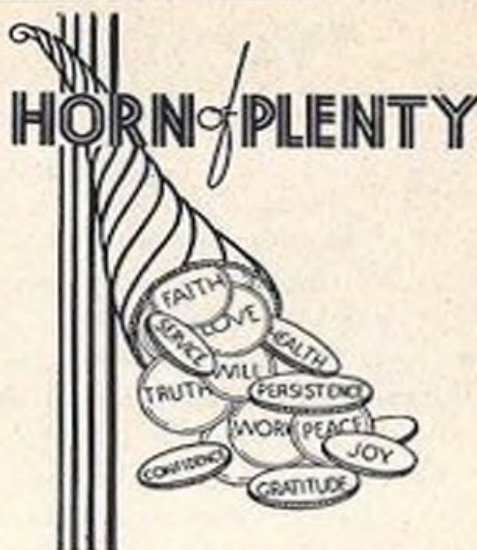
Autobiography Of A Yogi

"The Master's Autobiography has been the source for many an hour of relaxation and replenishment in that 'inner peace and upliftment.' A life so well lived and striven for—no easy-going path, but as all the great lives ever have been storm-tossed and yet steady, forward, onward, upward, blazing a trail of light and truth as they go. Yet, withal, there is such a lovable, child-like frankness, such a universal brother sense which emanate from its pages."—Miss C. D., London, England.

I take this opportunity of giving you my deepest thanks and gratitude for the beautiful way you have written your **Autobiography**. You have brought your guru and predecessors closer to me as well as a more intimate understanding of yourself. It has always been my desire to know what Babaji, Lahiri Mahasaya and Sri Yukteswarji looked like. My wish was rewarded when you returned from India with their likenesses.

I have gone through many trials and tribulations in my life but have persistently plodded on. May I be rewarded in due time by that beautiful Cosmic Consciousness with which you have been blessed.—G. R.

Indeed the book was read so carefully and slowly that I almost know it by heart and have no difficulty whatsoever in quoting from it.—M. G. E.



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Let us know if you are successful in receiving help with your problems through attunement with us. You are also welcome to write or wire us for assistance through prayer. (Address: Prayer Council, Self-Realization Fellowship, 3880 San Rafael Ave., Los Angeles 31, Calif.)



MANY HAVE BEEN HELPED

Since my study with **Self-Realization**, I really feel as if this were a world of enchantment and charm—and not "a life sentence." Enclosed is an order blank for my Horn of Plenty purchases. Please use the amount left over as a gift offering. I do want to continue this practice, and keep on your list for prayers. It does work! I started my bank on October 6th—and on the 19th of October I was offered a position . . . at \$40.00 a week, which I am now doing. For two years things seemed to be at a standstill, and this opportunity came "out of the blue" so to speak.—Mrs. M. G.

I also want to thank you for your prayers, for my health. I was miraculously healed over night and it was all due to the prayers of you and Master. And this I deeply am grateful for. The swelling left my legs and also the pain in my body.—Mrs. M. A.

I'm using the prayer bank that I got Jan. 8, and since writing you I'm getting results. Everything is improving.—E. S.

I have sold my house . . . and I do want to thank you for the prayers that brought about this sale.—M. M.

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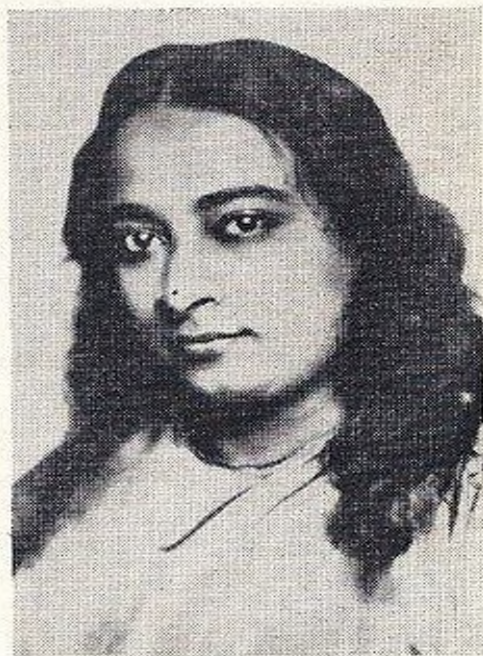
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