

SELF-REALIZATION

Magazine

Devoted to the healing of body, mind and soul

☛ IS VIOLENCE BETTER THAN COWARDICE?	18
☛ IN BUSINESS WITH GOD	20
☛ YOU CAN CHANGE YOUR PERSONALITY	28
Meditation (A thought For Each Week)	4
Letters From A Disciple	5
Right—Wrong (Do You Know the Difference?)	6
Cultivating Spiritual Desire	10
Sarvangasana	12
Gandhi Memorial Service	16
Recipes To Remember	23
Mind Over Mind	31
Land For New Colony Dedicated	35
News Of SRF Centers	38

Father's Day

THE DAY

During the past few years, Father's Day has been celebrated in many different ways. Some people have given their fathers special gifts, while others have written letters or poems to express their love and appreciation. In some cases, the day has been celebrated with a special meal or a picnic. The day is a time when children can show their fathers how much they love and respect them.

THE DAY

During the past few years, Father's Day has been celebrated in many different ways. Some people have given their fathers special gifts, while others have written letters or poems to express their love and appreciation. In some cases, the day has been celebrated with a special meal or a picnic. The day is a time when children can show their fathers how much they love and respect them.

During the past few years, Father's Day has been celebrated in many different ways. Some people have given their fathers special gifts, while others have written letters or poems to express their love and appreciation. In some cases, the day has been celebrated with a special meal or a picnic. The day is a time when children can show their fathers how much they love and respect them.

During the past few years, Father's Day has been celebrated in many different ways. Some people have given their fathers special gifts, while others have written letters or poems to express their love and appreciation. In some cases, the day has been celebrated with a special meal or a picnic. The day is a time when children can show their fathers how much they love and respect them.

During the past few years, Father's Day has been celebrated in many different ways. Some people have given their fathers special gifts, while others have written letters or poems to express their love and appreciation. In some cases, the day has been celebrated with a special meal or a picnic. The day is a time when children can show their fathers how much they love and respect them.

Meditation

FOR THE WEEK

By PARAMHANSA YOGANANDA

May 1st. I will strive to enter hearts as the unknown friend, rousing in them flaming spiritual longings, and silently urging them through their own noble thoughts to forsake their slumber of earthliness.

May 8th. I will wipe the dream fears of disease, sadness, and ignorance from the Soul's face, with the veil of Divine Mother's peace.

May 15th. In the light of wisdom I will dance with Bliss in the unseen bower of silence.

May 22nd. I will put the pole star of enlightenment in the mental firmament of my seeking brothers and bring them to their lost home of peace within.

May 29th. Divine Mother, teach me to control the billows of feelings dancing in the sea of my heart.

June 5th. Beloved Lord, open Thy lips of silence and whisper constant guiding thoughts to my Soul. Make all demoniac noisy thoughts take flight so that Your whispers of guidance may be audible to my forgetful Soul.

June 12th. Heavenly Father, guide me from the arid dryness of human desires to the oasis of Thy comfort hidden in the desert of mirage-making matter.

June 19th. Divine Mother, teach me to rejoice in the prosperity of all as my own prosperity. In the happiness of others let me find my own happiness.

June 26th. Instead of yielding to despair, I will use the broken flute of sorrow to play the song of my constant hope of Divine Bliss.

Dr. Huxley Speaks On Yoga

The famous English biologist, Dr. Julian Huxley, has recently advised scientists to investigate yoga. An *Associated Press* dispatch from London, dated 21st August, 1948, runs as follows:

"Dr. Julian Huxley . . . the director-general of the United Nations' Educational, Scientific, and Cultural Organization, told the new World Federation for Mental Health it might well look into the mystic lore of the East. If this lore could be investigated scientifically, he advised mental specialists, 'then I think an immense step forward could be made in your field.'"

"'We know that certain people, if given the time and energy to do it, can train themselves to do remarkable things,' he explained in an interview later. 'Certain people can go into a trance. Certain people can control their breathing. Certain people can gradually arrive at a state of mystical exaltation. So far the physiology of that has never been investigated (in the West). What happens? How is it possible . . . ?' He said the best way to find out probably would be for a group of young scientists to . . . learn the Oriental techniques and then investigate (the findings of) one another. . ."



Self-Realization Magazine, 3880 San Rafael Ave., Los Angeles 31, California. Yearly subscription, \$1.50. Single copies, 25 cents. Published bi-monthly by the Self-Realization Fellowship, established in America in 1920 by Paramahansa Yogananda, Founder and President. Volume XX, No. 6. Copyright, 1949, by the Self-Realization Fellowship, 3880 San Rafael Avenue, Los Angeles 31, California. Entered as second class matter September 7, 1948 at the Post Office in Los Angeles, California, under the Act of March 3, 1879. Printed in the U.S.A. Acceptance for mailing at special rate of postage provided for in Act of February 28, 1925, embodied in paragraph 4, section 538, P. L. & R., authorized Dec. 2, 1937.

Letters From A Disciple

(Sister Gyanamata has been one of Paramhansa Yogananda's disciples for 24 years. Her name, which means "Mother of Wisdom," was given to her by Paramhansaji in 1932 when she took the vows of a sister of the Swami Order.)



Dear

*"Prayer is the heart's sincere desire,
Uttered or unexpressed,
The motion of a hidden fire
That slumbers in the breast."*

(From an old Episcopal hymnal)

Many years ago I read a volume of sermons by an English clergyman. I only remember one short one on prayer, and of that I can recall only two statements. He said that in all the rope used by the British Navy a red thread was woven, adding that through all our prayers must run the red thread of surrender to the will of God. Above all our own wishes must stand the wish that God's will should prevail. His kingdom come, His will be done, on earth as it is in heaven. What a vision of peace this opens up before the eyes of the soul!

During the same period of my life late one afternoon I was kneeling in prayer in the chapel. It was the hour of Benediction. I was thinking of something that was coming into my life that filled me with apprehension. I knew that it was not the will of God that I should be saved from the experience. Even at that moment it was moving toward me. Suddenly God told me the prayer He would listen to, and I said quickly, "Change no circumstance of my life. Change *me*." There are experiences which the soul never forgets, but cannot properly express. My prayer was answered instantly. I was changed. Trying to put this into words, all I could compare it to was a window being opened in an overheated room, and a cool refreshing breeze blowing in. It is not getting our own way that gives joy. It is attunement with the Divine Will.

The concluding words of the clergyman's sermon expand this further. "Pray until praying causes you to cease to pray." What a boundless vision of peace! The tearful eyes are dried. The praying lips close. The soul is absorbed in the blissful thought that in the will of God lies its highest good. For in the end He will give Himself.

—GYANAMATA

A SPIRITUAL INTERPRETATION OF THE BHAGAVAD GITA

By PARAMHANS YOGANANDA

RIGHT--WRONG Do You Know The Difference?

Chapter IV, Stanza 17

Literal Translation

The real nature of right action is very difficult to know. In order to understand true action the natures of contrary action and inaction should be understood.

Spiritual Interpretation



God is expressing Himself through nature in innumerable activities. To the casual observer, and to students of history, the earth is full of contradictory actions, paradoxes and enigmas. Therefore it is very difficult for an ordinary human being who has studied or compared all forms of human activities to understand the true nature of action which leads to liberation. Lord Krishna, therefore, divides all human action into three categories: 1. True or proper action; 2. Contrary or evil action; and 3. Inaction.

Right Action

Right Action: When the action performed results in producing inner Soul-satisfaction it is called true action. In other words, all actions which lead the mind of the doer away from sense enjoyment to Soul enjoyment are considered proper

actions. All good actions which bring about the union of the Ego with the Soul and the Soul with God are considered proper actions. Under this category comes a wide range of activities which contribute to liberation from the bondage of the senses.

The wise man eats to satisfy his hunger, and to fill the nutritional requirements of his body. He enjoys just enough food to satisfy the needs of his body, and he converts the joy of eating into Soul-satisfaction. He performs that duty toward his body as a God-given task of maintaining the body temple of the Soul; and, thus performing this duty (and all others) right, he becomes liberated. This is right action.

Therefore, the spiritual man must not be blamed for the similarity between his act of eating and that of the greedy man. The latter eats only to feed the senses and ulti-

mately, through uncontrolled greed, he creates some disease in himself, or chronic indigestion—or even death. After he dies and is reborn he still carries greed with him, and through it he carries disease into the next incarnation. That is *not* right action.

In other words, the man of self-control eats and strengthens his body while performing right action, but the greedy man eats and harms his body.

Similarly, if music and sweet words can be converted into Soul-satisfaction they contribute to the cause of liberation, but any one who becomes a slave of music or sweet words of flattery, and thus unbalances his life or entangles himself to do what is wrong, is using the sense of hearing wrongly and failing to heed the law of right action.

In the same way, the senses of sight and touch and smell can be converted into sources of Soul-satisfaction by right action, but a careless indulgence of these three senses might lead to gravest troubles of the body, mind and Soul. For instance, a love of beautiful faces, or of the sense of touch, might lead one to serious entanglements and loss of all happiness. The divine man sees all beauty as the expression of divine beauty, and converts the sense of touch into the ecstasy of God. Thus he uses all his senses for divine enjoyment, and harnesses the stallions of his senses to lead the car of his

life to divine satisfaction and spiritual freedom.

Contrary Action

Contrary actions: The sensual man overindulges in using the senses of sight, hearing, smell, taste and touch until he finds that all his so-called play of happiness gives him nothing but satiety, physical and mental discomfort. The habitual alcoholic is an example. He drinks himself into insensibility and is found on the street or in the ditch, in places where his life is subject to disaster. Similarly there are sense-alcoholics who so constantly indulge in being slaves to beauty, taste, touch, smell and hearing that they make their lives a living hades. There is no true enjoyment in actions which will destroy all the joys of life. There is no sense in over-eating or over-indulging any of the other senses. When the stallions of the senses lead the car of life headlong into the ditch of satiety, misery and ill health, then the owner of the car of life is to be blamed for not training his animals to lead his vehicle to the abode of true happiness.

Just as right action lies in drinking the honey of goodness; so evil or contrary actions constitute indulgence in the poisoned honey of evil. The wrong action of tasting poisoned honey is senseless, and occurs only because the taste is delightful. And because the taste of evil is often equally pleasant at

first, the devotee must be careful not to indulge in contrary actions.

For his own interests, and for the sake of his own true happiness, every man—whether he is worldly or religious—must not over-indulge. The commandments were not given to torture people, or to stop them from overindulging in pure happiness, but to stop them from indulging in poisoned pleasure. Because they have plenty of money, so many rich people over-eat, eat at unearthly hours and over-indulge their senses until they experience horrible ill health or premature death. Riches should be used not for self-destruction but for satisfying hunger and for training unspoiled young people in the art of living by providing good company. Thus one can avoid making life a veritable hells of unhappiness.

Every person on earth eventually must understand the difference between the luscious poisoned honey of charming evil pleasures and the Soul-nourishing honey of healthful pleasures. Therefore, actions which contribute to ill health and unhappiness and ignorance must be avoided. This includes indulgence in restlessness, moods, mental and physical habits and the temptations of evil thoughts which lead to evil actions.

As for sex, it should be used for creating good children, or it should be transmuted into Divine ecstasy in God. The scriptures say that indulging in the thought of sex

is worse than the sex act, because it is the sex thoughts which create the indulgence in sex acts. Sex must be controlled in the mind first, then it can be transmuted physically. The natural sex expression of the body can be transmuted by strenuous exercise, continuous action for God and meditation. The greater the victory over sex, the more certainly it leads to happiness and buoyant health.

It is best to avoid smoking, drinking, and indulging in bad company, for all these are unnecessary and are gateways to untold mental and physical discomforts. Therefore, seek pleasure in good company which helps you to shape your will and judgment to pursue the better things that make life truly happy. Avoid evil company like poison for it is through evil company that man—who loves to imitate—learns to perform misery-making evil actions. If you want to find God and liberation, and know what true actions are, keep company with those who love God and meditate upon him.

Meaning of Inaction

Inaction: Last of all, inaction occurs when the devotee completely abstains from evil karma-producing reincarnation-making evil actions—for evil actions never allow the duties of life to be finished, and through unfulfilled desires they create misery-making rebirths. Therefore, the thorns of evil actions—which are imbedded in prenatal

and postnatal memory in the grooves of the cerebrum—must be plucked out by the counteracting thorns of good actions. Then, *after* all the thorns of evil actions are removed from the inner being, the devotee has no further use for the thorns of good actions. In other words, he is through with *all* forms of action, good or bad, and goes beyond them and reaches the state of inaction (that is, complete freedom from the necessity and desire for action) in which his Heavenly Father dwells.

This inaction is often imitated by novices in the spiritual path who prefer idleness to liberation; for no one can attain the state of inner inaction without life-long good activity to destroy the powerful propensities for evil activities.

The state of inaction does not denote the absence of activity. Baba-jī, Lahiri Mahasaya, Sri Yukteswar-jī and the great masters are all known to be intensely busy acting to liberate others, even though they have reached the state of inaction or liberation. Previously, Lord Krishna had said, "Even

though I have attained all things, still I work on without desire; and all those who wish to attain me and know that they are made after my perfect image, they also must learn to act—not impelled by their own desire but because they want to please me."

All who want to be liberated must act not for themselves, but because God (Lord Krishna) ordained them to work in this universe without selfish desire. In this state of inner peace or inaction, the Yogi bubbles with eternal continuous inner merriment whether he is sitting still or is actively busy. Performing actions with only the desire to please God and make others truly happy is considered inaction. After attaining this state of inaction the way is open to liberation. So it must be clearly understood by all who want freedom from rebirth that the state of true inaction cannot be attained by idleness, but only by intense good activity in helping others, and the mental activity involved in concentration, and the intense inner activities involved in deeper and deeper meditations.

THE SELF-REALIZATION FELLOWSHIP

presents

THE VOICE OF SELF-REALIZATION

Written for Radio by PARAMHANS YOGANANDA

KFOX, Long Beach, Calif. — 1280 Kc.

9 P. M. Every MONDAY

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

Cultivating Spiritual Desire

By A DISCIPLE

Poetry and music are mediums through which we awaken our hearts to love and the appreciation of beauty. Science is the mediator between our minds and the splendors of creation. It is wise to appreciate all three, and use them in the search for happiness and truth. Clinging only to sentiment can easily confuse us into accepting emotion as devotion, while working only on the mental plane exposes us to intellectual egotism. If we unite reason and feeling we unite two of the most powerful forces in the universe, and through their union intuition is conceived.

We must remember, when making use of so-called "spiritual crutches," not to mistake the means for the end. We should never become so fond of music, for instance, that we fail to look beyond earthly rhythms for one Infinite Composer; nor should poetry so catch our imagination that the truth beyond the beauty is forgotten. Even meditation, which is the key to God's temple, is not to be regarded as other than a method by which to achieve our goal. It is what we become due to the application of meditation and the various forms of inspiration that is important, and the methods are important only in the sense that certain ones insure the devout practitioner the

safest, surest, quickest return to the state of material, mental and spiritual sufficiency.

Use Every Means

A very dear woman saint once told me that whatever gives true spiritual desire to the devotee is good for that devotee, until he becomes attached and forgets the goal. She made it very clear that it is not necessary to regret or despise our need for something or some one other than ourselves in our upward climb. So much has happened to take our minds away from God that, in order to find Him and claim Him for ourselves, we must use every means at our command to outwit the forces of delusion. Even though our attempts at meditation are restless and seemingly unsatisfactory, by remaining in the company of sincere Souls as much as is possible, and working for others, not thinking of personal gain, we can do much toward breaking the chains of mortality. This does not mean that you or I should excuse ourselves from the effort to conquer our physical and mental restiveness; it simply means that we must not turn one-sided and forget to give in return for what we receive.

Remember Goal Of Activity

It is our duty and pleasure to meditate on God all the time, while serving Him in both our diversions and duties. Whatever we do, we must do for Him. If our employments tend to shut Him from us, then the fault lies within us. Selfishness and egotism may be our motivation, and not spiritual longing at all. The Master often reminds us, in his talks, of the men and women who leave the world to live only with God, and find that their desires and earthly imperfections follow them and outlive the determination with which they set out to find liberation. How very wisely Krishna charges Arjuna to live a balanced life, but one in which God is never absent. He incites the devotee to action and thus helps to free him from moods and indifference.

Reading of the saints, pausing to concentrate and absorb into our very Souls the material we have read, and then, doing our conscientious

best to live as we have been instructed is not a waste of time, but half-hearted study or the committing to memory of words without practicing them is idleness. It is true that we gain something from even such uninspired attempts, but we would have gained more through service.

Our service to God, regardless of what duty it lies in, must be a prayer in action. We should sweep the floor, tend the ill, mend our clothing and cook, with the same joy—the same willingness—we use in meditation.

We must take our God with us. We must never go alone, for no one knows the hour when darkness will descend, and His light alone will prevail against the coming night. He must be our pole star. The love we feel for Him must be the propellant force behind all our actions, and the little ships of our many Souls will find their way safely into the harbor of His unending Bliss.

Start your journey, now.

SPECIAL NOTICE

Students who wish to visit Headquarters will find an ideal haven in the SRF Inn by the sea at Encinitas, which has more guest accommodations available now. Our Headquarters itself is overcrowded by volunteer workers, monks and sisters of the order of Self-Realization, whose numbers have grown to 95, so we strongly advise our students and friends who wish to visit the Golden World Colony to make reservations in advance.

The special classes given by Dr. M. W. Lewis on Thursday evenings are open to all, and Sunday morning services at the Inn under the leadership of Rev. Michael are being planned.

Sarvangasana

By REV. BERNARD

This is the second in the series of articles written exclusively for *Self-Realization Magazine* and dealing with the art and science of body-rejuvenation and life-control through the practice of *asanas* or body positions. Most of the postures are considered to have value chiefly in connection with health and the vitality of the physical body. Nevertheless, as the first article on the Lotus Posture pointed out, the postures do exercise a beneficial effect upon the mind, due to the close inter-relationship which exists between body and mind. The purpose of the Lotus Posture is to insure stability of body position, particularly with respect to holding the spine straight, and to assist in calming the mind. You will recall from the first article the scientific explanation of how this achievement is made possible by control of the body position.

Derivation of Postures

There is really nothing inexplicable or mysterious about the way in which the postures improve and revitalize the health and calm the mind. Each of the postures has a very definite and specific benefit to be derived from its practice. It is this scientific explanation that you will read in this series of articles on the *asanas*.

Many of the postures are named after the different animals found in nature. They were so named because of the similarity of some of the positions, and because the animals instinctively knew some things which man has had to learn by observation and experiment. As part of their instinctive heritage, the animals knew what was necessary in order to keep their bodies healthy and strong. For example—and many others could be cited—if you will observe particularly the cat, you will see that after a period of rest, the cat very carefully stretches and energizes its muscles before demanding activity from them. Again, before sleeping, the cat will stretch and prepare the muscles for the state of relaxation and sleep.

Toxic By-Products

The close study of physiology and the chemistry of body-metabolism discloses some very important things in this connection, things which we should know in order to promote the greatest possible health. During the day's activities, the entire body chemistry is geared to meet the demands made by the movement and exercise of the body. The muscles and tissues require additional oxygen to allow for the increased chemical

activity of the body. Additional food materials must be brought to the cells and tissues to replace elements which are broken down and sloughed off to be carried away as waste materials. Every movement of the muscles breaks down the tissues and creates toxic by-products of metabolism which must be disposed of, else they accumulate to produce a condition of stagnation or toxemia.

As we continue now the significance of this will become more clear. When you go to sleep, or simply relax, a very far-reaching, complicated series of changes must be made. Like many other changes, these cannot be made instantly, but require a period of time. There is therefore an important *transitional* stage connecting the states of activity and rest. Before complete relaxation is possible, it is necessary to remove from the system the poisonous by-products of metabolism, particularly carbon dioxide and nitrogenous wastes from protein metabolism. As long as these toxins remain in the system there exists the need for their removal, and the eliminative processes must necessarily be kept active to accomplish this end. This means that proper relaxation is impossible.

When to Exercise

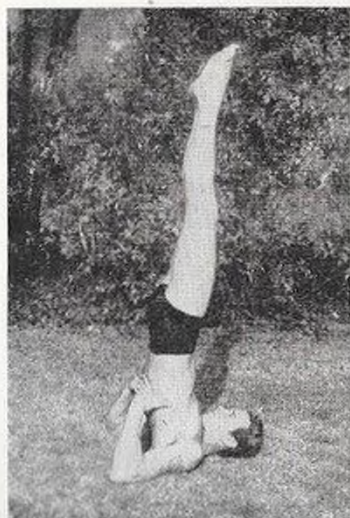
One of the purposes of the simple system of energizing exercises taught by Self-Realization Fellowship is to remove these toxic wastes quickly and efficiently from

the system. This really helps the body processes to adjust much more quickly from either the conditions of relaxation to activity, or from the conditions of activity to the state of rest. Here again, the demands of the organism establish the natural times when one should exercise. Obviously, after the body has been kept in a state of rest for some time, as in sleep, it is best to waken the cells for activity by recharging them with the powerful current of life-energy which permits, maintains and coordinates all the chemical and metabolic functions in the body. Before retiring, at the end of several hours of work and body motion, exercise is needed again to prepare the body for rest by eliminating the toxins and by normalizing the flow of the life-energies in the body. In this way proper relaxation is achieved.

The yogis understood the importance of this period of transition between the states of rest and activity. They therefore practiced certain exercises and *asanas* to accommodate this period of change and to strengthen and normalize the flow of the intelligent life force which is directly responsible for the biochemistry of the body.

The Shoulder Stand

Quite possibly some of you may have practiced some of these body postures of yoga already, without having identified them as such. Western physical culturists have long borrowed from the wealth of



India's heritage of knowledge about the life energies and their various manifestations in the body. The *asana*, or body posture, which is described in this article is probably one that is already familiar to you. It is called *Sarvangasana*. Actually it is better known in the West as the Shoulder Stand.

You will notice from the picture accompanying this article that it is performed without too great difficulty. From a supine position you simply bring the legs into an upright position directly over the head and shoulders. The feet and legs are kept together. The legs and spine should be in a straight line when this posture is properly performed. This throws the weight

of the body on the end of the spine in the region of the fifth cervical vertebra (the prominence at the base of the neck). More important, this forces the chin against the chest in such a way as to exert a pressure against the jugular notch and in the lower throat. This in turn serves to restrict the flow of blood in the jugular and divert it into the carotid arteries which particularly supply the thyroid glands in the throat.

Thyroid Effects

There is much yet to be learned about the exact nature of the thyroid and parathyroid functions. It is, however, definitely known that the thyroid secretion has a profound effect upon growth and metabolism and acts cooperatively with other secretions. Its most important function is in connection with general cell metabolism and with protein metabolism particularly. Apparently the thyroid activity is necessary for the proper utilization of protein materials in the body.

The parathyroids, which are just adjacent to the thyroids, exert an important regulation over the calcium level in the blood. They also maintain the balance of various ions in the blood, thus tending to hold the blood constants at a given level.

Of course it is not necessary to understand the exact functions of these glands, however important they are for the health. This ex-

planation is given only that we may see clearly that they do play a vital role in the health of the body.

Posture Benefits

The efficiency of any of the organs in the body depends in great part on the supply of blood. This is understandable, for it is the blood which brings food materials and oxygen, without which growth and activity are impossible. Therefore the increased flow of blood through the thyroid and parathyroid glands—which is the result accruing from the practice of *Sarvangasana*, or Shoulder Stand—very much strengthens these organs and gives them proper tone.

Moreover, the position of the body, with legs over the head, helps to drain fluid accumulations from the limbs and restore the proper fluid balance in the system. This upside down position also helps to draw all the viscera and organs of the abdominal region back where they belong. This again promotes better general health by restoring these organs to their normal places and by strengthening them.

The brain also benefits greatly from the increased supply of blood which it receives from this practice. Like any other organ its efficiency depends upon the supply of oxy-

gen and blood. When these are increased, the organ can function better. The additional flow of blood also helps to flush out accumulations of toxins in the interstitial spaces where they would otherwise remain and impair the normal function of the organism.

Here is perhaps the place for an appropriate "word to the wise." Merely knowing how remarkably the body can be benefited by the practice of such a simple posture does not suffice. Knowledge has value only in its use. This posture is not as strenuous as the headstand, since some measure of support is given to the trunk by the hands, as you will note in the picture. It does accomplish much the same results.

It is best to begin the practice of this posture by doing it for short periods only, with an interval of rest between attempts. It should not be attempted on a full stomach. Gradually the duration of practice may be increased. Doubtless you will perceive beneficial results early in your practice, for it is a very simple, but highly effective method.

—O—

(Be sure to watch for the third article in this series, in the next issue of *Self-Realization Magazine*, when we will describe and explain the benefits which accrue from the practice of the asana known as *Matsyasana*, or the Fish Posture.)

Gandhi Memorial Service

Those who attended the Self-Realization Church in Hollywood, California, on February 27th were privileged to participate in the unique memorial service held there in honor of Mahatma Gandhiji. Throngs of people overflowed the small church, and many stood, inside and out, throughout the two hour ceremony. Hindu music, played at different intervals during the service, created a distinctively Indian atmosphere. The picture of Gandhi, garlanded with flowers, and the silver cup in which the ashes of this great man were placed were the focal points of the ceremony, at the end of which those who desired to do so were permitted to touch the ashes of the great Indian leader. We give below a few of Paramhansa Yogananda's words from the memorial address:

"We are here to do homage to a great Soul. There are his ashes in that cup—a visible symbol of the great man who freed the four hundred million people of India by spiritual force. Though we have only his ashes, he is living in many hearts, and in the heart of every nation, for he has shown the world a new way to freedom—that instead of destroying the world by wars and trying to solve problems by brute force, we should solve them by spiritual force. Never were Christ's principles demonstrated more clearly than in Gandhi's life. He showed India how to win Eng-

land by love, and all the armies and bombs were withdrawn because India expressed the love which Gandhi taught. We are here to honor that great man. He visited



our school—our Ranchi Colony. And I knew him. I saw him at his prayer meetings in his ashram, even as you see me standing here, and I talked with him and meditated with him. He was liberal enough to study Kriya Yoga, as my secretary, Mr. Wright, will testify. Thinking of his loving personality, I feel horrified—it makes me shiver to see that he is only ashes now. But in the Infinite I see that he is not ashes. He discarded his body to live forever in the hearts of all men and nations. . . . At the end of the services, those who want to can touch his ashes. Dr. Nawle sent these ashes to me. He is a journalist, and an old friend. Without my asking he saved these for me, and I am going to enshrine them in the Encinitas Temple for all times, as a memorial to peace."

According to the Indian custom, Paramhansaji and several students played the drums and blew the conch shell, which is the symbol of Om. Then a recording of Gandhi's sermon about God was played.

This stirring piece was loaned for the occasion through the kindness of Mrs. Folsom of the *Los Angeles Daily News*. Gandhi said, in part, "Sense perceptions can be, and often are, false and defective, however real they may appear to us. Where there is realization outside the senses, it is infallible. It is proved not by extraneous evidence but in the transformed conduct and character of those who have felt the real presence of God within."

Paramhansaji then continued, "Let us pray. Heavenly Father, Jesus, Krishna, Babaji, Lahiri Mahasaya, Sri Yukteswarji, Guru, saints of all religions, bless the Soul of Gandhi, and bless us all that we may remember his spirit—that we may remember how to fight evil, not by evil means and destroying the world, but by constructive goodness and love, as Christ taught and as Gandhi taught. May Gandhi live forever in our hearts, in God and in India and in the hearts of all nations. Om, Om, Amen."

SELF-REALIZATION MAGAZINE

A bi-monthly, non-sectarian magazine devoted to the Spiritual Realization of God through Self, and Fellowship with God in Man. \$1.50 per year, anywhere in the world. Back issues (1948) 25c each. Older issues, 15c. (Rare numbers, 50c). Sample copies, 15c. Sets of 12, Back Issues (our choice), \$1.25 each. Foreign Postage, 50c additional.

SELF-REALIZATION FELLOWSHIP

3880 San Rafael Avenue
Los Angeles 31, California

Second Coming Of Christ

By PARAMHANSA YOGANANDA



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

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

Is Violence Better Than Cowardice?

And he said unto them, When I sent you without purse, and scrip, and shoes, lacked ye any thing? And they said, Nothing. Then said he unto them, But now, he that hath a purse, let him take it, and likewise his scrip: and he that hath no sword, let him sell his garment, and buy one. For I say unto you, that this that is written must yet be accomplished in me. And he was reckoned among the transgressors: for the things concerning me have an end. And they said, Lord, behold, here are two swords. And he said unto them, It is enough. St. Luke: 22:35-8.

In the above words Jesus emphasized the necessity of adapta-

bility to environment. He reminded them that high-minded or advanced disciples should use neither scrip nor purse nor any mode of protection during the manifestation of Christ Consciousness. For anybody who is in tune with the universal Christ Consciousness will find all his needs supplied. Any devotee who has attained that state should not worry about taking care of his body, concerning what he shall eat or what he shall put on, for all things will be given to him as a part of his divine realization.

But, Jesus added that during the ordinary state of human consciousness people should use common sense in supplying themselves with

necessities and acquiring some kind of protection. Jesus knew that, according to the divine law of causation and the predictions of the scriptures, his disciples would go through many tests and trials, which might necessitate the use of money—or even a sword. That is why he asked His disciples to be watchful and carry the minimum necessities of life and protection. In the above words Jesus also mentioned the prediction of the scriptures that he would be considered an ordinary criminal and would be crucified along with two criminals.

Jesus signified that the God within him was humble enough to be classified with ordinary criminals—in the eyes of ignorance—and that, in spite of this fact, the greatness of divinity would stand out on the background of dark human misunderstanding. That is why Jesus said that everything that happened in his life had a divine purpose—a divine end.

When To Use Force

Yes, reasonable protection is sufficient. Jesus felt that if his disciples carried two swords that would reveal that they were courageous and practical. But he did not want all of them to be equipped like soldiers! He believed that the greatest protection lay in their virtuous power and wisdom, and not in swords. Jesus was practical enough to foresee that if his disciples carried visible weapons they

would have reasonable protection from unscrupulous persecuting fanatics, and two swords would be sufficient to scare away cowardly persecutors. Jesus, in reality, wanted the two swords to serve this purpose, he never desired them to be used for bloodshed.

Spiritual people who are really humble within, and cannot be disturbed by persecution, nevertheless should not offer themselves as door mats to be unnecessarily trampled upon by the ignorant. Righteous people should display righteous thoughts and fearlessness to overcome their persecutors. He foresaw that the righteous indignation of Peter would result in the cutting off of the ear of the centurion, yet he preferred his disciples to be courageous and display righteous indignation in preference to cowardice and flight. Jesus realized that the impact of persecution would strike terror into the hearts of some of his disciples, so he asked them to fight for the divine cause rather than fly away through cowardice.

Of course Jesus had already taught them that to conquer evil by spiritual force is the highest way—to turn the left cheek when the right cheek is hit—but he also emphasized that it is sometimes necessary to resist evil by physical force if the power of spirituality to resist evil is lacking. To fly away from evil through fear is cow-

(Concluded on page 49)

In Business With God

By M. W. LEWIS, D.D.S.

The title of this article might have been *In Business for God*, but I have purposely used "with" rather than "for" because the former denotes a closer relationship, such as one of partnership. When we work "for" God there is the thought of employer and employee, an idea of separateness. When we are in partnership the idea of separateness is missing—we feel one with Him in business. We should feel this bond with God, for do not the scriptures say that we are the "children of God"?

In my younger days politicians and politics crossed my path, for my brother was a member of the General Court of Massachusetts. I remember the following incident about one very successful politician who later became a Governor of Massachusetts. When asked the reason for his success this clever official replied, "Politics is a business and *that's my business.*" We all should adopt a similar attitude and say, "Finding God (or attaining God-communion through Self-realization) is a business and *that's our business.*"

To make a success of any business you must hold the thought of success of that business foremost in your mind. You must really want to succeed—and then you must work for it. You have to want success as the drowning man

wants to be saved, as the glutton craves food and as the miser delights in hoarding money. And you have to work for that success by using your will until success comes. That is what the use of will means—to set in motion the forces, both mental and physical, necessary to bring success and to keep at it everlastingly until the desired end is achieved. If success in business depends on following the above laws, surely in finding God—which is the science of all sciences—we must do likewise. So while striving toward Self-realization there should be an unquenchable desire to know Him and an adamant effort given until God-Consciousness is realized.

Fundamental Business Principles

In the business world we hear such expressions as, "Time and one half for overtime" and "Double time for Sunday and holidays." There is a conventional number of hours for work, and when we expend the effort and work more hours we receive special remuneration. When we sacrifice still further and work on special days, while others are enjoying and celebrating, we, making a special sacrifice, receive double pay. This is as it should be, for fundamentally it means that we are giving more

effort and for that effort we receive more reward, more treasure.

Now let us apply these business principles to attaining God-communion through Self-realization. We give ordinary effort toward spiritual realization through the practice of proper techniques of concentration and meditation and we gain certain results. For instance, we hear the great sound of Om or Amen, which is the "faithful witness" of the running of the cosmic motor. (As all motors give off sound when they are in operation, so the cosmic motor, which is sustaining the universe, gives off sound which can be heard by practicing the proper techniques of meditation.) At first we hear this sound intermittently; gradually it is audible whenever we are quiet, and finally we are able to hear the comforting celestial vibration under all conditions, whenever we will.

If, instead of being satisfied with the results of ordinary efforts to commune with God—such as the hearing of the cosmic sound—we make the sacrifice of greater effort, then we receive the treasure of overtime. We become one with the Om vibration and as that vibration—the Holy Ghost with its inherent Christ-Consciousness—comprises all creation, so our consciousness, being one with it, likewise becomes expanded throughout all creation.

We can apply the same business principles to the attainment of

God-communion through the realization of His other aspects, such as eternal light and omnipresent peace and bliss. By making an ordinary effort, through the proper methods of Self-realization, we can see His light, the light from which all things are made. By regularity and perseverance in the effort it becomes an ever-present, visible guide. If, however, we are not content with just seeing His light, but make the sacrifice of greater effort, then we are able to penetrate the light and thereby see the land of the fourth dimension—Heaven, where God and His angels dwell.

So it is with the realization of His peace and bliss. We can, by ordinary effort, be satisfied with the constant presence of His peace in every phase of this life, or we can, by making the extra effort, be rewarded by the realization of the positive bliss of ecstasy. In ecstasy we are one with the joy of the Master of the universe, and "the peace that passeth all understanding" is our reward.

Making Ourselves A Necessity to God

In our "business with God" we should remember the case of the especially ambitious employee. He immediately gives overtime in his work and receives the extra pay thereof. So enthused does he become that he begins to give attention to the problems of his work after hours. He takes work home

and labors long hours into the night. He becomes so familiar with, so well versed in, the business and so invaluable that it is necessary for the firm to take him in as a partner. Finally, by his untiring, concentrated efforts, he owns the business himself.

So it is with Self-realization, or the business of realizing our oneness with God. We see and perceive that He is behind our every action. We work with consciousness only of Him. We work only toward God. We make ourselves so necessary to God that He takes us into partnership with Him. We are necessary to Him because we have something without which He cannot get along. He hasn't our love, for God has given man free choice and free will to accept or reject Him. He wants our love. He knows He must have our love to be satisfied, and when He is sure that we really want Him, he finally removes the *idea* of separation between Himself and us and truly takes us into business with Him. He even takes us along as He runs this huge drama of life.

Many years ago, during my early association with Paramhansa

Yogananda, the founder of Self-Realization Fellowship, he used the following illustration which deeply impressed me because it applies to the important subject at hand. He pointed out that if you visit a store to make purchases you are limited by many things, such as your pocket book, the inclination of the clerk to search out your needs as to kind and quality of goods, and many other conditions. However, he went on to say, "If you make friends with the storekeeper or owner, he can satisfy all your needs and can even give you everything in the store if he so desires. So, make friends with the storekeeper of the Universe. He is the maker and sustainer of all things. He can supply your every need."

Therefore give greater effort to know God through the proper methods of meditation and Kriya Yoga—it pays extra dividends of Self-realization and God-communication. These dividends are not imaginary, but are most real and tangible. Be in business not only *for* God but *with* God.

Each of our readers can help to spread the message of SRF by addressing a post card to his local library, requesting the library to procure a copy of:

Autobiography of a Yogi by Paramhansa Yogananda
Publisher: Philosophical Library, Inc., New York City, N. Y.

Recipes To Remember . . . And Practice

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

PHYSICAL RECIPE

It is good to give thanks to the Heavenly Father before eating because it helps us to remember that our lives are, in every sense of the word, dependent upon Him and His grace. It helps us to remember that it is because of His love that we are provided with the foods necessary for our bodies, that life itself is His gift. Without the gift of life, the food would mean nothing. "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." (Matt. 4:4)

Here is a spiritual prayer which may be spoken aloud or mentally before eating: "Heavenly Father, receive this food. Make it holy. Let no impurity of greed ever defile it. The food comes from Thee. It is to build Thy temple. Spiritualize it. Spirit to Spirit goes. We are the petals of Thy manifestation, but Thou art the Flower, its life, beauty and loveliness. Permeate our Souls with the fragrance of Thy presence."

It should be remembered at all times that the body is a temple, and that it should be made and kept a fit place for the Infinite Spirit to reside. The West has made a god of outward cleanliness, but is not so careful to maintain inner cleanliness—of thought, that we may express only good things through

our speech and actions, and of the body itself, that it may function properly as God intended, and not be an impediment to the threefold development of the physical, mental and spiritual qualities of man.

Most of us know what is good or bad for us, but the habits created in this life, coupled with the inherited tendencies of past incarnations, enslave our will, and we cheerfully follow the desires of the senses until something goes wrong with the physical mechanism. Then it is a hard struggle to regain the health we have lost—sometimes it may be too late to do so.

The body is like an automobile. With reasonable care and safe driving it will serve us uncomplainingly for many years, but if we try to run it without oil, neglect to keep air in the tires, or deliberately throw sand in the motor, we cannot expect it to hold up very long without incurring serious damage of the mechanism. If we race our body-motor through the use of artificial stimulants, even when it is standing still, it is bound to wear out before its time. Common sense tells us these things, but the lure of the senses is so strong that we go ahead heedlessly against our better judgment.

The Spirit cannot manifest fully in the body-temple when it is

broken and unclean from the abuse of the God-laws which govern its care. Yet it is also true that those who have broken bodies have been, and can be, healed by the power of that Spirit, through God's grace and the sincere desire of the devotee to realize the manifestation of Spirit within. When we are one with God, we are above the limitations of the body, but until that great goal is reached, we must use wisdom and discrimination, following His laws so that in time we may be free. The body need not hamper us in our search for the Infinite if we give it decent care, and then forget it. To be always wrapped up in concern for the body is not good, for this leads us away from the awareness of our real self. We are not the body, and we must firmly resist the inclination to identify ourselves with the body by constantly reminding ourselves that we are made in the image of God, that we are Spirit.

Salad

- 2 cups grated carrot
- 1/4 cup chopped sweet pickle
- 1/4 cup chopped olives (green or ripe)
- 1/4 cup chopped nutmeats

Mix ingredients and combine with enough cream mayonnaise to moisten thoroughly. Serve on crisp lettuce leaves.

Oriental Delight

Make a soft custard as follows:

- 3 egg yolks
- 3 tablespoons sugar
- 1 pint rich milk
- 1 teaspoon vanilla extract
- 1 teaspoon lemon extract

Put yolks into a bowl, but do not beat them. Stir the sugar into them gradually. Heat the milk in a double boiler until boiling. Add it slowly to the egg and sugar. Turn the mixture into the double boiler and cook over a slow fire until it thickens. Stir constantly. Do not allow the milk to boil or it will curdle. When the mixture coats the spoon, it is thick enough. Cool, and add extracts. Chill in refrigerator.

Have ready parfait glasses or other dessert dishes. Put in each glass 3 chopped dates or nuts and some sweet jelly. When ready to serve, fill the glasses with the custard and sprinkle with chopped nuts.

MENTAL RECIPE

What are you afraid of—pain? Death? Losing someone you love? Lack of money? Disapproval of others?

Every one who indulges in thinking continuously fearful thoughts

of what harm may come to him or to some one he loves should remember that "thoughts are things." *We attract the things we dread most by our very fear of them.* Thought is so powerful, that when

it is concentrated upon any idea with intensity, over a period of time, that idea will materialize. Thus, if you live in constant fear that some one is going to hit you over the head and rob you when you are returning home some dark night, you are setting up a thought pattern in the ether which can be materialized in actuality.

All creation is made up of the materialized thought of God. In the beginning, God existed alone, but when He conceived the idea of the great cosmos of floating universes and stellar systems, He created it first in *thought*. Instilled with the potent energy of His will, His thought took material form. So also can you create—in dreams you demonstrate this ability to a limited extent. As Paramhansa Yogananda illustrates the point, if you knock your dream-head on a dream-wall, you receive a dream-fracture, and this is as *real* to you as if it had happened during the state of waking consciousness. If your thoughts are sufficiently concentrated and impregnated with dynamic will, they will take material form.

Therefore, if you are beset by fears and worries, you should remember two important things:

First, if you allow fears to take possession of your mind, and if you consciously dwell on them, you will bring about the undesirable circumstances which you wish to avoid. Second, if you analyze the above explanation more deeply, you will realize that since every-

thing exists only in the thought of God, you have *nothing to fear*, for you yourself are a part of God, endowed with the divine creative ability, and free will to use it either constructively or destructively. If you close your eyes, the world disappears, for it exists only in your thought. If you switch off your senses and look within, the universe will disappear, yet you will be consciously aware of your own eternal existence, of living in every speck of space. Nothing can destroy your Soul. Banish fear from your mind. Remember that you are not the body, but a Soul, a divine reflection of God. The *Gita* says, "Flame burns it not, waters cannot o'erwhelm, nor dry winds wither it. Impenetrable, unentered, unassailed, unharmed, untouched, immortal, all-arriving, stable, sure, invisible, ineffable, by word and thought uncompassed, ever all itself, thus is the soul declared! . . . This Life within all living things . . . hides beyond harm." Nothing can hurt you unless you accept the idea that it can. Identify yourself with God! Affirm frequently, "Lord, I am made in Thine image; Thou art in me. There is no place where Thou art not, and I too am omnipresent, sharing Thy divine powers, being a part of Thee. I am Thine. Receive me."

When we identify ourselves with the body, and mistake God's delusory created world for reality, we learn to fear. The *only* thing to fear, really, is that we do not love Him enough, and that we are

wasting time playing aimlessly in His dream-creation when we might be consciously enjoying our oneness with Him. He does not ask for our love, but it is the one thing He does not have, since He has given us the free choice to accept or reject Him, and most of us have, if not openly rejected, ignored or forgotten Him. He will not punish us, but we may have to wait many incarnations to regain the bliss we have lost through the misuse of our God-given reason and discrimination.

Realize that God is the only safe refuge from the pains and troubles of this world. Know that you are one with Him, safely resting in His light beyond the atoms. Then the illusory sorrows and fears of mortal consciousness cannot materialize. Concentrate on and materialize instead your positive good thoughts of joy, success, peace, security, by realizing that all these things come from God, even as

you have come from Him, and are His divine child.

A King was sleeping and dreamed that he was a beggar. He cried out, "Give me a penny! Give me a penny!" The Queen shook him and woke him up. "Did you know that you, a king sleeping in a golden bed in a golden palace, were begging for a penny?" she said. "Why how strange," replied the king. "I dreamed I was a beggar, but that is silly. Of course I am a king."

So are you all kings too. Do not fear poverty, pain and sorrow, for they are only a part of the earth-dream. God wants us to enjoy this dream as He does, being in it, but not of it. He wants us to know that we are one with Him, and share the unceasing bliss of His presence, so that we may realize that He alone is real, that joy, peace, love and security in Him are our birthright.

SPIRITUAL RECIPE

Many people labor under the delusion that God is not sufficiently interesting or exciting to merit their attention. This is natural to a certain extent, since most of them, never having experienced the presence of God, have no yardstick by which to evaluate His superior joys. They are deterred from investigating Him further by well-meaning church-going people who infer that worldly pleasures are sinful, and then they be-

come sure that God must be very stodgy indeed to frown upon the seemingly natural pleasures of this earth. However, no saint is ever dull—the long face and the blue nose are no more attractive to God than they are to any human being. God is not a wet blanket, trying to make us feel uncomfortable. He meant for us to enjoy this earth, since He put us here, but He did not intend for us to identify ourselves with it. If people could

but *once* experience the presence of God, they would know that He is the most exciting, the most interesting, the most wonderful happiness conceivable — "beyond the imagination of all expectancy" — and they would have little desire for the lesser earthly joys. Because He hides behind the walls of the senses, He seems inaccessible to the worldly man, and hence of little value to him. But God is not inaccessible — the masters, saints and sages of every age have testified that He is discoverable, knowable, enjoyable, lovable.

Imagine for a moment that you are giving away a million dollars as a prize in a contest. You have placed it in a chest at the end of a maze which must be figured out in a certain length of time. You see that some one who needs money very badly is trying for the prize, and you want very much to have him win. But he makes all the wrong turns and is unable to extricate himself in the allotted time, so the prize goes unclaimed. So God watches us work our way through the maze of earthly delusion. How He wishes that we would use the reason He has given us to figure out the puzzle and find the prize, which is Himself! How He weeps when He sees us enmesh ourselves further and further in the nets of worldly joys which bring only misery in the end! How He longs to help us to find our way back to Him, if we would but ask to be shown!

He is so important to us, yet He humbly remains behind the scenes, so that we may make this discovery for ourselves, and not feel that He has forced Himself upon us!

You who are fired with the spirit of adventure, how can you resist the challenge to pierce the veil of the senses, of the created universe, and find the immortal joyous essence of God which caused it, permeates it, and imbues it with infinitely varied qualities.

If you are thrilled with flying in an airplane, how much more would you delight in racing over the infinite tracts of space, enjoying the freedom of the Soul which realizes its oneness with God and is released from the bondage of the body!

You who seek joy, what happiness could be greater than that which comes with the realization that you are one with all creation? That you are eternal, as are all Souls, and that you shall dwell eternally in His happiness, beyond the idle fears of mortal man.

You who seek wisdom, what treasures shall be discovered when you know Him who planned the vast universes and stellar systems which stagger the intellects of mortal men?

You who seek love, what love could be greater than that of God, who created love itself? It was He who planted that hunger for love in your heart, that you might find perfect fulfillment in Him.

You Can Change Your Personality

By ROBERT FORD

How many people think their personalities are like over-fond relatives, not to be gotten rid of! I knew a man once who, although very fine in most ways, let his weaknesses continuously grow, like weeds, until his good points began to choke for lack of nourishment. Every time I tried to help him by pointing out that he was only hurting himself, he would sigh and say, "I know, but I'm afraid I'm helpless. You see, this is how I was brought up, and there were such and such tendencies in my parents." And he would go on to list all the adverse conditions surrounding his past that would tend to make him the way he was. What could I say, for I saw that he enjoyed being helpless?

Heredity and environment are truly influences molding one's personality, but many people take them as synonyms for fate. When the law of *karma* (the effect of past actions) is added to their already staggering burden they begin to feel like those slaves must have felt, hauling stone for the Pharaoh. If you ask them to reform, or to stop over-indulging in sense pleasure, or to meditate, they let out loud wails of pain, point to their huge burdens, and take off for shelter like rabbits. They will be very much interested in what you have to say, until they find out that

it means you want them to change themselves.

Self-Imposed Destinies

If people didn't spend so much time watching their limitations, no change would be impossible for them. If only they wouldn't paralyze themselves with their own shortcomings, the least among them could become a hero. Yet they tremble before an imaginary destiny, adding chains to the ropes they already have, just to make sure their inherent greatness won't suddenly rebel, breaking loose in a sweep of heroism. St. Paul said, "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" Men can change their very personalities if they want to. The timid man may become brave, the sensual self-possessed, the restless meditative, and, more subtly, the chatterbox may grow to like silence, the impatient patience, and the over-critical may come to be a fountain of sympathy for the failures of others. Nothing is impossible even to the meanest of men. Once God has been brought into our lives we rise above our present limitations. We are then no longer failures in business, or candidates for the divorce courts, for as the sons of God we are entitled to a full share of His gifts, earthly and divine.

Look Beneath the Coat

We have only to realize that we are deeper than our personalities. We need to withdraw a bit from the crowd, to see how we stand by ourselves. Each of us is a law no other man can fit. Each is a saint as great as any that came before him. Let us just step aside and watch our personalities till, watching, we see that the whole thing is only a coat which covers our divinity.

We have been too long in awe of this lesser self. Although we have slipped a thousand times, perhaps even setting the tongues of every gossip in the neighborhood wagging, still we must remember we are not that self. I am not that little man who struts about conceitedly, hoping to hide his insufficiency. I am not that weakling who has tried to reform himself only to become worse than before. For I am behind all these, a prince among all princes, a queen among all queens, indulging just for a little while in an unpleasant nightmare.

We think, when others tell us such things, that we are being flattered. We don't know how great we are. We don't know what a future lies before us. Instead we seem to sit here and shiver, not noticing that there is a fire in the fireplace all ready to be lit.

Many think, "Well, God wouldn't look at me so I'd better not look at God." They think they are unworthy, so they hide from Him.

That's what the ostrich does; he hides his head in the sand. Yet God has been looking all the time. He doesn't hold it against us that we have failed His tests. All He wants is to see us conquer them.

Destroy Mental Fences

Does any one claim to be too restless to meditate? I say he can be too meditative to be restless. It's all in the way you think of it. A friend of mine tells me of the mental battle he used to have with himself when he practiced a certain exercise for physical development. During this exercise the fists were to be clenched, and he had made up his mind from the start that he would see how hard he could clench them. He claims that at first he dreaded doing this exercise, because of his uncertainty as to just where the limit of his strength lay. He had never tested himself, so he put a mental fence where he thought his strength ended. But his first trial didn't kill him, so the next day he wondered if the limit might not be extended just a little bit farther, and the day after that a little farther still. Now he says he has thrown the fence away because he sees there is no limit to how much he can tense.

The point is this: by doing the exercise he gained muscle to do it better, but more than that, he merely came to understand how strong he already was. Just because he had never tested his strength,

his will was hypnotized into making him tired, telling him he had done his best when he hadn't half tried.

So the most restless person will find it to be with meditation, or with any new habit he wishes to substitute for an old bad one. Dear reader, why not test yourself? Don't be afraid. The influences of *karma*, heredity, and past environment, all these are but stumbling blocks in the path of the strong man. That some have conquered them shows that they are not unconquerable. Therefore instead of crying "Uncle" the very first time you stumble, if you laugh and get up again you will find that your will-power will increase, and as it increases you will find what I know to be true: the only thing that kept you from changing was the simple thought that you couldn't change.



Books

By SWAMI PREMANANDA

Cloth Binding

Path of Eternal Law (Dhammapada) \$3.00

Prayers of Self-Realization 4.00

Three Upanishads (Origin of Soul; Sons of Immortality; Path of the Self) . . . 3.00

Katha Upanishad (Dialogue of Death; Vision of Immortality) 1.50

Isha Upanishad . . . 1.00

Mandukya Upanishad . 1.00

Kena Upanishad (Realization of the Absolute) 1.00

Path of Pure Consciousness (Jnana Yoga) 2.50

Law of Self-Manifestation (Karma Yoga) . . . 2.00

Way of Wisdom and Self-Liberation . . . 1.00

Paper Binding

The Universal Reality 75

Realization of the Self 35

Chintamani (Thought Jewels) 35

Free Will and Divine Guidance 25

Universal Truth 25

"Thine Is the Glory" 25

The Religion of Man 25

Self-Realization Fellowship
3880 San Rafael Ave.
Los Angeles 31, Calif.

Mind Over Mind

By REV. ARTHUR W. SMITH

Modern methods of mental therapy make it possible for man to heal himself of diseases caused by emotional stress.

Emotion — over-stimulated by excessive mental and physical strain — is suspected, by progressive physicians, of being one of the chief causes in cases of hypertensive diseases. High blood pressure, angina-pectoris and coronary thrombosis are leading the field. Fast living, uncontrolled emotions, keeping up with the Joneses and just "getting ahead" in a highly competitive society seem to contribute heavily to the increase in illnesses due to mental disturbances.

It is natural that we experience certain mental obstacles in every day living. It is normal, and actually for our own highest good, that this is so. Even as the body would atrophy with non-use, so the mind would stagnate without stimulating exercise.

That these obstacles are ever confronting us is good. But, that we should allow ourselves to be overpowered by them is evidence of poor judgment for the most part. This would indicate that we have not learned the very elementary standard by which to ascertain which obstacles to accept and challenge and which we should avoid.

"Difficulties strengthen the mind, as well as labor does the body."—
SENECA.

Most people, like our friends next door, have common sense enough to take the necessary precautions when they become ill, and phone a competent physician who can advise them correctly what to do. We see that, in such instances, they have found a standard by which to judge. They have learned when it is necessary to call him and when not to call him.

These same good people will heap upon themselves mental burdens until, in absolute desperation, they don't know which way to turn. They seem to go from one great problem to another, from frustration to frustration, from suffering to more suffering—and to do so with the greatest consistency. Obviously, they have failed to learn the simple expedient, "Think before you leap."

If we occasionally take stock of ourselves, we come to certain fixed conclusions. By looking within ourselves we learn to know just what we can do, at the moment, and what we cannot do. There, then, is our standard of judgment. We must learn to choose our problem in the light of what we know we can accomplish *now*.

The world has seen many geniuses come and go, leaving only fading footprints behind, simply

because their genius was never brought out of the clouds of "day-dreams" and clothed in substance. Shakespeare said, "A dream itself is but a shadow." But he long knew the art of draping his thoughts with living words.

"The art of using moderate abilities to advantage wins praise, and often acquires more reputation than actual brilliancy."—LA ROCHEFOUCAULD.

Even as he left footprints of eternal remembrance in the soil of man's mind by adorning his dreams with a poetry all his own, so we remember others—Lord Krishna (2500 B. C.—India), Jesus of Nazareth, Leonardo da Vinci, Newton, Einstein and a host of others—not alone for what they dreamed, but because they brought their dreams within our limited vision and touch.

These great Souls lived from day to day fully aware of their limitations but ever knowing that these were part of a temporary state which time, will and energy would exceed.

When we learn to tread life's path softly, and silently give substance to our dreams, by unyielding determination within the limits of our understanding, much of our emotional tension will disappear.

That many of our neighbors do not find satisfactory clarification of their emotional problems becomes quite evident when we consider

that fifty percent of those who die after fifty are killed by some form of disease whose cause is diagnosed as, basically, *emotional*.

Today, due to the increased mental tensions that go with an "Atom-Age consciousness" we find that increasing numbers of our young people are dying due to a disease which is generally looked upon as one coming usually with age.

Out of a hundred young people who died in this way, it was found that half of them succumbed during *extreme* physical exercise, all of them were smokers, and most of them were overweight for their age and height group. And without becoming puritanical, it can safely be said that the drinking of spiritous liquors by our younger folks has had its physical effects, as well as the over-all moral and spiritual harm it has done.

The youth of the nation and the world and the many factors governing their behavior are vital points in our society. Moreover, a breakdown at any point in the life of the youth is indicative of emotional maladjustment. This discrepancy might be prevalent either in the adults or the youths; that would have to be determined individually.

We would do well to teach children, from the time they are old enough to understand, to look at life realistically and calmly. Expect of them only what they are capable of doing. Teach them to think carefully and discriminately and,

above all, to choose a project they know they can accomplish—and then insist that it be completed. But remember to use reason in dealing with the child.

"Right reason is stronger than force."—GARFIELD.

In childhood we plant the seeds of emotional disturbances which sprout, as if by some mysterious force, in later life. These disturbances become the emotional or mental hurdles that must later be met and "cleared."

Consider the mind as a field upon which hurdles have been set, row on row. You are the mental athlete who is to jump over the obstacles. Our problems are the obstacles, the hurdles over which we must jump.

The trained athlete knows better than to approach a six foot hurdle if his limit is set at five feet. So we should learn to know the mental limit within which we can function clearly and productively, and also in such a way as to lead us to greater heights of achievement.

Yes, life is surely a "living contest" in which we are all engaged to see which of us will emerge from the competition unaffected, inwardly, by the scars of many tests. We will find as a rule that those bearing the many scars were the ones who crashed headlong into hurdles that were obviously set *too high*.

What is a mental hurdle? Anger,

greed, hatred, worry, fear, lust, etc., these are mental hurdles. They carry a red flag indicating "danger ahead." These hurdles, let us remember, are *always* too high.

These are the hurdles to avoid if you would be a winner in the contest of life. These are the hurdles of distorted emotion which block the flow of vital forces in the body and cause disease.

"One means very effectual for the preservation of health is a quiet and cheerful mind, not afflicted with violent passions or distracted with immoderate cares." — JOHN RAY.

Today we are realizing more and more that it is extreme *emotional distortion* which is at the root of, not only the aforementioned fatal diseases, but also the common back-ache of the housewife and laborer, headaches, heart disturbances and a host of other painful, and many times fatal, disorders. One third of the patients passing through the offices of physicians for treatment today are in need of emotional adjustment. They have little need of a physician, but rather of one who can help them to find themselves emotionally. Many times, with psychiatrists' fees so high, one does just as well to seek the advice of a spiritual man of developed realization or perception.

Regardless of what your emotional state is at present, you can

be helped. Veritable miracles are being done every day in this field. The humble opinion of the author is that an immeasurable amount of good can be done by a counsellor or minister trained, by experience, to help by use of non-directive counselling. This method is one of the most advanced techniques of psycho-therapeutics (mental or emotional treatment).

(Next month we will deal with methods of treatment for physical, mental disturbances by means of non-directive therapy.)



DOMINION

By LINVILLE TUCKER

On wings of consciousness
Do I arise
Above all limitation,
A spirit free!
No mortal concept prisons me
Within its walls;
No earthen shroud to veil
The glory I perceive.
The recognition of One Presence
That in me dwells,
Is all in all!
Identify thyself with Him
In consciousness.
And there abide.
Oh! Gift Imperishable!
The glorious heritage to man from
God
Is thine Emancipation.

PHOTOGRAPHS OF THE MASTERS

Paramhansa Yogananda: Three poses now available—the long-time favorite and folded hands, both on heavy paper, sepia, 4½ x 5¼ in. New pose, seated, heavy paper, grey, 4½ x 6¼ in. Each, \$1.00. Photos of Lahiri Mahasaya and Sri Yukteswar are also available in sepia, heavy paper, 4½ x 5¼ in., \$1.00 each. Reproductions of portrait of Babaji in *Autobiography of a Yogi*, heavy paper, 4½ x 5¼ in., sepia, \$1.00.

AMULETS

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

FOR FRAMING

Paramhansa Yogananda's morning prayer, 5x6 in., 10c, and the poem, *Friendship*, 8½ x 11½ in., 25c.

INDIA INCENSE

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

(California residents please add 2½ % Sales Tax)

Self-Realization Fellowship
3880 San Rafael Ave.
Los Angeles 31, California

Land For New Colony Dedicated

All students and friends of Self-Realization will be happy to learn of the recent gift of 20 acres of land near Phoenix, Arizona, for the purpose of establishing an SRF Colony. This site has been donated by Mr. and Mrs. Roy Freeman, and there, on February 20th, a special dedication service was held. Paramhansa Yoganandaji had motored to Phoenix in order to be present on this joyous occasion.

Mr. Freeman and Mr. Bodley, of the SRF Center at Phoenix, had used a bulldozer to cut a road from the main highway to the site. They had cleared the ground around a tall *sabunaro* and made a cement semi-circle around this great cactus. A large umbrella was then placed there to protect Paramhansaji and the guests from the hot sun's rays. Large, colorful rocks were placed a short distance away, parallel to this cement circle.

Opening the service with a prayer, Paramhansaji led the group in a simple ceremony of dedication. The following excerpts are from his talk to the students and friends assembled there for the occasion:

"May the Heavenly Father bless Mr. and Mrs. Freeman and all those who have cooperated that this place might be used for those who do not have the opportunity to enjoy the healing sunny rays. May the Divine Lord and the great Masters who are ever-present in the uni-

verse, and whose power is symbolized in the sun's rays, instill in all who come not only the healing of the beneficent rays but also the spiritual atmosphere which we leave in this place. We offer the unconditional fervor of our Souls—we leave our prayers in the ether—that all those who come here may become whole in their Souls, their minds and their bodies. Bless us that we may remain enthused and do our utmost, with Thy help and the help of the Masters, as willing instruments to make this spot what it should be, a beacon light of power, health, and blessedness, a haven for unfortunate students who need to recuperate bodies, minds or Souls, to find greater health and happiness. Remember, the least is the greatest. Do your part—as you serve your family, so serve this place and the Center, and the Heavenly Father, Jesus Christ and the great Ones will work through you.

"I appreciate this little cement altar under the tall *sabunaro* beneath which we are gathered with all of you dear ones who are actively engaged in the Center work, and students and guests who have come to worship God under the free skies in the light of Self-Realization.

"The Heavenly Father has blessed us. As I was praying I saw a light and it enveloped this place. The



light of the Father I see all around you. God did not remain silent today. You are blessed, as I am. Do your part and people from all places will come here to find the Divine Presence. Years and years ago I sowed in the atmosphere here the seeds of prayer for a Self-Realization Center in Phoenix. This seed has lately been watered by God and by your devotion, until it has materialized into these 20 acres of beautiful scenery with 50 and 60 foot *sabuaros* and desert trees and plants, surrounded by these hills. This is *beyond* my expectations, for now not only do we have a Center just two blocks from the Capitol building, but here is the germ of a colony of Self-Realization.

"It is the aim of Self-Realization to commune with and talk to God and work for Him. You do not know how much it pleases the Father that you have gathered here in His name. This reminds me of India where often devotees build no edifices, but just gather under the trees and meditate upon Him."

Dedication of Children's Sunday School

The children had chosen the site for their Sunday School and cleared the ground and formed a circle with large rocks. Inside this rock-formed circle Paramhansaji and the children and others gathered for the dedication, during which Paramhansaji said:

"May all children who come here for Sunday School feel the sun

of wisdom manifesting in these healthful rays and awakening their spiritual consciousness. We all should be like little children before God. He must come first, middle and last. When we find God, then all our desires are fulfilled.

"To the one who is very deeply devoted, God talks. He is invisible, but if you have enough devotion, you can find Him, for He becomes frozen into manifestation by devotion's power. Every day be sweet of thought, action and mind, always kind to everybody. When you give kindness, you are following God. Evil is a dark misery-producing background on which God writes the pure white lessons of true happiness-producing virtues. It is a violent agent of God to warn people to shun its harmful ways and seek true luminous happiness instead. God said, 'Let there be light,' and there was light. The more you think of Him, the more your body will be charged with light. I have tested myself under all conditions and I see the same eternal solace-producing light under all these conditions. No matter what you are doing, say inwardly, 'I am Thine. I want to know Thee before I leave this body.' If you try, He will receive you. Love Him—that is why we are here. Cry for Him and never go to sleep until you feel Him. When you cry and cry for God, and an answering joy comes over you, then you will know that He has heard you."

(Concluded on page 39)

NEWS OF SRF CENTERS

Mexico City, D. F.

The late Mrs. Pearl Watson's abounding enthusiasm for the Self-Realization teachings was an instrumental factor in the beginning of our work in Mexico. For some time she wrote to the various student members there, with the idea of establishing a Center. In September, 1943, Mrs. Watson and her daughter, Mrs. Hugo Osterman (now Conducting teacher of the English-speaking SRF Center in Mexico City) met Mr. J. M. Cuaron (now Conducting teacher of the Spanish-speaking SRF Center there) and they started holding informal meetings to discuss the Self-Realization teachings. Mr. and Mrs. Julio Zinser and Mrs. Doris Angell joined this group, and are still very active in the work. Since at that time only Mrs. Watson and Mrs. Osterman had met Paramhansa Yoganandaji, it was decided that all should make a trip to Los Angeles to meet him. Although every one made preparations to leave, only Mr. Cuaron was able to make the journey, as events turned out. He met the Master at the Encinitas Hermitage in November of 1943, and plans were then formulated for a Center in Mexico City. The first meetings took place in the early months of 1944, and for some time were carried on in both English and Spanish. However, commencing in 1948, the separate Centers mentioned above were organized.

At the regular meetings the students study and discuss the Self-Realization teachings, and hold a group meditation and healing service which has achieved splendid results. They have been reading chapters of the *Autobiography of a Yogi* also, which has been translated into Spanish for the benefit of the Spanish-speaking students. Complete information concerning time and place of meetings at the various centers in Mexico is given in the Center Directory in this issue.

The Mexico City Center serves as a link between Headquarters and other Spanish-speaking countries, and through the efforts of its leaders a permanent Center was established in November, 1947, at Merida, Yucatan, under the direction of Sr. Gonzales-Milan. Another was established in January, 1948, at Tampico, Tamps, under the leadership of Dr. Alfredo Cuaron, and there are plans in process for the organization of several other centers in the Republic. Centers in Cuba, Central and South America are also contemplated, and will be organized in time by this active Mexico City group.

Mr. Cuaron has been instrumental in translating and publishing Paramhansa's books in Spanish, in addition to devoting his time to numerous activities in connection with the organization of new groups. Under Paramhansa Yoganandaji's guidance, he has

translated and published literature in Spanish explaining what Self-Realization is and does; he has translated the First Step of the Praecepta in Spanish and had it printed; he has translated into Spanish and had published Paramhansaji's *Psychological Chart*, *The Attributes of Success*, and *Scientific Healing Affirmations*; he has translated and has ready for publication Gururji's *Metaphysical Meditations* and *The Cosmic Mother*; *Whispers from Eternity* has already gone to press and the Spanish

translation of the *Autobiography of a Yogi* is finished.

Mr. and Mrs. Hugo Osterman have been very busy with a construction project in connection with the Center, and have worked indefatigably with Mr. Cuaron for the growth of the work in Mexico.

Thus, through these willing instruments, one woman's dream has materialized into a healthy, growing Center where God-thirsty Souls may come to receive the life-giving waters of Self-Realization teachings.

LAND DEDICATED (Continued from page 37)

After the ceremonies, all assembled for a picnic lunch. Paramhansaji wants especially to thank all who took part in the preparation of the site for the dedication ceremony, and all who helped at the dedication service. Mr. and Mrs. Freeman, Mr. Ness, Mr. and Mrs. Sanders and Jack, Mr. and Mrs. Bodley, Mrs. Danner and children, Mr. Pavlov, Mrs. Beckworth and Mr. MacClaren of the Washington Center raked and cleared the land and laid a cement foundation for a future pulpit. Mr. and Mrs. Freeman, Mr. Ness, Mr.

and Mrs. Brinker, Miss Asplund and Miss Abbott assisted at the service. Mrs. Coates, Mrs. Hollis and Miss Bryant were in charge of serving a hot drink, Mr. H. Neville-Smith played the piano and Mr. William Arlock sang two solos, "Sweet Mystery of Life," and "He Shall Feed His Flock." A reception for Paramhansaji was held at the Phoenix Center on Tuesday, February 22, at which time Mr. Arlock again sang two selections. Mr. and Mrs. Bodley, Mrs. Danner, Mrs. Coates and Mrs. Hollis assisted with the arrangements



READER'S COMMENTS ON
AUTOBIOGRAPHY OF A YOGI

I have just received from my devoted friend a letter, and your book *Autobiography of a Yogi* which I sent down to him, and this is what he has to say.

"The life of this Yogi gives me a lot of food for thought. What strikes me specially in him is that his emotional life is anything but cold logic, sanctimonious intellect or reinforced concrete self-control. . . . It is very stimulating to read about his master's behavior in daily life, and all the technical marvels which all these spiritually developed men and women can accomplish. I do not doubt any of them."

I feel the same as he does, and echo his sentiments.—J. A. M., Johannesburg, S. Africa

Will you permit me to tell you that never in my reading experience have I laid a book down with greater reluctance than I did your *Autobiography of a Yogi*. When I reached its last page, after weeks of sheer joyous absorption in its contents, a feeling of inexpressible regret came over me, that I could no longer pursue the shining history therein laid down—the history of an inspired and inspiring life. I cannot adequately tell you how much this book has meant to me, how I loved every page of it, and how I treasure it. Suffice it to say that its personal significance has been incalculable.—Mrs. F. W., Carmel, Calif.

I have just been studying your book, *Autobiography of a Yogi*, and I cannot forbear telling you that I have read it with great interest, pleasure and profit. I really don't know which chapters I appreciate most; they are all admirable. Particularly *Years in my Master's Hermitage*, *An Experience in Cosmic Consciousness*, *The Science of Kriya Yoga*, *Babaji, the Yogi-Christ of Modern India*, and *The Resurrection of Sri Yukteswar*. And last, but not least, *The Law of Miracles*!

I feel convinced that this book will greatly contribute to open the eyes and minds of sincere seekers in the West to spiritual truth and reality. I have recommended the book to some of my friends. One of them wrote to me that the perusal of it had wrought in him a complete transformation of his attitude towards Christianity—he has always been very critical with regard to this religious faith and its teachings, but thanks to you he has got a better understanding of it.—Dr. G. E. A., Strangnas, Sweden

I am getting a great benefit from it. It is the best I have read in quite some time.—Mrs. A. B. L., Kansas City, Kansas.

Autobiography of a Yogi was given to me as a gift, and I have enjoyed it beyond words.—Miss D. S. V., San Francisco, Calif.

THE HORN OF PLENTY BANK

Until you realize that you and the Father are one, and that "All things whatsoever the Father hath are mine," until you know this in your mind and Soul, you cannot manifest the abundance, health and happiness which you desire.

The purpose of the Horn of Plenty Bank and prayer practice is to help you to get the right attitude of mind firmly established through the daily practice of right prayer and right habit, and thus to help you to demonstrate in your everyday life the things for which you are only vaguely wishing now.

As your mind is changed and renewed through right thinking, through persistently knowing that good is yours now, the way opens for you to receive it.

The Horn of Plenty Bank is a beautiful reminder to keep the idea of abundance always present in your consciousness.

This plan helps you practically in a number of ways. First it shows you how to think correctly, and encourages you in doing so through inspiring you to daily affirmation and prayer.

It helps you to realize and develop faith in the one unfailing source of supply, which is God, through the practice of a short prayer and meditation which is to be held in mind each time a coin

is deposited, whenever a negative thought appears, and at as many other times during the day as possible.

It helps by supplying an easy method of saving for subscriptions to *Self-Realization Magazine*, for spiritual books or for offerings to the Mother Center to help carry on the holy work of spreading God's message to seeking Souls everywhere.

It helps by giving you, along with the little Horn of Plenty Bank, a special lesson outlining the Divine law of bringing desires into manifestation. Faith and prayer and work are the most important steps. Wishing and ineffective prayer get you nowhere. This method teaches you how to pray correctly, and then how to do your part in bringing about your desire.

You will wish to have one of these beautiful banks with you always, once you have started using one and have found how effective it is.

We are happy to offer this Bank as a gift. Just fill out and mail the blank.

() Please send me a Horn of Plenty Bank.

() Please also put my name on the prosperity prayer list, that I may be divinely guided in my efforts.

Name
Street
City Zone
State

HIGHEST ACHIEVEMENTS THROUGH SELF-REALIZATION

This message is directed to all sincerely seeking Souls whose desire it is to know God, the Infinite Source of All.

If your deepest needs have not been fulfilled; if you truly long to improve in body, mind and Soul, until your full potentialities are discovered and utilized, the free booklet, *Highest Achievements*, contains the message for which you have been waiting.



India specialized in the art of communing with God. This highest of all arts is scientifically taught to the members of Self-Realization Fellowship through written studies, prepared by the founder, Paramhansa Yogananda, whose teachings have been sent to the West by the great Masters of India. In these studies you will find the universal truths of all the great religions explained, particularly as regards the link between original Christianity and original yoga. Above all, as a member you will receive through these studies the priceless, practical technique of Kriya Yoga, which will take you as far as you want to go on the highway to the Infinite. Send now for your free copy of:

HIGHEST ACHIEVEMENTS *Through* SELF-REALIZATION
SELF-REALIZATION FELLOWSHIP

Dept. IC-17
3880 San Rafael Avenue
Los Angeles 31, California

Please send your free booklet, *Highest Achievements through Self-Realization*.

Name
Street
City Zone
State

Divine Healing

*By the Original Method of Healing as Adopted by
Original Yoga and Oriental Christianity*

No one is more willing to send to you vibratory healing for your health, your financial and your spiritual condition, than your own Father, God. Since He has given you independence, you have failed to receive God's healing messages. Besides, you see, you have been over-confident in the limited man-made laws of healing, or man-made laws of prosperity, or man-conceived, theological, imaginary interpretation of how to know God.

Perhaps you are suffering from stubborn temporary, or chronic diseases. Perhaps prosperity does not come to you, no matter what creative ability you have applied. Perhaps the hastily swallowed beliefs of others, unmastered by intuition, or not saturated with the saliva of spiritual assimilation, have produced in you theological skepticism, or spiritual indecision, or theological indigestion. You may be at a loss to understand which path will give you direct God-contact.

Just as songs seem silent and cannot be heard in a room with a broken radio, so through your mind-radio broken by worries, fear, restlessness, skepticism, or stubborn or chronic sickness, you are unable to catch the health and the power and the wisdom vibrations of God. If you have devotion and sufficient

faith, they will act as an ether through which our Healing Staff will be able to tune your mind instruments to calmness and peace. We have spiritual teachers, advanced disciples, who invisibly by their concentration can help you to tune your soul-radio to receive the ever-present health, prosperity, and wisdom vibrations of God in the ether.

Thousands of people have tuned in their souls, and have awakened in Self-Realization to God, finding that headaches, colds, rheumatism, tuberculosis and cancer were nothing but nightmares. Just as disease, poverty, and ignorance can be seen and felt in a dream, so the dream of ignorance shows in all its reality throughout the fury of mundane troubles. Just as in waking, one laughs at one's own dream-vanities, so when we awaken in faith and God-Realization, we laugh at poverty and all its accompanying courtiers.

All that we claim is that the strong, Divinely-tuned will of our Healing Helpers can demand that God tune your body, mind and soul radio so that you can then tune in on His healing broadcastings. You must thus get your body, mind and soul radio repaired and all its doubting static tendencies removed.

Original Christianity as taught by Christ, and Yoga are one and the same thing; both contain the basic principles of all true religion. Hence Yogic and Christ's methods of healing are based on common scientific principles of the mind which, when properly applied, will work for all.

Every morning between 9 and 11 Paramhansa Yogananda sends a Divine Healing Prayer Vibration to his students and all who ask his help in healing and liberating themselves from physical or mental disease, or the spiritual suffering of ignorance. Written requests receive the attention of Paramhansaji, and also that of the disciples and advanced students of Self-Realization, who hold special daily services between 5:15 and 6:00 p.m. Anyone who wishes to avail himself of this help, which Paramhansaji is happy to extend to all, may write to the Los Angeles Headquarters, briefly stating the nature of his or her trouble, or mail to us the accompanying coupon. Any love offering that you may be prompted to send us to help carry on this great and special Healing work will be deeply appreciated.

Name _____
Street _____
City _____ Zone _____
State _____
Are you an SRF student?

YOUR LETTERS SAY

The appearance of the new little magazine *Self-Realization* is delightful, just the right size and the contents grand.—C. S., *Hollywood, Calif.*

In my letter I forgot to mention how much I enjoyed your new *Self-Realization Magazine*. Every page is full of great helpful thoughts. Glad you wrote how to pronounce our Master's name.—Mrs. C. N., *Encanto, Calif.*

I used vital healing when I received the lesson (on it) and was rewarded instantly. Three days later the trouble started again. Again I used the vital healing. The trouble has not returned since. I am very grateful to God for the answer or response, and to Yoganandaji for the lesson.—Mrs. M. K. E., *Santa Maria, Calif.*

Each lesson seems to me like a nugget of gold coming from a mine of endless depth.—Mrs. G. M., *Kansas City, Missouri*

The lessons are such a force in my life I cannot be without any of them in my search for realization.—W. J., *Richmond, Virginia*

SRF is a most beautiful philosophy and teaching, so simple and practical, so astonishingly efficacious that once we have made it our own we wonder how we existed without it.—Mrs. L. D. C., *Los Angeles, Calif.*

SELF-REALIZATION FELLOWSHIP

Founded in America in 1920 by Paramhansa Yogananda

DIRECTORY OF CENTERS



Dakshineswar, Bengal, India

Yogoda Math (Self-Realization Fellowship Hermitage) on the Ganges River near Calcutta. The Headquarters of Yogoda Sat-Sanga Society (Self-Realization Fellowship) and Shyama Charan Lahiri Mahasaya Mission. Paramhansa Yogananda, president, Swami Satyananda Giri, spiritual acharya. Prabhas Chandra Ghose, vice-president. Prokash Das, Secretary in charge.

Address: Yogoda Math, Dakshineswar, P. O. Ariadaha, 24 Parganas, Bengal, India.

SRF Instruction Department, for teachings by correspondence. Residential accommodations for Western students and tourists.

Calcutta, Bengal, India

Yogoda Sat-Sanga Center, 4, Gurpar Road, Calcutta. Weekly class (Sat-Sanga Sava) group meditation, study, divine service held every Tuesday at 6:30 P.M. In charge, Sri Sananda Lal Ghosh. Secretary, Sri Purna Chandra Ghosh. Public is welcome.

Gosaba, Bengal, India

Yogoda Satsanga Ashram, Sonagoan 6. Meditation and study classes. Visiting ministers Sree Prokas Brahmachari, Swami Benoyananda. Leader, Mr. Pasupati Baran will be pleased to furnish information regarding time and dates of meetings to all inquirers. Route to Sonagoan: From Sealdah station Calcutta by train to Canning station. From Canning station to Gosaba by motor launch.

Uttarpara, India

"Yogasram", No. 39 Benerjee Para Lane, Uttarpara. Divine service, group meditation and study classes every other Sunday at 4:00 p.m. Conducting teachers, Sree Prokas Brahmachari, Sri Purna Chandra Ghosh. Sri Piary Mohan Das, in charge, will be pleased to supply information concerning meetings to all inquirers.

Ranchi (Bihar), India

World Colony, and the Brahmacharya Vidyalaya, an outdoor, yoga, residential school for boys, established in 1917 by Paramhansa Yogananda. Girindra C. Dey in charge. Yogoda Sat-Sanga Home of Service (Sevasram). Col. A. K. Ghosh, Chief Medical Officer. Mr. Ramkishore Roy, Secretary.

Western disciples, guests, and visitors are welcome and will find hospitable Ashram accommodations.

Jhargram, India

Sevayatan Ashram with Sri Sri Shyamacharan Yoga-Mandir, primary school, and medical dispensary. Swami Premananda, founder. Swami Satyananda Giri, Acharya. Sailesh Mohan Majumdar, secretary.

Address: Sevayatan, P. O. Jhargram, Dist. Midnapur, Bengal, India.

Lakshmanpur, Bihar

Yogoda Sat-Sanga Vidyapith, School for Boys. Mr. G. C. Dey in charge.

Madras, Mylapore, India

Conducting Teacher, M. P. Thyagarajan B.A., Kanaka Vilas, 14 Warren Rd. Assistant Conducting Teacher, C. L. Sundara Rajan. Treasurer, Mr. Vedanta Varada Ramanujan. Meetings at above address, Sundays, 7:30 to 9 p.m.

Midnapore, India

Bhordaha Yogoda Sat-Sanga Society and Sri Yukteswar Sevashram. Regular meetings for study and meditation. Also runs free primary Night School, charitable dispensary and library.

Yogoda Sat-Sanga Ashram, Khukurda.

Yogoda Sat-Sanga Ashram, Gobardhanpur.

Yogoda Sat-Sanga Ashram, Handol.

Yogoda Sat-Sanga Ashram, and the Yogoda Sat-Sanga High School, Ejmalichak.

Yogoda Sat-Sanga Ashram, Ghatal.

Puri and Serampore, India

Self-Realization Fellowship (Yogoda Sat-Sanga) at the Yogoda Ashram, Puri. Swami Sebananda in charge.

Yogoda Sat-Sanga, Gurudham Chattr, Serampore. Sri Panchkari Mukherjee in charge.

London, England

Self-Realization Church of all Religions. Conducting Teacher, Yogacharya B. C. Nandi. Secretary, Mrs. Gertrude E. White, 33 Warrington Crescent, London W.9. Praecepta Study Class on alternate Monday evenings at 6 p. m. at I. N. T. A., 7 Henrietta St., Cavendish Square, W. 1, London, England.

Staffs, England

Conducting Teacher, Sydney Buxton, 50 Harbury Street, Burton-on-Trent, Staffs, England. Mr. Buxton will be pleased to supply information

concerning time and place of meetings to all inquirers.

Paris, France

Conducting Teacher, Mr. Constant Loupakoff-Desquier. For information about meetings, write to him at 114 Rue de L'Abbe Groult, Paris 15e, France.

Doorn, Holland

Conducting Teacher, Miss Marie Hubrecht. For information about meetings, write Miss Hubrecht at Witte Huis, Doorn, Holland.

Prague, Czechoslovakia

Conducting Teacher, Prof. Vladimír Novický. For information about meetings, write Prof. Novický at Praha, Sporilov 367, Prague, Czechoslovakia.

Fellbach, Germany

Conducting Teacher, Mr. Harry Dikman, (17a) Karlsruhe/Baden D. P. Camp (Latvian) Forstner Kaserne, Germany, U. S. Zone. Meetings held every Sunday from 4 to 5:30 p.m. at Jan Str. 9, W.3, Fellbach, Germany, the home of Mr. Alfreds Biezais, Asst. Conducting Teacher.

Calabar, Nigeria, West Africa

Conducting Teacher, Mr. G. O. Bassey, 42 Beecroft St., Calabar, across from the Methodist Church. Meetings at same address Tuesdays and Fridays, 6:30 to 7:30 p.m., Sundays, 10 to 11:30 a.m., and 6 to 7:30 p.m.

Accra, Gold Coast, West Africa

Conducting Teacher, Mr. James E. Ampah, Telephone Exchange, G.P.O., Accra, Gold Coast, West Africa, Executive Secretary-Treasurer (SRF African Branches). Meetings on Sunday mornings, 5:30 to 6:30 a.m., and on Thursday evenings, 4:30 to 5:30 p.m., held at House No. F161/1, Lokko Street, Christiansborg, Accra, Gold Coast.

SELF-REALIZATION

Koforidua, Gold Coast, West Africa

Conducting Teacher, Mr. Christopher R. Lanyoh. Mr. Okartei-Akko, Executive Conducting Teacher (SRF African Centers). P.O. Box 146, Koforidua, Gold Coast, W. Africa. Study classes and Sun. morning services at Bella Vista House, Queen's St., opposite Child Welfare Clinic. Weekly studies: 5:30 to 6:30 p.m. on Tuesdays. Sunday services: 5 to 5:45 a.m. and 5:45 to 7 a.m.—exercises, Praecepta study and study of literature.

Takoradi, Gold Coast, West Africa

Conducting Teacher, Mr. Benoni A. Laryea, c/o Messrs. Oil Storage Co. of Takoradi Ltd., P. O. box 56, Takoradi, Gold Coast, West Africa. Mr. Laryea will be pleased to supply all information concerning time and place of meetings to all inquirers.

Mexico City, Mexico

(Spanish-Speaking)

Conducting Teacher, Mr. J. M. Cuaron. Apartado Postal Num. 1680. For information call: 37-2140. Meetings every Tuesday, 8 p.m. at San Luis Potosi 192-B.

(English-Speaking)

Conducting Teacher, Mrs. Hugo Osterman, Calle Bernardo Galvez 204, Lomas de Chapultepec. For information call: Ericsson Tel. 28-2197.

Merida, Yucatan, Mexico

Conducting Teacher, Mr. Pedro Gonzales Milan, Apartado 113, Merida, Yucatan, Mexico, who may be contacted at the above address regarding inquiries. Meetings held every Wednesday, 8 p.m., at Calle 30, Num. 502-P. Telephone: 27-56.

Tampico, Tamps, Mexico

Conducting Teacher, Dr. Alfredo Cuaron, Apartado Postal Num. 272, Tampico, Tamps, Mexico, who may be contacted at the above address regarding time of meetings. The

meetings are held at Altamira 206 Oriente, Telephone: 25-81.

Tijuana, Baja California

Conducting teacher, Mrs. Maria R. de Meza, Avenida Rio Bravo #864, Colonia Revolucion.

Edmonton, Alberta, Canada

Conducting Teacher, Mrs. Ethel Humford, Phone 21811, will be pleased to supply information concerning time and place of meetings to all inquirers.

Revelstoke, B. C., Canada

Conducting Teacher, Elio Pradolini, Box 39. For information, Phone: 277. Meetings every Sunday at 7:30 p.m. at home of Mr. and Mrs. Lindo Claluna, Box 4, Revelstoke.

Manila, Philippine Islands

Conducting Teacher, Judge Ricardo A. Cabaluna, 3 Halcon St., Quezon City. Assistant Conducting Teacher, Hermenegildo Tibayan, 294 Perlita St., San Andres Subdivision, Manila. Secretary-Treasurer, Sixto Ramirez Gulapa, 201 Francisco St., Tondo, Manila. Meetings every Sunday morning from 10 to 11:30 a.m. at 1643-2 Int. Dapitan St., Manila.

Los Angeles, California

WESTERN HEADQUARTERS of THE SELF-REALIZATION FELLOWSHIP (Yogoda Sat-Sanga Society), Mount Washington Center, 3880 San Rafael Avenue, Los Angeles 31, California, established in 1925. Phone: Capitol 0212.

To reach the Mt. Washington Center, take northbound "W" car anywhere on Broadway downtown. Get off at West Ave. 42 and Marmion Way. Walk or drive your car, following the SRF signs up to the top of Mt. Washington hill.

Daily Meditation Service for residents held at 8:15 a.m. and 5:15 p.m.

Hollywood, Calif.

Self-Realization Church of All Religions, 4860 Sunset Blvd., at Edgemont St., Hollywood, Calif. Phone NOrmandy 18006. Services held every Sunday; Paramhansa Yogananda speaks every other Sunday at the 11 a.m. service. Alternate Sunday 11 a.m. services are conducted by Rev. C. Bernard. Children's Sunday School, 10 a.m. Meditation class for Kriyabans, Sundays at 8 p.m.

Encinitas, Calif.

SRF Golden World Colony by the sea, 100 miles south of Los Angeles. Colony Inn for guests, students and public. Administration Bldg., Men's Hermitage, Ladies' Hermitage, Golden Lotus Temple of Religions (under construction). Phone Encinitas 4341. Meditation Class, Thursdays, 8 p.m., conducted by Dr. M. W. Lewis.

San Diego, Calif.

San Diego Self-Realization Church of All Religions, 3072 First Avenue. Take First Ave. bus to Quince St. Phone: Woodcrest 0923. Meetings every Sunday at 11 a.m., conducted alternately by Paramhansa Yogananda and by Dr. Lloyd Kennell. Children's Sunday School, 10:15 a.m. Meditation Class, Wednesdays, 7:30 p.m. Ladies' Auxiliary meets 1st and 3rd Tuesday of month at 1:30 p.m.

Gardena, Calif.

Conducting Teacher, Mrs. Harriet Grove, 16425 Halldale Ave. Center meetings held each Tuesday at 8 p.m. at home of Mrs. Blanche Keesey, Secretary, 1630 W. 168th St.

Long Beach, Calif.

Self-Realization Church of All Religions, 430 E. Ocean Blvd., Long Beach, Calif. Telephone: Long Beach 66-3377. Rev. Arthur W. Smith, Minister in charge. Mrs. Letitia Storch, Secretary. Services every Sunday at 11 a.m. Study and meditation classes, Tuesdays, 8 p.m.

Washington, D. C.

Swami Premananda, Minister. Sunday Service at 11 a.m. Wednesday class on Philosophy and Yoga at 8 p.m. The public is welcome. Self-Realization Fellowship Temple at 4748 Western Ave., N. W. Phone: Wisconsin 4748.

Phoenix, Arizona

Minister in charge, Rev. James B. Collier. Phone: 31029. Mother of the Center, Mrs. Roy Freeman. Secretary, Miss Bryant. Director of Women, Mrs. Hollis. Sunday School Teacher, Miss Metty Beckworth. All meetings held at 1800 W. Monroe. Meditation and Devotional Service, every Tuesday at 8 p.m. Yoga Class, Fridays at 8 p.m.; Sunday Services, 11 a.m.; Praecepta Class (informal) Sundays at 7:30 p.m. Children's Sunday School, every Sunday at 10 a.m.

Miami, Florida

Conducting Teacher, Sister Kripa. 2120 W. Flagler St. Treasurer, Mrs. Eleanor Howe. Meetings on Sundays and Thursdays at 8 p.m. Library. Phone: 25305.

Indianapolis, Indiana

Conducting Teacher, Mrs. Ann G. Hoffman, 1939 Adams Street, Indianapolis. Meetings are held every Sunday morning at 11 and Wednesday and Friday evenings at 8; in Room 408 at 38 No. Pennsylvania Street, Indianapolis.

Boston, Mass.

First Self-Realization Fellowship Center in America, founded by Paramhansa Yogananda in 1920.

Conducting Teacher, Adolph B. David, 88 Itasca St., Mattapan. Assistant Conducting Teacher, Mr. I. Bradford Lewis. Secretary, Miss Ellen MacTiggan.

Meetings every Thursday evening at 8 p.m., 739 Boylston St., Room 433.

SELF-REALIZATION

Detroit, Mich.

Conducting Teacher, Mr. J. Oliver Black, 18094 Parkside. Meetings each Thursday at 8 p.m. at Book Cadillac Hotel in the Washington Room. Secretary, Miss Olive Shaw Stone, 475 Peterboro Street. Lillian Springer, Treasurer.

Lansing, Mich.

Conducting Teacher, Mr. J. Oliver Black. Secretary, Mrs. Elgie Kamm. Phone: 9-3137. Meetings every Monday at 8 p.m. in Y. W. C. A. Private class (Praecepta students only) every Friday night at 601 W. Michigan. Conducting Teacher, Mrs. Mary E. Aspy.

Minneapolis and St. Paul, Minn.

Conducting Teacher, Mrs. Gertrude Hirschfield. Class leader, Mrs. Martin Peterson. Secretary, Myrtle Grande. Treasurer, Miss J. M. Sverker.

Meetings at Y. M. C. A. Bldg., Sundays at 8 p.m., open to the public. Class on Tuesdays at 7:30 p.m.

Lock Haven, Pa.

Conducting Teacher, Rev. Earle Kenneth Mayes. Mrs. Thelma O. Schwarz, Secretary. Mr. Clarence Britton, Treasurer. Meetings for students every Friday evening at 9:30 p.m., at 147 East Main St., Phone: Lock Haven 2133.

SECOND COMING (Continued from page 19)

ardly and unspiritual; to resist evil by physical force is better than that, but to resist evil by superior spiritual force is best. In these verses it is definitely proved how practical and adaptable Jesus was. To the advanced disciples he usually advised absolute renunciation.

But he recognized that even renunciations sometimes might have to use money and protection, when necessary according to the dictates of common sense, and that worldly people should be adaptable to their environments.

SRF CAFE

Be sure to visit the SRF Café when you come to the Golden World Colony in Encinitas. You'll be very much pleased with the home cooked foods served here, and with the atmosphere of peace and cheer which pervades this unique establishment.

In addition to the hot foods, sandwiches, etc., which are all prepared with pure butter, the SRF Café features home-made desserts, and carrot juice made daily from our own garden-fresh carrots.

"Autobiography Of A Yogi"

By PARAMHANS YOGANANDA

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

"THE BOOK THAT IS AWAKENING THOUSANDS"

THIS IS the first time that an authentic Hindu yogi has written his life story for a Western audience. Describing in vivid detail his many years of spiritual training under a Christlike master—Sri Yukteswar of Serampore, Bengal—Yogananda has here revealed a fascinating and little-known phase of modern India. The subtle but definite laws by which yogis perform miracles and attain complete self-mastery are explained with a scientific clarity.

There are colorful chapters on the author's visits to Mahatma Gandhi, Sir Jagadis Chandra Bose, and Rabindranath Tagore. The section dealing with Yogananda's Western experiences includes a chapter on his great friend, Luther Burbank, and an account of the author's pilgrimage to Bavaria in 1935 to meet Therese Neumann, the amazing Catholic stigmatist.



"I agree wholeheartedly with Thomas Mann, Dr. Evans-Wentz, and Jean Herbert, among others, who declare that this autobiography surpasses all similar descriptions attempted by Western writers."—*Eileen J. Garrett* (Publisher of Tomorrow)

"A rare account."—*New York Times*

"His autobiography is rewarding for its account of a life filled with spiritual adventure."—*United Press*

NOW BEING TRANSLATED INTO EIGHT LANGUAGES

Cloth. 500 pp. 32 pp. of Unusual Photographs.

\$3.50 postpaid. (20 cents extra for all foreign postage.) (If the book is to be mailed to an address in California, please add 11 cents to your check, for State Sales Tax.) Send orders to: Self-Realization Fellowship, 3880 San Rafael Ave., Los Angeles 31, California.

BOOKS BY PARAMHANSA YOGANANDA

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

THE GURU DEVOTION—A spiritual treatise, selected papers
by Paramhansa

