

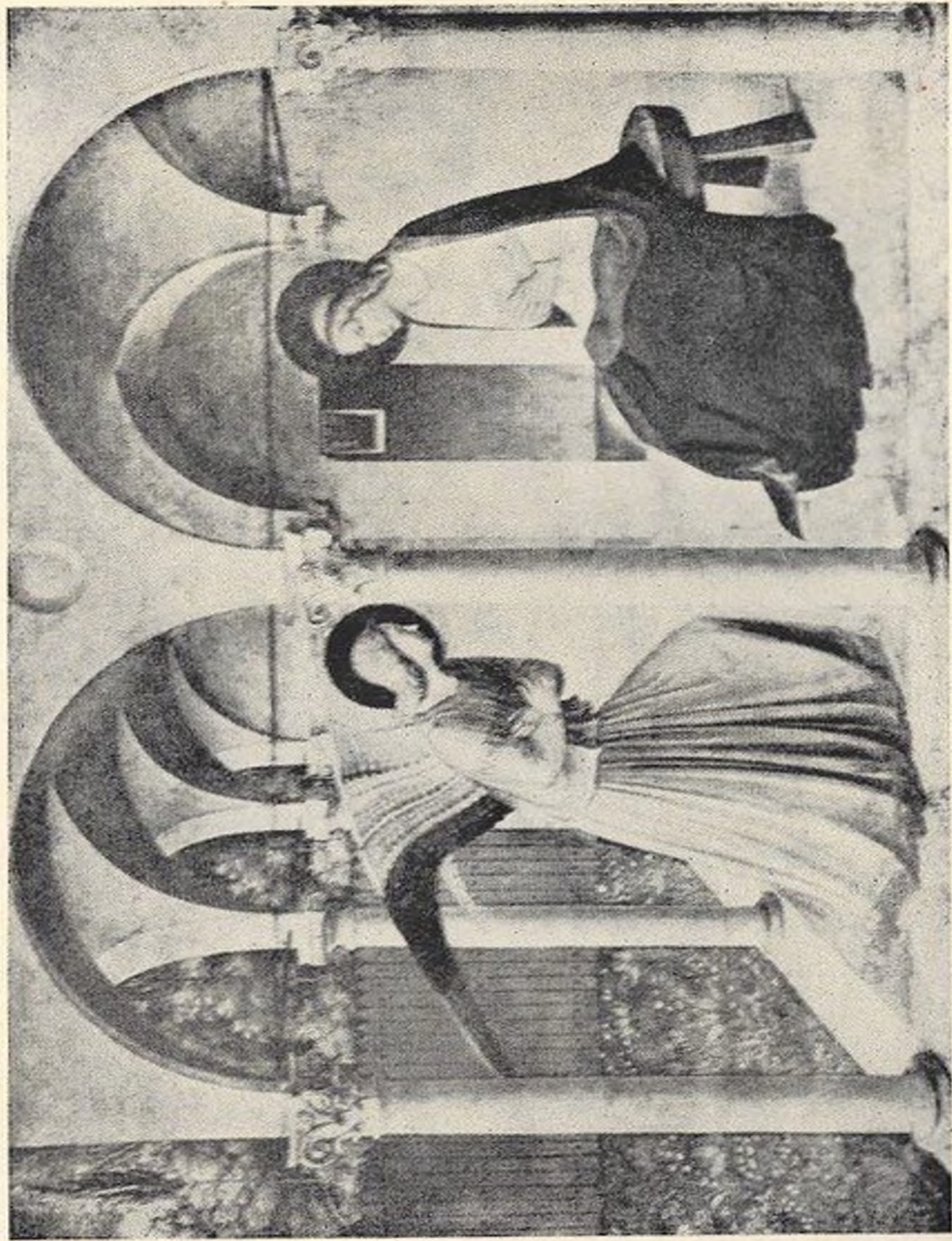
The Stifling Coils of Creeds  
By RABINDRANATH TAGORE

The Perfect Soul=Mate  
By PARAMHANSA YOGANANDA

Methods Of Mind=Control  
By HANUMANPRASAD PODDAR

The Concept of Non=Violence  
By PROFESSOR P. S. NAIDU

Brotherhood Is For All Time  
By MALCOLM THURBURN



THE ANNUNCIATION

By Fra Angelico

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# EAST-WEST

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

## The Perfect Soul-Mate

By PARAMHANSA YOGANANDA

*And they send unto him certain of the Pharisees and of the Herodians, to catch him in his words. And when they were come, they say unto him, Master, we know that thou art true, and carest for no man: for thou regardest not the person of men, but teachest the way of God in truth: Is it lawful to give tribute to Caesar, or not? Shall we give, or shall we not give?*

*But he, knowing their hypocrisy, said unto them, Why tempt ye me? bring me a penny, that I may see it. And they brought it. And he saith unto them, Whose is this image and superscription? And they said unto him, Caesar's. And Jesus answering said unto them, Render to Caesar the things that are Caesar's, and to God the things*

*that are God's. And they marvelled at him.—Mark 12:13-17.*

"Give therefore, to your earthly king Caesar the earthly things, such as money, which he thinks belong to him;" Jesus told the Pharisees, "But in your heart mentally give to God all homage and credit, for He is the real owner of all material, mental, earthly, and heavenly things."

Jesus thus counsels all devotees to be law-abiding and obey the customs of their country by paying taxes, etc. But even while doing so, they should inwardly pay their Soul-homage to God alone, since He is the King of Kings and the creator of one's native land, earth, heaven, and owner of all things,

including family, social, national, international, and Cosmic possessions.

*Then come unto him the Sadducees, which say there is no resurrection; and they asked him, saying, Master, Moses wrote unto us, If a man's brother die, and leave his wife behind him, and leave no children, that his brother should take his wife, and raise up seed unto his brother. Now there were seven brethren; and the first took a wife, and dying left no seed. And the second took her, and died, neither left he any seed: and the third likewise. And the seven had her, and left no seed: last of all the woman died also. In the resurrection therefore, when they shall rise, whose wife shall she be of them? For the seven had her to wife.*

*And Jesus answering said unto them, Do ye not therefore err, because ye know not the scriptures, neither the power of God? For when they shall rise from the dead, they neither marry, nor are given in marriage; but are as the angels which are in heaven. And as touching the dead, that they rise: have ye not read in the book of Moses, how in the bush God spake unto him, saying, I am the God of Abraham, and the God of Isaac, and the God of Jacob? He is not the God of the dead, but the God of the living: ye therefore do greatly err.—Mark 12:18-27.*

Jesus realized that the Sadducees had made a terrible blunder by

mixing earthly matters with heavenly experiences. They understood neither the scriptures they quoted nor the power or wisdom of God, and so their conclusions about earthly matters and heavenly matters—which are different in so many aspects—were faulty.

Physical marriage, practiced in this world, is only meant for the propagation of the species and the union of soul-mates, who become liberated after finding the perfect love of God by intense spiritual discipline and meditation. Such couples learn many lessons through physical marriage, such as the way to unite feeling and reason (positive and negative) and to make two flesh as one through mutual respect and unselfish cooperation. But only Souls that *have already found the perfect love of God* can enter into heaven to stay (i.e. be freed from reincarnation). Hence marriage or physical discipline—or even meditation—is not necessary in "heaven" after one gets there. The flower is necessary for the fruit. When the fruit comes the flower falls. Human experiences of marriage, love, success, study, meditation, exercise, discipline—all these are necessary to produce the fruit of Self-realization. But when enlightenment is attained, and subsequently liberation, all human experiences become unnecessary.

That is why Jesus says that Souls who have already perfected themselves through marriage, re-

nunciation, meditation, etc., do not need to have those experiences in heaven. In fact, *every Soul in heaven is married to God. Every Soul is comparatively negative, and when it commingles with the positive Spirit of God then it finds perfect love and union.* Hence in heaven there can be no physical marriage. How wonderful it is to know that in the astral land all liberated Souls are complete and perfect, being united to the perfect love of God—the One Perfect Soul-Mate!

### Creation By Will

Besides, when Souls of the physically dead are liberated and promoted to live in a finer vibration (the astral world, or heaven) they enjoy that sphere with finer astral sensibilities. In heaven Souls have astral bodies and can create other astral bodies by will power. Sexual union is a requisite for *physical* birth, hence the custom of marriage prevails on the earth plane. But since all Souls in the astral world can create anything they want to by will power, no physical means is necessary. In this astral world, or heaven, all liberated Souls have the same spiritual status—immortality—and are all equal in the eyes of God. Jesus was certainly speaking of them when he mentioned those who are resurrected, and "are as the angels in heaven."

However, when he said there would be no marriage in the after-life, Jesus was not talking against the law of divorce, as enjoined by

Moses to cope with temporary conditions in society. For elsewhere he said that when people change in their hearts and then find they are mismated it is better that they get divorces. Of course when ideal Soul-mates are married there is never any necessity for divorce. If such couples seek divorce in spite of the fact they are Soul-mates, and that the highest purpose of marriage is seeking the perfect love of God, they err as much as those who live together without love and respect to bind them.

### Between Incarnations

Of course many Souls in heaven, or the astral world, are not there to stay, but only to rest awhile before returning to earth to continue the struggle for liberation. For example, take the woman mentioned in the question asked by the Pharisees—the childless widow of the seven brothers. When she reached the astral world, she would be considered a sexless Soul with an astral body and thus she could not be the wife of any one, there. But if during her earth life this widow had not found spiritual emancipation, then, after resting for awhile in the after-death state, she would have to reincarnate on earth, most likely as a woman. Then she would have a fresh chance—if she lived rightly—to attract her Soul-companion and find the perfect love of God and thus become liberated; or, to find that Divine love without the aid of such a companion.

The Souls of men and women in *reality* belong to God alone—in spite of certain spiritual affinities between them, as evident between Soul-companions. Hence, in the after-death state, when the Souls of men and women depart from the earth they become sexless, and "marriage," with all it denotes here, becomes impossible. But that does not mean that Souls who are deeply in love with each other or are great friends during their stay on the earth plane cease to recognize each other, or cease to feel pure divine friendship when they reach the astral world after death.

Jesus knew that all things coming out of living God must be "living," that there is no death in nature. When Souls pass from the physical to the astral planes they change places and form, but they are never dead. Jesus tried to make the Pharisees understand that Abraham, Isaac, Jacob, etc., and all Souls that have been ordinarily considered as dead to the world,

are not really dead. They are living in God—either in heaven or reincarnated on earth.

For when Souls leave their physical temples, their astral bodies are "resurrected" into the astral world, and they may remain there and go to higher planes in time or be demoted by reincarnating on earth—all according to their past actions. Souls cannot die.

He reminded them that the book of Moses tells how God vibrated His presence as the ever-burning light of wisdom and ignited the bush of ignorance in the consciousness of Moses. God, through His vibrations, signified to Moses: "I am the God of Abraham, Isaac and Jacob who were on earth and were supposed to be dead. They are living in Me. No Soul can die, for I am Life Eternal and all things coming out of Me are ever-living. Hence, I am the God of Abraham, and all so-called dead, who are ever-living in Me."



I pray that every one may develop to the fullness of his being in his own religion, that the Christian may become a better Christian and the Mohammedan a better Mohammedan. I am convinced that God will one day ask us only what we are, and what we do, not the name we give to our being and doing.—*Mahatma Gandhi*



*Spiritual Interpretation*  
OF THE  
★ **BHAGAVAD GITA**  
By PARAMHANSA YOGANANDA

## What Stifles The Soul's Peace?

*Chapter III, Stanza 30*

**Literal Translation:**

Relinquish all activities unto Me, and with attention concentrated on Soul, devoid of selfish egotism and expectation, be engaged in the battle of activity—free from feverish (worry).

**Interpretation:**

The *Gita* does not instruct devotees to forsake all activities and go to meditate in the jungles. For then, as I have said before, jungles would become disease-infested cities, with no one performing the activities necessary to maintain cleanliness, law and order. Real devotees do not renounce true duties nor the proper activities necessary to perform them. They re-

nounce egoism—which makes one *responsible* as the doer and receiver of good and bad *Karma* (action). True devotees feel that since God created them, He is also the initiator of all their activities.

Hence, the true devotee acts, thinking God works through his Soul, as sensed in the depths of calm meditation. Usually the ordinary body-bound ego thinks itself the doer of all actions. That is why most actions spring from selfish desires which the ego hopes to fulfill. The divine man works neither at the dictates of egotism nor selfish desires—hence he is devoid of "Iness" or the idea "I am the doer;" and since he is working for God, has no individual desires,



nor hopes to attain any material goal.

*Gita* advises the renouncement, not of proper activities but of ego-consciousness, material hopes and desires. *All egoity, desires and expectations renew the roots of cancerous longings which stifle the Soul's peace. Unfulfilled desires and frustrated expectations are the roots which sprout into misery-making reincarnations.*

As the enlightened man performs actions to please God—known to him as the sole Creator and Genesis of all activities—so the Yogi tunes in with the wishes of God, expressed in His creation, and does not try to run away from the divine plan by plunging into the marshes of desires or the quicksand of bottomless hopes.

#### Quelling the Ego

The true devotee says, "Lord, steer my boat of activity and meditation to the shore of Thy presence." Just as men forsake all physical and mental activities at night to enjoy the ecstasy of *sleep*, so the true devotee relinquishes all desire for the fruits of further *diurnal* activities and duties to enjoy the ecstasy of attunement with God. Without relinquishing these driving ego-inspired expectations and desires, the Yogi cannot enjoy the consciousness of the calm blissful Self felt in *Kriya Yoga* meditation—where all material activities are automatically dissolved in the union of Soul and Spirit. *The material man is an ego plus wor-*

*ries. The divine man is a calm Soul plus the eternal joy of Spirit.*

Thus, by engaging in all activities with divine consciousness the devotee is free of egoic limitations during *wakefulness*, as the ordinary man is during *sleep*, and is not bound by Karma-creating egotistic performance of duties. Further, the Yogi must not only relinquish egotism during wakefulness, but during the all-surrendering union (Yoga) of mind with ecstatic Bliss.

In the highest state of ecstasy the Yogi can remain united to Spirit even while working with mind and body to carry out the Divine Plan. So the *Gita* does not teach people to be without divine ambition, divine desires or divine activities which lead to liberation, but rather to stop working under the influence of the ego, which casts the Soul again and again into endless pits of reincarnations.

The macrocosmic Cosmic Consciousness guides all creation and its activities—one should not interfere with that liberating divine rhythm by following the dark counsels of egoism. Forsaking all selfish motives, expectations and aims—the devotee must sense his unity with the Divine Source, and perform all activities as dictated by his intuitive perception of that Divinity.

#### Chapter III, Stanza 31

#### Literal Translation:

Those individuals who ceaselessly practice my precepts, devotion-

filled, and without fault-finding, they too become free from (all) *Karma*.

#### Interpretation:

Eager souls who, with absolute devotion and without caviling, unceasingly follow the Divine teachings (whether they fully grasp them or not) flowing through a real *Guru* (preceptor), in time are rescued from drowning life after life in the whirlpool of good and bad *Karma*, and find the shores of ultimate freedom.

Some followers lack devotion and concentrate upon criticizing the wisdom-dictated disciplinary measures prescribed by a true *Guru*. They miss their goal. Full devotion helps to instil greater effort into a student and quicken his spiritual pace and clarify his vision of the spiritual goal. Instead of criticizing a true *Guru* or his methods, and wasting energy, the critical power should be used in finding the hidden psychological blemishes. Judge not others, judge yourself—for condemning others makes one oblivious of one's own faults, and thereby causes one to forget to find and correct his own errors. Many hide their own serious faults behind a critical spirit. They may criticize others' tempers and quite forget their own violent tempers. They cannot stand the painful operation of being corrected themselves. Although they criticize, they think themselves above criticism.

Such people expend their energy and intelligence on superficialities and so have neither time nor vitality left to concentrate on essential cardinal principles. For example, a critical person may pick up the repetitions in the lectures or sayings of a *Guru*, or in a scriptural treatise, and concentrate on these with such zeal that he never realizes nor profits by the colossal truths emanating from them.

How can any one reach New York if he forever tarries criticizing all the modes, vehicles and pathways leading to that place, and has no faith in any method of travel? To get to God the devotee should select a good *Guru* who is able to give him some fine technique (such as *Kriya Yoga*) and with full devotion and uncritical spirit follow him and practice the method.

By adopting the right course the entanglements of good and bad *Karma* will be gradually destroyed and final freedom achieved. Avoid or cast out such doubts and criticisms as: "This *Kriya Yoga* (or whatever techniques you have) is difficult, or incorrect, or evil-producing." If you are a student of Self-realization, then with full devotion practice *Kriya*, and the increased life force coursing toward your brain will cauterize the seeds of all reincarnating good and bad *Karma* grooved in the cerebrum and subconscious mind.

# Meditation

## For The Week

By PARAMHANSA YOGANANDA

*November 3rd.* Divine Mother, help me to find Bliss in daily meditation, so that material pursuits cannot obliterate my memory of Thy Grace.

*November 10th.* Beloved Lord, make me aware of that Cosmic Sound which is Thine unspoken name. Let me utter it, not with the human voice but with the lips of intuition.

*November 17th.* Oh, Righteous Ruler of the Universe, respond to my prayers. Govern my heart and mind as Thou dost govern my Soul.

*November 24th.* Divine Father, I lift my heart to Thee in Thanksgiving. For Thy Bounty I give thanks. As I widen the channel of gratitude Thy plenteous gifts come pouring through.

*December 1st.* As I praise Thy strength, my Soul is strengthened. As I offer thanks for Thy gifts, Thou dost increase them.

*December 8th.* Strengthen my resolution to prove Thy laws through practice. Help me to live in accordance with the laws I learn.

*December 15th.* I shall be humble, Lord, for Thou has taught me that in the garden of humility rises the fountain of Self-realization.

*December 22nd.* All the veils of my ignorance shall be burned in the light of my awakening in the Christ consciousness. I bow to this consciousness in the temples of all human brothers, in the temples of all forms of life.

*December 29th.* I shall strive throughout the coming year to reflect Thy Divine Light, even as the disciples of Jesus sought to reflect the light of Christ Consciousness.

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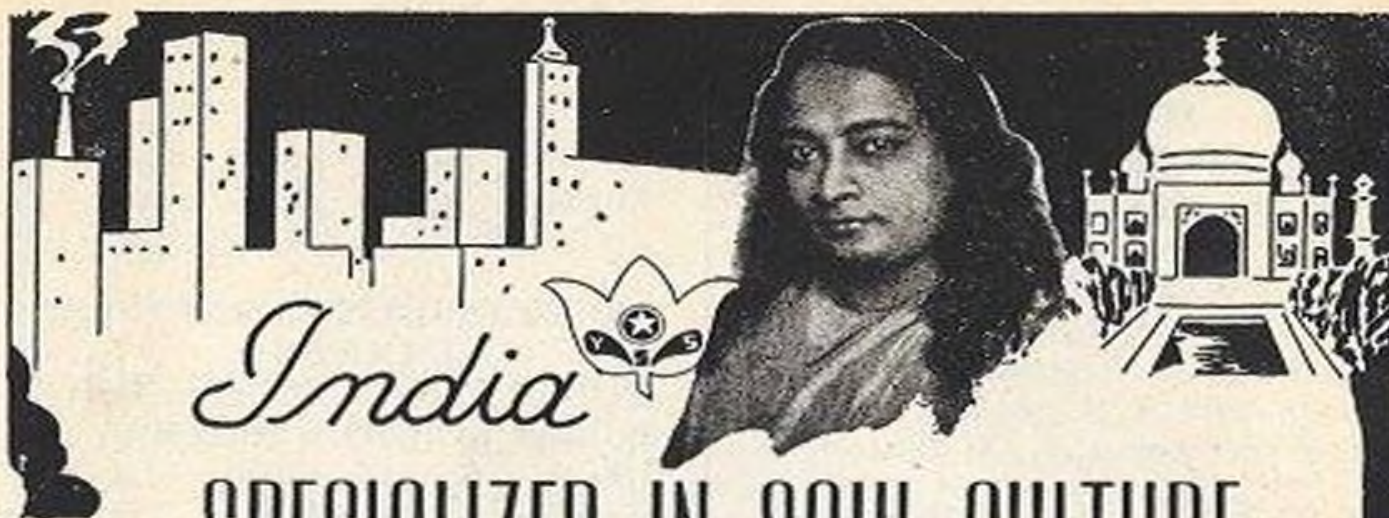
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Each land makes its distinct contribution to world-culture. America has specialized in industrial expansion, England in political science, Germany in mechanical inventions, France in art, Italy in music, China in social relations. INDIA FROM TIME IMMEMORIAL HAS SPECIALIZED IN THE SCIENCE OF THE SOUL. Learn the divine soul-unveiling teachings that have kept India's culture alive through millenniums of vicissitudes. The Self-Realization Fellowship of America and India will gladly send to every inquirer a copy of its enlightening booklet, inspired by Paramhansa Yogananda, whose teachings are available to sincere seekers in the Western world.

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CHRIST APPEARING TO THE APOSTLES AFTER THE RESURRECTION  
By William Blake

Philadelphia Museum of Art Photo  
National Gallery of Art, Washington

*My Christmas Message*

To

*Followers And Friends*

*By Paramahansa Yogananda*



**A**S JESUS was crucified and resurrected, so war-crucified Europe and Asia must be helped in their resurrection by food and clothing aids, and America by business recovery through brotherly cooperation rather than force. Let all Americans, true children of freedom, get together spiritually and industrially to recover this country's self-sustaining and world-resurrecting power.

As we celebrate the birthday of Christ this year, let us not waste money in exchanging presents, but feed Him in the hungry and clothe Him in the cold and minister unto Him in the forlorn. Let us wipe His tears in the mournful, help Him in the sick, and make His wan smiles brighter in those who are trying to smile.

Let us thus see the birth of the Spirit of Christ reflected in the souls of the cleansed and purified.

On the 24th of December celebrate the birthday of Christ, spiritually as we do here at headquarters, by feeling Him born within you through many hours of continuous meditation and partial fasting.

And let us celebrate the birthday of Christ, socially (on the 25th) by aiding Him in the afflicted—for in all Souls you help, you will see Him resurrected, and smiling at you through their smiles.

Let us mutually greet the Christ within us.