

# Self- Realization MAGAZINE

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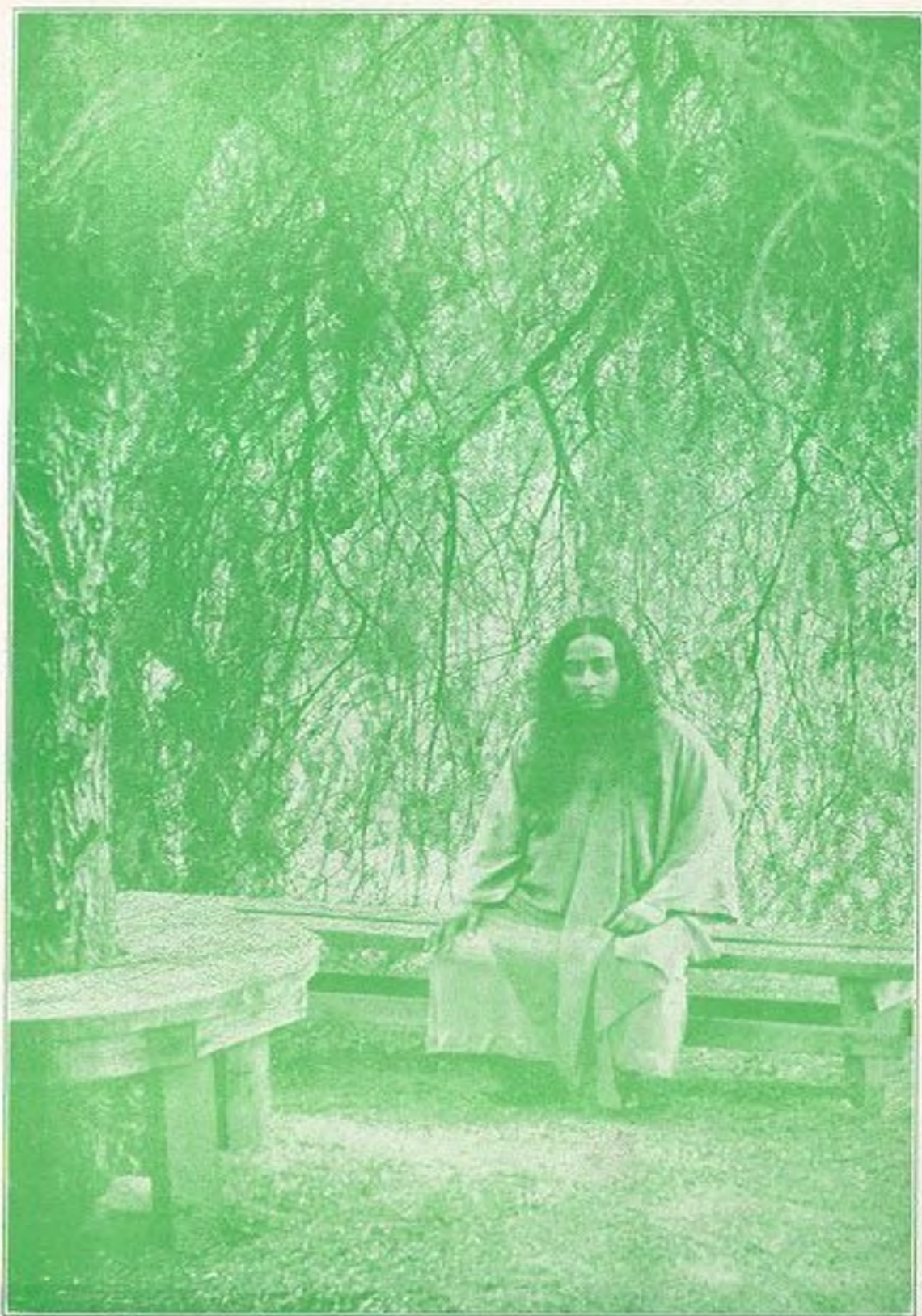
*Healing of Body, Mind, and Soul*

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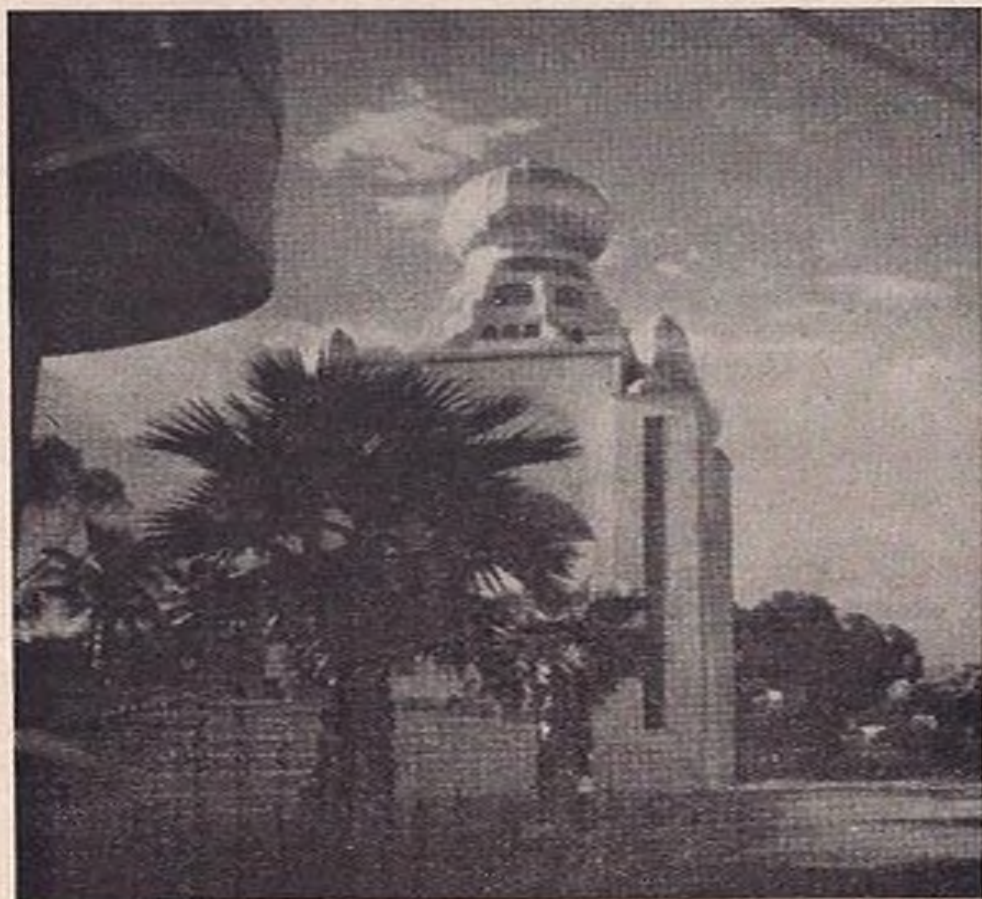
Paramhansa Yogananda in the "Temple of Leaves" on the grounds of the Mt. Washington Center, SRF headquarters, Los Angeles, California. Photograph taken in 1932.



# Self-Realization Magazine

November-December, 1952

Vol. 24, No. 3



Golden Lotus gateway to SRF World Brotherhood Colony, Encinitas, California

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NOVEMBER, 1952

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Some of the speakers at a Memorial Meeting for Paramhansa Yogananda, April 26, 1952, Ram Mohan Library Hall, Calcutta, India. The life-size oil painting of Paramhansaji is the work of his youngest brother, Sananda Lal Ghosh, distinguished Bengali artist.

A huge gathering was present to honor the *mahasamadhi* of the beloved Master. Convenors of the meeting included Nirmal Chandra Chundur, Mayor of Calcutta, and many eminent judges, educators, religious leaders, editors, and statesmen. Speakers shown on the dais are (*left to right*): C. C. Biswas, Judge, Calcutta High Court, and Law Minister, Government of India; Charu Chandra Ganguly, former Chief Judge, Calcutta S. C. Court; Nripendra Nath Bose, advocate; Swami Dayananda Giri, resident renunciate, SRF-YSS Yogoda Math, Dakshineswar, Bengal; B. Chowdhury, barrister-at-law; Brahmachari Sri Prokash, secretary, Yogoda Math; Dr. N. N. Das, professor, Calcutta University, and dear boyhood friend of Paramhansaji who recently visited Los Angeles; Dr. Saroj Kumar Das, professor, Calcutta University; Manick Lal De, famous devotional singer; Fanindra Mohan Dutt of the Imperial Bank of India; Prabhas Chandra Ghose, beloved cousin of Paramhansaji, and vice-president of YSS; Indra Nath Seth, Calcutta pleader, and translator of *Autobiography of a Yogi* into Bengali; Sanat Kumar Chatterjee, Calcutta merchant; Bejoy Krishna Mullick, noted devotional singer; Sananda Lal Ghosh and Bishnu Charan Ghosh, brothers of Paramhansaji; Ahibhusan Bhattacharya, student at Yogoda Math; Krishna Mohan Majumdar, airo-ground engineer; Swami Satyananda Giri, *Acharaya*, Sebayatan; and Haradhon Ghosh, Yogoda Math.



# Paramhansa Yogananda: *In Memoriam*

By SAROJ KUMAR DAS, Ph.D.  
Professor, University of Calcutta



While gazing at the photographic reproductions in *Self-Realization Magazine* of the lying-in-state of Paramhansa Yogananda, and while reading the accounts of his last activities and talks and, above all, of the thrilling testimony of Mr. Harry T. Rowe, Mortuary Director of Forest Lawn Memorial-Park in California, I confess to have been overwhelmed by the compelling majesty of the ascended soul, coupled with the epic grandeur of his journey's end. My impression of the scene is one of ineffable mystery and transcendent beauty, defying expression in words. That emotional reaction, as remembered in tranquility, lends itself to an instructive comparison with an invocative hymn of Tagore's, one that was designed in worshipful adoration of another World Teacher: "O thou Life all-embracing! O thou Death all-enlightening!" (*Hey mahajivana, hey mahamarana*).

The report in *Self-Realization Magazine* tells us that on the afternoon of the day preceding that of his ascension, "the Master sang over and over the ancient Bengali chant for which Tagore wrote the words: *In my house with Thine own hands light the lamp of Thy love . . . Change my darkness to Thy light, change my darkness to Thy light*" —which in the original read thus: "*Amara ey gharey apanara karey griha deepakhani jwalo . . . parasmanir pradeepa tomara, achapala tar jyoti sona korey labey palakey amara sakala kalanka kalo.*"

Paramhansaji's last act of ministrations through this favorite song of his was at once prophetic and symbolic — dissolving itself in a crescendo reminiscent of that typical prayer by the apostle of Light which has since become famous: "Not more life, O God, but more light!" Nearly three thousand years ago did Buddha, the Enlightened, exhort his disciples, in the manner of the Master and Founder of



"Self-Realization Fellowship," to a life of self-illuminating inspiration in words of undying memory, *Attodipo bhava*, that is, "Be a shining lamp unto others."

In the manner of the Master's passing—specifically the prelude to and preparation for it—death appears as the last fulfillment of a life of self-dedication. In such an inspiring context one remembers Maeterlinck's sentiment: "Without death what would life be? It is death that gives life its weight, its importance, its dignity, its meaning, and its infinite perspectives."

Verily, it is Death that gives Life its infinite perspectives. One such perspective in the present case is the extraordinary revelation, in the words of the Mortuary Director, of "the absence of any visual signs of decay in the dead body of Paramhansa Yogananda. Had the muscle protein and blood stream of the deceased not been comparatively free of bacteria, deterioration of the body could have set in as early as six hours after life had departed. No physical disintegration was visible in Paramhansa Yogananda's body even twenty days after death." For these reasons the mortician asserts that "the case of Paramhansa Yogananda is unique in our experience."

This is as it should be. Paramhansa, flawlessly perfect soul that he was, could not possibly have chosen for tenement a body that was not in pre-established harmony with the purest conceivable soul. In point of fact the Master, as a liberated soul, was *in* the world but not *of* it. Very much like the chariot of the hero Yudisthira, that would ever keep several inches above the ground in its drive on the battlefield of *Kurukshetra* and thus escape contact with dirt and impurities, so did Yoganandaji live up consistently to the ideal of a perfected soul and thereby justify his title to *Paramhansa* ("supreme swan"). If man, as Schopenhauer has taught us, is the union of the soul and the body, the body being the objectification of the will, which is the essence of the soul, here at least we have a typical case.

The last though not the least important feature of Paramhansa Yogananda's missionary career is an unprecedented and unique dimension of values, imparted to the "Self-Realization Fellowship" mission itself. Many adventures of ideas in this line have miscarried—by stopping, as things of arrested development, at a convenient limit, and thus failing to reach the Promised Land.

Three centuries ago the Pilgrim Fathers started to colonize the New World. In 1920 Yogananda, all unfriended and unchartered, first set foot on America with a divinely appointed mission of the



"Self-Realization Fellowship" to divinize humanity. The unflagging romance of that "flight of the alone to the Alone" has got to be told to generations yet unborn. What now behooves us to do is to meditate on and marvel at the fructifying power of that seminal idea of SRF, which, within three decades, has radiated its influence in America and elsewhere in the shape of Fellowship Centers amounting to eighty-four. Here, again, our measuring rod should be *non multa, sed multum*, not many things but much.

Many a World Teacher before him has preached the gospel of Self-realization. But the peculiar efficacy of Paramhansa Yogananda's "Self-realization" consists in following out the dynamics of its meaning-particle right across the "morality of the closed group" —of communalism, of statism, of tribalism, in short, of all forms of "institutional selfishness" which are often but the last infirmity of noble minds in the pilgrimage of Self-realization. Emulating the "cult of the Way-Farer," Paramhansa Yogananda has pursued with vertical consistency "the morality of the Open Road" right into the heart of the Promised Land. In other words, he has lived his way into Reality; and that accounts for his compelling greatness and supremacy.

Harnack, celebrated authority of Christological scholarship, said: "Christ could think of no better task than to point men to Himself." With no loss of meaning can the words be said of Paramhansa Yogananda! It recalls a remote parallel of this spiritual truth, in and through the ceaseless march of Prince Rohita in the *Aitareya Brahmana* of the *Rig-Veda*:

*"Charan vai madhu vindati Charan Swadum udumvaram Pasbya Suryasya Sbremanam Yo na tandrayate charan Charaiveti, Charaiveti."*

("Verily, by moving forward, man enjoys the elixir of life, the life everlasting. Look at the sun, which, in its ceaseless movement, is never caught napping. Move forward, therefore, move on and on!") Does the thought not find an exact echo in Walt Whitman's *Song of the Open Road*, voicing the soul of the new world-order that is yet to be:

"Allons! Whoever you are, come travel with me!

Traveling with me you find what never tires,

Be not discouraged, keep on, there are divine things well envelop'd."

When all is said and done, the momentous fact that stands out against the background of Paramhansa's ascension is his utterance, with a redemptive grace for erring mankind, before the high altar of



the Divine Mother, invoked for that act of last ministrations:

"My India! My America!" Who else except a realized self could have thus encompassed the land of his birth and the land of his adoption in the capacious comprehension of an ever-expansive love, and sent an emotional thrill as much as a spiritual appeal through countless minds of both these lands? And it was an utterance, be it remembered, that was authenticated by the presence of the official representative\* of the Indian Republic. Generations hereafter will cherish this epochal occasion as a landmark, indicating the rediscovery of the soul of America, helping to pave the way toward that "One World" which is yet to be. When comes such another Master and World Teacher?

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\*Ambassador B. R. Sen, who was present at Paramhansa Yogananda's mahasamadhi in Los Angeles on March 7, 1952.

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### YOGANANDAJI

By John L. Lawrence

I see with inner eye  
The divine windswept planes  
Of cosmic knowing that were his;  
And how with tender mother love  
He would smile, and weep a little  
too,  
At our childish waywardness.

With soul plunged deep  
In blissful knowing at-one-ness  
He stood on Olympian heights  
Of God-conscious freedom.  
A clarion call he sounds  
To seeker after Him  
Who transcends all:

"Come! Dive deep with me  
Into the ocean of blissfulness,  
Of endless cosmic light,  
Of divine allness.  
Then alone shall you  
Find rest in action;  
Then alone shall you  
Find me in God,  
Find God in me,  
And you and I in Him."

### THIS MUCH I KNOW

"I do not know Thy sacred names, nor the symbolic figures for Thy worship. Alas! I know not how to sing Thy glory, nor how to invoke and meditate upon Thee. I know not words of prayer, nor the diverse rituals of worship, nor how to lay my grief before Thee. But, O Mother, this much I know, that to follow Thee is to remove all suffering." —*Devaparadhakshama-stotra*, by Shankara.

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"The gods are just; and of our pleasant vices,  
Make instruments to scourge us."  
—*Shakespeare*

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"Without going you can get nowhere." —*Chinese Proverb*

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"As the touchstone trieth gold,  
so gold trieth men." —*German Proverb*

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"No man is good unless others are made better by him." —*Welsh Proverb*



A SPIRITUAL INTERPRETATION  
OF THE *BHAGAVAD GITA*  
By PARAMHANSA YOGANANDA



*(Continued From Last Issue)*

Certain religions try to "explain away" evil by saying that God is perfect and cannot know evil; yet Jesus prayed to God: "Lead us not into temptation, but deliver us from evil,"\* *i.e.*, "Do not allow us to succumb to the influence and test of the evil created by Thee."

The Omnipresent Lord knows that He is the Creator of evil as a test to encourage human beings to shun sin and thus recover their inner divine nature. An operator manipulates the one beam that projects the pictures of both the villain and the hero on the screen; the villain was included to make people disgusted with his ways, and, by use of discrimination, to applaud the great hero. For the same reason God created evil, to turn people's attention to the better ways of virtue.

By deeper analysis, one realizes that, after all, the beam issuing out of the booth of the motion-picture house is casting only shadows—shadows of both villains and heroes. After learning the lesson of admiring the hero in preference to the villain, one realizes that both good and evil men are creations of the beam; as shadows, they have no intrinsic difference. Thus analyzing good and evil, one should try to rise above

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\*Matthew 6:13.



both, realizing that sin and virtue cannot affect the soul that is made in the non-dual changeless image of God.

Good and evil must ever be complements on this earth. Knowing this truth we must shun evil; becoming good, we ultimately rise to God's high estate—beyond both evil and good. Unless evil had been created, man would not know the opposite, good. Night brings out the bright contrast of day; sorrow teaches us the beauty of joy.

One who looks from the cinema booth through the beam sees the villain and the hero both as pictures. When one is united with God, then and then only he sees no difference between good and evil. It is therefore dangerous in the mortal state to say there is neither good nor evil. People in the audience who are affected by a gripping picture feel a distinct difference between the villain and the hero! But a discriminating member of the audience realizes that the role of the villain was created to encourage men to love the hero. When the picture is over, he realizes that he has just seen a contrast of good and evil. He is now through with it; he is affected by neither the villain nor the hero; he has risen above his temporary interest in the picture. The villain and the hero have no intrinsic meaning; he sees them only as different pictures issuing out of the beam, and bearing no true relation to the Self.

In the highest divine state one similarly beholds the Cosmic Beam as the creator of good and evil on this earth. Conquering evil by good and then rising above both, man realizes that this world is only a divine motion picture, vastly entertaining.

#### *Chapter V, Stanza 16*

#### **Literal Translation**

*The Self shines forth like a sun in those who have banished ignorance by wisdom.*

#### **Spiritual Interpretation**

As the sun's first appearance in the sky destroys the shadows of night, so the first manifestation of the cosmic light in the devotee banishes the pictures of delusive relativity that are present on the screen-medium of the senses and the sky of space.

In the primary or *sabikalpa* ecstasy the devotee perceives only the cosmic beam, without any panorama of creation. Later he sees the cosmic beam manifested as the checkered lights and shadows of the cinema drama of the cosmos.



It requires the higher state of *nirbikalpa* ecstasy to perceive the partner-dance of the cosmic light and shadows of creation; even as a man who withdraws his attention from the plot of a motion picture can observe, by peering closely, the causative mingling of light and shadows. In *nirbikalpa* the devotee perceives the cosmic light, his own body, and all the scenes of creation to be moving within himself as a series of motion pictures. In this state the present, past, and future are revealed as one; all variety is merged in the unity of the Eternal Presence.

Chapter V, Stanza 17

Literal Translation

*Their thoughts immersed in That (Spirit), their souls one with Spirit, their sole allegiance and devotion given to Spirit, their beings purified from poisonous delusion by the antidote of wisdom—such men reach the state of non-return.*

Spiritual Interpretation

"The state of non-return" is referred to in the Bible: "Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out (shall reincarnate no more)."\*

Devotees who use their power of discrimination to free themselves from identification with the drama of creation behold in it only the play of the cosmic light and shadows of delusion; who concentrate on the cosmic beam and not on the shadows; who perceive their souls as rays of the Cosmic Sun; who are continuously absorbed in It; who have destroyed delusion by wisdom—those sages attain liberation.

So long as a person has desires for the excitement of viewing motion pictures, so long he will seek no higher pastime. Similarly, so long as a man is interested in and attached to the drama of his present incarnation, at death he will depart with unfinished desires and must return to earth to experience other motion picture sequences, until all his transient desires have been fulfilled.

By non-attachment, by beholding the scenes of life as a divine panorama, and by meditation and ecstasy, man gradually realizes that God is the sole Director of the cosmic cinema.

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\*Revelation 3:12.





Members of the SRF Center in Tijuana, Mexico.



plicity, and a beaming face, she gave of her riches from full hands. Seeing the pictures of Paramhansaji and of the disciples we felt that for the moment we were with you all in those beautiful natural settings, not the least with Paramhansa Yogananda himself.

"I thank you with all my heart that you have made possible this day."

### Nsawam, Africa

SRF has just received from Mr. James Ampah, executive secretary-treasurer of SRF African Branches, the following report:

"The passing of our great Gurudev on March 7th threw a dark mantle of sadness over our hearts. It was decided at once that we should have a special memorial service for our Guru on the occasion of our annual SRF Easter Convocation.

"Invitations were sent to all African SRF Center members. Nsawam, twenty-two miles from Accra, was chosen for the convocation. Rev. Moses Ntow and the new SRF group there took charge of all arrangements for accommodations, and their efficiency and wonderful spirit were deeply appreciated.

"We had at our disposal four large classrooms in a school that has many features in common with the YSS school at Ranchi, India. It is situated about a quarter of a mile from Nsawam, and is shaded by big trees, with beautiful



*Standing* (left to right): A. N. Larkai, G. B. Wilson, Accra; E. Q. Quaye and son, Nsawam; O. T. C. Mensah, Accra; J. P. Appiah, Koforidua; G. L. Larkai, Accra; R. K. Gbeckor, Nsawam; D. K. Arthur, Koforidua.

*Seated* (left to right): D. B. Engbi, E. E. Y. Okwei, Accra; C. R. Larnyoh, Koforidua; J. E. Ampah, J. M. A. Sackeyfio, Accra.

flowers all about. It seems to us to be a little Mecca.

"At the eastern corner of one of the classrooms we erected a beautiful altar decorated with exquisite arrangements of flowers. Each photo of the Masters had before it a candle encircled with flowers. Paramhansaji's photo was garlanded and placed in the center. On the right and left two candles burned.

"The services began at 4:30 p.m. on Good Friday with a quiet meditation on the Master Jesus that was concluded with songs and chants. Another service was held at 5:00 a.m. Saturday, and

was followed by general discussions and demonstrations of SRF techniques. On Easter Sunday, following the traditional Easter service, we held a special memorial ceremony for Gurudev, with all members clad in white dress and in native mourning. Seven candles of various colors were lighted on the altar, on which stood the photograph of Guruji, doubly garlanded with beautiful roses and lilies.

"Mr. James Ampah of Cape Coast led the service, conducting the Hindu rites, and Mr. C. R. Larnyoh, Mr. J.M.A. Sackeyfio, and Rev. Moses Ntow led the Chris-



## SELF-REALIZATION FELLOWSHIP (SRF)

*Founded in 1920 by Paramhansa Yogananda in America*

## YOGODA SAT-SANGA SOCIETY (YSS)

*Founded in 1918 by Paramhansa Yogananda in India*

### DIRECTORY of CENTERS and CHURCHES



#### Los Angeles, California

SELF-REALIZATION FELLOWSHIP (SRF) of America, whose affiliate in India is YOGODA SAT-SANGA SOCIETY (YSS). Both SRF and YSS are incorporated as non-profit religious and educational institutions. Rajasi Janakananda, president. The international headquarters of SRF-YSS is located on Mount Washington Estates, 3880 San Rafael Avenue, Los Angeles 65, California, USA. Telephone: CApitol 0212. Cable address: Selfreal, Los Angeles.

The 60-room headquarters building on Mt. Washington near the Highland Park district of Los Angeles (20 minutes from the downtown business section) is the home of monks and sisters of the monastic Self-Realization Order. Limited accommodations for guests; write SRF for information.

The headquarters site consists of 23 acres of city property. All SRF publications are produced in the printing plant at the Mt. Washington Center.

To reach the Mt. Washington Center, take northbound "W" car anywhere on Broadway downtown. Get off at Ave. 39. Telephone from the Richfield Service Station there (CA-0212) for transportation up the hill to Mt. Washington.

Daily Meditation Service for residents held at 7:30 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 every Sunday at 11 a.m. conducted by Rev. C. Bernard or Rev. D. Walters. Also children's Sunday School, 10:45 a.m. Meditation class for Kriya Yogis, Sundays at 8 p.m. Study Class Thursdays at 8 p.m.

#### SRF India Center

India Hall, a cultural center, is located on the grounds, in Hollywood, of the SRF Golden World Colony; the site, also, of the SRF Church of All Religions. The address of India Hall is 4866 Sunset Boulevard, near Edgemont Street; phone NORmandy 1-8006. The India Hall auditorium seats 350 persons. Buildings on the property include an SRF Gift Shop and two residential houses for SRF workers. An SRF Book House is in process of construction.

SRF Cafe, at India Center. India curries and American foods. Open from 12 noon until 8 p.m. daily except Mondays.

#### Pacific Palisades, Calif.

SRF Lake Shrine, 17190 Sunset Blvd., Rev. R. C. Stanley in charge; phone EXbrook 3-4323. Sunday services at 11 a.m. and 8 p.m.



#### Seattle, Washington

Conducting Teacher, Yogacharya Mildred S. Hamilton, 7057 19th Ave. N.E., Phone VE-1612. Assistant Conducting Teacher, Rev. Ralph B. Hamilton. Secretary, Miss Anne Tuff. Praecepta classes for advanced members every Tuesday at 8:15 p.m.; for novitiate members every Thursday at 8:15 p.m. Sunday services, 11 a.m.

#### Bremerton, Wash.

SRF Representative, Miss Signe Schultz; meetings at Miss Schultz' home, 342 N. LaFayette, Thursdays at 8 p. m.

#### Phoenix, Arizona

SRF Church, 1800 W. Monroe St. Minister: Rev. Herbert Freed; phone 3-3658. Mrs. Roy Freeman, "mother of the center." Miss M. Bryant, Secretary. Meditation and Devotional Service, every Tuesday at 8 p.m. Praecepta Class (informal) Fridays at 8 p.m.; Sunday Services, 11 a.m.; Yoga Class, Sundays at 7:30 p.m. Children's Sunday School, every Sunday at 11 a.m.

(20 acres in this area have been donated for an SRF Colony.)

#### Post Falls, Idaho

SRF Representative, Mrs. Norma Weeks. For information concerning SRF teachings, please write to Mrs. Weeks at Route 1, Box 140, Post Falls, Idaho.

#### Minneapolis, Minn.

Conducting Teacher, Mr. R. Raymer. Assistant Conducting Teacher, Mrs. Gertrude Hirschfield. Secretary, Mrs. Anna Beckman. Treasurer, Miss Jennie M. Sverkerson.

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

#### St. Paul, Minnesota

SRF Representative, Mr. J. R. Raymer. For information concerning SRF teachings, please write Mr. Raymer at 316 Stonebridge Blvd., St. Paul 5, Minn.

#### Madison, Wisconsin

SRF Representative, Mr. Mark L. Prophet, Box 445, Oregon, Wisconsin. For information regarding SRF meetings, please write to Mr. Prophet.

#### St. Louis, Missouri

SRF Representative, Mr. Adrian B. Endress. For information concerning SRF teachings, please write Mr. Endress at 4509 Washington Blvd., Apt. A, St. Louis 8, Missouri.

#### Little Rock, Arkansas

SRF Representative, Mr. Harold A. Hemenway. For information concerning SRF teachings, please write to Mr. Hemenway, 2610 Summit Ave., Little Rock, Arkansas.

#### Detroit, Mich.

Conducting Teacher, Yogacharya J. Oliver Black, 18094 Parkside. Sunday service 11 a.m. at Detroit Institute of Arts (Lecture Hall); classes also, Thursdays, 7:30 p. m. Secretary, Miss Olive Shaw Stone, 475 Peterboro St.; Treasurer, Agnes Beach.

#### Lansing, Mich.

Conducting Teacher, Yogacharya J. Oliver Black. Ass't Conducting Teacher, Mr. Cornelius Van Der Linde. Secretary, Mrs. Elgie Kamm. Phone: 9-3137. Meetings every Monday at 8 p. m. in Y.W.C.A.

#### Indianapolis, Indiana

Conducting Teacher, Mrs. Ann G. Hoffman. Meetings are held at 4239 Graceland Ave., Indianapolis 1. For information, write Mrs. Hoffman.

#### Lock Haven, Pa.

Conducting Teacher, Rev. Earle Kenneth Mayes. For information re-

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garding SRF membership, and time of meetings, please write to Mr. Mayes at 147 E. Main St., or telephone 2133.

#### **Boston, Massachusetts**

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

Conducting Teacher, Mr. J. Bradford Lewis, 863 Hancock St., West Abington, Mass. For information concerning time and place of meetings, please write Mr. Lewis or Miss Ellen MacTwiggan, 9 Willow St., Boston 9, Mass.

#### **Jersey City, N.J.**

Conducting Teacher, Mr. Fred Bachmann, 1308 Summit Ave., Union City, N.J. Secretary, Miss Rose Napoliello.

#### **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.

#### **Baltimore, Md.**

Conducting Teacher, Mr. John E. Jost, 408 E. Church St., Phone PROspect 2159-W. Secretary, Mr. William H. Eby, Jr., 704 Springfield Ave., Phone BELmont 2466. Meetings second and fourth Sundays each month, 8:00 p.m., at 1117 St. Paul St. on 3rd floor.

#### **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.

#### **Melbourne, Florida**

Conducting Teacher, Mrs. Carl Herndl, R.R. 1, Box 56, phone CO-4104. Ass't. Conducting Teacher, Wayne H. Taylor, R.R. 1, Box 342,

phone 31 W. Meetings Sundays at 7:45 p. m. at 140 Washington Ave.

## **CANADA**

#### **Vancouver, B.C., Canada**

Conducting Teachers, Mr. and Mrs. Clifton H. Davis, 2391 Burrard St. Meetings each Tuesday and Wednesday at 8 p.m. For further information, please telephone them at either BAVview 3320 or KERRisdale 5798-L.

#### **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. Her address, 11612 87th St.

#### **Montreal, Quebec, Canada**

Conducting Teacher, Mr. Adano Ley, 3070 Barclay St., Apt. 2. Ass't. Conducting Teacher, Mrs. M. E. Blackburn, Box 232, Montreal 6. Meetings Tuesdays at 8 p.m. at 3070 Barclay St., Apt. 2, West Montreal. For further information write the Secretary, Mr. Rothwell Bouillon, 5985 Terrebonne Ave., Montreal 28, or phone WALnut 4953.

## **SOUTH AMERICA**

#### **Br. Guiana, S. America**

Conducting teacher, Mrs. Henrietta Lutchman. Meetings each Sunday at 11 a.m. at Mrs. Lutchman's home, New Road Vreedenhoop, West Coast Demarara.

## **PUERTO RICO**

#### **San Juan, Puerto Rico**

SRF Representative, Dr. Jose E. Rechany. For information regarding the SRF teachings, please write Dr. Rechany at P. O. Box 1892, San Juan.



(Spanish-Speaking)

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

#### Monterrey, N.L., Mexico

Conducting Teacher, Mr. Juan B. Amaya, Calle Juan Mendez Num. 1104-Norte, Phone: 52-58. Assistant Conducting Teacher, Mr. Apolinar Nunez Leon. Meetings every Saturday, from 8 to 9:30 p.m. For further information please call Mr. Amaya.

#### Merida, Yucatan, Mexico

Conducting Teacher, Mr. Pedro Gonzales Milan, Apartado 113, Merida, Yucatan, Mexico. 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 will answer inquiries regarding time of services. The meetings are held at Altamira 206 Oriente; phone, 25-81.

#### Matamoros, Tamps., Mexico

Conducting Teacher, Mr. Leopoldo Jimenez G., Apartado No. 317, Matamoros. Secretary, Mr. Nicolas L. Guerra. Treasurer, Mr. Ovidio Marroquin. Weekly meetings at Calle 10, No. 833, Matamoros. For information regarding time of meetings, please write Mr. Jimenez G. or Mr. Marroquin at Abasolo No. 147.

#### Tijuana, Baja California, Mexico

Conducting Teacher, Mrs. Maria R. de Meza, Avenida Rio Bravo, #880, Colonia Revolucion. Meditation Classes for adults, 2nd and 4th Sundays each month, 11 a.m. Meditation class for children, Sundays, 9 a.m. Praecepta class for adults, Wednesdays, 5 p.m. Praecepta class for children, Tuesday and Friday afternoons.

#### Havana, Cuba

Conducting teacher, Mr. Oscar Font. For information write to Mr. Font at Neptuno St. 1062, Havana.

## EUROPE

### London, England

Self-Realization Church of All Religions. Conducting Teacher, Yogacharya B.C. Nandi. Secretary, Mrs. Gertrude E. White, 33 Warrington Crescent, Maida Vale, London W.9. Meetings held every Thursday at Mrs. White's home address, listed above.

### 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.

### Hants, England

SRF Representative Mr. J. B. H. Mommens, 23 Foxholes Road, Southbourne-Bournemouth, Hants, will furnish information concerning meetings and the Self-Realization Fellowship teachings.

### Alloa, Scotland

Mr. R. J. Calder, 4 Gartmorn Road, Sauchie, Alloa; representative in Scotland for SRF books and magazine.

### Bloemendaal, Holland

SRF Representative in Holland, Mrs. J. C. Schreuder van den Berg, Dr. D. Bakkerlaan 71, Bloemendaal, will furnish information concerning SRF teachings.

### Heiloo, Holland

SRF Representative, Mr. N. C. Waal. For information concerning SRF teachings, please write to Mr. Waal, Kennemerstraatweg 452, Heiloo, Holland.

### Driebergen, Holland

SRF Representative, Baroness H. van Randwyck, Emmalaan 1, Driebergen.

SELF-REALIZATION



## MIDDLE AMERICA

### Mexico City, Mexico (English-Speaking)

Conducting Teacher, Mrs. Katharine Quick, Prado Sur 525, Lomas de Chapultepec. For information telephone 365289. Meetings every Tuesday at 4:00 p.m.

### Helsingfors, Finland

SRF representatives: Mr. Uno Remitz, Granvagen 13 A 31, and Major Torsten von Essen, Parkgatan 9.

### Bergen, Norway

SRF Representative, Mr. Andr Hoem. For information please write to Mr. Hoem at Ibsensgate 71, Bergen.

### Strangnas, Sweden

Conducting Teacher, Dr. G. E. Aae. For information, write to Dr. Aae at Radmansgatan 1, Strangnas

### Thorshavn, Faeroes Islands

Conducting Teacher, Lt. Col. F. P. Goldney. For information please write Col. Goldney at Villa Dover, Thorshavn, Faeroes Islands, Europe.

### Paris, France

Conducting Teacher, Mr. Constant Loupakoff-Desquier. Meetings held first and third Saturdays each month, 3 p.m., at 114 Rue de L'Abbe Groult, Paris 15e, France.

### Strasbourg, France

Conducting Teacher, Mr. Robert Noel. For information write Mr. Noel at 3 Rue Heckler.

### Grenoble, France

Conducting Teacher, Miss Genevieve Pfenninger. For information about meetings, write to Miss Pfenninger at Librairie Arthaud 23,

Grande Rue, Grenoble, France.

### Berlin-Charlottenburg, Germany

Conducting Teacher, Mrs. Elsa Hahn, Roscher Strasse 12v. III. For information concerning SRF, please write Mrs. Hahn. Assistant Conducting Teacher, Mr. Walter Kaul, Secretary, Mrs. Charlotte Damrosch.

### Basle, Switzerland

SRF Representative, Mrs. Helen Erba-Tissot. For information please write to Mrs. Tissot at 164 St. Albanring, Basle.

### Brussels, Belgium

SRF Representative, Mr. Paul Rasse. For information please write Mr. Rasse at 128 Avenue Ducpetiau, St. Gilles, Brussels.

### Prague, Czechoslovakia

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

### Turnov, Czechoslovakia

Conducting Teacher, Professor Karel Vlk, Turnov, Jicinska 288. Please write Prof. Vlk for further information concerning time and place of meetings.

### Plzen, Czechoslovakia

Conducting Teacher, Mr. Ferdinand Baudys, Kyjevska 100, Plzen. For further information concerning time and place of meetings, please write Mr. Baudys.

## AFRICA

### Accra, Gold Coast, West Africa

For information regarding meetings, communicate with one of the following officers: Mr. J. M. A. Sackeyfo, School of Pharmacy, G. C. Hospital, Korle Bu; Mr. O. T. C. Mensah, Electricity Dept., Accra; Mr. E. E. Y. Okwei, Accra Ice Co.



Praecepta Study Class Tuesdays 6:00 to 7:30 p.m. Meditation and SRF Literature Study Fridays 6:00 to 7:45 p.m. at the Accra Community Centre. Sunday services 11:00 a.m. to 12:30 p.m. at Oso Progress School, First Ring Road Bus Stop, near the Cemetery, Christiansborg.

#### "Holy Hill" Ofaakor

A new site near the village of Ofaakor, ten miles from Accra, acquired by the members of the West African centers for the establishment of an SRF colony.

#### Calabar, Nigeria, West Africa

Conducting Teacher, Mr. G. O. Basse. Meetings Tuesdays and Fridays at 6:30 p.m., Sundays at 10 a.m. and 6 p.m., at 12 Eyamba St., Calabar (across from Duke Town Church—C.S.M.).

#### Lagos, Nigeria, W. Africa

SRF Representative, Mr. Joseph Akinola Babalola, 55 Olushi St. For information please write him at P.O. Box 458, Lagos.

#### Cape Coast, Gold Coast, W. Africa

Conducting Teacher, Mr. James E. Ampah, c/o Telephone Exchange, District Post Office, Cape Coast. For information please communicate with Mr. Ampah, Executive Secretary-Treasurer of SRF African Branches.

#### Koforidua, Gold Coast, W. Africa

Conducting Teacher, Mr. Christopher R. Larnyoh, P.O. Box 35, Koforidua, Gold Coast, W. Africa. Study classes and Sunday 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 and study of Praecepta and other SRF literature.

#### Takoradi, Gold Coast, W. 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. Write Mr. Laryea for information concerning meetings.

#### Port Elizabeth, South Africa

Conducting Teacher, Mr. G. K. Nulliah Naidoo, Hindu Primary School, 22 Upperhill Street. Meetings held every Thursday at 7 p.m.

#### Pretoria, South Africa

Conducting Teacher, Mr. Hyman Klein. For information regarding SRF teachings and meetings, please write to Mr. Klein, Box 380, Pretoria.

## PHILIPPINES

### Manila, Philippines

Conducting Teacher, Mr. Hermenegildo F. Tibayan, 1431 Sulo, Sta. Cruz; Ass't. Conducting Teacher, Attorney Jesus P. Morfe, 2515 Yangco, Luna Subdivision; Sec'y-Treas., Mrs. Iluminada Lopez Tibayan, 1431 Sulo, Sta. Cruz. Meetings 4:00 p.m. to 5:30 p.m. every Saturday.

### Cotabato, Philippines

Conducting Teacher, Judge Ricardo A. Cabaluna. Assistant Conducting Teacher, Mr. Sixto Ramirez Gulapa. For information, write either officer at Kalamansig, Lebak, Cotabato.

## HAWAII

### Honolulu, Hawaii

#### (Chinese Group)

Conducting Teacher, Mr. H. J. Chang, 3422 Kilauea Ave., Honolulu. Phone 73814. For information, please call Mr. Chang.

#### (American Group)

Conducting Teacher, Mrs. Lydia Lovell, 3371 Kaohinani Dr., Honolulu 30, T.H. Please inquire through Mrs. Lovell for information concerning time and place of meetings.

## SELF-REALIZATION



## ASIA

### Dakshineswar, Bengal, India

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

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

SRF Instruction Department, for teachings by correspondence. Residential accommodations for Western members and friends. Yogoda Magazine and other YSS publications now printed on SRF-YSS press at Dakshineswar.

### Ranchi, Bihar, India

World Colony, and the YSS Brahmacharya Vidyalaya, a residential high school (Calcutta University matriculation standard) with yoga training; founded in 1918 by Paramhansa Yogananda. In charge: Sri G. C. Dey, B.A. Ideal climate; outdoor classes; 23 acres of orchard; electricity, own waterworks; playground, gymnasium.

Yogoda Sat-Sanga Home of Service (Sevashram). Col. A. K. Ghosh, Chief Medical Officer. Mr. Ramkishore Roy, Secretary.

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

### Lakshmanpur, Bihar

Yogoda Sat-Sanga Vidyapith, High School for boys, with residential hostel. Mr. G. C. Dey in charge.

### Calcutta, Bengal, India

Yogoda Sat-Sanga Center, 4, Gur-

par Road, Calcutta (the boyhood home of Paramhansa Yogananda). Weekly class (Sat-Sanga Sava) with 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.

### Baranagar (Calcutta)

YSS Ashram, 87 Aukshoy Mukerji Road, Baranagar, Calcutta 36. A beautiful large hermitage set in a 3-acre garden. Founded in 1950 to be the center for a free dispensary and school.

### Serampore, Bengal, India

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

### Gosaba, Bengal, India

Yogoda Sat-Sanga Ashram, Sonagoan 6. Meditation and study classes. Visiting minister Brahmachari Sri Prokas Das. Leader, Sripati Charan Bag 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

"Yogashram", No. 39 Bannerjee 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.

### Jhargram, India

Sevayatan Ashram with Sri Sri Shyama Charan Yoga-Mandir, primary school, and medical dispensary. Swami Premananda, founder. Swami Satyananda Giri, acharya. Sailesh Mohan Maiumdar, secretary.

Address: P.O. Sevayatan, via Jhargram, Dist. Midnapore, Bengal, India.



### Midnapore, India

Bhordaha Yogoda Sat-Sanga Society and Sri Yukteswar Sevashram. Regular meetings for study and meditation. Conducts free primary night school, charitable dispensary, and library.

Yogoda Sat-Sanga Ashram, Khurda. Dr. Bipin Behari Bhuia, in charge. P. O. Kasigiri, R. R. Sta. Panshikura.

Yogoda Sat-Sanga Ashram, Gobardhanpur. Sri Dhiraj Kumar Chakrabarty, in charge. P. O. Pulsita, R. R. Sta. Kolaghat.

Yogoda Sat-Sanga Ashram, Handol. Dr. Sarat Ch. Samanta, in charge. P. O. Bhemua. R. R. Sta. Haur.

Yogoda Sat-Sanga Ashram and the Yogoda Sat-Sanga High School, Eimalichak. Sri Janardan Sahu, Head Master. P. O. Arankiarana, Eimalichak.

Yogoda Sat-Sanga Ashram, Sabong. Sri Benimadhab Sasmol, in charge. P. O. Sabong (Nakindi Khagrageri).

Yogoda Sat-Sanga Ashram, Sabong. Sri Gosta Behari Das in charge. P. O. Sabong, Vill. Julkapur. R. R. Sta. Ballychak.

Yogoda Sat-Sanga Ashram, Dongabhang. Sri Abinash Ch. Pramanick, in charge. P. O. Polaspai.

Yogoda Sat-Sanga Ashram, Bhusulia. Sri Anukul Chandra Jana, in charge. P. O. Pingla. Vill. Bhusulia. R. R. Sta. Ballychak.

Yogoda Sat-Sanga Ashram, Pendroi. Sri Raicharan Puranratna, in charge. Gobardhanpur, Padina. R. R. Sta. Haur.

Yogoda Sat-Sanga Ashram, Ghatal.

### Puri, Orissa, India

Self-Realization Fellowship (Yogoda Sat-Sanga) at the Yogoda Ashram, Puri. Brahmachari Rabinarayan, acharya in charge; Narayanswami,

resident teacher. Project soon to be started in Puri, through the generosity and devotion of American and Indian disciples: Assembly Hall Temple; also a shrine to honor the earthly resting place of Jnanavata Sri Yukteswar, guru of Paramhansa Yogananda.

### 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.

**BHAGAVAD GITA** (Song Celestial), translated by Edwin Arnold; cloth, \$1.25.

**GANDHI LIVES**, an interpretative account of the Mahatma's life, by Marc Edmund Jones; cloth, \$1.00.

**SRF GOLD PINS**, lotus emblem, \$2.40.

### FOR FRAMING


Paramhansa Yogananda's poem, **Friendship**, 8½ x 11½ inches, 25c.



**Shiva Temple in woodlands of Ranchi school**

SELF-REALIZATION



A vintage illustration of a monument. The monument consists of two tall, white, rectangular pillars connected by a horizontal wall. On top of the wall are three large, golden lotus flowers. The central lotus flower is the largest and is open, showing a green center. The two side lotus flowers are smaller and closed. The background shows green hills and a sky with light clouds. In the foreground, a large group of people in various styles of clothing are gathered around the base of the monument. The ground is covered with large, green, leafy plants. The entire scene is rendered in a classic, hand-drawn style with a limited color palette of greens, golds, and whites.

"Lay the imperishable gifts of perpetual good will, spiritual service, and unconditional love beneath the Christmas tree of civilization — the flowering tree with its branches of many races."

*Parouhausa Jogauanda*