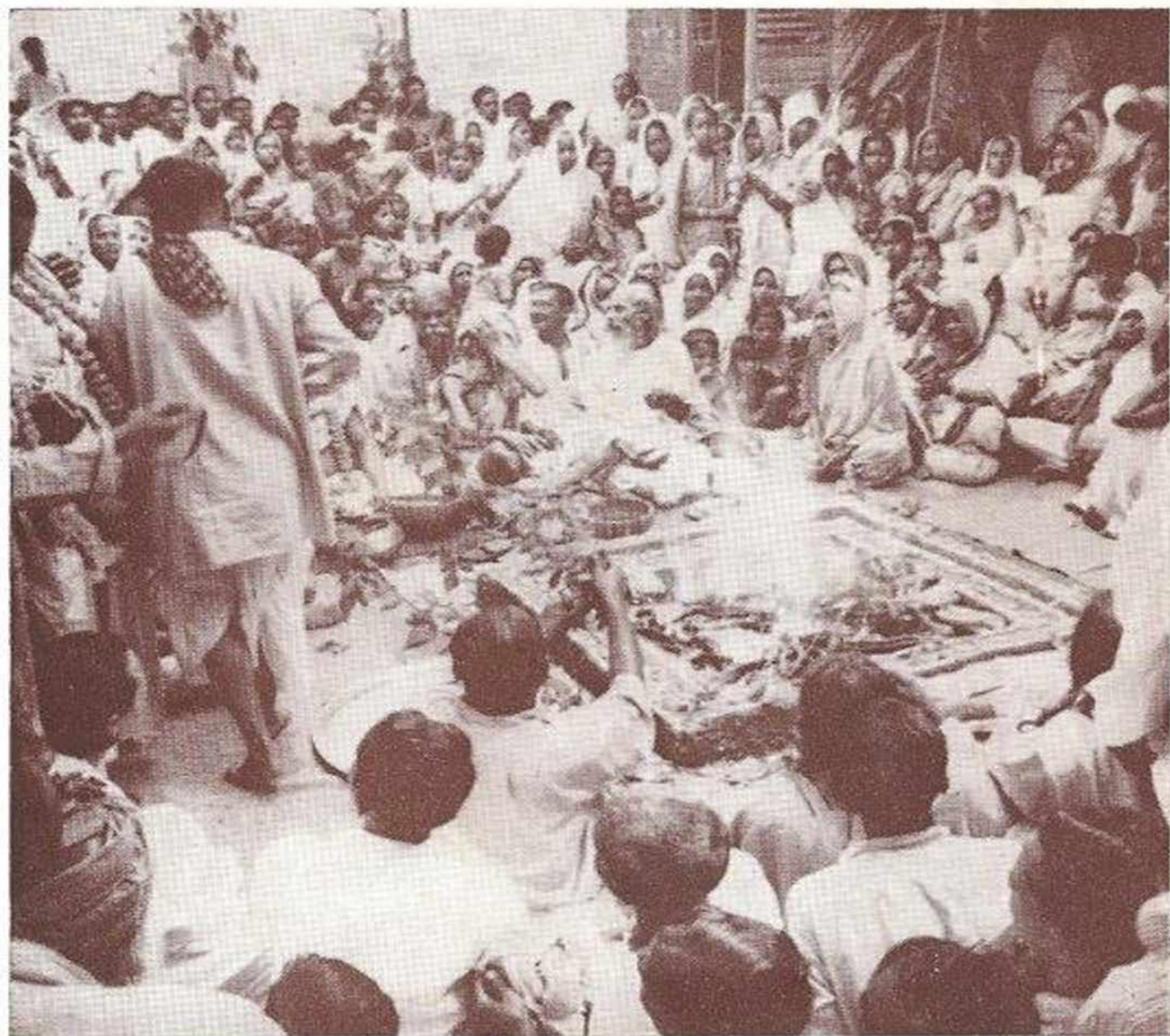




# Self-Realization

## MAGAZINE

Founded in 1925 by PARAMHANSA YOGANANDA



FIRE CEREMONY IN GHATAL, INDIA

3000 Attend Yogoda Sat-Sanga Meeting

(See page 30)

*Healing of Body, Mind, and Soul*

SEPT.-OCT., 1955  
25¢



Paramhansa Yogananda, New York, 1923

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September-October, 1955

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naught else but that Joy, I find that all obstacles to God-union give way before me. This declaration is not a fairy tale; it is true. But not until God has received all of the devotee's love will He come. It will seem that He has forsaken us sometimes, but such tests are inescapable; if we steadfastly refuse to give up our search, God receives us as His own.

In worldly conditions there is always an element of uncertainty. Some people spend year after year trying wholeheartedly but unsuccessfully to make money. But in the spiritual path no wholehearted devotee is ever unsuccessful. His labors are never in vain.

### Continuous Vigilance is Required

The greatest enemy of divine realization is the body; it becomes easily tired and wants to give up. A true devotee never relaxes his effort nor admits the supremacy of the body. Continuous vigilance is required. We must believe, against all seeming odds, that He will come. Even an agnostic who thinks that there is little likelihood that God exists but who perseveres in the search for Him will ultimately find Him. Even though He may not seem to respond, one should not succumb to doubts but should unremittingly continue in the holy quest. *Perseverance is the whole magic of spiritual success.* If the Lord responded easily and openly to the devotee's prayers for divine illumination, all men would immediately seek Him — not for love of Him but for the illimitable rewards.

This world is God's playhouse. It is part of His intricate drama here that He has made it very difficult to discover His presence. Because the search is not easy, we tend to forget Him. Even when we see our loved ones pulled away into the mysterious unknown, we do not think seriously about our having to go also, some time. But one should not wait for the approach of death to realize the importance of seeking God. It is every man's supreme and immediate duty. Each minute of life should be a divine quest. The burning question in our hearts should be: "When shall I find Thee, O Lord?"

No matter what happens, never relinquish the vital search. Suppose one sits to meditate, and then friends arrive. There is nothing to do but to cut the meditation short; yet one may still keep his mind on God. Whatever the activity, the inner attention should be on Him. He is so necessary to us!

Get busy *now*; time is passing, and one day the fearful realization will come that life has gone by as though in a twinkling and still He has not been found. Let no day pass without your having made an effort to meditate on Him. Soon, surprisingly little effort will be needed. Great happiness comes to the devotee who is steadfast. Without unquenchable enthusiasm nothing can be gained.

The *Bhagavad Gita* (the Hindu Bible) teaches the importance on the spiritual path of rising above bodily sensations. The contact of the senses with outer environment produces sensations of heat and cold, pleasure and

pain, and other oppositional states. The average man is easily affected by these sensations, but the *Gita* teaches that one should be neutral to them. This is not a recommendation to be rash! If the yogi finds the sensations of heat or cold are extremely difficult to bear, he should seek an outward remedy without becoming inwardly involved. He who can practice mental neutrality is on the way to becoming a saint. He who lives in the bodily temple without being affected by changing sensory perceptions, remaining even-minded during pleasure and pain, cool and heat, and so on, becomes a true king among men. Having attained changelessness, he is one with the changeless Spirit.

All who came to my Master's hermitage for spiritual training were disciplined in this way. And the aspiring yogi of the West and East must so discipline himself also. He should refrain from making too much fuss about the body. If he sees he is finding time for everything else but is too busy for God, he should take the whip of discipline to himself. Why be afraid? There is everything to gain. If a man will not himself cry and struggle to attain his own salvation, will anyone else?

God-realization is the most difficult state to reach. Let no one fool himself, nor think that someone else can "give" it to him. Whenever I fell into a state of mental stagnation, my Master could do nothing for me. But I never gave up trying to keep in tune with him by cheerfully performing whatever he asked me to do. "I have come to him for God-realization," I reasoned, "and I must listen to his advice." At his hermitage we young disciples seemed to be always cooking, and there were many other excuses not to meditate. Yet even though I worked harder there than in my own home, I found the environment of the hermitage to be spiritually helpful to me.

### Keep a Daily Appointment With God

Let no devotee miss his daily appointment with God. The mind may suggest the movies or some other distraction; but when the time comes for God each day, keep that holy engagement. Otherwise you will be a long time finding Him. There is a personal element in the search for God that is more important than mastery over the whole science of Yoga.

The Heavenly Father wants to be sure that His children desire only Him, that they will not be satisfied with anything else. When God is made to feel that He is not first in the devotee's heart, He stands aside. But to him who says, "O Lord, it matters not if I lose sleep tonight, so long as I am with Thee," He will come. Positively. The Ruler of creation will come forth from behind the countless screens of this mysterious world to reveal Himself behind every screen. He talks to His true devotees, and plays hide-and-seek with them. Sometimes He suddenly reveals a comforting truth when one is worried. In time, and in direct or indirect ways, He grants every wish of His devotee.

Fulfillment of a particular desire seems necessary only if one lacks

conviction that he can find perfect fulfillment in God. One who is at peace in God is not tortured by unfulfilled earthly desires. No one can hurt me by thwarting me in some outward matter, because to me God is sufficient; His joyous presence is the only conditioning factor in my happiness. Each of you should try resolutely to meditate and to feel His presence, and see how quickly you will become aware of His favor.

The world worships men of power, like Alexander the Great and Napoleon, but think of their mental states! Then think of the peace that Christ had. Even though he was on the Cross he could say, "Father, forgive them, for they know not what they do." His peace could not be taken from him. We think we will seek that peace "tomorrow." Anyone who reasons that way will never find it. *Seek it now.* We do not neglect eating and our other duties to the body. They are very important to us. But one who loves God intensely loses all worry about the body. That is what Jesus meant when he said, "Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on"— (*St. Luke 12:22*).

Not until you feel in your consciousness the absolute importance of God will you reach Him. Do not permit life to cheat you. Form those good habits that make for true happiness. Follow a simple diet, exercise the body, and meditate daily—no matter what happens, rain or shine. If you are unable to exercise and meditate in the morning, do it at night. Pray to Him every day: "Lord, even if I die, or if the whole world crumbles away, I am going to find time daily to be with Thee."

Who is interested in God alone? Very few. Most people want to talk about spirits and miracles and so on. But he who knows God will be told by Him everything he has ever wanted to know.

### Kriya Yoga — Highest Method of God-Contact

*Kriya Yoga* is the highest method of God-contact. In my own search for God I traveled all over India, and heard wisdom from the lips of a number of her greatest masters. I can therefore vouch for the fact that Self-Realization teachings embody some of the highest truths and scientific techniques ever given to mankind by God and the Great Ones.

The after-effects of *Kriya* bring with them the utmost peace and bliss. The joy that comes with *Kriya* is greater than the joys of all pleasurable physical sensations put together. From that joy experienced in meditation I receive the rest of a thousand sleeps. Sleep becomes virtually unnecessary to the advanced *Kriya Yogi*.

When by *Kriya Yoga* the devotee's eyes, breath, and heart are quieted, another world comes into view. Breath, sound, and movement of the eyes belong to this world. But the yogi who has control of the breath may enter the heavenly astral and causal worlds and commune there with God and His saints. The yogi is not interested in anything else.



Whoever will forget everything else and remember what I have said will get to God without fail. Everyone must eventually get there. But what is the use of my telling these truths to you unless you practice them? My loving attention on you is not wanting; but even if I were to remind you each day of these truths they would not help anyone who does not himself make the effort to practice meditation. No one is greater than God, enthroned in the heart of every man; yet even He does not force us to seek Him. He has given us free will. But he who finds a guru and keeps faith with him by following his instructions will transform his whole life.

### To Find God, Be Loyal to God

It is easy to see in one's face whether or not he is a lover of God. True devotees may be called fanatical in their devotion to Him. The only right kind of fanaticism means loyalty to God — night and day, night and day, thinking only of Him. Without that kind of loyalty it is impossible to find God. Those who never miss *Kriya* and who sit long in meditation and pray intensely to God will discover the longed-for Treasure.

This world is but a dream. Just as in the movies there is no essential difference between the ocean and the sky, which are simply two different rates of light-vibration, so it is in this world. Sorrow and joy, pain and pleasure, cold and heat are but dreams of this world. The Lord is the only Reality. We should always pray that no test or temptation will ever have the power to make us forget Him. When I pray thus I receive more result than at any other time. Then, even if something very serious comes to divert me, I nevertheless see immediately that I am safe in His arms.

It is difficult to know Him. The path to God is like a razor's edge. But discouragement is never justified, because we don't have to acquire or win anything; we have only to realize that God is already within us. That is why negativeness should be completely forgotten. Cooperating with the guru's thoughts makes the path easy. If the disciple says, "I can't do this; it is too hard for me," he is held back. Nobody has entangled us in moods and habits and desires but ourselves, and no one but ourselves will free us.

Keep a diary of your spiritual life. I used to make a record of how long I had meditated daily and how deep I had gone. Seek solitude as much as possible. Do not spend your leisure in mixing with people for merely social purposes. God's love is hard to find in company.

The Lord is discovered in silence, and *Kriya* shows you the way. To establish God-consciousness in the souls of men is my great interest. I see that everything else is futile. The one purpose of Self-Realization Fellowship is to teach the individual man the way to personal contact with God. Those who make the effort cannot miss Him. Make a solemn promise in your heart and pray to the Father that He bless you with the haunting

desire to find Him, that you may not waste any more time in the useless diversions of this earth.

Pray to the Father, "As we are compelled to work, may we perform our duties only to please Thee. Bless us every moment that we realize Thou art more important than eating or sleeping or anything else. Bless us that we are able to meet Thy tests and to avoid the terrible temptations of the flesh. May we all be diademed in Thy bosom."

And my prayer for each of you is that from today you will make a supreme effort for God, and that you never give up until you are established in Him. If you love Him you will practice *Kriya* with the greatest devotion and faithfulness. Continuously seek Him through prayer and *Kriya Yoga*. Be of good cheer, for, as Babaji once said, quoting from the *Bhagavad Gita*:\* "Even a little bit of the practice of this religion will save you from dire fears and colossal sufferings."

\*Chapter II:40.

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#### DISTINGUISHED FRENCH HOUSEHOLDERS TURN RENUNCIATES

A religious custom, widely observed in ancient India and honored to some extent even today, is the breaking by householders of all worldly ties after the marriage of their children.

The same ideal has animated the lives of a distinguished couple in France, members of the Catholic Church. Recent news dispatches from Paris relate that Marquis Melchior de Vogué and his Marquise, bearers of one of France's proudest names, made a vow shortly after their marriage thirty-five years ago to join Church orders as soon as all their children were married. The wedding in August, 1955, of their youngest son finally left the parents free. In September, the Marquis and his distinguished Marquise bade farewell to earthly riches and each other—he to become Brother Melchior and to join one of his sons in a Benedictine monastery at La Pierre-qui-Vire, and she to join the convent of the Little Sisters of the Assumption in Paris.

The Marquis, administrator of the Credit Lyonnais, leaves behind him a successful banking career and a huge fortune inherited from his father, a former president of the Suez Canal Company and Regent of the Bank of France. The fifty-eight-year-old Marquise leaves their Chateau de la Verrerie, famous for her brilliant banquets, to minister, as Sister Genevieve, to the sick and poor of Paris.





WINDMILL-HOUSE CHAPEL, SRF LAKE SHRINE,  
PACIFIC PALISADES, CALIFORNIA

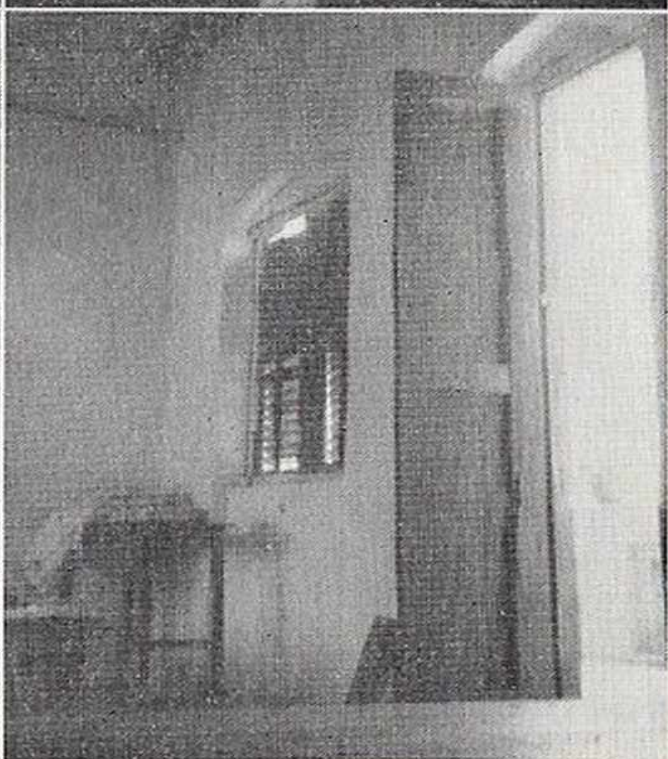
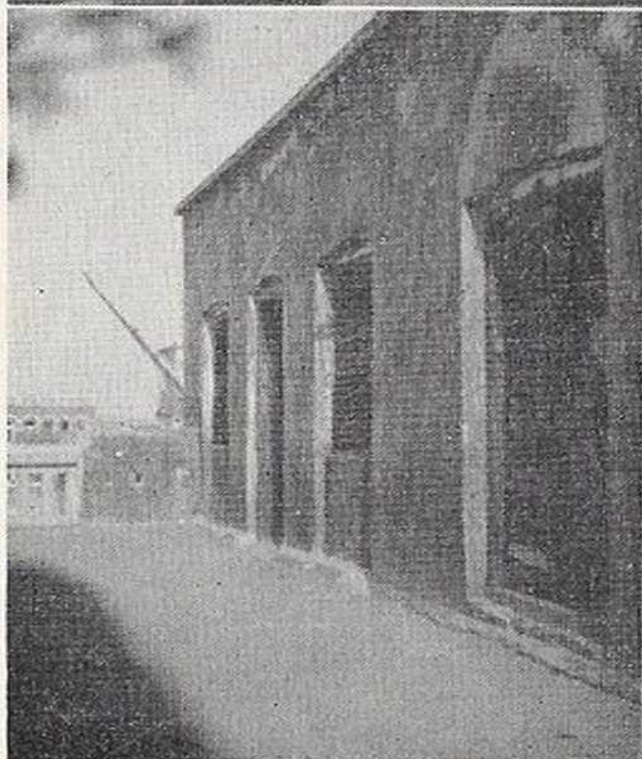
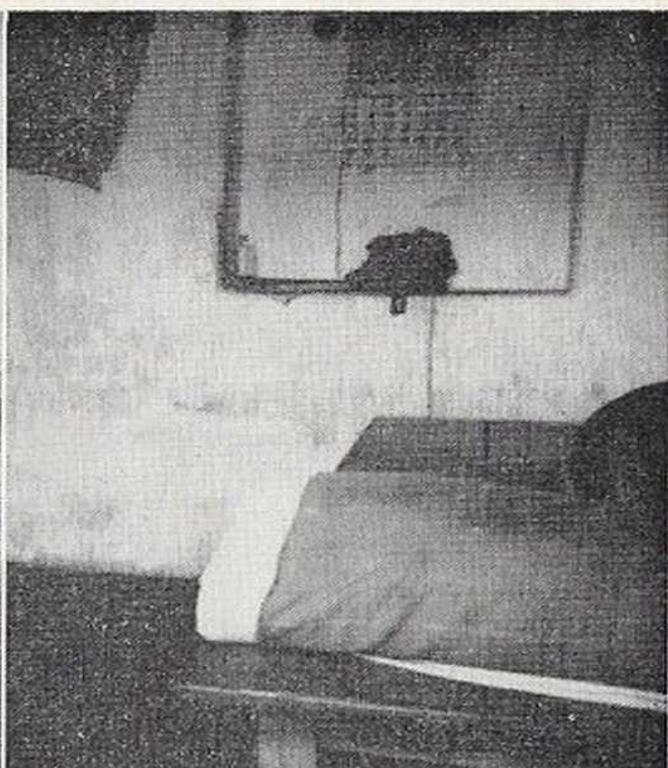
Construction has been started recently on an extension of the present chapel-room, to accommodate the increasing throng of Sunday worshipers. The annex is being built on the area that now comprises the outdoor patio (*hidden by shrubs, center foreground*). A lower level, near the edge of the lake, will be the site of a wishing-well pool containing a small fountain. The design for the pool was made in 1951 by Paramhansa Yogananda.

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### Death of Thomas Mann in Switzerland

Dr. Thomas Mann, winner in 1929 of the Nobel prize for literature, died on August 12, 1955, in Zurich, Switzerland. The famous author, who was eighty, lived for many years in Pacific Palisades, California. In 1945 he read *Autobiography of a Yogi* in manuscript. Writing to Paramhansa Yogananda about the book, Dr. Mann said:

"This renewed contact with the Yogi-sphere — its mental superiority to material reality, and its spiritual discipline — was very instructive for me, and I am grateful to you for granting me some insight into this fascinating world."



(Upper left) Front view of Yogoda Ashram founded in Puri, India, by Swami Sri Yukteswar (guru of Paramhansa Yogananda). (Upper right) Room in which Sri Yukteswar entered *mahasamadhi* in 1936. (Lower left) A portion of the second story of ashram. Paramhansa Yogananda stayed in the adjoining rooms as a young disciple. (Lower right) Interior of room where Yoganandaji often slept. Doorway leads to roof.



(Above) View of Bay of Bengal from roof of Sri Yukteswar's ashram in Puri, just five minutes' walk from the beach.

(Below) Brahmachari Rabinarayan (*center*), *acharya* in charge, YSS ashram, Puri; and other YSS teachers and students.



Uma ( *left* ) and Revati ( *center* ), who took their final vows as Sisters of the SRF Order on August 21st in a ceremony held in the chapel of SRF headquarters, Los Angeles. Sister Daya ( *right* ), president of SRF, officiated.



Procession in streets of Ghatal



(Above) Swami Atmananda (third from right, front row) and other YSS members from Dakshineswar with some villagers of Ghatal.

(Below) Boys peeling potatoes for meal for YSS gathering of 3000.

### 3000 PERSONS ATTEND YSS ASHRAM REDEDICATION

The entire village of Ghatal, Midnapore, took part on March 27th in a ceremonial rededication of the Yogoda Sat-Sanga Ashram founded there many years ago by the great master, Swami Sri Yukteswar. Swami Atmananda, director of Yogoda Math, Dakshineswar, and a party of YSS disciples traveled to Ghatal to take part in the celebration.

Throughout the preceding night many people of Ghatal (a village of a few thousand persons) had been working to prepare food for the festivities and to decorate the grounds. As soon as the party from Dakshineswar arrived, the visitors and their hosts formed a procession that circled about and through the village, chanting hymns to the Lord. A fire ceremony (*homa yajna*) preceded the dedication-service (see front cover). Rice and spices were thrown on the sacrificial fire, symbolizing the offering to God of the fruits of one's actions. Three thousand persons attended the ceremonies, at the conclusion of which *ab-loo* (potato curry) was served to the gathering.

### YSS ASHRAM, SONAGAON, CELEBRATES ANNIVERSARY

Swami Atmananda, Sri Tulsi N. Bose, and Sri Indra Nath Seth of Yogoda Math, Dakshineswar, attended on June 2nd an anniversary celebration of the Yogoda Sat-Sanga Ashram in Sonagaon. Traveling by train and steam launch, they arrived on the evening of June 1st and were welcomed by the music of

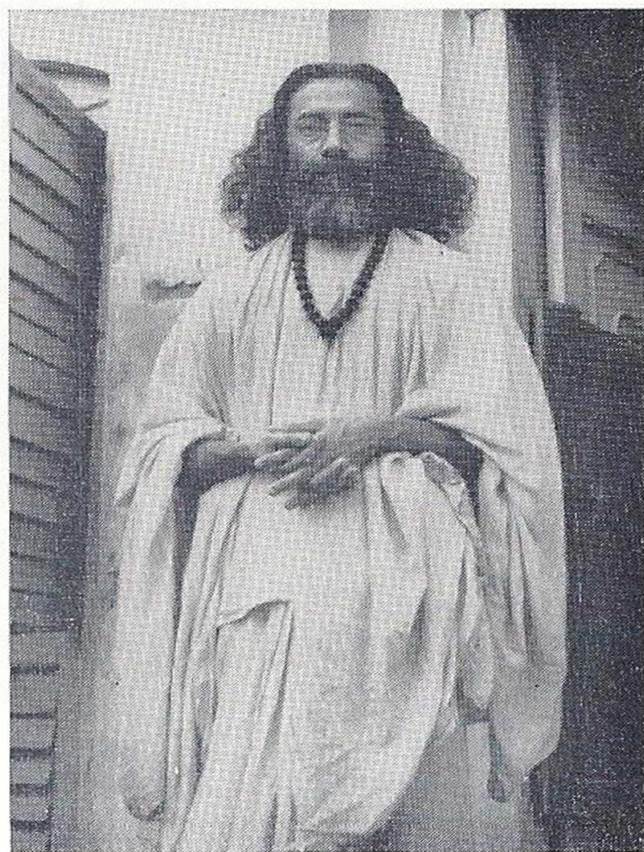
cymbals and drums and with garlands presented by Sri Kalpataru Barman, secretary of the Sonagaon YSS Ashram, and other members of the hermitage. All took part that evening in a devotional meditation service in the Ashram's *Guru Mandir* (temple).

The anniversary meeting was held the following day on the banks of the Ganges River, on which a platform had been erected and painted with decorative scenes. A portrait of Paramhansa Yogananda stood on a dais. The meeting was opened with a song, after which the annual report was read, and the guests from Dakshineswar spoke briefly on the various paths of Yoga. The meeting, which closed with music, was followed by dinner for the large gathering.

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#### HIGH SCHOOL IN MIDNAPORE AFFILIATES WITH YSS

Swami Atmananda and Sri Indra Nath Seth of Yogoda Math, Dakshineswar, visited on June 20th the *Brahmacharya Vidyalaya* (high school with yoga training) founded by Sri Janardan Saha, M.L.A., in Palparah, Midnapore. The guests were shown around the carpentry shop, dairy, poultry yard, and a spacious garden on the bank of a big tank (pool). At a special meeting Swami Atmananda announced the recent affiliation of the school with Yogoda Sat-Sanga Society and explained the ideals of YSS student-life. Many residents of the locality attended the meeting. An elaborate meal was served to the guests and 200 schoolboys.



Brahmachari Rabinarayan, a director of Yogoda Sat-Sanga Ashram and Sri Yukteswar Vidyapith (high school for boys) in Puri, India.

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#### ANCIENT WISDOM

"You are not the body, nor is the body yours, nor are you the doer or the enjoyer; you are Intelligence Itself, the free Eternal Witness. Go about happily."

—*Ashtavakra*.



"In the infinite illusion of the universe

The soul sleeps; when it awakes  
Then there wakes in it the eternal,  
Free from time and sleep and  
dreams."

—*Mandukya Upanishad*





Procession in streets of Ghatal



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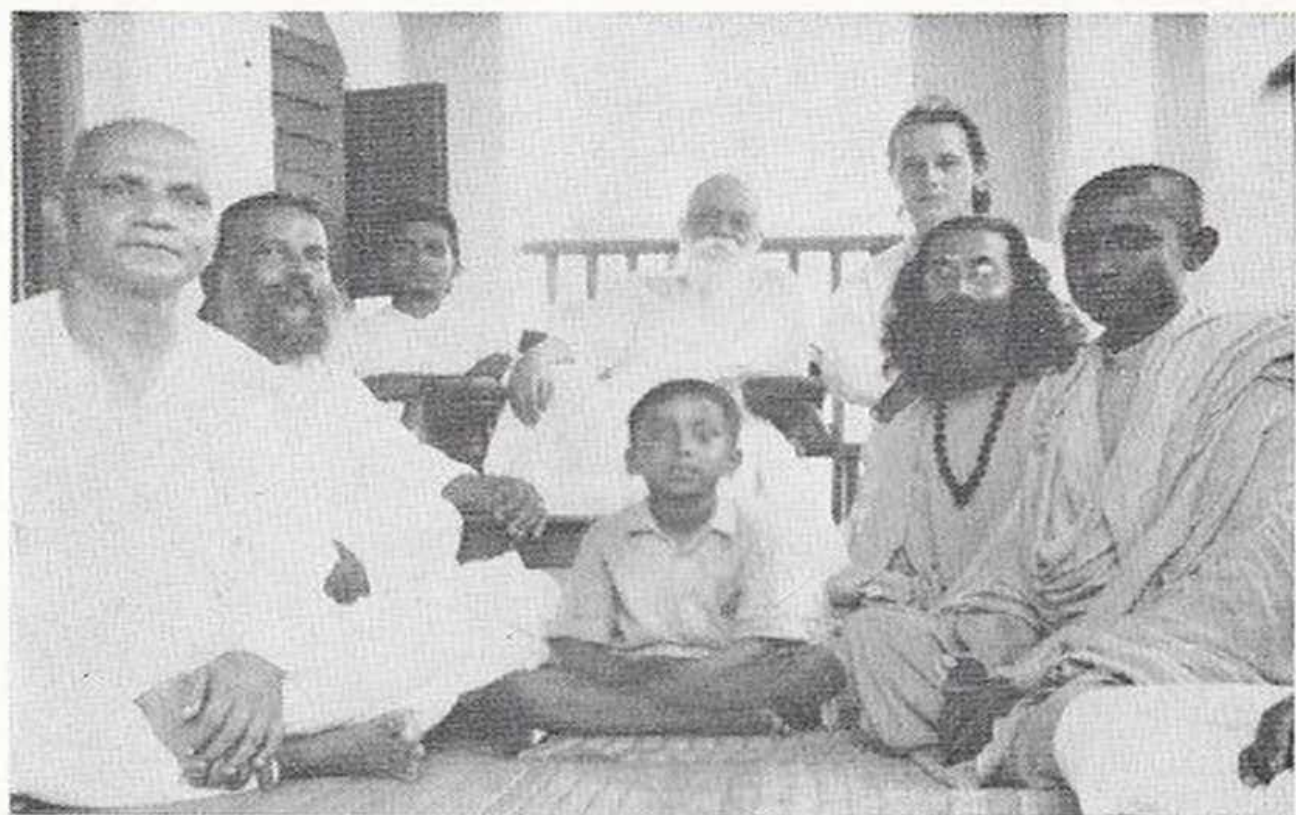
—*Ashtavakra*.



"In the infinite illusion of the universe

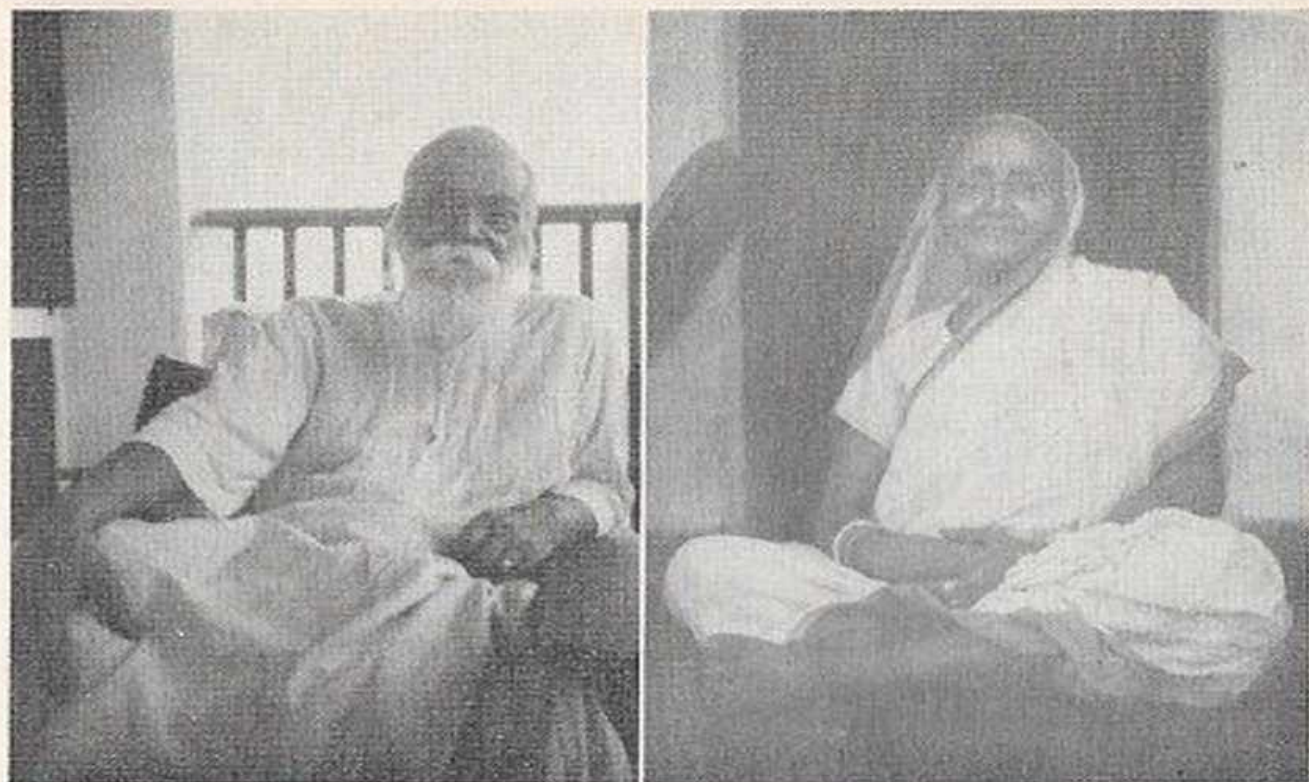
The soul sleeps; when it awakes  
Then there wakes in it the eternal,  
Free from time and sleep and  
dreams."

—*Mandukya Upanishad*



(Above) Group of YSS visitors in front of residence of Sanyal Mahasaya, a direct disciple of Lahiri Mahasaya, in Puri, India, in May 1955.

(Below) *Guru Mandir* (temple) over final resting-place of Swami Sri Yukteswar (guru of Paramhansa Yogananda), in Puri, India.



A VENERABLE HOUSEHOLDER-DISCIPLE OF LAHIRI  
MAHASAYA, AND HIS WIFE

Sri Bhupendra Nath Sanyal, founder of a Lahiri Mahasaya Temple in Puri, India, is one of the few remaining living disciples of Yogavatar Lahiri Mahasaya. Born in 1877, at the age of fifteen Sri Bhupendra came under the Yogavatar's guidance. Along with a masterly treatise on the *Bhagavad Gita*, Sri Bhupendra has included Lahiri Mahasaya's long-out-of-print commentary (in Bengali). (Right) Wife of Sri Bhupendra. These pictures and photo at top of page 32 were taken in May 1955 by YSS disciples during a visit to Sri Bhupendra's home in Puri.

(Continued from page 14)

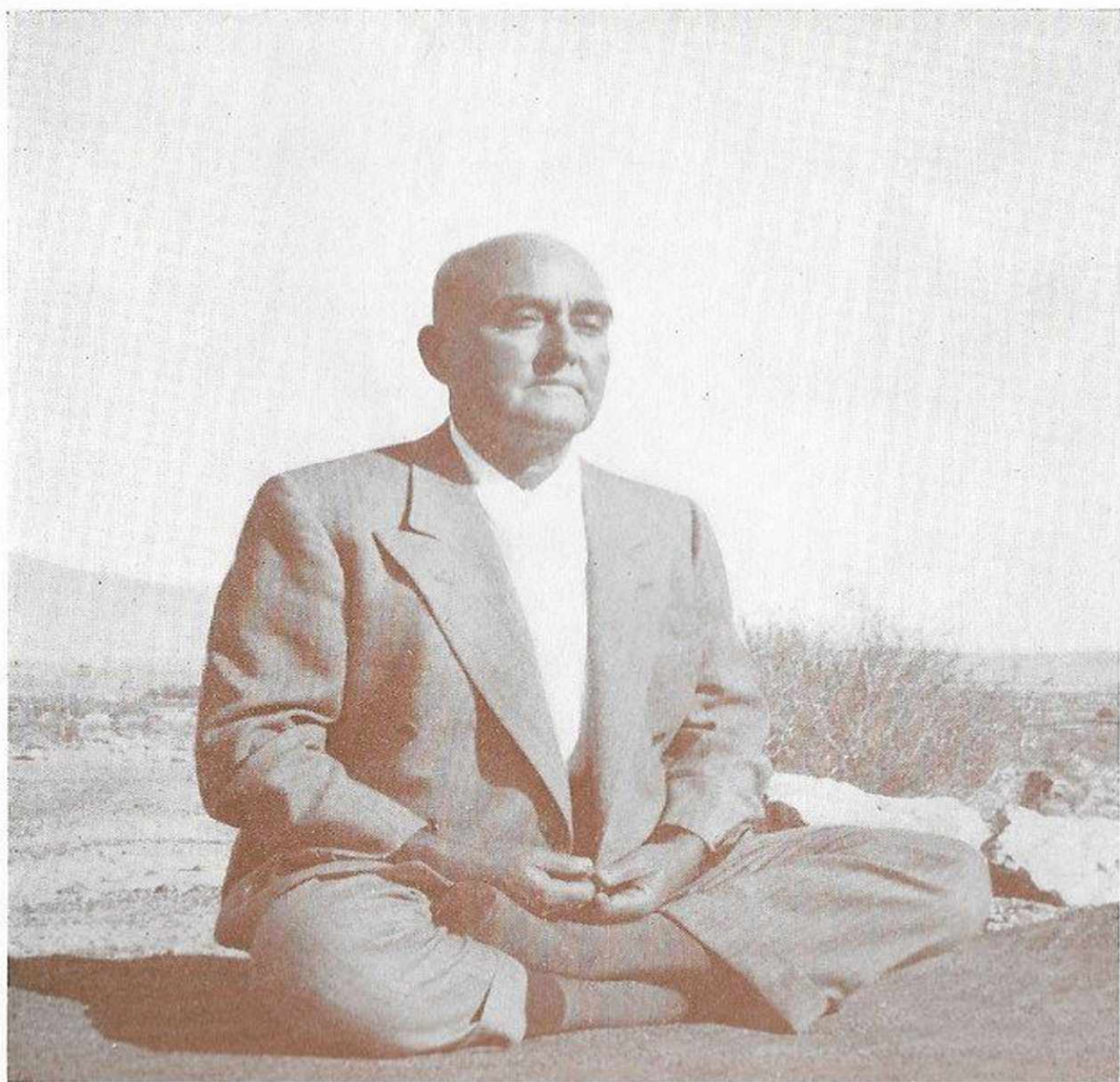
he gave only love. For every insult he gave only kindness. For every betrayal he returned only forgiveness. Evil hearts usually surrendered to such perfect punishment.

KANTI: How strange, that people could turn with cruelty on such a saint.  
ROMESH (to Kanti): But aren't good and evil always at war?

STORYTELLER: And where there is a man who is supremely good, the resistance of evil people is that much greater. Look at the lives of all the prophets.

GANGA: How those wicked people must have suffered, knowing that he loved them so deeply!

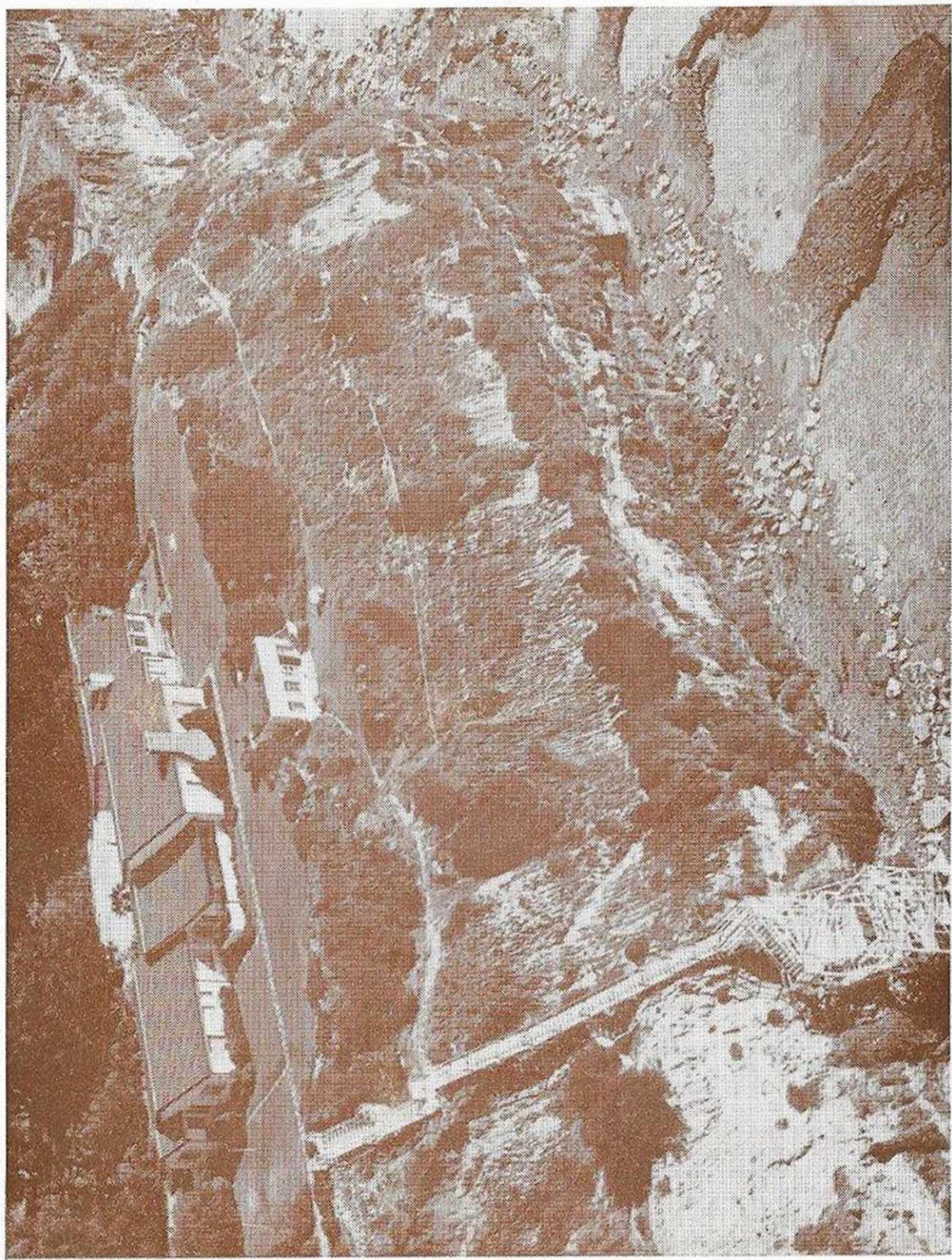
STORYTELLER (quietly): I know of at least one who did.



Rajasi Janakananda, beloved late president of SRF,  
Borrego Springs, September, 1954

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"I am proud that in Mr. Lynn (Rajasi Janakananda) a Westerner stepped forth to show the world the worth in daily life of yoga training. Through him the lives of many, many men will be profoundly changed and turned toward God."—*Paramhansa Yogananda*



Airplane view of SRF Hermitage (*rear of building*), meditation caves (*small structure in upper foreground*), cliffs, and Pacific Ocean beach, Encinitas, Calif.