

Self-Realization

MAGAZINE



Founded in 1925 by PARAMAHANSA YOGANANDA



GRANDSON OF GANDHI AT SRF LAKE SHRINE, LOS ANGELES
Rajmohan Gandhi with Sisters Meera and Sraddha of Self-Realization
Fellowship, August 2nd, SRF Lake Shrine

Healing of Body, Mind, and Soul

SEPT. - OCT., 1958
25¢



PARAMAHANSA YOGANANDA

Photograph taken at SRF Mount Washington Center

Self-Realization Magazine

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September - October, 1958

Volume 30, No. 1

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Swami Atmananda and Thamu, youngest sister of Paramahansa Yogananda; in Serampore, Bengal, 1956

In God Is All Happiness

By PARAMAHANSA YOGANANDA

A talk given in 1937 to a class in Encinitas



God in His infinite mercy gives to us His joy, His inspiration, true life, true wisdom, true happiness, and true understanding through all the various experiences of our lives. But the glory of God is revealed only in the quietness of the soul, in the intensity of the inner effort of the mind to commune with Him. It is there that we find truth. Outside, delusion is very strong; very few people can get away from the influences of outer environment. The world goes on with its infinite complexities and diverse experiences. Each life is new and each life has to be lived differently. Yet underlying all life is the silent voice of God, ever calling to us through flowers, through scriptures, and through our conscience—through all things that are beautiful and that make life worth living.

The more you concentrate on the outside the less you will know of the inner glory of the everlasting joy of Spirit. The more you concentrate within, the less you will have of difficulties without. But most people do not understand this truth because of the influence of worldly environment, company, and bad habits. Environment keeps you more or less engrossed; it never allows you to think of deeper realities. Even in this beautiful place in Encinitas I have seen that some students came without the pure intention of seeking spiritual development. If you choose to see God you can see Him everywhere. Habits are predatory; they destroy. You should learn to be happy with what you have. Don't wish for anything more than what is already coming to you. The Father knows what you need.

The best way to be happy is to be conscious of the Father. Your paramount desire should be God-realization; the determination to be with Him should be supreme in your consciousness.

I have given everything to God. There is nothing else that I can give any more. And I have already realized that the only purpose of life is to know God. Many people may doubt that finding God is the purpose of life; but everyone can accept the idea that the purpose of life is to find happiness. I say that God is Happiness. He is Bliss. He is Love. He is Joy that will never go away from your soul. So why shouldn't you try to acquire that Happiness? No one else can give it to you. You must continuously cultivate it yourself. The forces of Nature are constantly

trying to give you the pleasures of the world, but such transitory satisfactions only end in sorrow and bitterness. Even the most favored person, one who appears to have everything, may not be happy. And you will never be satisfied for long with earthly things. They give only a false peace and contentment. The whole world has been plunged into chaos through greedy desires. Greed is creating war. Nothing else is causing it.

He who conquers himself is the greatest victor in this battle of life. Money, fame, desires — everything that goes against this ideal is a detriment to our peace and happiness. If people would only learn to concentrate on the real values of life, they would find true happiness; but they are carried away by earthly desires. I find that no temptation can make me deviate from the path that I have chosen. I could enthrall thousands by my personality, but that course would be a detriment to me; and in any case I do not seek to enthrall thousands. I love to see true devotees — those who are anchored in God. Persons who love God will come here, and those whose enthusiasm will last to the end of life will find Him.

God Must Come to Those Who Truly Want Him

It is impossible to deceive the Lord because He is sitting right behind your thoughts, and knows what you are thinking and desiring. Yet if in your heart you renounce the world and seek inner communion with Him He will come to you. But you must know that you want Him and nothing else. Once that desire for Him is established in your heart He must come to you.

The only thing to live for is the contact of the Divine, the communion with God. That is why Jesus said, "The harvest truly is plenteous, but the laborers are few." * Believe the words of Jesus who lived the truth. Has there ever been a greater example of godliness for us than when he said, "Father, forgive them, for they know not what they do"? †

Everybody wants to have more money than the next person, and when he has it he is not satisfied because he finds there is still someone else who has more than he. People live in a bedlam of misery created by their own desires. Learn to be satisfied with what you have. The average person in America has much more than the average person in Europe or India, or in any other land. But still he is not happy! He is burning with anxieties and worries.

God's way is the easiest way. It is best to go to the Father first and ask Him what is best for you. When you know that He is, and that He awaits you, why should you waste your time on lesser things? Have

* *Matthew 9:37.*

† *Luke 23:34.*

you ever tried sincerely to see if the Father talks to you or not? The Lord is speaking to all human beings. What more can He do to attract your attention?

I don't want people to think that they can attain realization simply by listening to others or by reading books. They must practice what they read and hear. It is better to go to church than to stay at home and listen to idle chatter, but even in church you must feel Him within and you must know the technique by which you can realize His presence. Emotionalism and intellectualism cannot give realization.

When you resign yourself completely to God, when you are never tempted to pray for yourself, and when you are sure that God is your Spirit, that He is your soul and everything else — then you are free.

Think! A few decades hence, this existence of ours will have become a dream; and that I am sitting here and talking with you will have become part of that dream. All the great masters of the past have become dreams in the consciousness of mankind. But those great ones have attained. They are always conscious of what is going on.

What a dream this life is! And yet, when you look at your body now and see how it throbs with life, you become fully convinced again of the reality of this dream. You think you must have this or that and then you can be happy. But no matter how many of your desires are satisfied, you will never find happiness through them. The more you have, the more you want. Learn to live simply.

Seek God in Solitude

Jesus taught us to seek God in solitude. And in that silence you learn about the Holy Ghost. The secret meaning of the Holy Ghost has first come in this land through Self-Realization Fellowship. We teach you how to contact the Holy Ghost. Everything in creation is vibration and that vibration is guided by the intelligence of God. That intelligent vibration is the Holy Ghost. The great masters of India speak of it and teach it through this work. You need to be guided by those that know God, those that commune with Him. Everyone should learn how to contact the Holy Ghost through meditation.

In the silence of your soul, in the bower of your concentration, the romance with the Infinite is endless. But you cannot have God and mammon* together. You must give yourself to Him wholly. God is the Eternal Lover and He is begging for the love of you all.

You must learn to use your will and concentration in order to seek Him wholeheartedly. Your actions are dictated by your habits. You are

* *Matthew 6:24.*

always being forced by habits to do things that you don't want to do. You are your own enemy and you don't know it. You don't learn to sit quietly. You don't learn to give time to God. And you are impatient and expect to attain heaven all at once. You cannot get it by readings books or by listening to sermons or by doing charitable works. You can get it only by giving your time to Him in deep meditation. That is why Jesus said, "If thy hand offend thee, cut it off." *

Look to God Alone

You must make the effort to please God first. It is impossible to please all. I never try to displease anybody. I do my best and that is all I can do. My first aim is to please God. I use my hands to pray in adoration before Him; my feet to seek Him everywhere, my mind to think of Him as always present. Every throne of thought must be occupied by God—God as peace, God as love, God as kindness, God as understanding, God as compassion, God as wisdom, and so on. That is the only thing that I have come to tell you. Naught else.

Learn the technique of meditation. Keep good company. Don't look to others, but to God alone. And every day speak of this work to others. Every day do good to some people. As long as there is money in my pocket I never cease to give. My bank is God.

Last of all, you must know God just as Jesus did. If you follow the technique you will find Him, through your own efforts.

One day I was walking outside the hermitage, thinking of my great Master and wondering about him. Sadly I felt that I was enjoying this place and he could not be here to share it with me. Suddenly he appeared to me in the sky and said, "You think you are the only one enjoying this place! I am enjoying it from all space."

You must strive to be one with God. Practice meditation every day and learn to love Him deeply, and to love your neighbors as yourself. This is the only way to avoid war. There must be spiritual cooperation. Without spirituality there cannot be happiness either national or individual. And happiness must start with the individual. God-communion is the only answer to all problems, whether they be physical, financial, matrimonial, moral, or spiritual.

Happiness comes by feeling that you are one with God—that you are the child of God—a prince child of the King of the Universe. You are not a beggar child. You have jailed yourself in the body because of ignorance of your Father. You must free yourself from this jail. You must keep your mind riveted to God no matter what comes. Thus you will find great peace and joy.

* *Mark 9:43.*



A Letter From Sister Gyanamata

Sister Gyanamata (1869-1951) was the most spiritually advanced American woman disciple of Paramahansa Yogananda. She met him in Seattle, Washington, in 1924; eight years later she took the vows of a Sister of the SRF Order.



August 25, 1946

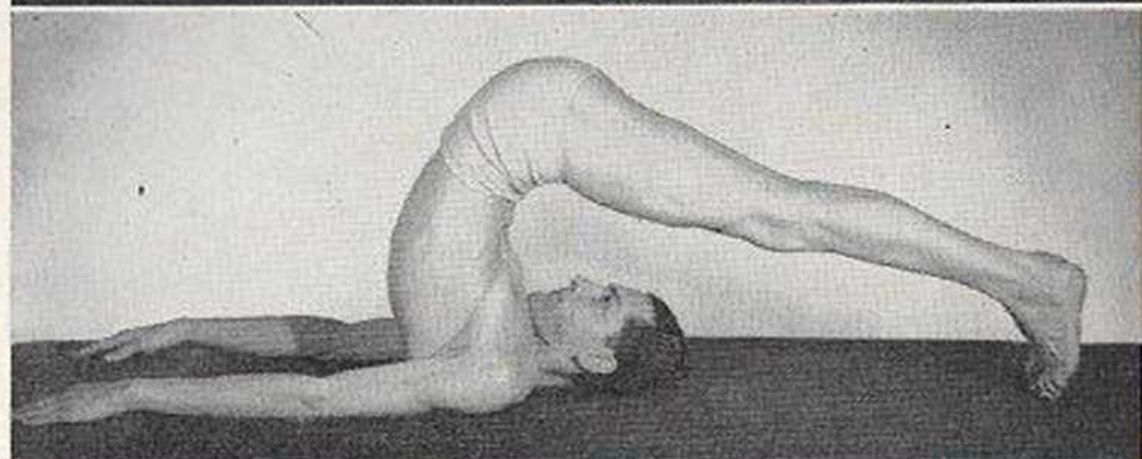
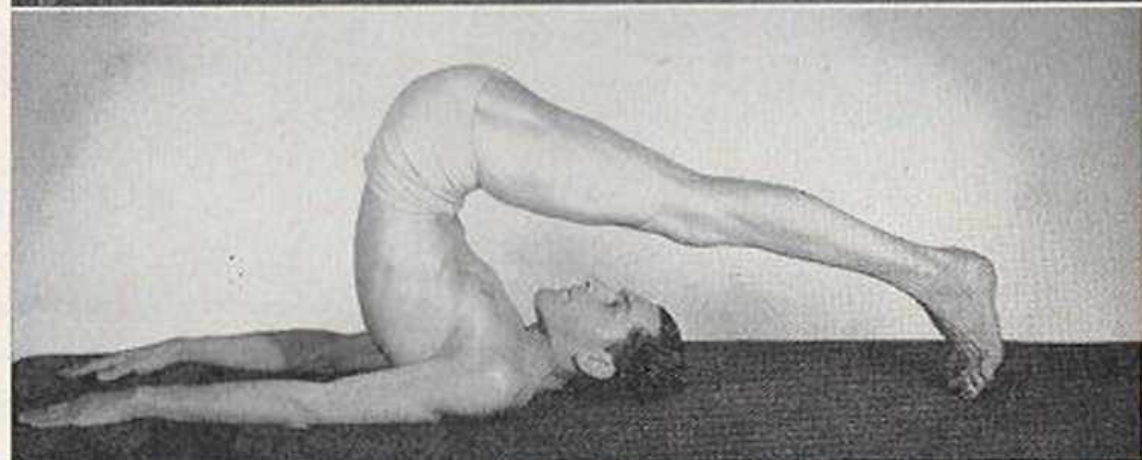
My Master, Blessed and Beloved:

You often say: "In thought you rise above the body." I did this yesterday, when I talked to Virginia* about your life—that divine life which we daily see unfolding before our eyes: the weekly trips between San Diego and Hollywood, the sermons, the classes, the guiding and inspiring interviews, the prayers to God for those who suffer or are in need, the instant response to every call; year in, year out, it goes on, with no time for personal rest, refreshment, or pleasure—save the greatest of all, which comes to you from God.

Virginia said to me something about myself which made me glad. I told her, with regret, that I am not naturally a worker. She said, "Well! No one would suspect it!"

GYANAMATA

*Sister Mataji.



HALASANA — THE PLOW POSE

Yoga Postures For Health

By B. TESNIERE, M.D., and BRAHMACHARI LELAND

HALASANA — THE PLOW POSTURE

A great exponent of Yoga in ancient India, the sage Patanjali, called *asana* (proper posture) one of the indispensable eight steps on the path to union with God, and the great yogis of all ages have stressed the need for right posture. A strong, healthy spine is necessary for ease in sitting upright in meditation for long periods, and is a boon in performing ordinary daily duties. Among the many postures practiced by yogis for exercising the spine, *Halasana*, the Plow Pose,* is one of the best.

The way in which this pose accomplishes its effects is very simple. The spine is given an effective stretch, not by muscular exertion, but by simply using the lower part of the body—the thighs, hips, and pelvic region—as a counterweight for placing pressure on a particular portion of the spine while lying on the floor with the legs curved back over the head. By moving the counterweight forward or backward at will, that pressure can be successively localized to any desired area along the whole spine, which accounts for the remarkable benefit of the posture.

Halasana should be practiced when the stomach is empty (three to five hours after eating). Women should refrain from practicing it during their menstrual periods. Persons with high blood pressure or diseases of the heart, lungs, thyroid gland, eyes, ears, and sinuses should not practice *Halasana* unless otherwise directed by a competent teacher or physician. Anyone else, in general good health, will greatly benefit from performing this posture. Children love it.

How to Perform Halasana

- 1) Lie in *Savasana*, the Relaxation Pose.†
- 2) Slowly raise the legs so that they are perpendicular to the floor. This is a good exercise for the abdominal muscles!
- 3) Slowly lift the hips and the lower trunk from the floor, pressing firmly on the floor with the arms and palms for support; and simulta-

*In this posture the body has the shape of an East Indian plow (*bala* in Sanskrit).

† See July 1952 *Self-Realization Magazine*.

neously bend the legs at the hips until the toes touch the floor. Keep the knees straight.

4) The first phase of *Halasana* is now completed. Be sure that the toes (resting on the floor) are kept close to the head in this phase. The knees should be directly above the eyes (although the point of reference may vary according to one's body build and degree of suppleness). This first phase gives a stretch to the sacro-lumbar region of the spine.

5) Push the feet a little farther away from the head, keeping the knees straight, until you feel the stretch in the lower dorsal region of the spine. In this second phase the lower thighs are directly above the eyes.

6) Gently and smoothly go a little farther back with your feet until you feel a stretch in the upper dorsal region of the spine, between the shoulder blades. In this third phase, the upper thighs are above the eyes.

7) Now, bring your arms around and interlock your fingers with palms against the top of the head. Push your feet away from your head as far as you can. You will feel a very tight pressure of your chin against your chest. When you feel the stretch of the spine in its cervical region, up to the first vertebra, you will have succeeded in performing the fourth and last phase of *Halasana*. In this phase the hip bones are above the eyes.

8) Resume *Savasana* by slowly drawing the feet closer and closer to the head, returning the arms to the first position, lifting the legs back to the perpendicular position while lowering the trunk and hips to the floor, and finally, slowly lowering the legs to the supine position.

9) These eight steps constitute one practice of *Halasana*. Repeat the pose once. As you become more proficient you may practice up to five times in all.

Points for Correct Practice*

1) *Timing*: In the beginning, stay about two seconds in each of the four phases of the Plow Pose. With practice you may stay from five to ten seconds in each of the first three phases, and up to twenty seconds in the fourth phase.

2) *Breathing*: Exhale first. Hold the breath out until you have assumed the first phase. Then let the breath flow naturally through the nose with shallow abdominal breathing.

* A brief outline for beginners, *General Directions for Asana Practice*, is available free upon request from SRF headquarters.

- 3) Perform any pose, including this one, slowly, smoothly, and harmoniously. Don't jerk; don't strain.
- 4) Keep the legs straight and close together throughout the practice.
- 5) The soles of the feet should be perpendicular to the floor during all four phases.
- 6) The toes should touch the floor.
- 7) Throughout the exercise, concentrate your attention on the vertebrae as they successively come into play through your moving the feet away from the head and back toward it again. Try to feel your consciousness in the spinal column all during practice, repeating an affirmation such as: "O Cosmic Power, Thine omnipresent life-energy is present in my spine."
- 8) Follow the practice of *Halasana* with postures that stretch the spine anteriorly; for example, *Bhujangasana*, the Cobra Pose (*Self-Realization Magazine*, May 1951); or *Dhanurasana*, the Bow Pose (*Self-Realization Magazine*, March 1956).

The Plow Pose is Easily Mastered

Halasana is quite easy to accomplish. Unless one's body is uncommonly stout or unbendable, the Plow Pose can be fully assumed after a few weeks of practice.

The principal difficulty encountered by beginners is stiffness of certain muscle groups. At first one may not succeed in touching the floor behind the head with one's toes while holding the legs straight. This position, in which the toes are off the floor, is sometimes called *Ardha-Halasana*, the half-completed Plow Pose. The trouble is due to a shortening of either the hamstring muscles of the thighs or the spinal-lumbar muscles, or both. The practice of *Paschimottanasana*, the Posterior-stretching Pose (*Self-Realization Magazine*, January 1956) will greatly improve this condition.

Similarly, one may not be able to assume the fourth phase of *Halasana*, (which phase can be called *Poorna Halasana*, completed Plow Pose) owing to shortening of the spinal muscles in the upper dorsal and in the cervical regions. *Karnapitasana*, the Closing-the-Ear Pose (*Self-Realization Magazine*, September 1954) will be found helpful in this case.

One might consider *Paschimottanasana* and *Karnapitasana* (which are distinctive poses in themselves) as "warming up" exercises for the Plow Pose. They ought to be among the first asanas practiced in one's daily routine and should be perfected along with *Halasana*.

People over forty may have a greater difficulty in learning the Plow Pose. If this is the case, do not be discouraged. Patience, regularity, and smooth, gentle, relaxed practice will lead to positive, enjoyable results such as one might not have thought possible at the outset.

Several Variations

There are ways to vary profitably one's practice of *Halasana*. One method is to touch the floor alternately with one leg and then the other. This will help anyone who is unable to complete the first phase of the pose. Another way is to place the legs sideways, not directly over the head, but first to one side and then to the other, always keeping them together. This increases the suppleness of the spine.

To limber the muscles of the lumbar region of the spine, grasp the toes with one's hands, by extending the arms backward behind the head while in the first phase of the pose. This variation might be called an inverted *Paschimottasana*.

Still another variation is to keep the hands on the floor behind the back, fingers interlocked, during *all four* phases of *Halasana*. In this variation, the fourth phase is somewhat more difficult to accomplish, but one's attention is not diverted from the spine since there is no moving of the arms between the third and fourth phases of the pose.

Halasana Helps to Correct Posture

There is a poor and unfortunately very common postural habit—curvature of the spine and rounded shoulders. In extreme cases it is called kyphosis, the condition of being humpbacked. This condition is frequently due to weak abdominal muscles, also to weak spinal muscles in the upper dorsal and neck regions. Getting in and out of *Halasana* definitely strengthens the abdominal muscles. The stretching of the spine helps one to become aware of the muscles in the back so that he can more easily correct himself whenever he finds that he is falling back into habits of poor posture. By bringing these muscles to one's attention, *Halasana* helps to bring them under his control. The Cobra Pose and the Bow Pose are good for strengthening the back muscles.

Halasana Promotes Bodily Health

Halasana gives powerful and beneficial invigoration to practically every organ and tissue of the body. The first phase (sacro-lumbar) strengthens the sciatic nerve, the main nerve of the legs, and helps to regulate the functioning of the reproductive organs. The second phase (lower dorsal) especially stimulates the functioning of the abdominal organs: those of digestion and assimilation (stomach, liver, pancreas, and

small intestines) and those of elimination (large intestines, liver, kidneys). The third phase (upper dorsal) invigorates the lungs and the muscular walls of the rib box. The last phase (cervical) is beneficial for the heart, the lungs, the thyroid and parathyroid glands, the ears, eyes, sinuses, and the upper limbs.

By its complete and systematic stretching of the spine—the vital lifeline of the body—*Halasana* gives a new lease of energy to every cell and tissue. The 31 pairs of spinal nerves, the 20-plus pairs of sympathetic ganglia, are toned up by this exercise of all the vertebrae and the ligaments and muscles around them.

But the greater elasticity given to the spine is not the only reason that *Halasana* benefits all parts of the body. The inverted position of the upper part of the trunk intensifies the circulatory processes in the thoracic region and in the brain. Moreover, the compression of the throat and of the underlying thyroid gland during the third and fourth phases of the pose accounts for the salutary effect of *Halasana* on physical growth, chemical exchanges, and the mental faculties of attention and recall.

Halasana Rejuvenates with Energy

The aspirant who regularly practices *Halasana* cannot but be impressed by a great feeling of new energy and life after each performance. There is a harmonization of the functioning of the pituitary gland, thyroid gland, and gonads, all of which directly influence the preservation of youthfulness in the human organism. *Halasana* also helps to clear the bodily system of toxic wastes and the fatty deposits that too often load it down.

A still deeper cause underlies this rejuvenating power of the pose. As we mentioned in the previous article on *Savasana*, the Relaxation Pose, man's body does not depend solely on physical sources for sustenance. Self-Realization students learn through techniques taught by Paramahansa Yogananda to become aware of the cosmic energy that enters the body through the gate of the medulla oblongata. This energy is stored in the main dynamo—the brain—before it is distributed to the various branch dynamos along the spine—the five centers of life force or *chakras*—and from thence to the twenty-seven billion body cells.

Now, while *Halasana* has no direct effect on the life energy itself nor does it increase the supply that enters the body at the medulla oblongata, it does clear up the nerve roads. It transforms the nerve thoroughfares in and along the spine into nerve "through-ways" by removing the stop signals of pinched nerves so that life energy can flow smoothly and swiftly to its cellular destinations.

• Halasana, a Help on the Spiritual Path

Halasana, along with other Yoga postures, has been found very helpful by those who want to keep *brahmacharya*: self-control and, more particularly, control of the creative impulse. During sex-excitation, life energy becomes centered in the sex region. Energetic physical work and recreation, deep breathing exercises, but better still, certain of the asanas such as the Plow Posture, serve to diffuse the accumulated energy to all body parts. *Halasana* is especially effective because it helps to distribute energy evenly along the spine and thence throughout the system. Best of all are certain spiritual exercises, such as those given by Paramahansa Yogananda, which enable the yogi to transmute this impulse still more scientifically for mental and spiritual benefits.

The world scriptures proclaim that the body is the "temple of God." Yoga teaches that the spine is the "altar of God." The soul is a dweller in a beautifully designed, wondrously constructed physical temple. But in worldly consciousness the soul knows only the outside of its home, the facade, and the garden of the senses round about it. The soul, as ego, has forgotten the inner altar. If that altar is covered with the cobwebs of ignorance through long disuse, it is no wonder man has a hard time to worship and to enjoy the peace and joy of God!

To get into the temple to find the altar, to clean it and polish it, and to coax God to come to it, requires scientific, advanced techniques of meditation. *Halasana*, albeit a secondary technique, may be beneficially used as a preliminary step to get inside the temple, for it helps us to place our consciousness on the spine and to prepare it for higher spiritual purposes.

Next, we shall take up *Bhujangasana*, the Cobra Pose.

CAPTION FOR PICTURE ON OPPOSITE PAGE →

Participants in *puja* ceremony honoring the late Bhagabati Charan Ghosh, father of Paramahansa Yogananda, in the home of Yoganandaji's brother Sananda Lal Ghosh, 4 Gurpar Road, Calcutta, 1957. (*Seated, left to right*): Mrs. Sananda Lal Ghosh, holding newborn granddaughter Rupa; Sister Sailasuta of SRF Mt. Washington Center, who was visiting SRF centers in India at that time; Sri Prabhas C. Ghose, cousin of Paramahansaaji and Sananda; Sananda Lal Ghosh, his son H. K. Ghosh, and his son-in-law Suhash.

(*Standing*): Anju, a daughter-in-law of Sananda; Sefali, a daughter; Somnath, a grandson, and Papia and Tuku, granddaughters.



Thought Seeds

By PARAMAHANSA YOGANANDA



Nurtured in the soil of consciousness by daily meditation, watered with showers of the heart's devotion, may these thought seeds blossom into beautiful divine realizations.



Let me hear Thy voice, O God, in the cave of meditation. I will find perpetual celestial happiness within. Then peace will reign in my heart whether I am in silence or in the midst of activities.



O Mighty Ocean of Being! Unite my love with Thy love, unite my life with Thy joy, unite my mind with Thy cosmic consciousness.



Protector of All, I care not if all things else are wrested away from me by my self-created destiny; but I shall demand of Thee, my Own, to guard the slender taper of my love for Thee.



O Bestower of unceasing bliss! I will seek to make others truly happy, in gratitude for the divine joy Thou hast given me. Through my spiritual happiness I will serve all.



Beloved God, since no earthly engagement is possible without my using powers received from Thee, I will renounce everything that interferes with my daily engagement to meditate on Thee.

BOOK REVIEWS

LITTLE FLOWERS: Anthology of Atmavidya or Life in the Spirit. Compiled by T.L. Vaswani. (Paper, 60 pp., 50¢ postpaid; order from "East and West Series," 10 Connaught Road, Poona 1, India)

Throughout his writings, Sri Vaswani has ever sought to bring out points of understanding between East and West. "The 'East and West Series,' he writes, seeks to spread the message of saints and sages, the prophets and *rishis* of humanity. They have appeared in all ages. They have sanctified both East and West."

Most of the booklets in the "East and West Series" have dealt with the individual lives and teachings of various saints; *Little Flowers* is an anthology, however, that skims cream from the teachings of a number of different prophets and sages of both hemispheres. The attractive booklet tucks handily in the pocket, a convenience that will be appreciated by readers who like to keep with them some inspirational literature with which to occupy leisure moments. Some typical extracts follow:

All that is other than God veils you from Him. Your alienation keeps you apart or you would look upon Him face to face.

AL GHAZALI

There, there in thine own Heart
He waits for thee — thy King!
And the way to Him
Is the way of Love.
Love Him — love not thyself!
Think as He thinketh!
Will as He willeth!
Do as He biddeth!
Forego thyself,
And think of His lotus feet alone!
And find thy home in Him!
Nothing else dost thou need!
Wilt thou not find at His lotus feet
Beauty, wisdom, love?

GURU NANAK

Men think of ways and matters, of rules and devices to arrive at God's Love. But is it not quicker and easier just to do our common duties, day by day, wholly for the love of God? You need nothing beyond this. Go as you are to Him, unpretending, single-hearted.

BROTHER LAWRENCE

Live in this world as though there were in it only God and thy soul.

ST. JOHN OF THE CROSS

Love the saints of every faith!
Put away thy pride!
The essence of religion is
Humility, service, sympathy.
Not fine clothes,
Not the yogi's garb and ashes,
Not the blowing of the horn,
Not the shaven head,
Not long prayers,
Not recitations and torturings,
Not the ascetic way,
But a life of truth and love
Amid the world's temptations
Is the secret of spiritual life.

GURU NANAK

Give to all the highest offering of the heart — that is, love — and you will reap the benefit of more than a million austerities and meditations.

CHAITANYA

Innumerable be the books you read: of what avail are they?
Many be your meritorious acts: of what avail are they?
Far are you from the Beloved if there be not the longing in your heart!

SACHAL

Never think of any creature as mean. Never think of anyone as inferior to thee. Open the inner eye that beholdeth the countenance of God and thou wilt see that in all creatures shineth the One Glory!

JUNUNA MISRI

The knower of God realizes unity in all. The knower finds all beings in himself and himself in all beings. Every particle hath become his Self: and to him neither "attachment" nor "hate" hath a meaning—neither *moha* (attachment) nor sorrow!

The Upanishads

The wise man does not teach by words but by deeds.

LAO TSE

However men approach Me,
Even so do I greet them as Mine own:
For all the paths men take from any side
Are Mine, verily Mine!

Bhagavad-Gita

(Continued on page 49)

PILGRIM'S TRAVEL GUIDE, by V.R. Ragam. (Boards, 344 pp., \$1.50 postpaid; order from Sri Sitarama Nama Sankeerthana Sangham, Guntur, Andhra Pradesh, South India)

This attractively jacketed and well organized book constitutes Part I of an English translation from the original Telugu, and covers points of pilgrimage in South India. Parts II and III (not yet published) will give information about places of pilgrimage in North India and in the Himalayan regions.

The book provides information on the innumerable details connected with travel: climate, clothing, passports and visas, health regulations, facilities for travel by foot, motorcar, and train; accommodations, costs, and so on.

Specific details are given concerning rules to be observed in visiting various temples, local customs and modes of worship, making preliminary arrangements for visits to holy places, how to take holy baths, and the times best suited for pilgrimages.

This data also makes interesting reading for armchair pilgrims whose only vehicle is a spirit of devotion and reverence for India. The author provides, in addition to the practical pointers noted above, a discourse on the background and value of pilgrimages, the role of temples, and the spiritual aspects of making a pilgrimage in India. A few extracts follow:

A SPIRITUAL INTERPRETATION OF THE *BHAGAVAD-GITA*

By PARAMAHANSA YOGANANDA



Chapter X, Stanzas 12, 13

Literal Translation

Arjuna said:

*The Supreme Spirit, the Supreme Shelter, the Supreme Purity art
Thou, the Self-Evolved Eternal Being, the Original Deity, the Uncaused,
the Omnipresent!*

*Asita, Devala, Vyasa, the divine seer Narada, and all the great sages
have so described Thee, and now Thou Thyself tellest me!*

Spiritual Interpretation

In awe Arjuna acclaim the Lord for having made known to him His Transcendental Being. The Uncreated is indeed the very One to whose reality the illumined sages of all lands and all epochs have testified.

Chapter X, Stanza 14

Literal Translation

O Keshava (Krishna)! I consider as eternal truth all Thou hast revealed to me. Indeed, O my Lord! neither the Devas (gods) nor the Danavas (Titans) know the infinite modes of Thine appearances.

Spiritual Interpretation

The gods or partial expressions of Deity cannot fully manifest the Impersonal Spirit, owing to the innate limitations of embodiment and to a certain degree of identification in such beings with their divinely ordained roles in the phenomenal worlds.

Chapter X, Stanzas 15, 16

Literal Translation

O Divine Purusha, O Origin of beings, O Lord of all creatures, O God of gods, O Sustainer of the world! verily Thou alone knowest Thyself by Thyself.

(Therefore) please tell me exhaustively of Thy perfect powers and qualities, by which Thine Omnipresence sustaineth the cosmos.

Spiritual Interpretation

The unenlightened man spins a thousand speculative webs, hoping to seize the elusive Truth. But what theory has captured It?

The yogi, however, seeks the solutions to the cosmic mysteries from the lips of the omniscient Mystifier. "He alone knoweth Himself by Himself." Arjuna therefore sought the answers to the final enigmas from the "Lord of all creatures" — He who abides in each heart as the Divine Teacher.

Chapter X, Stanza 17

Literal Translation

O Great Yogi (Krishna)! how shall I meditate to know Thee truly? In what aspects and forms, O Blessed Lord, may I best recognize Thee?

Spiritual Interpretation

Arjuna salutes the Lord as the "Great Yogi" or Uniter—He who joins triple factors (the Cosmic Dreamer, the process of dreaming, and the objective cosmic dream) in one single and simultaneous perception of His inimitable Mind.

Chapter X, Stanzas 18-20

Literal Translation

O Janardana (Krishna)! tell me at great length of Thy yoga powers and Self-manifestations. Forever could I listen to Thy nectared speech!

The Blessed Lord said:

O Best of the Princes (Arjuna)! I will indeed tell thee of My phenomenal expressions—but only the most outstanding ones, for there is no end to My variety.

O Conqueror of Sleep (Arjuna)! I am the Self in the heart of all creatures; I am their Origin, Existence, and Finality.

Spiritual Interpretation

In addressing Arjuna as *Gudakesha*, "Conqueror of Sleep," the Lord implies that divine truths are known only by the man who has awakened from the *maya*-trance of delusion.

God here assumes total responsibility for all living things. He dreams the procession of created beings, He preserves them in their existences, and He merges them in the state of cosmic dissolution. A liberated man attains the true Finality by realizing that his only Life has been ever present within him as the Immutable Self.

Chapter XI, Stanzas 1-4

Literal Translation

Arjuna said:

Thou hast compassionately revealed to me the secret wisdom of the true Self, thus banishing my delusion.

O Lotus-Eyed (Krishna)! Thou hast told me of the beginning and end of all beings, and of Thine eternal sovereignty.

O Great One! all that Thou hast declared is truth to me. Yet, O Purushottama! I long to see Thee in Divine Embodiment (Thine Ishwara-Form).

O Master, O Lord of Yogis! if Thou deemest me able to see It, show to me Thine Infinite Self!

Spiritual Interpretation

Hindu scriptures contain a thousand names for God, each one conveying a different shade of philosophical meaning. *Purushottama* (XI:3) or "Supreme Spirit" is an appellation for Deity in His highest aspect—the Unmanifested Lord beyond creation. *Ishwara* (XI:3) is God in His aspect of Cosmic Ruler (from the verb root *is*, to rule). *Ishwara* is He by whose will all universes, in orderly cycles, are created, maintained, and dissolved.

Although Arjuna fully accepts the truth of the Lord as *Purushottama*, his human heart yearns to see Him as *Ishwara*, the Divine Ruler whose body is the universe.

Chapter XI, Stanzas 5-7

Literal Translation

The Blessed Lord said:

Behold, O Arjuna! by hundreds and by thousands My divine forms—multicolored, omnifarious!

Behold the Adityas, the Vasus, the Rudras, the twin Ashwins, the Maruts, and many wonders hitherto unknown!

Here and now, O Conqueror of Sleep (Arjuna)! behold the unified worlds as My Cosmic Body. (Behold within that Form) all that moves or is motionless, and whatever else thou desirest to see.

Spiritual Interpretation

The Lord said: "Behold Me embodied as the Cosmic Idol in the Temple of Omnipresence—the whole cosmos of gods, men, and Nature!"

And, because for the devotee God is the inexhaustible Wish-Fulfiller, He added: "Ask of Me anything! Whatever thou desirest to see—whether of the past, the present, or the future—shall appear before thee!"

Mindful of His promise He grants (XI:32-34) Arjuna's unspoken request to know the outcome of the impending battle on the field of Kurukshetra. That knowledge He had previously withheld (see II:37). Now Arjuna, purified by humility and devotion, has become a fit receptacle for truth.

God—Father and Mother

By REV. M. W. LEWIS

*A sermon delivered on January 5, 1958, at Self-Realization
Fellowship Church, San Diego, California*



God, being All in All, may be worshiped in any aspect we wish, for in His omniscient consciousness we find all aspects of being or consciousness. That is why God *is* what He is: the one indivisible Spirit from which all things have come.

If we think of God only as an abstract Spirit in His impersonal aspect, we feel cut off from Him. But He has a personal side—the Word, the Holy Vibration, That from which all things proceed. The manifestations of that Holy Vibration are the personal aspect of God—all things emerging from Him: worlds, each one of us, all Nature, and the smallest atom. Remember that from the one Holy Vibration, the personal aspect of God, all things have come. When It begins to create It is known as Divine Mother, the time and space element of the Word or Holy Vibration. If you approach that personal or Mother-aspect of God in complete sincerity, your prayers will be granted if you really want it—if you really want Him, for He is the Giver of all.

Because all things are present in His omniscient consciousness, we can worship God in any aspect we wish. All things come from the Holy Vibration with its different aspects of light, sound, and feeling combined in the miracle of creation. All things are in His omniscient consciousness: Father, Mother, Friend, Beloved God, for that Holy Vibration is not just vibration (which is nothing but movement) but is motivated by His great omniscient presence and His divine love. That is why our Master and Founder of Self-Realization Fellowship has instituted this prayer: "Father, Mother, Friend, Beloved God," denoting the all-inclusiveness of God's consciousness.

All these relationships are present in the Holy Vibration and can be known by the devotee. One relationship may be preferable to another, depending upon the nature of the individual, but He can be approached in any of the various ways and He will respond. Since He has made all things, we can approach Him in all of His creation, in all of Nature, in the flowers, in the mountains, in the sea, and in our fellow human beings. That is the personal aspect of God, just as surely as if He were a personality responding to us.

Master has written in his Self-Realization Fellowship Lessons about Spirit when It moves microcosmically, producing Cosmic Consciousness, Cosmic Energy, and God's body—which is universe upon universe. When the Spirit moves microcosmically we have human consciousness, human energy or life force, and this body with which we are so familiar. Since we are made in the image of God and are spiritually constructed as God is constructed, we must therefore react just as God reacts.

For example, when we exercise our human consciousness as thought, what happens? We require energy to project or manifest that thought, and it is the same with God. His great consciousness, His divine thought requires *cosmic* energy to project that thought. The result is sound, the Holy Vibration. Different rates of that Holy Vibration produce the different aspects of creation.

As we respond in a personal way, so God responds in a personal way. One response, as my voice, is on the external plane; another response, as the intuition within me, or in you, by which we feel for one another, is the response of our consciousness plus energy on the internal or



Hindu dancers in Auckland, New Zealand, performing at a reception on August 5th in honor of Brother Kriyananda, minister from SRF headquarters. Brother Kriyananda visited New Zealand to give a series of classes on SRF teachings.

intuitive plane. So with God; sometimes He speaks audibly, but more often He responds on the internal plane through His intuitive power. Thus God is knowable and personal.

When you meditate deeply, you go beyond this creation. Its shadow passes away and you see the all-pervading presence of God in His impersonal aspect throughout eternity: His great light. That *is*—beyond time, space, and creation. Having that, nothing else exists and nothing can trouble you any more.

But the personal aspect is right here with us now. God is more personal than we are to each other. Once Master told me: "God is *so human*. When you get to know Him, He responds to and fulfills your least little desire or need." He is always talking to us through all of Nature, through other people, in all things, but we do not hear His voice. We do not hear His response because our minds are engaged with material things, things of grosser vibration that drown out His voice. But He is always talking to us, always communing with us if we can only lift our consciousness to receive His blessing and His communication.

An Experience: the Voice of God

So you see how personal God is: ever responding to us through Nature and other human beings. Sometimes you may actually hear His voice when He responds on the external plane. I can give you an example of this from my own experience. When I was quite young I had a mischievous nature and caused lots of trouble to my brothers and sisters, especially the latter. I was having a grand time one day and it got out of hand. My mother, a woman of a highly developed spiritual nature, was in her room at the end of a long hall. I was at the other end of the hall. Right in the midst of my teasing my sisters a voice came out of the ether, calling me by name and saying: "Stop teasing your sisters—be a good boy and go downstairs!"

That voice was heard not only by me but by two others: the maid on the lower floor and my mother in her room at the end of the hall. When I called down to the maid: "Did you hear that voice, Margaret?" she replied, saying that she had. My mother, speaking from her distant room, also said: "I heard the voice."

So you see that on rare occasions God may speak to us just as we speak to one another. More often He speaks on the internal plane, for that is nearer to us than the external plane—*realize that*. He speaks to us also through such things as His flowers, through all the beautiful things of Nature, and through His devotees. Master said: "God loves us so wonderfully and sincerely and silently (that is to say, through His intuition)

—and through the hearts of His devotees." God is in each of us, vibrating in every heart; and those who are in tune with Him will feel Him in themselves and in His devotees.

From His great all-pervading consciousness, God talks to us in the same way that we talk to one another. When Spirit begins to move It becomes God the Father, Cosmic Consciousness, and in That is all that Spirit is. Then comes Cosmic Energy which He uses to talk with, through vibration. From that vibration comes sound, known as the Holy Vibration, the great Om or Amen, the Holy Ghost of which Jesus spoke when he said: "But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me."* In the Holy Vibration is God's presence itself and all the aspects of Him—multitudinous aspects are there. That's why God can give us anything we want if we approach Him in the right way.

Realize that the Holy Vibration is the *Mother* of all creation because all things come from Her—everything proceeds from the Mother. She materializes Herself as the atoms of water, earth, fire, air, and ether, and they are combined to form the external universe. So you see the Mother of creation is that aspect of God which can give us everything; that is why we can appeal to Her in a stronger and more intimate way.

God in the Father-Aspect is Law

The Father can also be appealed to, but He is just—for He works through the law of karma. He says: "You did this, now pay. It will be good for you—you'll learn," which is just and true. But if you go to the Mother, in spite of all your failings, no matter what you are or how low you have fallen, She receives you, for the Mother-aspect of God is the mercy-aspect of His presence. As human beings we are frail and have many occasions to call upon Divine Mother, knowing in our souls that no matter what we have done, or will do, that if we go to Her in true penitence and humility She will receive us as any good earthly mother will receive her erring child.

The Mother-Aspect is the Most Beautiful

Master said that the Mother-aspect of God is the most beautiful and that our realization of it is the most to be desired. You may not be quite sure with the Father that justice will be tempered with mercy, but you're always sure with the Mother. That is why, if you appeal to God as Divine Mother, sincerely and persistently, She will answer you. *Never forget that.* And as He can be Father or Mother, God can come

*John 15:26.



(Left) Ananda Moyi Ma, famous saint of Bengal, at Yogoda Sar-Sanga Calcutra Center, May 9th. Her life is described in chapter 45 of Yogananda's *Autobiography of a Yogi*.

(Right) Ananda Moyi Ma, Sri Prabhas Chandra Ghose, an unidentified devotee, and Swami Sarchidananda. (See page 39.)



to us in *any* form because in His consciousness is infinite variety. As you meditate He can come in any intuitional form. For example, He may respond by appearing to you as the vision of the spiritual eye or in any other aspect of His astral or spiritual creation. Also God comes to us as His great saints—realize that, for He is in the saints just as surely as He is present in the flowers and the mountains. That is why those who worship saints sincerely and honestly not only with mind but with heart will receive response from God through the saints.

In Assisi St. Francis saw the living form of Jesus. St. Teresa said Her Lord appeared to her in a more tangible way through His intuitional presence than if she had seen Him and conversed with Him. The intuitional response of God is closer than the outward form because that is the feeling-aspect of God Himself. He appeared to St. Teresa as the Lord, or Christ Consciousness, not in form but in a more tangible way, talking to her so that she *knew*, although she didn't see Him with external vision or hear a voice. The celestial response is very difficult to explain because it is God's presence itself.

St. Thomas Aquinas had that realization of the response of God—without-form, that final vision of God which cannot be described because it is received not only with the mind but with the heart. It is the heart response that gives you the final freedom. Mind will give you contact with God but the love of God from your heart will give you freedom—the final merging in Him.

Three Requirements in Seeking God

For response from God as Father or Mother, whichever you seek, the requirements are the same. First of all, you must have a definite concept of God—how can you worship God if you don't know what He is? You may say that He is God, or Spirit, but that's no real concept of Him. Your concept of God must be clear, true, and understandable, a concept that can be known by the mind such as that given in St. John: * "In the beginning was the Word, and the Word was with God, and the Word was God." That must come first, the realization that the Holy Vibration contains God's great intelligence, not just a dead or cold vibration, but that His own great omniscience is in it. First of all, to know God, to seek response from Him, you must have a true concept of Him through the power of the mind.

Secondly, you must be what too few people really are: sincere and persevering. In everyday business life people have to be zealous in order to earn a living, but in worshipping God you must be vastly more so. If you are, then He will respond. The law of success is to be sincere, really wanting God above all things, and keeping at it until you get His re-

sponse. If you have persistence, Divine Mother cannot help but respond for that is the nature of God in the aspect of Divine Mother.

If you have the right concept of God and if you are sincere and persevering, those states are conducive to the welling up within your soul of unconditional love. Unconditional love is the third and greatest requisite for receiving the response of God. Until you have that, you will find many other movements in your being which interfere with the silent incoming of the Spirit of the Divine Mother — *realize this.*

Sincerity and perseverance will arouse within you the love that is not satisfied until Divine Mother responds. You must have the right mental concept but the greatest thing is the love in your heart, unconditional love, the fervor of your heart demanding that God come to you, that Divine Mother respond. Master said: "Mind plus heart is necessary." He said that the average person prays to God with his mind only, and such prayers are too weak to draw response from God. Remember his words: "God is moved only by love. God is understood by the mind but He is moved only by love."

Master wrote these words: "More than in any other relationship, we may rightfully and naturally demand a reply from Spirit in its aspect of Divine Mother, the mercy aspect of God." God cannot help Himself, He *must* answer such an appeal because the very essence of a mother is love and forgiveness. The Bible says that His mercy endureth forever,* thus the Divine Mother aspect of God endureth forever; no matter how great a sinner Her child may be, She is always ready to receive him. Master also said that this is the closest and most beautiful relationship that the Lord has given us.

*John 1:1.

†Chronicles 16:34.



SRF Retreat for students and friends, SRF World Brotherhood Colony, Encinitas, California



Rajmohan Gandhi with Sisters Meera (left) and Sraddha, August 2nd, at entrance of Court of Religions, SRF Lake Shrine, Los Angeles

News of SRF Centers

Los Angeles, California

Rajmohan Gandhi, grandson of Mahatma Gandhi, visited SRF Lake Shrine on August 2nd and paid his respects at the Gandhi World Peace Memorial.

He was welcomed to SRF Lake Shrine by Sisters Meera and Sraddha, who placed floral garlands about his neck, India fashion. The young man expressed delight in finding in faraway America a memorial dedicated to his illustrious grandfather, and eagerly discussed the ideals of world peace and brotherhood to which he is dedicating his own life.

SRF President on India Tour

Sister Daya, beloved president of SRF-YSS, sailed on August 6th for India to look after administrative details of the work there, where it is known as Yogoda Satsanga (YSS). She will visit YSS headquarters, established in 1935 by Paramahansa Yogananda at Dakshineswar, Bengal; the YSS *Brahmacharya Vidyalaya* in Ranchi, founded in 1918 by Paramahansaji; and many other YSS Centers.

Renunciate disciples from all SRF colonies in southern California met on August 4th at the Mt. Washington Center in Los Angeles for

a farewell meditation and reception for their president. After the meditation, moving pictures were shown of SRF colony life, and of Paramahansa Yogananda in India, in 1935-36. Following the movies, refreshments were served. A large cake, iced to depict a map of India with the YSS-SRF lotus symbol in the center, was the central feature; ice cream and fruit punch were served with it.

Sister Daya is accompanied on her trip by two other sisters of the SRF Order, Mataji and Revati. En route to India they expect to meet with SRF students in Hawaii, Japan, Hong Kong, the Philippines, Indonesia, Singapore, Vietnam, Thailand, and Burma. They are scheduled to arrive in Calcutta in early October.

"Thou Art My Life"

Speaking to the disciples on the day of her departure, Sister Daya said: "When I meditated this morning, I prayed to Master and Divine Mother for strength, and for the grace not to forget God while being preoccupied with His service. Suddenly this beautiful thought came to me. I felt it was a message from Master to me and to all of you. He seemed to say: 'It is a play, so go deeper. We are just passing through this life, and all the experiences of life are yet not the Reality. The Reality is One. Always remember this and feel it wherever you are: "Thou art my life, Thou art my love, Thou art the sweetness I seek."'

"I leave you with that message. Wherever we are may we render Divine Mother service and love. Your duties keep you here, my duties take me there. Partings—I don't like them. I'll have a broader smile on my face when I come back. But this one basic thought I leave with you, Guruji leaves with you: 'Lord, Thou art our life, Thou art our love. Thou art the sweetness we seek.'"

Visitors to Mt. Washington Center

Rev. Soen Nakagawa, a Zen Buddhist monk from a monastery near Mt. Fujiyama in Japan, visited Mt. Washington Center on August 21st. He had come to the United States to assume the duties of priest in the Los Angeles Buddhist temple. During his visit to SRF headquarters Rev. Nakagawa attended the monks' evening meditation service in Janakananda Ashram chapel.

Dr. Ved Vrat, professor of Indian Philosophy at the American Academy of Asian Studies in San Francisco, visited SRF headquarters on September 5th with his wife and his father.

Mr. Rama Kantha Sarma, an editor and producer for Film Service and Production, United Nations, New York, visited SRF headquarters on September 19th. He was associated for nine years with the Film Service Division, Indian Government.



Cavalcade of Books, TV program on which Georgiana Hardy recently reviewed Paramahansa Yogananda's *Whispers from Eternity*

*"Whispers from Eternity"
Reviewed on Television*

"This is a book for people of all faiths," said Georgiana Hardy on September 28th on CAVALCADE OF BOOKS, a weekly television program sponsored by Southern California Booksellers Association, and broadcast over station KNXT-TV, Los Angeles.

"In somewhat the same way that I have met Richard Armour by his being on this show," Mrs. Hardy continued, "I met, not personally but through his writings, a person whose books I have enjoyed reviewing now for several years, Paramahansa Yogananda. He taught Yoga in this country for thirty years, having been educated in India, a graduate of Calcutta University. In the course of his teach-

ings there were many meditations that he offered before his classes which have been published in this book, *Whispers from Eternity*.

"To read and meditate on this book does not disturb anyone's faith," said Mrs. Hardy. "It reflects the feeling that all religions show the power of God in our lives... Yogananda does not see any conflict between various religious views: in this book he has pages addressed to Christ, to Krishna, to Moses, to Mohammed, to Buddha — pointing out the differences of their approach to Godhead, to the mystery of Eternity; but not feeling that they are in conflict with each other.

"The book also has a lovely section on children's prayers."

*SRF Centers in Switzerland and
Germany Welcome SRF Minister
from U.S.A.*

During a brief visit to Europe in late May and early June, Rev. Brother Anandamoy, SRF minister from the Mother Center, addressed nine meetings; in Basel, Bern, Geneva, Lausanne, and Zurich, Switzerland; and in Stuttgart, Germany. In addition to lecturing on SRF teachings, Brother Anandamoy conducted review classes in SRF recharging exercises, and SRF concentration and meditation techniques. He also conducted *Kriya Yoga* initiation for seventeen members in Stuttgart.

Brother Anandamoy was deeply touched by the devoted spirit of

SRF students wherever he went, and by their countless acts of kindness and service to make the lectures and classes go smoothly.

*SRF Minister Lectures in Fijis,
New Zealand, and Australia*

Rev. Brother Kriyananda of the SRF Mt. Washington Center left Los Angeles on July 16th for Honolulu and the Fiji Islands, the first major stop in his ten-week journey to India. He had planned to spend two weeks in spiritual retreat in the Fijis, prior to a series of lecture engagements in New Zealand and Australia. However, his identity as

a disciple of Paramahansa Yogananda was discovered somehow and complete strangers would approach him to inquire if he were not "the *sannyasi* from America." The Hindu population in the Fijis is around 185,000, he reported, and "virtually every Hindu on the Islands knows of my coming... and wishes I could stay longer to talk more about Paramahansa Yoganandaji and his work." He added, "The people are wonderful. One would have to go far to find hospitality and kindness such as I have encountered here."

Of the two weeks' stay in the Fijis all but two days were de-



Some of the members who attended the classes on SRF techniques given by Brother Kriyananda on August 11-14, Auckland, New Zealand. Brother Kriyananda and Mr. Reginald Howan, leader of Auckland SRF Center, are shown in front row.



Maori natives performing friendship dance at reception for Brother Kriyananda August 5th, Auckland, New Zealand

voted by Brother Kriyananda to a series of classes on SRF teachings, two public lectures, and several radio talks.

The SRF minister's days in New Zealand were equally full. On the evening of August 5th he was the guest of honor at a reception arranged by SRF members and friends. A festive occasion, the entertainment included a rousing *haka* dance performed by students at the Mormon College; after presenting gifts of friendship, a Maori group in native costume showed their skill in action songs and *poi* dances. The Hawaiian hula and dances of India were also performed, and a demonstration was given on the *tabla* and *baya*, Indian drums.

Brother Kriyananda gave two public lectures, on August 7th at Lewis Eady Hall, on "Light from Ancient India," and on August 10th

at Playhouse Theatre, on "Christ Consciousness Through Yoga." The latter was attended by 700 persons. Brother Kriyananda gave one radio talk, and a series of daily classes, from August 11th through August 17th, on SRF teachings, concluding with *Kriya Yoga* Initiation for eligible students. The rest of the time was devoted to private interviews, and working on plans for the expansion of SRF activities in Auckland with the leader of the SRF Center there, Mr. Reginald Howan. Mr. Howan had made all the arrangements for the well-organized August lecture series given by Brother Kriyananda.

The situation in Sydney, Australia, was similar. Brother Kriyananda gave public lectures and a series of classes. So great was the enthusiasm for the public lectures that an audience of 200 persons enrolled one hundred per cent for the classes

that followed. So many persons expressed interest in studying SRF Lessons that additional application blanks had to be printed, an emergency that had arisen once already, in Auckland. Brother Kriyananda left Sydney on September 5th, en route to India. He expected to stop in Indonesia, Thailand, Cambodia, and Burma before arriving in India in late September.

Dakshineswar, India

Sri Ananda Moyi Ma Visits YSS Ashrams in Dakshineswar, Calcutta, and Ranchi

Ananda Moyi Ma (Joy-Permeated Mother), the blissful Bengali saint to whom Paramahansa Yoganandaji devoted chapter 45 of his *Autobiography*, visited Yogoda Sat-Sanga (YSS) headquarters in Dakshineswar on May 9th. She was received by YSS officers, who offered sweet-scented flowers at her feet, and placed flower garlands about her neck. Ananda Moyi in return presented a lotus flower to Swami Satchidananda, who conducted the ceremony, and gave flowers to all the devotees who then came forward, one by one, to pay their respects.

Swami Atmananda Giri, leader of Yogoda Math, Dakshineswar, requested the saint to give some words of spiritual help for the benefit of the devotees.

"Please try to follow the instructions that you have received from your Guru Paramahansa Yogananda," Ananda Moyi Ma replied. "God is the only Real Substance; all else is unreal, transitory. Always try to realize this truth."

The entire party then visited Tulsi Yogoda Ashram in near-by Calcutta. Hundreds of people came there to receive Ananda Moyi Ma's *darshan* (the blessing of seeing a holy personage). Ananda Moyi Ma expressed pleasure in seeing the activities of the YSS organization.

She was also keenly interested in the scientific experiments of Dr. N. N. Das, a YSS director and boyhood friend of Paramahansa Yogananda who is currently doing brain research for UNESCO. Dr. Das has been working on scientific experiments to show exactly what takes place in the brain and body when advanced yogis enter various states of divine communion. His work attracted world-wide attention in 1955 when he presented some of his findings before an international conference of scientists in Marseille, France.* Ananda Moyi Ma visited his laboratory at the University of Calcutta, where Dr. Das is Lecturer in Physiology.

Ananda Moyi Ma also visited the YSS Ashram in Ranchi, Bihar, on May 18th, where she delivered a brief talk on "How to Lead a Righteous Family Life."

**Self-Realization Magazine*, January 1956, page 9.

VACATION TIME



Make it a Spiritual Retreat

Members and friends of Self-Realization Fellowship who are planning vacations are invited to inquire about accommodations at SRF Retreat in Encinitas.

Whether you have two weeks, a week, or just a week end to spend, the harmonious spiritual environment will help you to enjoy a peaceful vacation. Why not plan this year to stay in these pleasant surroundings overlooking the blue Pacific?

SRF Retreat is located in Encinitas, California, on Highway 101. It is 23 miles north of San Diego, and 2½ hours' drive south from Los Angeles. A short distance to the east are beautiful mountain and desert areas. SRF Retreat can be reached by car, plane, train, or bus.

Write or phone in advance for your reservation.

SRF RETREAT
P.O. Box 758
Encinitas, California
Phone: PLateau 3-1811

Woodfield, Simla, India

Swami Satchidananda and Sri Ram Kishore Roy of YSS, Ranchi, were in Simla for twenty-four days, from May 14th to June 7th, for a very successful series of lectures on Yoga and on the aims and ideals of YSS-SRF.

On May 17th the two YSS representatives lectured in Hindi on "Yoga and its Usefulness" before 1200 students and teachers in Anglo Vedic High School. On the same day lectures in Hindi were also delivered in Harcourt Buttler High School, on "Yoga and its Necessity in the Present Age." Swamiji spoke extensively on the benefit of yoga asanas for improving health.

A group meditation was held on May 18th in the home of Sri R. C. Gupta, Assistant Secretary of Finance, Himachal Pradesh, and vice-president of the YSS-SRF Simla Center. About forty members took part. Meditation meetings were held each day from 7 to 8 p.m.

On May 20th Swami Satchidananda lectured in English on "Yoga and Science" at Sanatan Dharma College. The following day Sri Roy gave a lecture in English there. About two hundred students and professors heard his talk on "Yoga and its Importance to Youth."

On May 24th both YSS representatives gave public lectures in Anglo Vedic High School, on the different kinds of Yoga.

An annual ceremony is held in May and June in Simla, at Gita Mandir, in the Tuti Kandi District. The ceremony continues for fifteen days and great saints and sages, scholars and professors are invited to speak on this occasion on spiritual subjects. Swami Satchidananda was invited to lecture at Gita Mandir every evening for six days, from May 31st to June 4th. He spoke in both Hindi and English on different aspects of the *Bhagavad-Gita* and the importance and necessity of practicing Yoga for proper realization of the sayings of the *Gita*.

On June 2nd, Swamiji and Sri Roy spoke in Himachal Pradesh Hospital, Snowdon. The lectures were delivered in English to a packed house of doctors and nurses attached to the hospital. The speakers told how, by yogic powers, diseases can be cured on a truly scientific basis; and gave examples of Paramahansa Yogananda's powers to heal diseases by yogic methods.

On June 3rd Sri Roy spoke at Gita Mandir to a crowded house, on "Salvation Through the *Gita*." Swamiji presided. Many educated scholars, particularly the learned Brahaman Seva, Principal of Sanskrit College; Sri Diwakar Dutt Sharma, Vidya Vachaspati; and Sahityacharya, Vidvalankar, spoke on the subject at length.

Sri Roy presided on June 4th at another meeting at Gita Mandir devoted to encouraging daily study of the *Gita*.

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(Continued from page 19)

Without leaving the house one may know the entire world; without looking out of the window, one may see the heavens.

LAO TSE

Suppose a boat is crossing a river and another boat, an empty one, is about to collide with it. Even an irritable man would not lose his temper. But suppose there was someone in the second boat. Then the occupant of the first boat would shout to him to keep clear. And if he did not hear the first time, nor even when called to three times, bad language would inevitably follow. In the first case, there was no anger, but in the second there was, because in the first case the boat was empty and in the second it was occupied.

And so it is with man. If we could only pass empty (that is, in an ego-less spirit of nonattachment) through life, who would be able to injure him?

CHANG TZU

The sea is thy father:
The moon is thy brother:
All things are thine!
Yet thou dost wander,
Begging from door to door!
Alas! thou dost starve
In the midst of plenty.
True joy is not beyond,
In some luxurious paradise:
True joy is here —
With Him!
Here in this world
Have all thy needs fulfilled
In Him, by Him!
Pray not for merging!
Pray not for paradise!
Know God!
Take God!
Love God!
Now!

TUKARAM

Temptation is at first like a passer-by, then like a lodger, and finally like the master of the house.

Talmud

Every human being has two inclinations: one prompting him to do good, and the other impelling him to do evil. He who asks the help of God to contend with evil will receive assistance.

MOHAMMAD

Forget not this, O man!
This human birth is thine —
A gift from the Blessed One!
But this happens not again and again.
This body is a gift to thee from God
That thou mayst in wisdom grow
And sing in thy heart the Name!

And know this, too, O man!
Thou wilt not know the Name
Without the Guru's grace!
Without the Guru thou wilt go athirst.
But with the Guru's aid
A blind man, too, can drink
The nectar of the Name.

So have I found the Lord:
And I sing of Govinda, the Gracious One!
And so with faith in Him
I have entered into illumination
And the ecstasy of bliss!

MIRA

Blessed is he who needs nothing, for he will have all!
Blessed is he who is a lover of solitude, for he will find peace!
Blessed is he who treads under his feet the lusts of the flesh,
for he will be free!
Blessed is he who learns to endure, for he will have joy in Eternity!
Blessed is he who spends the night awake, for he listens to the
voice that is deathless!
Blessed is he who forgets not God at night while the tears flow
down his cheeks, for he will be accepted of the Lord!

HASAN OF BASRA

You need not go to heaven to see God; nor need you speak loud,
as if God were far away; nor need you cry for wings like a dove to fly
to Him. Only be in silence, and you will come upon God within yourself.

ST. TERESA

DIVINE HEALING



The SRF Prayer Council sends healing vibrations by prayer each day to SRF students and all others who request help in healing and liberating themselves from the threefold suffering of man: physical disease, mental inharmonies, and spiritual ignorance.

All persons who wish to avail themselves of this healing service may write, telephone, or wire the SRF Prayer Council at the Los Angeles headquarters. The Council is composed of renunciate disciples of Paramahansa Yogananda who have aided thousands in solving and dissolving their specific problems.

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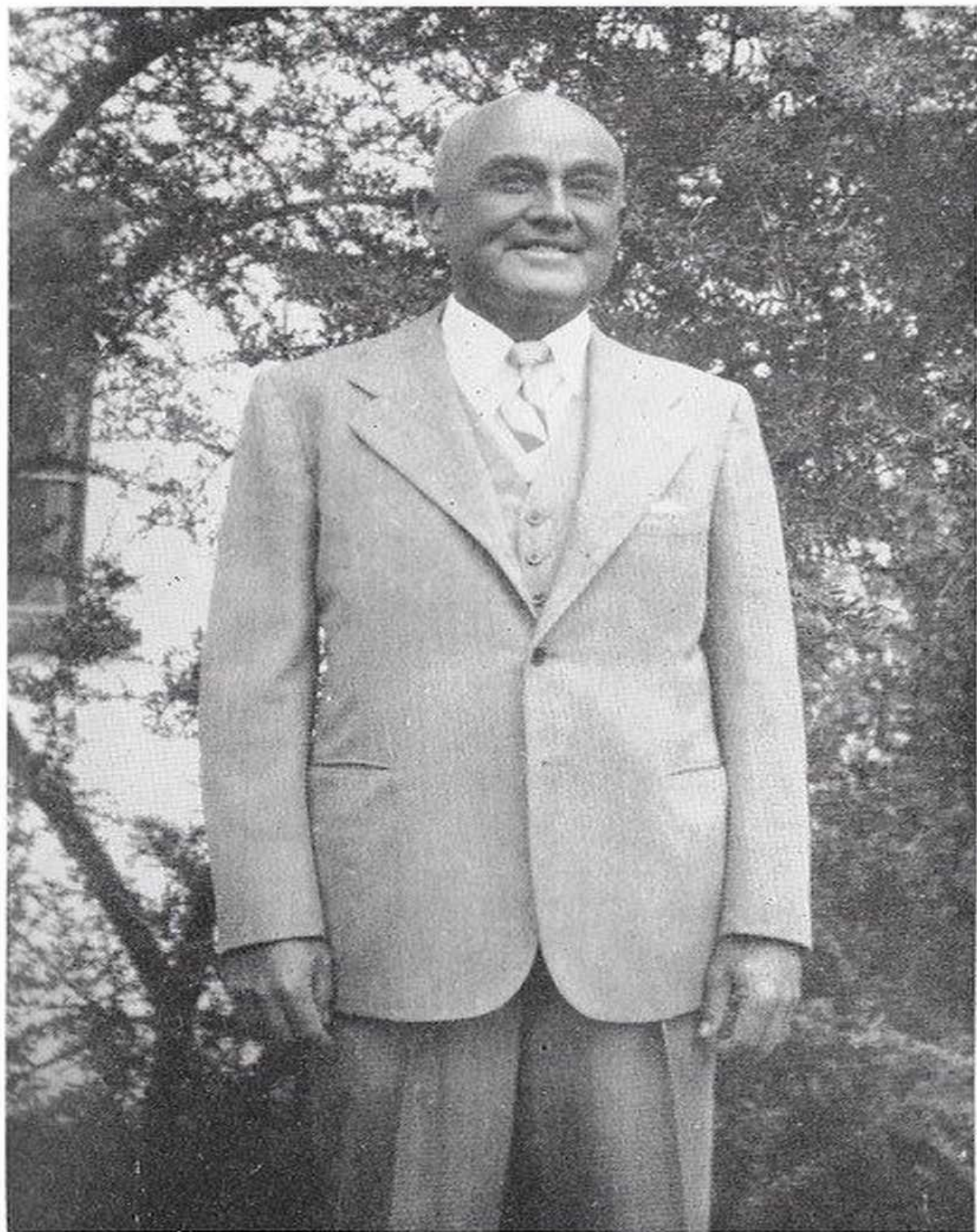
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RAJASI JANAKANANDA

The beloved disciple of Paramahansa Yogananda, photographed outside the SRF hermitage, Encinitas, California, 1951



SRF PRESIDENT ON EVE OF DEPARTURE FOR INDIA

Sister Daya, president of Self-Realization Fellowship, at a *bon voyage* gathering in her honor, August 4th, Mt. Washington Center.

(Below) Large cake iced to depict map of India with YSS-SRF lotus symbol in the center.





Swami Atmananda and Thamunee, youngest sister of Paramahansa Yogananda; in Serampore, Bengal, 1956

In God Is All Happiness

By PARAMAHANSA YOGANANDA

A talk given in 1937 to a class in Encinitas



God in His infinite mercy gives to us His joy, His inspiration, true life, true wisdom, true happiness, and true understanding through all the various experiences of our lives. But the glory of God is revealed only in the quietness of the soul, in the intensity of the inner effort of the mind to commune with Him. It is there that we find truth. Outside, delusion is very strong; very few people can get away from the influences of outer environment. The world goes on with its infinite complexities and diverse experiences. Each life is new and each life has to be lived differently. Yet underlying all life is the silent voice of God, ever calling to us through flowers, through scriptures, and through our conscience—through all things that are beautiful and that make life worth living.

The more you concentrate on the outside the less you will know of the inner glory of the everlasting joy of Spirit. The more you concentrate within, the less you will have of difficulties without. But most people do not understand this truth because of the influence of worldly environment, company, and bad habits. Environment keeps you more or less engrossed; it never allows you to think of deeper realities. Even in this beautiful place in Encinitas I have seen that some students came without the pure intention of seeking spiritual development. If you choose to see God you can see Him everywhere. Habits are predatory; they destroy. You should learn to be happy with what you have. Don't wish for anything more than what is already coming to you. The Father knows what you need.

The best way to be happy is to be conscious of the Father. Your paramount desire should be God-realization; the determination to be with Him should be supreme in your consciousness.

I have given everything to God. There is nothing else that I can give any more. And I have already realized that the only purpose of life is to know God. Many people may doubt that finding God is the purpose of life; but everyone can accept the idea that the purpose of life is to find happiness. I say that God is Happiness. He is Bliss. He is Love. He is Joy that will never go away from your soul. So why shouldn't you try to acquire that Happiness? No one else can give it to you. You must continuously cultivate it yourself. The forces of Nature are constantly