


# INNER CULTURE

EAST-WEST MAGAZINE



Vibratory Healing

Diet and Health

*A Magazine Devoted to the Healing  
of Body, Mind and Soul*

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# Philosophy of Delay

THE idea of delay is a mental fiction. Nothing is delayed in God's world. Everything arrives in its due course. When time is ripe and mind is ready, the expected unexpectedly comes into the horizon of our life.

To your limited vision, everything appears to be late in its appearance in the drama of your life. This is because you expect to gather harvest before the gathering season knocks at your door. Ere the sound is resounded in echo, there elapses a certain time. Between Hope and its fulfilment, there is also a time-element which is a period of preparation or of ripening.

In His wisdom, God does not bribe the weak-minded or flatter the feeble-minded with ready response because of their impatience to be patient. Human expectations rightly expected are always realized sooner or later in some shape or other. Strangely enough, so many disappointments knock down the fond expectations of man that at times it seems as if expectations and their Realizations are two poles far apart, unrelated, and having no causal relation whatsoever, though truly they are linked together as cause and effect, as the tree-life to the seed.

If you have sowed the seed and watered the sappling, worry not for the delay in its fruition. Delay is some cause in effect or the effect of some cause, known or unknown. Rightly understood, delay is an opportunity for manifestation of new glories of the human mind. Delay is the test of character. Delay brings forth new problems, and new problems in their turn call forth newer powers. Delay is not procrastination which is intentional, because the law of delay is a law of God's hidden intentions. What appears as delay to your warped understanding is a natural course of events in the almanac of God. In your unwisdom you fret and froth for no solid reason that stands the crucial test of rationalism.

—By Sri Nerode.



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## EAST-WEST MAGAZINE

*Master Minds of the East and the West are contributing their best efforts to this magazine, dedicated to the super-art of living.*

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SALOME E. MARCKWARDT, Managing Editor.

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# Awakening—From Mineral to Man

NO WORDS can describe the beginning of mineral matter and its change into vegetation—or the beginning of growth. This comes only when Spirit enters into its fear-filled units, soothes them, and creates an urge. So it is and ever will be with kingdoms and with men. As Spirit enters, the higher call is heard—"Arise!" "Awake!"

When first the seed-bed soft did seem,  
The light of heaven down did stream.  
It sifted through the dull, dark earth  
*And bade me "Rise!"*

When life within plant-soul first stirred,  
It glimpsed the light, then saw the Word,  
And with the cold, dead sense it heard,  
*"Arise and walk!"*

It moved about from place to place,  
Heavy and sodden, slow of pace,  
Until at last it saw His face,  
And heard Him say:  
*"Think on these things!"*

Mind then took form, brute stood up straight,  
Paused but a moment for his mate,  
Then shuffled off with a new gait—  
In answer to the Master's call:—  
*"Come unto Me."*

They heard Him call and not in vain,  
They answered quick—no stress, no strain,  
For now they had, God's Will—a brain.  
The Voice did ring:  
*"God is Love."*

Thought could not then this meaning grasp.  
They could but reach the hand and clasp  
With reverent hold. They heard the gasp—  
Of Spirit's Call—  
*"One is All."*

This represents the awakening of the Soul to the fullness of its Selfhood. This all existed from the First Cause and continues throughout Infinity.

—By Marie Daily.



# Vibratory Healing

By S. Y.

**H**UMAN life can be likened to a house fitted with three windows of the body, mind, and soul. Through these openings, come pouring forth the three kinds of divergent perfect light of God—known as Health Rays, Faculty Rays, Wisdom Rays. These triune Rays are responsible for the perfect health, mental equanimity, and enlightenment of the soul of man. That is why man is spoken of as being created in the image of God. But then arises the question: if man is made after God's likeness, why does he suffer in so many ways? The answer is: man as a Divine Child shares the independence of the Divine Being. Man essentially was made as a God, but as such he has the privilege and free choice of the great God to eclipse that image with error, or to keep it unobscured and dazzling with rays of health, power, and peace. Man has the peculiar independence and free power to live in the house of life with its health, strength, and light-giving windows open or closed. Thus it is that when he closes the windows of life, the Ultra Violet Conscious Cosmic Rays are shut out and he lives in the darkness of physical disease, mental disquietude, or abysmal soul-ignorance.

Most people have one or more of their windows of life shut and jammed for years. That is why they suffer from chronic maladies. Their rescue lies in the knowledge of the law by which they may open their windows themselves and bask once more in the all-healing Conscious Cosmic Rays.

Man wants instantaneous healing by God's power but he fails to understand that the work of healing lies with himself and that God never wanted him to be sick in the first place. God gave man

the original privilege and free choice to receive Rays or shut them out. God cannot change his law arbitrarily just by the bribery of special ceremonies, or blind prayer, or partiality. He can be moved only by the law and love. Love is law. When man closes the health-power-and-light-giving windows of life and keeps them closed indefinitely, he must himself make the effort to open those windows again to let the freely-willing-to-help, knocking-to-enter, Light in. Hence, all physical diseases, psychological inharmonies, and soul maladies born of ignorance come from man's own fault of shutting out the Rays of God. And the logical, lawful conclusion is, whether knowingly or unknowingly he shut the health-giving windows of life, he must open them again by self-effort. Ignorance of law cannot be an excuse for escaping the effects of a law which is broken.

There are many ways of opening the three jammed windows of life. Those ways can be generally named as Healing. And Healing in general can be classified as Physical Healing, Psychological Healing of worries, fears, nervousness, etc., and Spiritual Healing of soul-ignorance.

There are many kinds of healing, each of which can be used in healing physical, mental, or spiritual diseases. Of the different kinds of healing by medicine, injection, affirmation, massage, nerve or vertebrae adjustment, by imagination or will or faith, Vibratory Healing is of great importance.

Vibratory Healing consists in creating and sending vibrations to diseased individuals, internally by energy charged by will-power, or externally by super-consciously-impregnated chants, intonations of the human voice, enlivening words, phrases, and affirmations.



The methods of internal vibrations of energy can only be used by following a system of spiritual exercises such as Self-Realization Fellowship offers. Willingness and determination keep the blood vitalized with life-energy. If even the layman can keep his mental initiative, willing-to-work attitude all the time, he will find his blood charged with life-current, making it immune against the invasion of bacteria. Keeping yourself smiling from within, pulsating with joy, and in ever-readiness to act, and spiritually ambitious in helping others, all these not only are good exercises for the mind but keep the body constantly supplied with fresh cosmic energy descending into the body through the door of the Medulla Oblongata. Strong will pulls energy from the Conscious Cosmic Rays surrounding the body, through the door of the Medulla Oblongata. Man shall not live by bread (or food chemicals) alone, but by every word (vibratory life energy) which flows (into the body of man) through the mouth of God (that is, the opening of the Medulla, through which the Conscious Cosmic Life Principle enters the body of man). Therefore, strengthen your will and determination in everything. Your body will then be internally vibrating with life current. A man, of strong will, by his highly vibrating mind, can shake out disease, failure, and ignorance, but the will vibration must be stronger than the vibration of physical or inner disease. The more chronic the disease is, the stronger, steadier, and more unflinching should be the determination, faith, and effort of the will to get well.

### CHANTING.

In connection with singing, chanting, or intoning away physical disease or worry or spiritual ignorance, one must know the law of intonation from high to low, low to whisper, whisper to mental, subconscious to superconscious, Chanting. This is the method of converting loud meaningful words into realized experiences—assimilating the truth of a word or words by chanting loudly and mentally until they become a part of the soul's realization. Or one must induce the superconscious, peaceful state first and from that stage chant

mentally, or quietly, or loudly, as he pleases.

In all cases the intonations, whether mental or physical (that is, audible), must be injected with superconscious mentality, faith, and steadiness in the beginning or at the end, to be effective in accomplishing a specific healing. Mental chanting is best for individuals; loud chanting, ranging from low to high, or vice versa, is good in congregations.

Before chanting, the law of repetition should be understood or explained. Some Western minds often fail to grasp the changing depths of conviction in Hindu chantings and see only a monotonous repetition of a word or words. Of course, repetition of words without understanding their meaning with deep and deeper feelings and realization is useless. That is what the Bible meant by saying: "Take not the name of the Lord thy God in vain," that is, do not say: "O, God, O, God" without attention, or while thinking of other things, or while the mind is wandering. Long intellectual prayers full of word-jugglery may satisfy the intellectually hungry but they are only the empty noises of a victrola without the soul in them.

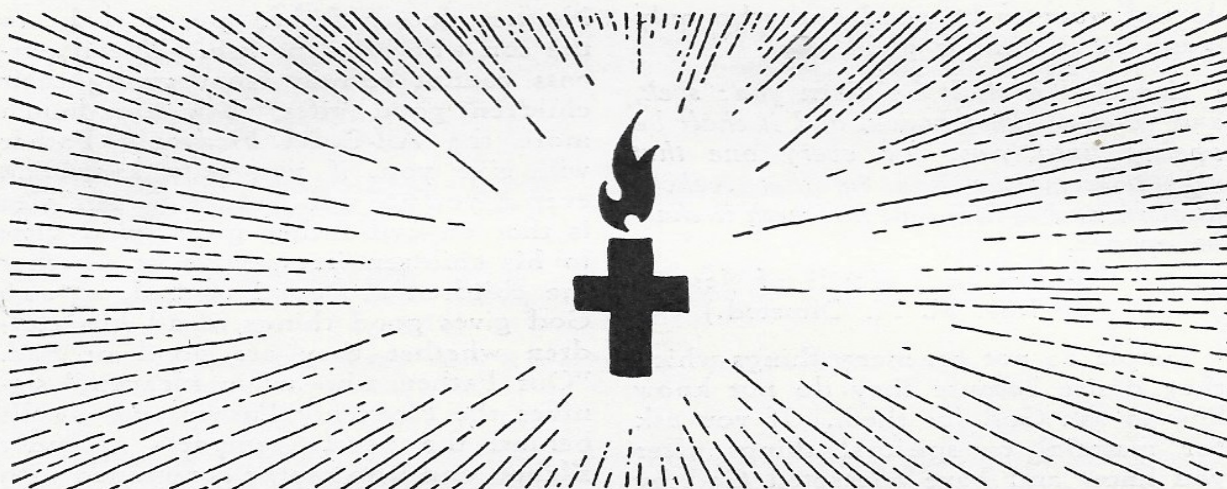
It is better to say just one phrase as: "O, Father, heal me," or "I am well, for Thou art in me" extemporaneously (as it comes) repeating it vigorously from low to high, or loud to whisper, and lastly from a whisper to mental affirmations, until one feels what one is saying, that is, repeating a phrase with varying depth of soul-feeling until one realizes the meaning of his utterance in every fiber of his Being. This is At-one-ment with one's own affirmations through loud and mental chanting.

The moment the phrase reaches the superconsciousness and the inner conviction, a volley of energy will shoot down and vibrate and heal the body, mind, and soul, electrocuting physical bacteria, paralyzing mental fears, and conflagrating ignorance into ashes.

In the Hindu tantra (Hymnal) scriptures we find the advice that all mystic incantations and seed words have to be revived in the soul of the chanter, vitalized, and specifically intoned or chanted, in order to produce the desired

*(Continued on Page 24)*





# The Second Coming of Christ

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

By S. Y.

*Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye. Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.*

("Walks and Words of Jesus,"  
by Rev. M. N. Olmsted.)

Insincerity and hypocrisy are the greatest of all crimes. If inwardly you do not care to overcome your weakness but still profess hatred for such weakness, then you are insincere and hypocritical. To try to conceal your faults in order to save yourself from crucifixion and spiritual impotency, is not hypocrisy. To conceal your faults while you sincerely, with all your might, try to destroy them, is not hypocrisy. How many young people would have been better if society had not forced them to be hypocrites. Hypocrites are those who take pleasure in posing as virtuous when they are not. Such people are never repentant; they love to deceive others about themselves. Such hypocrites never try to reform.

If anyone accuses you of having a certain fault, consider seriously whether you have it or not. If you have the fault you are accused of, excuse yourself quietly, or casually deny it, but positively remove that fault from within you. If you do not have the fault you are accused of having, then vehemently deny it and quickly depart without being wrathful or disturbed.

If you want to remove the ignorance of others, remove all ignorance from within yourself, for if you have acquired wisdom, you will know and see better how to remove ignorance from the lives of other people.

Spiritual advice is of no avail to human dogs who bark at you with criticism and ridicule. Just as swine trample on pearls cast before them, so people, who are deeply wallowing in animal filth, do not appreciate the pearly words of saints who speak of the priceless happiness of a self-controlled existence. If you try to reform low-minded, confirmed, and determined evil people, not only will they sneer at your sermons, but they may injure and blackmail you. Stay away from very evil people who



do not want to be good and who only laugh at all that is good.

*Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you; for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.*

("Walks and Words of Jesus,"  
by Rev. M. N. Olmsted.)

People do not get many things which they desire because they do not know how to ask God for them. If you ask for material or spiritual things after you know and have contacted God by the practice of meditation, then you will get what you need. If you seek a thing or God whole-heartedly, mind-ing not reverses, until you obtain what you want, then you will surely find it. If you offer continuous mental knocks of demand at the doors of inner silence, then God perforce will open the inner door and let you into His Kingdom of Infinity. To the one who knocks with his soul at the dark gates of meditation, to him the inner door swings open, for everyone who persistently asks for anything will receive an answer. The naughty spiritual baby, who is not lured by earthly toys and who persists in knocking and crying at the closed gates of silence, is the one who is let into the Inner Chamber of all Fulfillment, where Divine Mother reigns in all the fullness of Her Glory.

"He that seeketh," that is, he who never stops seeking God and is not falsely satisfied, finds God. And he who knocks at the temple doors of silence with continuous, unabated zeal and devotion, to him the inner doors of wisdom will be opened.

*Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your father which is in heaven give good things to them that ask him?*

("Walks and Words of Jesus,"  
by Rev. M. N. Olmsted.)

The earthly father gives bread and not stones to his supplicating son.

Neither does a father give a snake to the son who asks for fish. If evil parents cannot refrain from giving their children good gifts, then how much more the All-Good Heavenly Father will give you, if you only ask Him, even if you are not deserving. The idea is that an evil father gives good gifts to his children irrespective of whether the children are good or bad, so also God gives good things to all His children whether they are good or bad. "Our Father, who art in Heaven," signifies the Heavenly Father who dwells behind the pearly ramparts of inner silence, and who can be communed with only in deep meditation. The Heavenly Father does not deny sunshine, air, or life even to His simplest children.

*Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.*

("Walks and Words of Jesus,"  
by Rev. M. N. Olmsted.)

Therefore, all the good things which you want people to do to you, you should do the same to them. If you want people to talk kindly and gently to you, and to behave toward you sincerely, honorably, and lovingly, you must do the same to others. The Divine Law and the prophets deal with people in the noblest way, so that people may always act nobly. God does not punish anyone; people disturb themselves due to their own wrong actions. That is why God is silent, only whispering gently and lovingly through your conscience; "Child, wake up, forsake the evil way." God gives love so that His children may, through His great love, learn to love Him and forsake all evil ways.

*Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat; because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.*

("Walks and Words of Jesus,"  
by Rev. M. N. Olmsted.)

The path of evil is wide and its gate is broad, and many fools go through it. The gate of evil is evil action. It is

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# The Cross of Death and the Crown of Immortality

By SRI RANENDRA KUMAR DAS

"Die when I may, I want it said of me by those who knew me best, that I always plucked a thistle and planted a flower where I thought a flower would grow."—Abraham Lincoln.

The most formidable cross that the human race must bear up under is that of death. It is a veritable thistle that is ever pricking and tormenting the mind. By uprooting this thistle of death, and in its place planting the flower of immortality, this agony is lessened greatly.

A Hindu prince, riding through the forest, was enraptured with the surrounding beauty, for spring had just conquered winter and was remedying its devastation. Tiny leaves of soft and tender green had just burst forth from the brown buds that had encased them for protection, a carpet of green grass was spread over the meadows, myriad colored clouds were scattered hither and thither in the blue sky, and breezes, mellowed by southern winds, were carrying the fragrance of flowers, that still further enhanced the surrounding beauty. Nature had indeed bedecked herself in a new and joyful attire. Animal life sported and frolicked in delight at this mirth and wild joy. Fountains of ecstasy were opened in all hearts as they became captive to spring. Impressed and ensnared, too, by this joy, the prince pondered: "If such happiness exists everywhere, why is it then that people are so unhappy?"

Musing upon this problem, upon his return home, he asked of his father, the monarch of the land, the secret of this unhappiness that possesses all people. He concluded that unstable social or economic conditions could not be the

cause, since those assured of subsistence still fell into the same gloom.

His wise father did not answer his inquiry directly but informed his son that on the next day he would become the king of the land to reign for just seven days, at the end of which time he would be beheaded. In accordance, the young prince began his rule the next day. Soon, it was noticed that the prince, usually so jovial, loving parties, dinners, and merry-making, suddenly renounced all such pleasures and became very retiring. He gave up all sports, lost his appetite, and became pensive.

At the end of the seventh day, his father returned, and noticing the miserable condition of his son, he inquired of the prince what brought him to such a condition. Why did he no longer enjoy his former amusements; why did he become so emaciated in body and wretched in spirit? The prince replied: "It is the thought that I must die at the end of the seventh day. Only my fear of death has brought me to this frame of mind."

His father replied: "Son, this is the answer to your question. People fear death. They ponder upon it. They expect it. Rich or poor, all fall a prey to this thought. In consequence, they cannot enjoy life and its pleasures. They have learned to make distinctions between good and evil, right and wrong. They, in their weakness, succumb to the temptations which they encounter on life's voyage. They become unhappy, feeling the prick of their conscience, and conceive that death will bring punishment to them and they shall have to



suffer. Ignorance of the true nature of death brings fear to their heart. The brave and the wise never die."

This story clearly illustrates how the average mortal staggers under the illusion that death is something to be feared. To remedy this condition, we must conquer death. Is it possible to do so? We have been told that "Love conquers all." So might we not apply this same rule? Love shall cast out all fears and conquer death. Perennial joy shall be our reward.

In the play, "Death Takes a Holiday," the author shows that death can be conquered. As the play goes, Death, who is so feared by mortals, takes a three-day holiday so that he may learn why it is that people so greatly fear him. He asks, "What is that thing called Love which is so very powerful?"

Disguised as a Russian prince, Death, toward midnight, visits an Italian Ducal palace. Those with whom he came in contact rather feared him from the very beginning. There seemed to be a strangeness about him that caused them to shudder. However, one of them, a beautiful girl of eighteen years, became attracted to him and fell in love with him because of his fascinating personality and keen wisdom. She entertained no fear whatever of him, but, on the contrary, saw qualities within him which she had found in no other man. She seemed to understand him. Death, who had never known love or sympathy, was for a while enchanted by this beautiful girl of eighteen years. At first, he decided that she was in a dream or in illusion, or not aware of the truth, and as she would come to know the truth about him she would be horrified, as all others were. So he explains the truth to her. To his utter surprise, Death finds that she was neither shocked nor horrified. She said: "I have always seen you like that. Yet, you seem beautiful to me." As the time of departure drew nigh, Death said to all of them: "Remember, my friends, when I call, come bravely through that shadow and you shall find me only your familiar friend. I am adventure. I am also sleep. I am the fulfillment of dreams, and the gateway to a new life."

In this beautiful imagery, one learns

that death is not an enemy. The fear of death can be conquered by love, as the young girl of eighteen had done. It is the fulfillment of life and the gateway to a New Life.

Thus, as the fear of death is cast away, we realize that we are immortal beings. Death is constantly taking place within our bodies and in our minds. Were it not so, we could not be the possessors of healthy bodies and noble minds. Oftentimes we charge our body cells with fear, hatred, greed, animosity, and other ignoble thoughts which are liable to bring about our destruction. But these cells soon give way to new ones as we change our mental thoughts. Thoughts of love, peace, beauty, charity, kindness, tolerance, faith, devotion, and renunciation charge the body cells with new qualities and we make ourselves immortal.

Although man knows that one day he will have to lay down this mortal garment, yet he feels his immortality. When we think of such personalities as Jesus, Gautama Buddha, Krishna, Zoroaster, Mohammed, Confucius, Homer, Shakespeare, Lincoln, and Alexander, people from every station of life, we find that they are immortal. Their physical counterpart is no longer with us, yet always shall they be remembered through their accomplishments. Some will say that they are dead—but are they truly dead? They are not present in the flesh and yet they are exerting a strange power on human thought. They are molding millions of lives through their invisible influence. Can we then say that they are dead, gone, not living through eternity?

This is true of the obscure as well as of the great. There is always someone, somewhere, remembering each one. No life has ever been utterly useless. Many names may be forgotten, but their contributions have helped to build our culture and civilization. Each one is the backbone of progress; each one is immortal.

Again, many live through their children, and so on, through untold generations. The child may not only be the image of the father, but it also carries

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# "How Can Youth Develop Cooperative and Harmonious Relations Among the Races of the Earth?"

*Second Prize Paper in the Fifth International Competition offered to the youth (up to the age of 30 yrs.) of Africa, Australia, Canada, and New Zealand by The New History Society, 132 East 65th Street, New York, N. Y., United States of America.*

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**308 Avenue J, North, Saskatoon, Saskatchewan, Canada**

**Age: 26**

## I—THE PROBLEM STATED

HE pages of history are rich in records of great race invasions. The most unique and significant of these is the story of the white man's continued encompassment of the globe from the time of the discovery of America by Columbus. Unique, in the wealth of scientific invention and achievement it has brought in its wake; significant, in the vital and far-reaching social, political and economic forces it has set in motion. For in the process of penetrating new lands, the white man has assumed the role of master rather than guest—controller of peoples, their labor and their wealth.

This assertion of dominance has created in the non-white peoples so controlled, a feeling of race-consciousness that has gained momentum in the course of three important events. In 1904, Japanese forces fought against Russian forces and won. Into the Oriental mind there crept a doubt regarding the supposed superiority of the white man. And when in 1914, he engaged in what the Asiatic termed a "stupendous white civil war" and called upon the non-white peoples to help him, there occurred, especially throughout Asia and Africa, a complete revolution of thought in regard to race relations. No longer was

it considered the white man's destiny to rule the world. Post-war revolts flaring up amongst the people of India, China, Turkey, Egypt, Syria, Morocco and the Philippines were striking evidence that Occidental overlordship was definitely challenged.

Dependent for their success upon the degree of racial hate and bitterness that could be stirred up, these revolts, together with the conditions that created them, have set for coming generations, the supreme task of their lives—a task made even more difficult by the third and least excusable event of history, the present Italo-Ethiopian War. Whether Italy wins or loses will be immaterial. Involving as it does, white peoples and black, this barbarous conflict can only intensify the complicated racial situations and bitteresses already in existence throughout the world.

These racial prejudices and antagonisms naturally find their keenest expression in the day-to-day relations of peoples within each country. The sordid and familiar story of unjust discrimination, greed and callous disregard of human feelings, comes from the tongue of the Native in South Africa, the Negro in the United States, the Jew in Germany, the Asiatic in the British Commonwealth of Nations, everywhere, discord between yellow, black, brown and



white man, everywhere, overt and threatening demands for rights and privileges that should be the unquestioned heritage of all.

## II—THE CHOICE BEFORE US

Is there no hope? Shall we, in despair, cry, "Whither Humanity?" Or shall we see in these conditions a challenge to our ingenuity and common sense, our courage and perspective, our sense of moral and material values, to the end that we shall lay bare the causes of racial strife and work for their eradication?

If we choose the steep and difficult path leading to co-operative and harmonious relations among the races of the earth, then we must become imbued with certain fundamental philosophies and ideals. We must see but one race of man upon this earth—the human race, phenomenal in its diversity of color, custom and creed; and in its oneness of mind and soul and purpose. We must believe it the inherent right of every individual and of every group of individuals to enjoy social, political and economic freedom in order that each may create his own destiny regardless of the needs and interests of others. And finally, convinced that our ideals are true, we must stand invulnerable to ridicule, incredulity, discouragement, ever aware that the ultimate realization of these ideals will involve the gradual readjustment of mentalities warped by selfish desires and filled with deep-rooted hatreds and misunderstandings.

To all thinking and conscientious youth, the choice is clear and unmistakable. It must serve the cause of world unity and enlightenment. Youth must place at the disposal of progress, its three great attributes—openness of mind, energy, optimism.

## III—THE TASK

Youth's first task, therefore, will be to make a thorough study of all aspects of the racial problem. This will involve investigation into the following questions:

1. Wherein lie the differences between various individuals and various groups of individuals? Wherein in the likenesses?

2. (a) What are the factors that make for the differences between various individuals and various groups of individuals?  
(b) To what extent are these differences due to heredity, environment, or both?
3. Is it possible for ethnologists to measure and determine the extent to which the various ethnic groups may differ in regard to such psychological characters as intelligence, special aptitude, temperament, morality? If not, why?
4. Is there any absolute correlation between an individual's physical and his mental characteristics?
- \*5.
6. Can any ethnic group lay claim to "racial" purity? What evidence is there to show that all human groups are of a decidedly mixed origin?
7. Where and to what extent has racial hate and prejudice been fostered by all or any of the following?
  - (a) Economic exploitation.
  - (b) Political subjugation.
  - (c) The theory of Evolution.
  - (d) Difference in creeds, customs and standards of living.
  - (e) Individual self-interest, intolerance, arrogance.
  - (f) The spirit of Nationalism.
  - (g) Lack of common aims and objectives.
8. Wherein lies the solutions of the race problem?

In the course of this investigation a study must be made not only of books but also of men. Some youth may find it possible to obtain exchange scholarships to Universities where men and women of all races unite in the quest of knowledge. Others may be able to attend international youth conferences called together to discuss the pressing problems of the day. All may acquaint themselves with the various human types that are to be found at home in any community large or small.

- \*5. Can any ethnic group lay just claim to "racial" superiority? If so, upon what grounds?

(Continued on Page 25)



# Meditations for September

By S. E. M.

**Tues.** Life itself is behind you, supporting you, guiding you. Life  
**Sept. 1.** in its fulness is within you, ever waiting for you to clear away  
all the accumulated debris of wrong thoughts and emotions  
so that it may surge forth without obstruction or hindrance to create  
beauty and perfection in your body and activities.

**Wed.** You can be free, successful and happy. All power and  
**Sept. 2.** intelligence is at your command. Don't give up. You can go  
through to victory for God is on your side.

**Thurs.** Life is action. Life is movement. Realize its fulness and  
**Sept. 3.** let it carry you on to freedom and happiness now.

**Fri.** Cleanse your mind and heart of all the thoughts and emo-  
**Sept. 4.** tions which have been creating the inharmonious conditions in  
your body, home and affairs and claim your release from  
limitation.

**Sat.** After communion with Infinite Mind in Meditation, get your  
**Sept. 5.** thoughts straight and clear and then carry them into purpose-  
ful action.

**Sun.** It is not enough just to have a beautiful dream. You must  
**Sept. 6.** think clearly and then your thought and feeling must be com-  
pleted in right action.

**Mon.** Your first and greatest duty is to become that which in  
**Sept. 7.** reality you are. Let go of everything which hinders your  
realization of BEING. Meditate on the meaning of this word  
until its full significance dawns upon you.

**Tues.** Do not run away from unpleasant experiences by seeking  
**Sept. 8.** distractions. Your problems will bob up continually in some  
form or other to plague you until you have finished with them  
satisfactorily. Face them without fear, knowing that there is a right way  
out of every hole no matter how deep or how dark, and that you will be  
guided to that right way.

**Wed.** Relieve yourself of tension by knowing that to Infinite Mind  
**Sept. 9.** there are no problems and that as you bring your mind into  
harmony with creative Intelligence, you will be able to see the  
solution to your particular difficulties.

**Thurs.** Isn't it about time to stop creating inharmonious conditions  
**Sept. 10.** and unhappiness? The same energy can be used to create  
beauty and peace and health if you will it so.

**Fri.** Recognize each experience as a message from the Father  
**Sept. 11.** calling your attention to where you are on the spiritual path  
and pointing the way to your next step.



**Sat.** After your meditation time of stillness and communion, think your problem or experience through completely, and then perform whatever actions seem necessary and right to you. Strive to understand the full significance of each experience as it comes.

**Sun.** Do not leave loose ends dangling but complete each  
**Sept. 13.** experience in thought, feeling and action at the time it arrives and be through with it.

**Mon.** Do not evade and procrastinate but put forth the necessary effort now to see straight, to understand and to act in such a manner that you do not lay up more trouble for the future. It is in this way that you progress and are led to the fulness of understanding.

**Tues.** Remember that Life is with you and for you. It is  
**Sept. 15.** ever pushing you forward, encouraging you, sustaining you, giving you energy, power and guidance, and trying to express Its perfection through you. Trust It. Rely upon It.

**Wed.** Get still and listen for the inner whisper of intuition,  
**Sept. 16.** for the words of encouragement and direction which are sure to come.

**Thurs.** No one else can go through your experiences for you.  
**Sept. 17.** Since you are the one who is suffering, who is unhappy, sorrowful and distressed, you are the one who must find the way out of your difficulties. No one can thrust enlightenment and the realization of God upon you. You alone must make the effort to understand and must not run away from your troubles by seeking to forget them through distractions. The only way through any difficulty is to face it and discover its cause.

**Fri.** You can never run away from yourself and the sooner  
**Sept. 18.** you discard all your ready-made ideas and try to come to the complete understanding of your experiences, the better it will be for you.

**Sat.** Do you really desire enlightenment enough to put  
**Sept. 19.** forth the effort necessary to attain freedom, peace and happiness?

Are you willing to watch and judge each thought and motive in order to free yourself from greed, resentment, condemnation, self-pity, the desire for mere comfort, the desire to acquire rather than to BE, from likes, dislikes, and from all the pairs of opposites?

**Sun.** Beauty, glory, harmony and truth are everywhere  
**Sept. 20.** present but they do not exist for you unless you are aware of them—unless you are of a corresponding vibration and can recognize them. Your mind and inner perceptions must be so lightly balanced and so finely attuned that they can respond instantly to these high frequency vibrations and not be disturbed or weighted by non-essential appearances.

**Mon.** Life or Truth exists in the essence of every person and  
**Sept. 21.** in every experience. It requires intelligence and eternal vigilance to recognize the essential from the non-essential, to recognize the Divine Presence and to hear the Divine voice.

**Tues.** Pray that you may be awakened from the stupor of  
**Sept. 22.** ignorance and inertia and ask for an inner light strong enough to pierce your self-created fog of illusion. You can be free from all that seems to bind you if you will.

**Wed.** Work and meditate until the rare moments of awareness  
**Sept. 23.** and the momentary flashes of clear sight become your habitual state of consciousness.

**Thurs.** You do not have to acquire health any more than  
**Sept. 24.** the sun needs to acquire light and energy. You are health. It is the very nature of your being. That is what Life is—and you are Life. There is nothing else in existence for you to be.

**Fri.** Give up the constricting thoughts and feelings of  
**Sept. 25.** worry, fear, anger, sickness and failure and thus stop creating the windmills of error which you think you have to combat. Such thoughts do not express your real self. Health and joy and harmony are not qualities which you may possess—they are what you are.



**Sat.** Just as you are health, so  
**Sept. 26.** are you success, joy, harm-  
ony and wisdom. These are  
your very nature, as it is the nature of  
snow to fall, of wind to blow, of fire  
to be hot and water to be wet. You  
need only to rid yourself of your wrong  
ideas, emotions and habits to realize  
the Truth about yourself.

**Sun.** This is the truth for all  
**Sept. 27.** human beings and the only  
way you can really help oth-  
ers is to know it for them. Overlook  
appearance and see reality for each per-  
son you meet. Salute God in each one  
and steadily refuse to see anything else.

**Mon.** As you become that which  
**Sept. 28.** you are, you naturally radi-  
ate healing power, joy, harm-

ony and understanding kindness. It is  
not necessary to preach to others or to  
solve their problems for them. Your  
task is to live Truth, and as you are  
"lifted up," they will see the light by  
which to guide their own faltering  
steps.

**Tues.** Life is to be lived NOW  
**Sept. 29.** and it requires intelligent  
awareness to live it well and  
joyously.

**Wed.** If this moment is lived to  
**Sept. 30.** the full, spontaneously, free-  
ly, gladly, honestly, in love,  
gratitude and understanding, listening  
always to the inner voice for guidance;  
the next moment, the next year, the next  
life will take care of themselves. NOW  
are you a child of God. NOW are you  
whole, free, powerful, successful, joy-  
ful and loving.

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## The Kingdom of God

And He said: "So is the Kingdom of God as if a man should cast seed into the ground; and he should sleep, and rise night and day, and the seed should spring and grow up, he knoweth not how."

"A sower went forth to sow." The seed falls into the individual Soul. How shall he cultivate it? How shall it grow? The Soul is Love. It receives the seed of Life, of Truth, of the kingdom. Seed in the earth is nurtured by the perfect commingling of the elements. Seed flourishes in the Soul by the perfect commingling of elements.

Action is an element. The Soul takes action and this action causes the heavenly seed to grow in the Soul. Truth is an element. It is the light, the warm sun. So be ever watchfully truthful. Speech is an element. The Soul must speak these truths and act on them. Faith is an element. With perfect, unquestioning faith the Soul must believe in these truths that are seeds. Faith, and action on faith, makes sight. There is a universe to be seen, both physical and spiritual.

The world casts a shadow, and in this shadow world a person will live a lifetime. He must get out of the shadow world into the Real world, and faith causes him to take the necessary action. Action reveals this reality, infinitely increasing as the seeds of the kingdom spring and grow up, he knows not how, by the action of the living Intangible.

—By Mrs. J. H. Cochran.



# My Soul Is

Words by SWAMI YOGANANDA

Melody by M. K. SERAILIAN

Andante

Arr by CHAS. ALBERT

mf.

mp.

1. The shin ing stars are sunk in dark ness, The  
 2. The grind ing wheel of Time has cru shed om, Full  
 3. The flow ers bloomed, of then hid in glo The

wea ry sun is dead at night,  
 ma ny a life of the moon and star  
 boun ty of the trees did cease

The moon's soft smile doth fade a no n,— But  
 And ma ny a bright ly smil ing mo rn;— But  
 Co loss al men have come and go ne:— But



# Marching On



## MY SOUL IS MARCHING ON

The shining stars are sunk in darkness,  
The weary sun is dead at night,  
The moon's soft smile doth fade anon,—  
But still my soul is marching on.

The grinding wheel of Time has crushed  
Full many a life of moon and star  
And many a brightly smiling morn;—  
But still my soul is marching on.

The flowers bloomed, then hid in gloom,  
The bounty of the trees did cease,  
Colossal men have come and gone;—  
But still my soul is marching on.

The æons one by one are flying,—  
The arrows one by one are gone,  
Dimly, slowly life is fading,—  
But still my soul is marching on.


Darkness, death and failures vied,—  
To block my path they fiercely tried;  
My fight with jealous Nature's strong;—  
But still my soul is marching on.



# Man is What His Thoughts Make Him

(A Message of the New Age)

By DR. ELISABETH HINCKLEY

HE QUALITY of your thought predetermines the measure of success with which you will meet.

Man's world must necessarily be created by his thoughts. If a man speaks or acts with an evil thought pain follows. If he speaks or acts with pure thought, happiness follows him. All good is the result of right thinking, and all trouble is the result of wrong thinking.

If we could only realize that every day that passes we are ourselves a Living Ritual, that we invoke the Christ by following the life and character which he gave to us, or we invoke the Powers of Negation and the Principles of Evil, that when our lives have spoken the Word, it must inevitably draw that which is like unto it.

The most powerful explosive in the whole Universe, the heaviest artillery, is the dynamic Power of Thought, and in spite of all the misery, the suffering, the lack and the limitation which Humanity today is facing as a result of wrong thinking, and that which inevitably follows wrong thinking, yet nevertheless the common people of the earth are thinking today, and before the flame of their thoughts the Serpent of Superstition and Servility are fleeing from the Lives of Men.

When we learn to know God as Mind, and see our relation to God, we will know we bring to ourselves through wrong thought all trouble. Until man recognizes himself as mind, he will drift like flood wood, without aim or direction, in currents of sorrow, like a ship without a rudder, he is lost, crying in the wilderness of error thought. In order

to think rightly we must understand the principles or laws of life. This is true Education.

The question is, however, when will man learn to think right; when will he learn to direct his thoughts into the broad and benevolent channels of Purification? Every thought that is sent out has its own vibration, and the Power it welds is in proportion to the energy which it contains and the Force it contains. When will we learn to govern this Dynamic Force which is always at work, for without it nothing could have expression, whether it be a sonnet, a poem or painting.

Everything that the eye beholds came into existence through thought. Man cannot build or create anything without first visualizing it in his thought, and as I have said, we are living in an Age when man and woman are thinking as never before. Thus it is the duty of the Advanced thinkers of today to understand the great Laws of the Universe, and guide their thinking, in the right direction. No man can build a mansion, a career, a fortune or a country at the expense and heartache of his fellows, without paying the debt to the fullness of the Law, and as men and women learn that thoughts are Forces and which are either constructive or destructive, as they understand the Power of Thought, and something of the Great Universal Law, they will surely build for Humanity at large, and not for self alone.

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Man can do everything with himself; but he must not attempt to do too much with others.

—Wm. Humboldt.



# Diet and Health

By ELLEN EASTON, B. Sc.

## DINNER MENU

Carrot and Celery Juice Cocktail  
Leek and Potato Soup  
Fruit Salad  
Parmesan Eggplant  
Corn Italian Style  
Glazed Beets  
Mexican Ice Cream

### LEEK AND POTATO SOUP

4 medium-sized potatoes  
4 leeks  
3 cups water  
1 teaspoon vegetized salt  
1 cup milk or light cream  
2 tablespoons butter  
chopped parsley

Peel and dice the potatoes. Trim, wash and cut leeks in thin slices. Combine leeks, potatoes and water and cook slowly until vegetables are tender, add salt, milk and butter and reheat. Sprinkle with parsley and serve with toasted rye bread.

### FRUIT SALAD

Seedless grapes  
Diced bananas  
Diced pineapple  
Diced melon

Combine fruit, chill, mix with French dressing and serve on crisp lettuce or in melon baskets.

### PARMESAN EGGPLANT

1 eggplant  
Dry whole wheat crumbs  
1 egg, beaten and diluted with  
2 tablespoons water  
½ can India Nut Steak  
Vegex  
1 onion, chopped  
2½ cups cooked tomatoes  
1 teaspoon raw sugar  
1 cup grated Parmesan cheese  
1 teaspoon vegetized salt  
butter or cooking oil

Slice eggplant in ¼-inch slices and peel, spread each slice lightly with Vegex, dip in crumbs, then in egg, and then in crumbs again. Brown on both sides in butter or oil. Chop the Nut Steak, form into very small balls, and brown in butter. Cook onion in little fat until brown, add tomatoes, salt, and sugar. Put a layer of eggplant in bottom of a greased casserole, then all of the Nut Steak balls. Sprinkle with one-half of the cheese and add one-half the tomato mixture. Cover with remaining eggplant, cheese and tomatoes. Bake in moderate oven (325°F.) 1 hour.

### CORN ITALIAN STYLE

3 tablespoons butter  
3 tablespoons chopped onions  
2 tablespoons chopped celery  
2 tablespoons chopped green peppers  
2 cups corn  
½ teaspoon vegetized salt  
½ cup chopped ripe olives  
1½ cups tomatoes

Melt butter in frying pan. Add and brown onions, celery and peppers. Stir in corn, then rest of ingredients. Cook 4 minutes, stirring frequently.

## HEALTH

There is not much to be said about the element carbon for it is a rather inactive, negative element. When it combines with oxygen, "heat is generated, growth takes place, and carbonic oxide is formed."

## DIET

The best carbon foods are: raw sugar, honey, popcorn, whole rice, dried Smyrna figs, raisins, corn, maple syrup, Rye Krisp, dates, molasses, whole wheat, oatmeal, dried peas, beans and lentils, most dried fruit, pumpernickel bread, water chestnuts, sweet potatoes, bananas, potatoes.

(Continued on Page 24)



# The Decalogue of Thoughts

1. Bring all your thoughts around a principle until the principle becomes the burden of your constant thought.

2. Think until your thoughts crystallize into logic and reason, so that whenever you think, your mind will act logically.

3. Make your logic warm with love and your reason responsive to feeling, in which case, logic and reason will season your life with sympathy.

4. Think with your intellect but immerse your intellect in the pool of your heart.

5. Make reason a passion of your soul, but let your soul keep watch over the steps of your reason, or who knows that reason will not turn cold and murder the God in you.

6. Honor the prophet—the prophet of higher perception that is in you, although the prophet is seldom honored in his own country or by his own self. Realize the prophetic soul that is crying in the wilderness, by exercising discrimination and wisdom.

7. Think of the Christ-soul lying in the manger of your unconscious mind, wrapped in the swaddling clothes of multitudinous illusions and delusions. Cast out the process of wrong thinking and bring out the Christ-soul in your expression of daily life.

8. Think in terms of your larger self if you want to discover your true relation to your neighbors. Otherwise, your little self will keep you captive in the limited world of narrow selfishness, depriving you of the larger share in the greater good of God's grace.

9. Think of the light that shines through you from the Infinite Flame of the Divine Self. There is no obscuring darkness on the path that can withstand the force of your light if you can only hold it in your constant thought.

10. Think how to unfold the highest consciousness in life; yet do not let the quest end in mere thinking. Let thoughts become actions and actions bring forth the living experiences of the indwelling Christ.

—By Sri Nerode.



## Hindu Chant

(An Interpretation for Inner Culture Magazine)

By Grace Thompson Seton

O Mother Divine!  
When this day it happens, I bow  
At Thy blue lotus feet in prayer,  
I sing, "My Mother is everywhere."  
Engrossed is the bee of my mind.  
At Thy blue lotus feet I kneel.  
Away with the shadows that steal  
Between Thee and my heart,  
O Mother Divine!  
My Mother is everywhere—  
In the perfume of the rose,  
In the eyes of a tiger,  
In the pages of a book,  
In the food of which we partake,  
In the whistling wind of deserts,  
In the blazing gems of sunset,  
In the crystal light of full moon,  
In the opal veils of sunrise.

My Mother is in everything—  
In the atoms of this body,  
In the wonders of this temple,  
In the restless globes of water,  
In the caresses of a lover,  
In the soul of a child,  
In the feet of a slave,  
In the brain of a foe,  
And the heart of a friend.

My Mother, O my Divine Mother is everywhere.  
At Thy blue lotus feet I sit breathless.  
The heart's lotus shall blossom forth.  
Sri Ram Prosad says, "My Mother is formless."  
O Mother Divine,  
Stilled is the bee of my mind.

Once I was blind. Now I can see.  
A thousand Vedas do declare  
My Mother Divine is formless.

September, 1936

## Traumeri

(An Interpretation.)

Expression of Divinity,  
Revealed on wings of sound,  
Like a lute in heaven's forest,  
Its sweetness so profound,  
Comes floating in upon us  
From out enchanted space;  
A longing heart of sadness,  
A tender heart of grace,  
A soul in all its yearning  
In pensiveness revealed,  
The teardrop in its chalice  
Love meant to keep concealed.

Possession of its loveliness  
The heart feels this a treasure,  
The cup though filled can but contain  
The fullness of its measure;  
And ever thus we search to find  
The form through which expression  
Goes pouring forth to all mankind.  
Elusive, sweet recession,  
Like seeking for tranquility  
On an ocean rolling free,  
We fain would find a haven of rest  
'mong the shoals of a restless sea.

A melody intangible,  
With subtle grace entreating,  
Again you listen to the theme  
It ever keeps repeating;  
Come, find a soul attuned to Love  
Just where the shallows creeping;  
Possess the Philosophic Stone,  
And free yourself from weeping;  
You seek to grasp the Infinite  
And flee this world of sorrow,  
But ever through the live-long day  
Comes promise of the morrow.

—By Charles N. Gaskin.

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# Our Metempsychosis

A man standing near the center of Brooklyn Bridge cannot see the bridge as a whole. He sees the roadway extending from him in opposite directions. He can see the giant girders and cables above him, that is all, but through his sense of perception he knows that they are grounded in a high impregnable foundation and that the bridge is for passage from one place to another, both decidedly definite according to the laws of space and time.

Very much the same are the laws governing the transitional stage of consciousness. In its entirety it cannot be cognized, but its extension is as sure as that of the bridge, and its terminals as definitely established. At one end are all our preconceived ideas of matter, the fruits of the physical senses; at the other end mental forces are revealing themselves at such a rapid rate that we fail to grasp the perspective and so do not adjust ourselves to that which is going on within and around us. This transition in consciousness is a revelation within itself. Never before has the mind of the masses been able to grasp on such a huge scale the meaning of our present mental unfoldment. The laws of matter are being coalesced and absorbed in the laws of mind, from physical form manifestations to mental forces, which we are learning is our higher heritage being ushered in through the paths of evolution.

Quite significant is the fact that the requirements of the present times are far greater than the evidence the physical senses supply. We have produced a machine age that places physical sense evidence far in the background, beyond which we must go daily to keep abreast of the times. That which is needed will be supplied, and a higher consciousness is the answer. The door stands ajar. Many are glimpsing the glory of the new day, while thousands are ready to be leavened through the awakening, to be initiated into the new consciousness that drops the shackles of old-age customs and beliefs and ushers in a new day of enthusiasm and rejoicing.

Surely, we are approaching the corner of revelation as to the government of natural law inherent in man, which has always existed but which is finding many more instruments through which to express. The result is, that which was classed as incomprehensible and unattainable a short time ago is becoming common knowledge to be accepted and lived by according to the nature of its unfoldment within us. Evolution, much misunderstood in its operation, has brought us to this corner of revelation.

We know that our present concern is that the channel be kept free of all obstruction, obstructions through thought limitation, false evidence out of the past, and looking backward though going forward as Nature eternally decrees. So immanent is the light that many are becoming blinded and cling more closely to the debris of old conceptions hostile and destructive to the higher plane of consciousness. Realization of the nature of our transition insures the greater safety in its acceptance and manipulation. Impersonal in its nature, with it we may reach heaven or wreak havoc. It is the steering wheel at which conscious-awareness gaged to the teachings of the Christ will maintain a perfect balance and control.

—By Charles N. Gaskin.



# Scientific Digest

Selected by LOUISE ROYSTON

## No Race Superior to Another

**P**ROF. Earnest A. Hooton, Harvard physical anthropologist, who has been a leader in the science of man for a quarter of a century, finds no justification for claims that any one race is superior to another.

"Each racial type runs the gamut from idiots and criminals to geniuses and statesmen," he declares. "No type produces a majority of individuals from either end of the scale. There are no racial monopolies either of human virtues or vices."

Prof. Hooton charges that more crimes have been committed in the name of "race" than have ever been perpetrated in the name of liberty. He says: "Let each of us, Nordic or Negro, Aryan or Semite, Daughter of the Revolution or Son of St. Patrick, pluck the beam from his own eye before he attempts to remove the mote from that of his brother. Every tree that bears bad fruit should be cut down and cast into the fire. Whether that tree is an indigenous growth or a transplantation from an alien soil matters not one whit, so long as it is rotten."

Prof. Hooton poured scorn on "the ridiculous and pernicious doctrines of racial inequality which have become a menace to the peace of the world." There is no anthropological ground whatsoever, he said, for selecting any so-called racial group, or any ethnic or national group, or any linguistic or religious group for preferment or for condemnation.

## Tensing Muscles

### Restores Energy

**D**ISCOVERY of a method to "pump up" tired muscles, which for short spurts rests them more quickly than

complete relaxation, was recently announced. When tired muscles are deliberately tensed, the action appears to inject or squeeze into them a revitalizing chemical naturally produced in the body. There are three of these chemicals. The one believed responsible is adrenalin, the adrenal gland product, which man manufactures liberally when he fights.

The time for spread of the re-energizing chemical is cut to split seconds by the "pumping up" method. The discovery discloses a hitherto scientifically unrecognized quick energy reservoir.

It was made public on the eve of the meeting of the American Association for the Advancement of Science in Rochester, N. Y., recently, and at the Sigma Xi celebration at Cornell University. The Sigma Xi exhibit shows frog muscles "loaded," that is, under alternate pull and release, which fatigues them. Complete relaxation overcomes the fatigue in about ten seconds, but tensing a muscle rapidly restores its energy in about half a second.

A new principle of fatigue appears to have been discovered. Previously, physiologists have supposed that the body's re-energizing chemicals spread somewhat slowly, through the blood, but the frog experiments indicate that the nerves, which do work during the tensing of muscles, have the power to release the chemicals directly and instantly into the muscles at the point where the nerves end.

## Dimensions of Intellect

Dr. Louis L. Thurstone, authority on mental testing at the University of Chicago, has just announced to the Scientific world seven primary elements that go to make up human intelligence, just as the primary colors of the rainbow



may be mixed to produce the thousands of beautiful tints with which we are familiar.

These "dimensions of intellect," which may revolutionize mental testing and vocational guidance, were discovered after examination of 240 university students who volunteered to take a total of 56 psychological tests. Dr. Thurstone's conclusions were embodied in a report to the American Council on Education.

The seven primary colors of personality are as follows:

1. Number facility. This is an ability necessary to the accountant and mathematician. Many otherwise intelligent individuals seem to have a mental blind spot in dealing with numbers.

2. Word fluency. Here is a talent necessary for the political speaker, the salesman, the teacher, and writer.

3. Visualizing ability. Some persons are visually minded and learn best through seeing things, or pictures of them.

4. Memory. Scientific justification does exist for the disputed popular idea that memory is distinct from other mental abilities, and that a person can be described as having a good memory in general without specifications as to what he can remember well. People of superior intellect sometimes reveal surprisingly poor memory.

5. Perceptual speed. This is the ability that enables some people to scan a page of names or numbers to find a particular item quickly, while others must examine each item.

6. Verbal reasoning. This might be called deduction, or the ability to see relations between words. The experiments showed that this is something different from just fluency with words.

## Eugenics Plan

**G**OOD home environment in childhood's early years, as a new approach to practical eugenics, is being studied by a group of scientists and science-minded laymen forming the American Eugenics Society.

"Children must be born of parents who will provide the essentials necessary for the development of character, physique, and intelligence."

This new development emphasizes that, apart from the small fraction of the population who are known to be carriers of hereditary defect, home conditions appear to provide as good a basis for biological selection as is possible in the present state of knowledge. It is an attempt to divorce eugenics from its connection with particular races, so-called class superiorities, and mere sterilization of physical and social defectives.

"Democracy will probably disappear," he warned, "if popular intelligence fails to keep pace with popular power. We are not sure that ability is transmitted, but the history of animal breeding makes it probable. If it is, the infertility of the able is a heavy drag on the efforts of our schools to raise the mental level of our people."

Segregation or sterilization of all persons sufficiently feeble-minded to require public care was advocated by the Organization, which also urged that birth control information be distributed by physicians and social workers as a means of lowering the birth rate among those less fit for parenthood.

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## Flames

The golden flames leap high again upon the Altar of my devotion,  
Where but a while ago a single spark remained, glowing feebly to lighten up the gloom.

Behold! The ardent flame it has become,  
Tended and kept by Love's sweet ministering hands—  
The all-consuming flame that burns forever  
Upon the Altar of my Soul.

—By Lillian De Marino.



## Dignity of Pain

I will besmear the dust from Thy rosy  
feet all over my body.  
I will realize Thy Reality  
In my pain.  
Saddest thoughts are the songs of  
Sweetness true.  
I will realize the reality of my life  
With rhymes of sorrow.  
I will be free from all earthly  
Sufferings through my sorrows  
Unbound,  
Nay, with the dignity of sorrow.  
I will be powerful ever in the  
Ocean of sorrow.  
True justification will come  
Within me through pain sparkling  
To become spiritfuf  
In the Eternity Endless.

—By Sri Bibhuti Bhuson Sarkar.

## The Soul's Needs

To live in a commercially-minded world,  
Means being necessarily drawn to ma-  
terial things.  
Where one is placed on a pedestal  
Because of material wealth,  
Or shunned by the lack of it,  
The temptation is to seek these things  
At the expense of spiritual progress.  
To keep balance  
Is the real objective  
Of those who would please the populace  
By regard for popular tastes,  
And refusal to allow their spiritual  
selves  
To be overshadowed.  
The Soul is ever advancing  
Toward the front.  
The Soul's needs  
Are the first to be considered.

—By Katherine Maurine Haaff.

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## Dreams

VISIONARY DREAMS are the foundation of all accomplishments. They are the rosebuds that transform into the flowers of materialization. They are the essence of all beauty; the harmony of all relationships. They are the ships that carry us out to the sea of human struggle and the lifeboats that transport us to safety in the midst of storms. Dreams are the conveyers that allow us to glide more smoothly over the rough spots on the earthly road. They are the tonic that enlivens the drooping spirit; the velvet that soothes the senses; the substance that inspires hope and renews confidence.

DREAMS PROVIDE the visions of future possibilities; the ability to see, in the mind's eye, what is not yet there to be seen; the ability to create; to unfold new ideas and the patience and strength to bring those ideas to realization. Dreams allow the mind to be filled with visions of loveliness that crowd out unwelcome and destructive influences.

There is no need for being ashamed of dreams. They are not often just idle reveries. Dreams build characters while they build careers. Every accomplishment is the materialization of a dream. No matter what difficulties life may present, no one has failed who is still able to dream. For the dreamer and the doer, no human endeavor or goal is impossible of achievement. Dreams are truly Divine Gifts.

—By Katherine M. Haaff.



## Vibratory Healing

(Continued from Page 4)

results. Mere repetition without deep feeling of mantras or incantations does not produce results.

It is a fact that if a universally-known coward says loudly: "On, ye brave, march on with me to glory or the grave," that will have very little effect in rousing courage in people. Healing affirmations like: "The Father is in thee, be thou well," in order to be efficient must be uttered only by the one who has felt the Father in Himself.

The police commissioner of Chicago declared recently in a bulletin that if the sounds of vehicles, etc., could be cut down, city people would live ten years longer. In other words, inharmonious noise affects the nervous system of people, weakening the medium through which vital energy is supplied to all the principal organs of the body, the circulatory system, brain, etc. With the deterioration of the nervous system, the energy and thermal supply of the blood becomes low, making it a fit home for bacteria of disease.

On the other hand, harmonious sounds and chants impregnated with superconscious soul-force, will-power, and faith, awaken the drooping tissues of the nervous system by rousing vital energy in them. Hence, the external method of vibrating the voice according to the aforesaid methods can heal all inharmonious conditions of the body, mind, and soul. A sincere kind word, an inspired song, a soul-solacing voice of wisdom, have dispelled many sorrows and inflamed into many souls the light of lasting joy.

## Diet and Health

(Continued from Page 17)

### GLAZED BEETS

- 2 cups diced cooked beets
- $\frac{1}{4}$  cup water
- 2 tablespoons lemon juice
- 1 tablespoon brown sugar
- $\frac{1}{4}$  teaspoon cloves
- $\frac{1}{4}$  teaspoon vegetized salt
- $\frac{1}{4}$  cup currant jelly
- 1 tablespoon butter

Mix all ingredients and simmer 10 minutes. Stir frequently to prevent burning.

### MEXICAN ICE CREAM

- 2 cups raw sugar
- 2 cups English walnut meats
- 24 macaroons
- 4 egg yolks, 2 whites
- $\frac{1}{2}$  cup raw sugar
- 2 cups milk
- 1 qt. cream.
- vanilla

Melt 2 cups sugar in heavy frying pan, stirring constantly. Add 2 cups English walnut meats and pour into shallow buttered pan to harden. When perfectly cold, grate or chop fine, crumble the macaroons into fine crumbs, then toast in oven a few minutes.

Make custard of egg yolks,  $\frac{1}{2}$  cup sugar and 2 cups milk, then pour it over the stiffly beaten whites of 2 eggs and let cool.

Add cool custard to cream, flavor with vanilla and freeze in crank freezer. When half frozen, add macaroon crumbs and half of grated walnut mixture and finish freezing. Sprinkle remaining grated nut mixture over cream when serving.





## How Can Youth Develop

*(Continued from Page 10)*

Youth's second task will be to apply the knowledge learned.

### IV—METHODS

Constructive action may be taken in many different ways:

1. By forming study groups of other young people interested in the racial problem.
2. By establishing civic inter-racial groups, the members of which meet to discuss ways and means of adjusting local and national racial disputes.
3. By seeking a revision of school texts so that the child's knowledge of other peoples will be broad and impartial with emphasis placed upon man's common aims and interests rather than on his differences.
4. By openly and actively identifying itself with political movements pledged to bring about an economic order of life based on the principle of social justice for all, an order wherein the exploitation of man by man for gain will cease and with it the paradox of poverty in the midst of plenty. For insofar as he has used for private profit, the labor of men of his own and other colors, the white man has created the racial and social problems of today.
5. By openly and actively identifying itself with broad idealistic movements such as, for example, The New History Society of New York.
6. By working earnestly for World Peace and counteracting Nationalism and its attendant evils with thoughts and deeds that will spread the gospel of international understanding and co-operation.
7. By agitating for reform or repeal of laws within its own country that discriminate between citizens on the grounds of racial origin. Canadian youth may urge that the civil disabilities imposed against Japanese, Chinese and British Indian nationals in Canada be removed;

South African youth that the Native be accorded equality and fair treatment; similarly, in the United States, the Negro; and Australian and New Zealand youth that rigid immigration laws be relaxed. For once "equality of status" becomes a reality in the local and national life of a people it will come of itself in the international.

8. By exposing the leaders of organizations within a country who exploit for private gain, racial and minority enmities.
9. By vigorously condemning those political forces that stir up racial hate and prejudice in order that the power of the privileged few may remain intact.
10. By unifying its demands for reform in race relations by seeing that these problems have an important place on the agendas of state, national and international youth conferences.
11. By recognizing urgency and grasping every opportunity to place its views before the public. The radio, the press, the platform, all may be utilized by youth in its efforts to bring about co-operative and harmonious relations among the races of the earth.

### V—CONCLUSION

If youth will make the necessary sacrifice of time, energy, money and pleasure to engage in these and other activities, who can estimate its power? Who can name and number the places in which its seeds for good will have been sown?

## The Cross of Death

*(Continued from Page 8)*

the teachings imparted by the father. The father lives through the child. Characteristics, traits, and manners which are so dear and close to us are made immortal through our children. We are nothing but the aggregation of our qualities, which go on forever. Thus we are assured of our immortality.

Often we are called upon to leave this world before fulfilling our heart's desire, before completing some noble



aspiration. Is God so unkind as to refuse us the fulfillment of these manifold inspirations and not afford us an opportunity to satisfy our yearnings? Our lives are like the unfinished bridge of Avignon, in southern France. In the medieval days, when the power of the Popes in Rome waned, some of them were forced to go to the historic city of Avignon and live in the mighty palace surrounded by beautiful gardens which resembled the Vatican at Rome. But the most fascinating object in this city was the unfinished bridge over the river Rhone. Its construction ceased in the middle of the river. Still standing through the Ages, it teaches man that it was meant to reach the other side. Similarly, human life seems incomplete and undeveloped unless it has the power to reach the other side. So, though death may come and interrupt the flow of life prematurely, it still continues. It is immortal. For this reason, we crave far higher than we can reach and gaze beyond the utmost limits of our powers to attain.

Thus man bears the cross of death when he suffers. By freeing himself from egotism, personal desire, and greed, he transcends personality, realizes the real Self, and attains Cosmic Consciousness. Oneness with the Primeval Energy exhibits to him an infinite delight in all things of the Universe. Being one with all, he enjoys in their enjoyment and finds delight in universal self-expression. Thus man becomes free to live the full active life of the Lord in "His Universe of Movement," and will wear the crown of Immortality.

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## The Second Coming of Christ

(Continued from Page 6)

easy to perform evil because it requires no effort to roll down a hill, but every evil action repeated leads along the wide path of evil, which is followed by the unthinking masses. The width of the evil path signifies the unlimited ways of performing evil deeds. "How many ways there are to sin no living mortal knows."

Though the gate and path of evil are so broad and roomy, yet the way of evil suddenly ends in a precipitous fall into the valley of suffering. The mad throng enters the easy gates of evil and follows the broad path of evil actions, and as the evil doers jostle madly along the path of evil, they suddenly fall into the valley of misery and their souls' happiness perishes.

The gate of goodness is straight and the path narrow and difficult, (just like climbing uphill) and very few seem to pay attention to this path of virtuous impulses (gate) and righteous actions (path) which leads to everlasting life.

The path of virtue, though seemingly difficult and unattractive in the beginning and not followed by many, yet leads those who persist in pursuing the straight, narrow way of goodness, into a Kingdom of undreamed-of beauty and unending bliss.

Some people are so afraid to die that they never begin to live.

—Henry Van Dyke.

**Back Issues of "EAST-WEST"  
(Inner Culture) Magazine  
Wanted**

January-February, 1926  
March-April, 1926  
July-August, 1926

July-August, 1927

September-October, 1928

March-April, 1929  
July-August, 1929  
September-October, 1929

May-June, 1930  
September-October, 1930  
November-December, 1930

January-February, 1931  
March, 1931

SELF-REALIZATION FELLOWSHIP  
Mt. Washington Estates, Los Angeles,  
Calif.



## Letters of Appreciation

Dear Friends:

I am so very much pleased with the results I have had since I have been a Member of the Self-Realization Fellowship, and that we were blessed with the opportunity of hearing Swami Yogananda lecture and finally being able to get more acquainted with these wonderful truths. I am enjoying my Praecepta very much and I surely do wish the whole world could reap the same benefit from them.

Most sincerely yours,

Mrs. D. R. H., San Diego, Calif.

Beloved Friends in Truth:

For the past year I have been a student of your great Organization. Words cannot express the happiness and contentment of Soul, that its lessons have brought to me. May God's blessings rest upon Swami Yogananda and all the rest of you, that this good work may grow more rapidly. Thank you for your help.

M. B., New York.

Dear Friends:

My Lessons are bringing more peace and real happiness than I ever experienced before in my life. I would much rather go without a meal than to miss reading my Lesson at least once over as soon as I get home from work. I thank God that I am a member and that there is a Self-Realization Fellowship Church.

Sincerely,

K. N., Detroit, Michigan.

Dear Friends:

Yes, Dear Friends, I can truthfully say, I am very happy. I am free from fear and worry and doubt. I have used my Horn of Plenty Bank faithfully this time. I was surprised when I opened it this morning to find \$2.65.

We have both had better work. I know in time our affairs will be straightened out all right. I am feeling perfectly well, and am very faithful in my healing affirmations.

Mrs. R. P. W.,

Bellingham, Wash.

Dear Center:

I want you to know that the Lessons have been a great help to me in getting a better understanding of life and the Truth. I am enjoying the review on the Lessons. There is always something new and interesting in them no matter how many times one has gone over them. Wouldn't want to do without them for I prize them as the highest thing I have. I have never had so much joy and happiness in my life as I have had the last year.

Sincerely yours,

A. B., Denver, Colo.

Self-Realization Fellowship:

It may please you to know that as one of your students my desire and effort to learn more and more of the wonderful truths you are helping me to secure and hold have never wavered and I look forward to the coming of the Weekly Praecepta with keen anticipation. It is not easy for me to let go all the things that seem to handicap me in the determination to overcome them, but I have faith to believe that God is with me and leading me into the path of peace in His own good way.

I will never cease to be grateful for the opportunity to study and learn through the Self-Realization Fellowship Lessons.

Sincerely,

M. T., Kansas City, Mo.

Dear Friends:

Some months ago I went through a terrible tragic experience. It wrecked me practically, holding me in its grip for many months. I made up my mind that through some source I must break away from it. So, I finally came in contact with the Self-Realization Fellowship Church which I have joined. And through their prayers and the study of the Praecepta, I am a very happy person. I wish all, everybody who has gone through such an experience as mine, could try it out, give it a thorough test. This would be the only way to realize the truth.

Sincerely,

R. W., Washington.



# Center Page

By ORPHA L. SAHLY  
(Director of Center Activity)

THERE is one "ism" which virtually all of you indulge in, for the greater part unconsciously, and that is "rationalism." At first thought you may say that is a very good "ism." But whether it is good or otherwise is not the question. To rationalize your actions is to find reasonable excuses for doing the thing you want to do or are in the habit of doing. In this process the true incentive is usually thoroughly covered over by the reasons which you summon to your support in order to protect your feeling; for you must "feel" right. Even the criminal or the fanatic rationalizes to satisfy his ego. If one is not willing to face his actions and situations squarely, the mind immediately sets to work like a spider and weaves a web of rationalism as a defense or escape.

Escape is a far greater incentive to your actions than you realize. Escape from what? Ask yourself this the next time you go to a theater, or seek companionship, or read a book. Do not analyze your actions by asking, "should I do this," or "why should I not do that?" Just fairly ask, "why am I doing this," or "why do I want to?"

The first step in freeing yourself is in recognizing your habits, your tendency to rationalize, your prejudices, as layers of accumulation of your own creation, but which do not really belong to you, to your real Self. They are encrustations. The act of becoming aware loosens them one by one. As the grosser layers fall away, the awareness must become ever finer, more revealing, until at last all shreds and shadows drop away.

On these pages we are giving you hints which lead to the secret of freedom. But you must free yourself. You must do your own thinking, your own realizing. The Light shines always, but you close your eyes to its brightness, you allow debris of your own creation to obscure its rays. You have work to do which requires great effort. Just reading inspirational books and listening to inspirational talks will not free you. They are words merely until you dig deep into the Well of your own Self for their reality.

The splendor of the flame unconcealed is Self-Realization.

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Akron, Ohio

*A Center has recently been established in Akron, Ohio, following a series of classes in that city by Sri Das. We extend a cordial welcome to you, Akron students.*

*Items for the Center Page must reach Headquarters not later than the twentieth of the month. Send in news, please. The members of the great Self-Realization Fellowship family are interested in knowing of each other's activities in the Center groups.*



# Directory of Self-Realization Fellowship Centers

(Yogoda Sat-Sanga Society)

## Ranchi, India

New EASTERN HEADQUARTERS of YOGODA SAT-SANGA (Self-Realization Fellowship), SHYAMA CHARAN MISSION, with Ashram accommodations and departments for Fortnightly Instructions by Correspondence, and the Brahmacharya Vidyalaya, a Residential School for Young Boys. Patrons: Yuvaraja of Mysore and Maharaja S. Nundy of Kasimbazar, Bengal.

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

## Puri, India

Self-Realization Fellowship (Yogoda Sat-Sanga) at the Kararashram.

## Calcutta, India

Self-Realization Fellowship (Yogoda Sat-Sanga Society) and the Students' Home. Secretary: S. Majumder, B.A.; 293 Upper Circular Road, Calcutta, India.

## Tukumā, Latvija

Mr. Harry Dikman, Conducting Teacher; Zigfr. Meierovica iela Nr. 20. J. Vessel, Secretary.

## Los Angeles, Calif.

Headquarters of THE SELF-REALIZATION FELLOWSHIP (Yogoda Sat-Sanga Society), founded by Swami Yogananda. Free public lectures when announced. All sincere Souls are welcome to come and meditate and read at any time in the day. Address, 3880 San Rafael Avenue, Los Angeles, Calif. Phone CApitol 9531.

Self-Realization Fellowship Church, 711 West Seventeenth Street. Seva Devi, Assistant Leader-in-Charge. Services held every Sunday at 11 a.m. Phone: CApitol 9531. Other speakers when announced.

## \*Santa Barbara, Calif.

Mrs. Lloyd Briggs, Conducting Teacher. Self-Realization Fellowship Center meetings held each Thursday evening at 8 p.m., at 227 E. Arrellaga Street. Phone 3384 or 27984.

## Boston, Mass.

Dr. M. W. Lewis, Conducting Teacher, 29 Edg-hill Road, Arlington, Mass. Meetings on the 1st and 3rd Monday evenings of each month, at 8:15 p.m., at 543 Boylston St.

## \*Des Moines, Iowa

Meetings held every Thursday afternoon at 1:30, at the home of Mrs. Flora M. Lucas, 1428 W. 46th Street.

## \*Akron, Ohio

Sri Ranendra Kumar Das, Conducting Teacher. Miss Holley Long, Secretary, 201 Everett Bldg. Telephone, Blackstone 4956. Office open daily from 9 a.m. to 5 p.m. Telephone secretary to learn time and place of meetings.

## \*Dayton, Ohio

Conducting Teacher, R. K. Das. Secretary, Mrs. Florenceada Woditsch, 65 Pinehurst St. Phone: TA 1155. Center meeting each Wednesday evening at 8 p.m., Gibbons Hotel.

## Cincinnati, Ohio

R. K. Das, Conducting Teacher, 2917 Sander St. Phone: University 1631 J. Several weekly meetings, held in Parlor A, Sinton St., Nicholas Hotel.

## \*Topeka, Kansas

Meetings the first and third Thursdays of each month at the Y.W.C.A. Building, until further notice. Mr. Roy H. Clark, chairman, 532 Kansas Ave.; Mr. A. E. Seal, teacher, 2732 Wisconsin Ave.; Mrs. Alta M. Redmond, Sec. and Treas., 1908 N. Kansas Ave., North Topeka.

## Milwaukee, Wis.

Meetings every Thursday evening at 8 p.m., at the Wisconsin Hotel, North Third Street, Room 157. Conducting Teacher, Miss Lillian Grabler, 3035 North Richards St.

## Denver, Colorado

Friday weekly meetings in Room 303, Y.W.C.A. Building, 1545 Fremont Place, at 8 p.m. Fredrick H. Wadley, Conducting Teacher, 3428 Colfax Ave. "A." Miss Dorothy J. Ladwig, Assistant Teacher and Secretary, 1536 Willow St. Study Class every Tuesday evening at 429 Acoma St., at 7:30 p.m., Mrs. J. Leo Friend, Teacher and Treasurer. Inner Culture Magazine on sale at Daniels and Fishers, and the Publication Book Store.

## Minneapolis, Minn.

Sunday evening services held in Pioneer Hall, Lumber Exchange Bldg., 5th St. and Hennepin Ave. Mondays, open class at Center, 7:30 p.m. Tuesday, closed class at 8 p.m. Wednesdays, Inner Group, for all students, at the home of Mrs. Elisabeth Backus, 2201 E. Lake of Isles Blvd. Course No. 1 taught by Miss Ednah Hall, Conducting Teacher. Consultation by appointment, 2215 Colfax Ave. South. Phone: Kenwood 0643. Noon meditations at Center, 12:15 to 1:00 p.m. every day except Saturday and Sunday. Yogoda monthly supper, 25c, last Sunday of each month, 6:30 p.m., Pioneer Hall, before services. Self-Realization Fellowship Center, 433-34 Lumber Exchange Building. Rental Library.

## Salt Lake City, Utah

Mr. B. J. L. Merck and Alyce Gubler in charge. Self-Realization Fellowship Center Meetings held every Sunday evening at 7 o'clock in the Newhouse Hotel.

## St. Louis, Mo.

U. Punditji, Conducting Teacher. Daily Meditation, 1:30 p.m., open to public. Sunday, 10 a.m., Yogoda Sunday School. Morning Services, 11:20 a.m. Evening services, 8 p.m. Each Friday at 8 p.m., Psychological Study and Question Class, free and open to all. The last Thursday of each month is observed as Guru's Night, and the "Higher Art of Realization" is practiced by the Initiated Group. The Center is open every day after 11:30 a.m. All are welcome to visit the library and Center at 825 Maryland Hotel, 9th and Pine Sts.

## \*Indianapolis, Indiana

R. K. Das, Conducting Teacher; Sunday School, 10:30 a.m. Sunday services held at 11 a.m. and 8 p.m. Thursday, 8 p.m.; new and advanced Yoga Philosophy Class Friday. Open class in applied Psychology, 8 p.m. Reading room and lending library open to the public daily from 10 a.m. to 4 p.m. Noon meditations at 12:15. All services are held at the following address: 38½ N. Pennsylvania Street, Pennsylvania Building, Rooms 408-409, Indianapolis, Indiana.

## Washington, D. C.

Brachmacharee Jotin, Conducting Teacher. Several meetings weekly at 1758 Columbia Road, N.W.

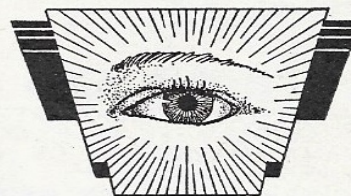
\*These Centers are newly inaugurated and will be acknowledged and ordained after three years' trial.



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I am enclosing remittance for \$2.50 for one year's subscription to "Inner Culture Magazine." I understand that if the person whose name appears below decides to become affiliated with the Fellowship within thirty days after this date the amount enclosed will be applied as part payment on the Five Dollar registration fee for membership.



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The following inspirational books written by Brahmachari Jotin, leader of Self-Realization Fellowship, Washington, D. C., should be in the Library of every man and woman interested in self-betterment.

Realization of The Self .....	35c	Universal Truth—Our Belief .....	25c
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Any or all of these books will be sent postpaid in the United States upon receipt of the price. (Please do not send stamps.) Order your books from—

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## SEND for this FREE BOOK

One of the most fascinating and informative books ever published is yours for the asking. This book was written by S. Yogananda, founder of Self-Realization Fellowship in America, and deals with the aims and purposes of Self-Realization. A free copy is now ready for every man and woman who realizes the importance of Self-Betterment. Send the accompanying coupon today and learn how you can receive the long-hidden Truths direct from the Master Minds of India.

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Help us reach the person to whom we would like to send our fascinating book: "Highest Achievements Through Self-Realization," going into detail regarding the aims and purposes of Self-Realization Fellowship. You can aid us by sending us the names of five spiritually-minded persons. Use the lines below.

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Please send free book: "Highest Achievements Through Self-Realization." I am truly interested.

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# The Horn of Plenty Bank

**W**E wish to be of greater service to our readers and students and have developed this method of helping you to demonstrate in your life the abundance and success which are yours by Divine right.

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

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

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

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

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

It helps you to realize and develop faith in the one unfailing source of supply, which is God, through the practice of a short prayer and meditation which is to be held in mind each time a coin is deposited, whenever a negative thought appears, and at as many other times during the day as possible.

It helps by supplying an easy method of saving for subscriptions to "Inner Culture" Magazine, for spiritual books or for offerings to the Mother Center to help carry on the holy work of spreading God's message to suffering humanity.

September, 1936

It helps by giving you the opportunity to supply your friends with gifts of spiritual literature. In this way you put into practice the command: "Give and it shall be given unto you."

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

It also helps by giving you the service of trained workers who pray for your success, health or happiness from the moment your request reaches us for a Horn of Plenty until the contents which you have saved are sent in with your order. You will wish to have one of these beautiful banks with you always once you have started your prayer drill and have found how effective it is.

Complete instructions in the use of the bank and also a lesson in demonstration are sent with each request for a Horn of Plenty.

Fill in the blank below and let our workers help you to bring into manifestation the super-abundant good which is yours now.

-----  
Please send me a Horn of Plenty Bank and please also put my name on the prayer list for opening up the way for prosperity to come to me.

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Page Thirty-one



# 4 DELICIOUS *Foods*

## NUTRITIVE NUGGETS

NUTRITIVE NUGGETS are a new food that are delightfully different in flavor. Are appetizing when served for breakfast, lunch or dinner. Are rich in oil—beneficial to the digestive tract, liver and gall bladder. Children love them.

Those eating NUTRITIVE NUGGETS will like their fine flavor. The best qualities of meat without its harmful effects. Extremely nutritious—normally laxative—non-habit forming.

Pound pkg., 50c—half pound pkg., 30c  
Plus postage.

## MOUNT WASHINGTON PRUNES

Honey-Dipped  
Extra Fancy—Ready to Eat

These delicious prunes are unusually rich in natural sugar and concentrated juices. They are grown near the western edge of the Desert at an elevation of 3,100 feet, and this accounts for their fine texture and distinctive taste. Mt. Washington Prunes are honey-dipped, which adds to their appetizing flavor. Always fresh and soft—nutritious and healthful. Delightful as a dessert or as a bite between meals. The delightful flavor of Mt. Washington Prunes is incomparable. They may be served in many appetizing ways. For your health's sake, eat them several times each week. These prunes are thoroughly washed and come prepared in two-pound packages at 35c. Plus postage. Order a package now and enjoy something different in prunes.

## INDIA NUT STEAK

Here is a wholesome food that is more delicious than real meat loaf. Made from the finest selected nuts and packed under the most sanitary conditions. Many people are enjoying this meat substitute and experiencing a general physical up-building. India Nut Meat is good for children, and they certainly love it. Fine, too, for those who find themselves physically depleted. Good for body and mind . . . can be served in meat loaf style or sliced and fried as steak. 65 cents the pound. Plus postage. Try this meat substitute; you'll like it.

## ORA-MINT ALFALFA TEA

**Delicate Flavor—Rich Organic Content**

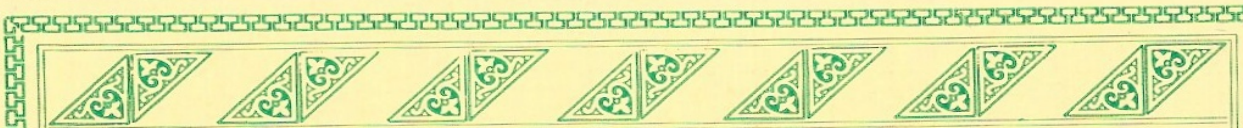
This tea is made from young alfalfa leaves only harvested at bud to insure maximum chlorophyll content and aromatized with the lasting fragrance of orange blossoms and mint. Moisture content only is removed, retaining maximum food values. The tea is produced from seeds and packaged under scientifically controlled and most sanitary conditions. It should be used by everyone—children, adults, and convalescents. Its delicate flavor and aroma will please the most critical taste. Alfalfa Tea is recommended by authorities everywhere on account of its high alkalinity, vitamins, and rich organic content. To promote restful sleep, drink a cupful of hot Alfalfa Tea on retiring. Order a package now: 50c the package. Plus postage.

## Self-Realization Fellowship

Mt. Washington Estates

Los Angeles, California





# Adoration

Just behind the atmosphere, just behind the sunshine, just behind the pulse of our cells, just behind the throb of our hearts, just behind our thoughts with which we pray, just behind our love, O Infinite, make us realize that Thou art the only thing we crave. Make us realize that Thou art not only in the farthest star, but that Thou art twinkling in our thoughts, sparkling in our feelings, and vitalizing our will.

Take away all veils that hide Thee. Come, Father, come, take away all the veils that hide Thee. No more behind the indifferent veil of Nature, no more behind the obscure veil of matter, no more behind the veil of minds, no more behind the veil of souls will I perceive Thee, but behind my devotion, behind my tender perceptions, behind my inmost soul Thou art evermore.

Thou art our Father, we are Thy children. Teach us to love Thee as Jesus loved, as Mohammed loved, and as Christna and our great Gurus loved Thee. O God, teach us to love Thee with the intoxicating love of the saints, that we may realize that Thou are the ocean and our love is the wave. Teach us no more to pray with words, but with our souls. Father, break Thy vow of silence. Speak to us through our thoughts.

Father, Mother, Friend, Beloved God, one by one I close the doors of the senses lest the perfume of the rose or the song of the nightingale distract my love for Thee. I invoke Thy Presence. May all men realize Thy nearness, O God, maker of our tenderest thoughts. Make us in Thy image. We offer Thee our adoration, our soul yearnings. May Thy love shine forever on the sanctuary of our devotion, and may we be able to awaken Thy love in all hearts.

Peace, Joy, Peace.

—By S. Y.

