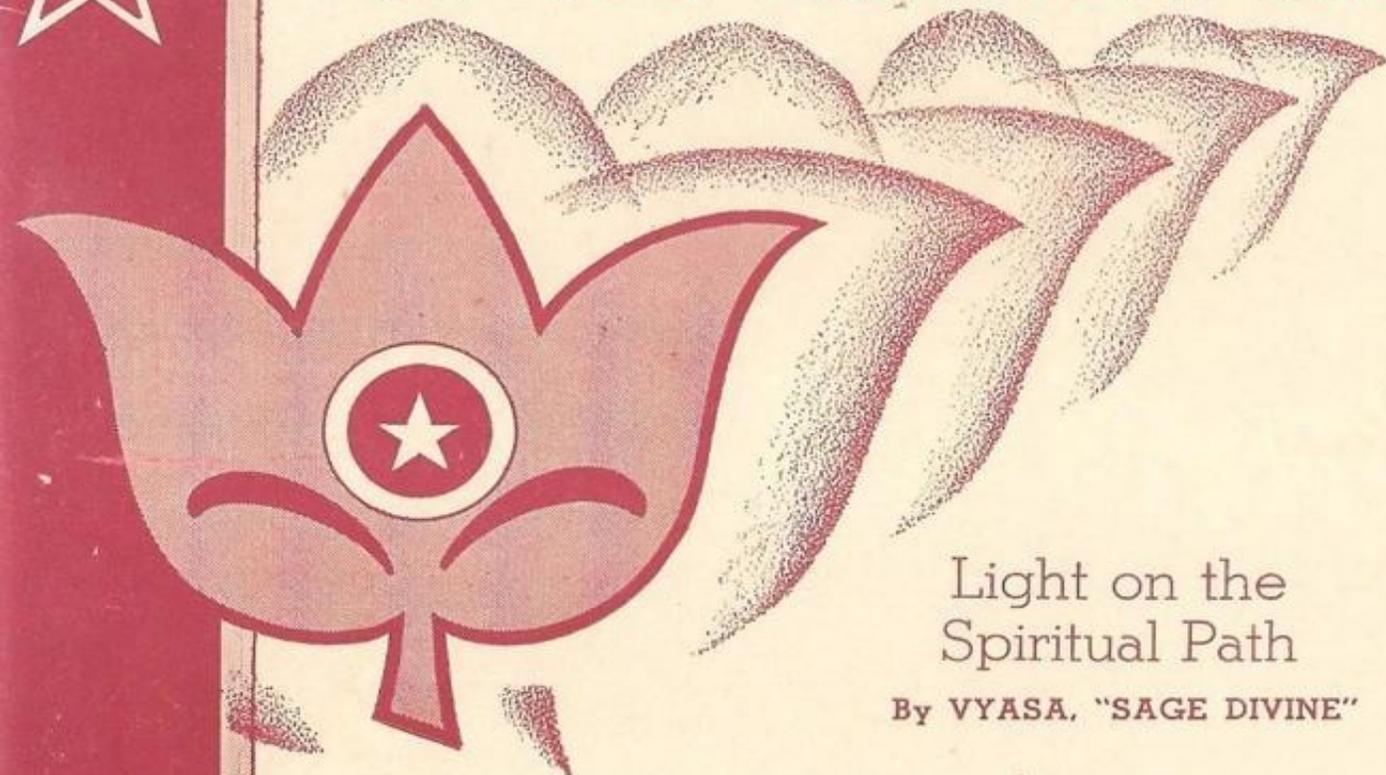


# INNER CULTURE

FOR SELF-REALIZATION



Light on the  
Spiritual Path

By VYASA, "SAGE DIVINE"

The Romance of Father Neptune

PLANT LIFE OF THE SEA FOR MAN'S DIET

Why Did Jesus Allow Judas to  
Betray Him?

By PARAMHANSA YOGANANDA

Guide Your Life by God-Wisdom

LIGHT FROM THE BHAGAVAD GITA

JULY  
1939

Price 20 Cents  
Vol. XI, No. 9



**MAHARISHI VEDA-VYASA**

—*Kalyana-Kalpataru*

*By D. D. Deolalikar*

Vyasa, "Sage Divine," was the Author of the World's Most Ancient Epic, the "Mahabharata", which contains India's Immortal Scripture, the "Bhagavad Gita." (See Page 4).

# INNER CULTURE

## FOR SELF-REALIZATION

### IN THIS ISSUE

Vyasa, "Sage Divine" ( <i>Picture</i> ).. 2	Views on Education.....29
Light on the Spiritual Path..... 4 <i>Maharishi Vyasa</i>	Scientific Digest.....31 <i>Human Hibernation</i> <i>X-Rays and Heredity</i> <i>Moon's Influence</i> <i>"Electrical Architect"</i>
Rubaiyat of Omar Khayyam..... 6 <i>Paramhansa Yogananda</i>	Questions and Answers.....35 <i>Significance of Dreams</i> <i>Is Matter Real?</i> <i>Life After Death</i>
This is the Song the Stars Sing ( <i>Poem</i> )..... 8 <i>Francis Thompson</i>	Persian Mystic, Abu Said.....38
The Romance of Father Neptune ..... 9 <i>Carque Research</i>	Purpose of Life.....38
Wisdom Guided by God Con- sciousness Never Makes Mistakes .....14 <i>Paramhansa Yogananda</i>	Diet and Health.....41
Daily Meditations for July.....16 <i>Rose E. Johnson</i>	Classes at Golden Lotus Hotel....43
Why Did Jesus Allow Judas to Betray Him?.....18 <i>Paramhansa Yogananda</i>	Healing Service.....44
Tao, the Way.....26	Directory of Self-Realization Fellowship Centers in Amer- ica, Europe and Asia.....46
Around the World.....27	Light the Lamp of Thy Love.....51 <i>(Hindu Chant)</i>
	I Am Love.....52 <i>Paramhansa Yogananda</i>

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# Light On The Spiritual Path

*Instruction by Sage Vyasa to his Son, as Recorded in the  
World's Most Ancient Epic, the "Mahabharata"*



"Follow righteousness, my son, holding thy senses always under control, vanquish sharp cold and heat, hunger and thirst. Maintain, according to rule, truth, rectitude, patience, and unenvious temper, self-restraint, austerity; and abstain from destroying life and from cruelty.

"Seeing that thy spirit abides like a bird in a body which resembles mere foam, why sleepest thou, my son, in this abode, which is so transitory? When thy foes are awake and alert and continually watching, and seeking some assailable point in thee, why art thou not watchful, thou foolish youth? Since thy days are being numbered, and thine age is passing away, and thy life is being written down, why dost thou not rise and flee?

## **Inquire of Great Men**

"Men cling to this world's bonds of flesh and blood, and are asleep as regards the concerns of the next

world and are very infidels. That man suffers distress who follows those who hate righteousness, who are deluded and pursue a wrong road. Attend upon, and inquire of, those great and powerful men who delight to follow the scriptures, and who have entered upon the path of righteousness. Pondering the teaching of the wise who have an insight into righteousness, control with true intelligence thy disposition to go astray.

"Foolish men who are reckless, because they regard today only and think tomorrow is far off, grasping everything, do not perceive the opportunity of performing good works. Standing upon the ladder of righteousness, mount up by degrees. Thou dost not perceive that thou art enveloping thyself like a silkworm. Confidently cast aside, like a reed rooted out, the infidel who breaks down thy barriers and who is as the degrader of his race.

"Cross over the evils of existence which are hard to overpass: desire, anger, death, the river whose waters are the five senses, having constructed the boat of patience. The world being smitten by death and distressed by decay, and the unfailing nights ever succeeding, cross over on the barque of righteousness. Since death hastens after the man who is standing and him who is reclining, being suddenly destroyed by it, from what can he obtain happiness? Death carries him off like a wolf a sheep, while he is gathering, and is unsatisfied with the objects of his desire. Hold firmly fast the lamp of knowledge of righteousness, whose flames have been gradually growing.

### Self-Evidencing Doctrine

"Repressing all desires, let man fix his mind on the reality, and having done this, he will transcend time. Through calmness of spirit the ascetic relinquishes good and evil. With an untroubled soul, abiding in himself he enjoys extreme happiness. This tranquillity may be described as resembling sweet sleep, or a lamp which in calm air burns without flickering. So, as time goes on, fixing his soul in itself, eating little, inwardly purified, he sees the soul in himself. *This lore, my son, is the esoteric essence of all the Vedas, independent of tradition or of scripture, a self-evidencing doctrine.* All the substance which is found in religious writings, in true tales, the ambrosia yielded by churning ten

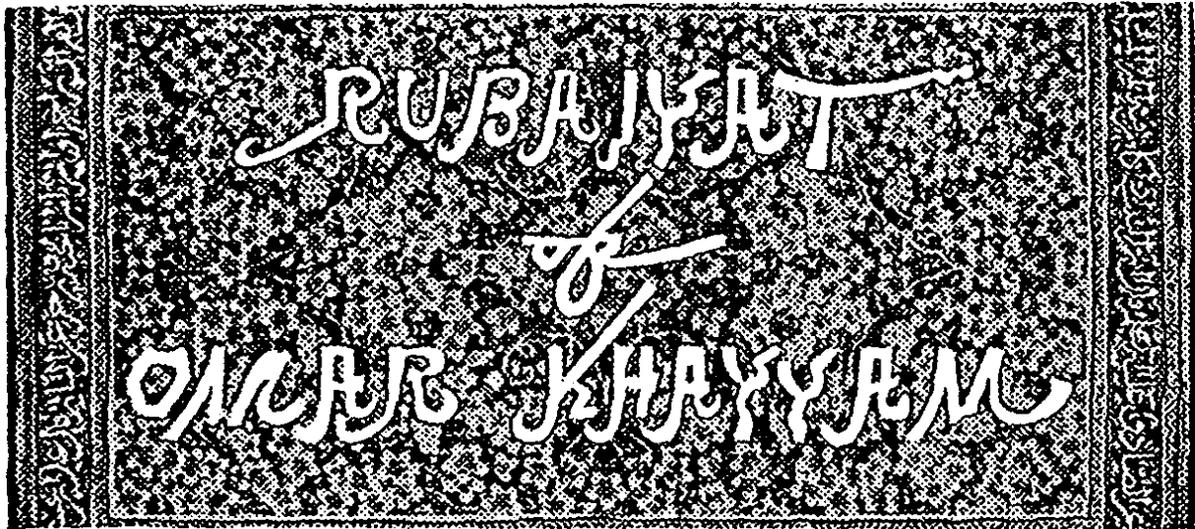
thousand *Rig-Veda* verses, is here extracted for thy use.

### Esoteric Lore

"As butter is drawn out of milk, or fire out of wood, so has the knowledge, possessed by the wise, been extracted for my son. . . . This doctrine should not be communicated to anyone who is not composed, calm, and ascetic; to one who is ignorant of the *Veda*, is not submissive, is envious, dishonest, who does not obey the instructions he receives, to one who has been burnt by barren logic, or who is cruel. . . . This esoteric lore is to be communicated to a dear son, to an obedient disciple, and to no other. This instruction is better than the gift of this whole world were it filled with jewels."—*The Shrine of Wisdom.*



Vyasa, called "sage divine" by Lord Krishna, was the author of the world's longest epic poem, the "Mahabharata" (literally "Great India"). The "Bhagavad Gita" forms a part of this ancient scriptural narrative. Vyasa also composed the "Uttara Mimansa".



SPIRITUAL INTERPRETATION BY  
PARAMHANSA YOGANANDA

RUBAIYAT OF OMAR KHAYYAM

*Translated Into English Verse by Edward Fitzgerald*

XLVI

*For in and out, above, about, below,  
'Tis nothing but a Magic Shadow-show,  
Play'd in a Box whose Candle is the Sun,  
Round which we Phantom Figures come and go.*

**Spiritual Interpretation:**

"Just as the electrical images of people, homes, mountains, stars and oceans, seen on a motion picture screen, are unreal, so human beings, moving about on this planet with its heavenly environment of sun and stars and island universes, are nothing more than passing phantoms of light moving on the screen of space, housed in the motion picture hall of the cosmos. Just as a candle-light within a box reveals the silhouettes of moving figures, so the sun and subtle electrical currents are showing pictures of living beings who suddenly appear and vanish on this earth."

This whole stanza reveals Omar's familiarity with the ancient Hindu concept of *maya* or cosmic illusion. *Maya* means magical measurer—i. e., that which *appears* to measure the Immeasurable.

### Applied To Daily Life:

Life is transitory and unreal, like a picture show. Knowing life thus, let us seek the One who is the Producer of this mysterious, constantly changing, ever-entertaining show of tragedies and comedies. Let us learn from His lips the meaning of this Cosmic Drama.

Life is like a mental movie house of dreams which melt away in the wakeful state of ultimate wisdom. As a dream disappears during wakefulness, so this cosmic dream dissolves when the devotee unites his consciousness with God's perpetual wakefulness. The entire cosmos with its manifestations within and without, about, above and below, can be duplicated by man in his dreams, which are later dissolved by wakefulness. Likewise, God-tuned sages have declared that the entire cosmos with all its complexities vanishes like a dream in the eternal wakefulness in God.

If life is a dream, we should not be intoxicated by a dream-delusion to forget the one purpose of life—to know the Truth. Where are the colossal kings like Genghis Khan, William the Conqueror, Akbar, Napoleon? Where are our great-grandparents? Where are the vanished billions who lived during the last ten millennia? Where will be this mighty present population of the globe with all its kings and dictators one hundred years hence?

Let us remember life is more than money, food and raiment. Let us not forget to find friendship with the soul in the sanctum of daily silence and the bower of peace and good-will to all. Let us not be idlers, labeling life an empty dream without real understanding of this deep truth. Since we have to eat, sleep, earn and struggle, let us strive for the best in everything for ourselves and for all. Let us banish nightmares of self-created miseries due to selfish greeds, sense-slavery and wars, and make a beautiful dream—if dream we must—of life's drama.

### Glossary:

1—*In and out, above, about, below*—Dimensional perceptions of length, breadth and thickness are illusory just as are those of motion pictures which produce the illusion of dimensions. Dimensions perceived in a dream are perceived as false on awaken-

ing. A person falling from a height in a dream finds himself on awakening not to have changed his position in space.

2—*Magic Shadow-show*—The wonderful and artfully plotted motion pictures of life.

3—*Play'd in a Box*—Exhibited on the stage of our universe—small when compared to the vast limitless space lying beyond all vibratory creation. Box of finitude.

4—*Candle is the Sun*—As a little candle reveals a room, so the sun lights up our space-limited box of creation.

5—*Phantom Figures*—All human beings, science tells us, are electro-magnetic waves—phantom figures flitting about on the background of space.

## THIS IS THE SONG THE STARS SING

*By Francis Thompson*

Hidden stars by the shown stars'  
wings,  
(*And a million cycles are but as  
one*)

And a world with unapparent  
strings

Knits the simulant world of  
things;

Behold, and vision thereof is none.

The world above in the world be-  
low,

(*And a million worlds are but as  
one*)

And the One in all; as the sun's  
strength so

Strives in all strength, glows in all  
glow

Of the earth that wits not, and  
man thereon.

And the more ample years unfold

(*With a million songs as song of  
one*)

A little new of the ever old,  
A little told of the never told,  
Added act of the never done.

Loud the descant, and low the  
theme,

(*A million songs are as song of  
one*)

And the dream of the world is  
dream in dream,

But the one Is is, or nought could  
seem;

And the song runs round to the  
song begun.

This is the song the stars sing,  
(*Ton-ed all in time*)

Tintinnabulous, tuned to ring  
A multitudinous-single thing

(*Rung all in rhyme*).

# The Romance of Father Neptune

Edited by CARQUE NATURAL FOODS RESEARCH



The tide comes and goes and comes again. The morning dawns, the sun sets, the stars come out, and once more the sun is in the east. The cold winds cease to blow, the birds come and then they are gone, the snows drift high along the fences, but spring is sure to follow. Over and over again cosmic energy is used to do the work of the world, but in altered form and in divers places, nowhere destroyed and nowhere created. This method of cycles in nature is so general and so fundamental that we may well recognize in the constancy of its course the universal operation of the great law of Periodicity.

It is the swaying to and fro of the positive and the negative; the

inflow and outgo; the pendulum-like movements of ebb and flow, evidenced by the succession of day and night, and by the variations of climate and seasons, winds and ocean currents. There is always action and reaction; advance and retreat; rising and sinking, manifested in the outpouring and the indrawing, outbreathing and inbreathing of suns, worlds, men, animals, plants, minerals, forces, energy, mind and matter. With un-deviating sequence under this self-evident law, birth, youth, manhood and death are succeeded again by birth.

The ocean plays a very important part in the grand economy of nature. Swept by the incessant winds, its vast surface continually in-



Because of increasingly mineral-poor soil for raising crops, kelp and other plant life of the sea are assuming greater importance in man's diet. The Japanese who eat much sea produce are free from goiter and iodine-deficiency diseases.

spires the various gases which load the atmosphere; in its enormous mass it engulfs the debris carried down to it by the rivers and streams which have washed the continents and islands, restoring to the atmosphere, in the form of vapor, those purified waters which descend upon the earth in the shape of rain, snow or dew. These waters again flow back into the ocean through the streams, brooks and rivers; and thus an eternal circle is established, an unending voyage, the same waters serving again and again for the support and renewal of life on the earth.

### **Earth Would Be a Desert**

The ocean, by its exhalations which refresh and moisten the air, nourishes vegetable life, and furnishes the necessary aliment for those admirable channels of running

water that are ever flowing, and yet never empty. But for the beneficent influence of the vapors which every moment escape from the surface of the sea, the whole earth would sicken and wither into an inanimate desert; for were the ocean slowly or suddenly to dry up, all organized nature would probably be annihilated.

### **Polyps Purify Sea Water**

The soluble salts of sodium, which form the greater part of solid matters contained in sea water, are rejected by polyps (coral animals which secrete limestone supports or coral stock) who utilize only those materials which are best fitted for producing the most substantial structures of coral reefs, consisting principally of carbonate of lime, i.e., common limestone. By this removal of lime, the waters of the ocean are kept of uniform composition. Fresh water only can be carried off by evaporation. The soluble impurities poured into the seas by the rivers would accumulate, but for the kindly intervention of coral animals and their marine shells — agents destined to keep pure the waters of the great deep, to take up and store away the excess of lime salts, and thus to preserve the balance in this department of nature.

In like manner, land vegetation performs a similar office in keeping down the excess of carbonic acid in the atmosphere, reclaiming it as carbon in the tissues of the growing plant to serve as fuel, i.e., the starch and sugar of our foods. To

permit the removal from the sea water of the lime which the carbonic acid has dissolved and floated to the ocean, the great army of shell-bearers and coral-builders in all geologic ages have laid down their mantles and frameworks; these were subsequently converted into the limestones of the world. In favored situations, the decay of the organic tissues of plants and animals have resulted in the formation of gases which, arising through the water along its slow coastal currents, have precipitated from it iron and possibly lead, zinc and copper, thus accumulating into rich deposits these metals so indispensable to the civilization of today.

Continents and seas, islands and rivers have not always been just where they are now, nor have they always been the same in size and shape. Continents slumber beneath the ocean, and on their surfaces thick strata are deposited. Here and there a high projection or ridge gives prophecy of future mountain chains, or marks the configuration of continents.

### Land Growing Around Hawaii

The land "growing" around Hawaii may be part of a land-mass which will compose a new continent in the future. A great river like the Nile or the Mississippi carries along by its current a great deal of soil towards its outlet, and in time the increasing amount of deposit forms new land, subsequently transforming the silent abysses of the ocean into gardens of beauty, and furnishing exhaustless food for

the myriads of strange forms of life that thrive within the ocean.

### Subterranean Forests

With the surface of the earth constantly shifting, slowly and imperceptibly over protracted spans of time, sea life obviously must grow in sea water abundantly and in many varieties, analogously to the appearance of both plant and animal life on the land. Marine plants are thus anchored to the bottom of the sea, mostly to rocks by hold-fasts—a number of tentacle-like branches which resemble roots. Clinging with vise-like grip to rocks, these hold-fasts at the bottom of the sea cannot be dislodged even by the most violent storms. Their stems and branches grow to the surface of the water in a vast intertangled array of branching foliage. Often these marine algae grow in dense beds, or kelp meadows, becoming veritable sea jungles or vast subterranean forests.

The sea for unnumbered centuries has beneficently served as a fitting reservoir for the gradual but steady erosion of rocks along the shore, and has also admirably provided a receptacle for the mineral-rich top-soil washed down by the rains and streams from the hills and plains. Its mighty waves have avidly devoured large quantities of soluble constituents, chiefly in the form of precious organic salts, finding their way ultimately to the ocean's bottom, and there reabsorbed in a new cycle of life in the sea plants.

Thus probably every known element is to be found in solution in sea water. This fact explains why the largest and most prolific of the sea plant groups, known as Pacific Ocean Kelp or *Macrocystis Pyrifera*, belonging to the giant or "bull kelp" family, contains such appreciable quantities of iron, potash, iodine, phosphorus, calcium, magnesium, sodium, sulphur, manganese and copper, all occurring in organic form, according to botanists and chemists who have studied their composition and use. High-grade edible kelps, especially processed for human dietary use, are a source of vitamins A, B and E.

### Every Known Element in Sea

Land-grown produce, fruits and vegetables, are gradually losing their valuable mineral elements because of the increasingly mineral-poor soils in which they are grown. The steady concentration of mineral salts in the ocean at the expense of the land makes it imperative that we investigate the nutrient properties of the plant life of the sea, especially such organic salts as do not abound in land-grown plants. Vinelike, sea vegetation reaches up majestically through the cold, surging ocean currents to catch the magic of the sun through its leaves. Sunlight, so essential to plant growth, is less obstructed in the sea during most of the year than it is on land.

Scientists have noted that all races of men who live near the oceans and include ocean plants in their diets are apparently endowed

with health, stamina and stature above those of the inland dweller. For a very long time it has been known that cod-liver oil is beneficial in the treatment of rickets, its valuable vitamin A and D content insuring healthy growth and the normal development of the teeth and bones.

### Virtues of Cod-Liver Oil Traced to Marine Algae

However, the origin of vitamin A in fish oils and fish-liver oils has been traced back by the biochemist to the synthetic powers of marine algae. In the presence of sunlight as a source of energy, the seaweed constructs food from inorganic materials, such as carbonic acid and other ultimate foodstuffs, from the sea water surrounding it. Marine animals necessarily depend upon seaweeds for their existence, and while the big fish preys on smaller fish for its sustenance, in the final analysis its food is made indirectly available to it from sea vegetation.

### Japanese Free From Goiter

The Japanese people are extraordinarily free from goiter, due to the fact that seaweeds, abounding in iodine, constitute a common ingredient in their diet. They are known to consume as many as eighty different species of sea vegetation; often they incorporate several varieties in one dish, with a number of special preparations in one meal. Thus Japan is familiar with the many tempting modern ways of preparing sea vegetation,

adding a variety of delectable fishless dishes to daily menus.

Such sea plants as the Japanese do not consume are converted into glue for mixing with mud to plaster their houses. Other varieties are used by the Japanese, who are keen agriculturists, in sensible soil fertilization, thus revitalizing and remineralizing the soil and crops. In a study of goiter around the world, Japan was the only non-goitrous country found, statistics showing only about one goiter case per million Japanese.

### Use of Sea Plants in Diet

The remarkable physical endurance of the Chinese may correspondingly be attributed in no small degree to the preponderance of sea vegetation in their diet. American Indians likewise were known to make special annual trips to the coast to obtain kelp, doubtless because they appreciated its therapeutic virtues. Ages ago the Greek gladiators used kelp as a part of their diet.

Soil conditions influence the chemical constituents of plants. Carrots, for example, growing in Louisiana, were found to be 350 times richer in iodine than were those grown in Chicago. Much land-grown vegetation is notoriously deficient in iodine—lettuce, celery, asparagus, spinach—resulting from the rains constantly leaching this element out of the soil and carrying it to the sea. The destruction of our forests has hastened this washing away. Agricultural mining instead of sane soil re-

plenishment has further depleted the land.

The dietary use of sea plants is thus bound to increase throughout the world. Kelp, for example, is not a medicine, but a food supplement, containing no drug principle or stimulant, and of far greater value in minerals and vitamins than are many earth-grown vegetables. It is easily digested and stimulates the secretions of the glands which have so much to do with our growth and well-being.

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## *Spiritual Interpretation* OF THE ★ **BHAGAVAD GITA**

*Intelligence Guided by the Ego is Liable to Error, But  
 Wisdom Guided by God Consciousness Can Never  
 Make Mistakes.*

BY PARAMHANSA YOGANANDA

*Chapter 2, Stanza 49*

### Literal Translation:

O Dhananjaya, as all actions performed (with desire) are verily greatly inferior to those performed by the guidance of wisdom, therefore seek shelter in the ever-directing wisdom. Miserable are those who perform actions only for their fruits.

### Poetic Rendition:

All souls go astray in the forest of action except those who are guided by the inner discrimination. Therefore, O Dhananjaya, ever keep the lamp of your remembrance burning, that you may follow the footsteps of wisdom to the universal goal of freedom. Even as a

miser is in a wretched state under his burden of riches, so are all those who act with their mind constantly weighted down by the desire for worldly results.

### Spiritual Interpretation:

In the above stanza the *Bhagavad Gita* shows the devotee the difference between activities performed with material desire and activities guided by the soul's inner intuitive discrimination. The *Gita* says that actions performed with desire are much inferior to actions performed by wisdom. The former entangles the doer of actions in the tight net of ever-growing desires which must be worked out in subsequent lives.

Actions performed with divine wisdom are instituted only to satisfy the cosmic plan and therefore leave no traces which give birth to other desires. The *Gita* warns the devotee not to perform activities in a desultory way, guided by whims, moods, and habits, or by the customs and fashions of the environment, or by inherited or prenatal desires.

### **Springs of Human Action**

According to the *Gita*, every devotee should perform actions under the guidance of God-directed wisdom felt in meditation. Any action done with the inspiration of God does not in any way bind the performer with the cords of results accruing from them. When the devotee acts under the inspiration of God He is responsible for the devotee's activities, just as the father is responsible for a son who follows him in every way.

The springs of human actions usually are found in past or prenatal habits of egotistical activity. Most people act according to the influence of their environment, heredity, and acquired habits in the present or past lives. Therefore the *Gita* says that all action should be guided only by wisdom which is felt after contacting God through meditation.

Intelligence that is guided by egotistical motives is liable to error, but wisdom guided by God Consciousness can never make mistakes. The *Gita* says that the ordinary individual, ignorantly performing actions with the desire for

earthly results, often wanders through ages in the dark abyss of reincarnations. To avoid this the devotee should follow the path of action ever guided by the inner light of true wisdom.

As a mule carrying a heavy bag of gold does not profit by it but only suffers under its weight, so does a rich miser suffer through the burden and responsibility of possessing wealth without being able to use it. The *Gita* compares people burdened with desire-guided actions to miserly people. As miserly people are only conscious of the weight of responsibility of possessing riches without being able to enjoy them, so people who are prodded by their desires, constantly concentrating on the fruits of actions, work incessantly and wish for more and more without being able to enjoy life.

### **Work for God**

The *Gita* asks the devotee to live and work in the world for God and thus keep the Self unchanged by reincarnation-making desires. All devotees who work by wisdom are free, and all ignorant people who work for gain are miserable, because the results of actions are uncertain and transitory.

Why earn money only to be, like the miser, miserable? It is foolish to continuously work, gathering only troubles through over-increasing desires. Instead, one should work to please God and thus remain free even though working and living in this world of delusion.

# Meditations

*For Each Day in July, 1939*

By ROSE E. JOHNSON

*Secretary, Self-Realization Fellowship Centers  
of London and Kent, England.*

SATURDAY, 1st. O Lord, wilt Thou light that divine spark in me, that I may be a torch to show weary pilgrims the way.

SUNDAY, 2nd. All the day long, will I praise Thee, O Lord; my deeds shall reflect Thy glory.

MONDAY, 3rd. Beauty and Truth shall be my guide and they shall lead me to fresh pastures of service.

TUESDAY, 4th. May I realize my divine independence, my soul's freedom.

WEDNESDAY, 5th. Purity and divine compassion will render me immune from shafts of evil which may beset my path.

THURSDAY, 6th. I will draw into the well of everlasting bliss and Thou shalt be the draught which greeteth my thirsty lips.

FRIDAY, 7th. Thy well is sunk deep within my consciousness; teach me to draw up its waters of ever-increasing joy.

SATURDAY, 8th. All things are from Thee; therefore I shall hear Thy voice in all creation.

SUNDAY, 9th. The fool shall say, "There is no God;" but the wise man shall see Thee in every living thing.

MONDAY, 10th. My Father lies within me, around me and in front of me; He encircles my very being.

TUESDAY, 11th. Flood my heart, O Lord, with thy righteous song; let me open to Thee the floodgates of my heart.

WEDNESDAY, 12th. Let ever-increasing wisdom be my portion; let me seek Thy beauty with every fibre of my being.

THURSDAY, 13th. Thy sunshine will forever brighten my path, if I draw in Thy color and light.

FRIDAY, 14th. I am full of Thy grace and wisdom; let me realize my potentialities.

SATURDAY, 15th. Thy loving justice shall reward me according to my deserts; let me reap a rich harvest from Thee.

SUNDAY, 16th. Carry me over the thorny paths, O Lord, lest my heart be torn with travail.

MONDAY, 17th. My duties encompass me on every side, but Thou wilt guide me with loving patience.

TUESDAY, 18th. Thy pole-star of wisdom shall guide me to my journey's end.

WEDNESDAY, 19th. "Be ye not anxious or afraid, for I am with thee," saith the Lord God of Hosts.

THURSDAY, 20th. "Kingdoms shall fall, but I shall endure; therefore fix thy attention on My word."

FRIDAY, 21st. "My kingdom standeth firm as a rock in the midst of storm. Verily I say unto thee, build not thy foundation upon the sands of human endeavors, for they shall be washed away, but build on the rock of the Eternal, from whence the spring of life forever spurteth forth."

SATURDAY, 22nd. "Be ye kind in thought and ye shall endure."

SUNDAY, 23rd. "Hide ye not from Me, neither be ye afraid, for My love shall encompass thee."

MONDAY, 24th. "Learn to search for My hidden truths; they shall be as rare jewels to thee."

TUESDAY, 25th. "Do that which is right in My sight, and My loving kindness shall follow thee all thy days."

WEDNESDAY, 26th. "Live ye in charity, one with another, forgiving all, even as I forgive thee."

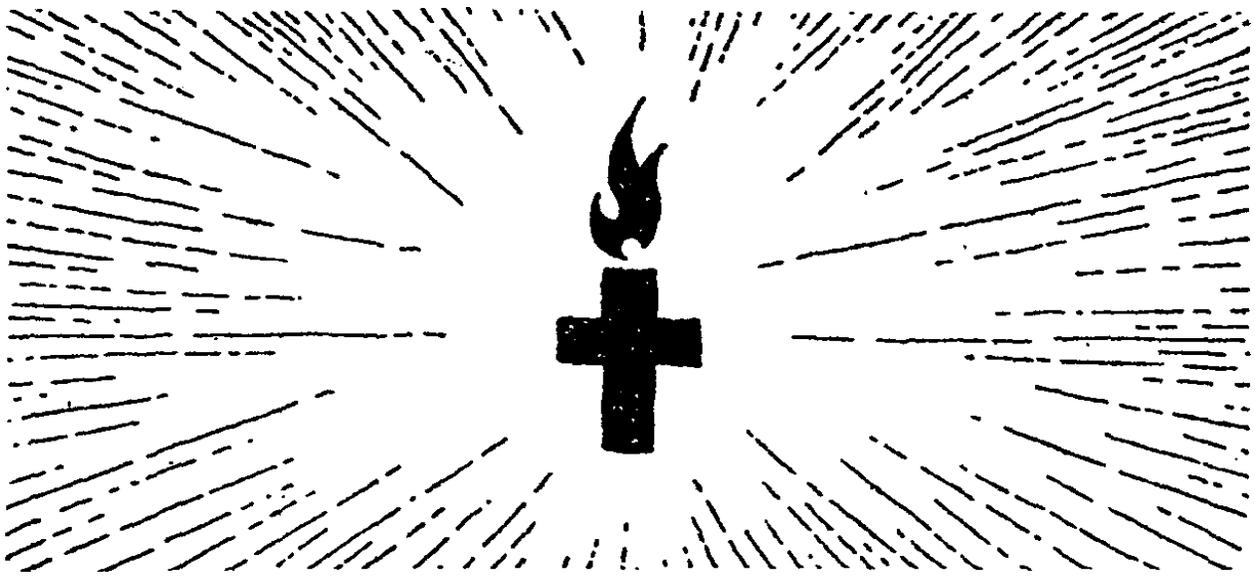
THURSDAY, 27th. "Call on Me in the morning early, lest peradventure thy daily toil enmesh thee, before thou hast taken thy heavenly sustenance."

FRIDAY, 28th. "Blessed be thy soul if thou keepest My commandments and walk with a pure heart and humble mind."

SATURDAY, 29th. Courage and Love shall I need as a buckler; armed with these I cannot fail.

SUNDAY, 30th. Mercy and Truth shall be my watchword; loving kindness my key to all hearts.

MONDAY, 31st. God is my Judge; I render Him my soul's desire.



## Second Coming of Christ

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

*Jesus' True Meaning: "Eat My Flesh and Drink My Blood."—Why Did Christ Allow Judas to Betray Him?—Did God or Satan Use Judas As An Instrument of Destiny?*

BY PARAMHANSA YOGANANDA

*The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat? Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh and drinketh my blood, dwelleth in me, and I in him. As*

*the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.—John 6:52-58.*

The Jews murmured among themselves, Is this man advocating cannibalism by offering people his flesh? Jesus answered them and their doubting materialistic minds

which were unable to understand his wisdom hidden behind parables, as follows:

"Unless the devotee eats and absorbs the flesh of Christ Consciousness hidden in the Son of man or human body, and drinks his blood or absorbs the vitality-giving Cosmic Energy present in it, he cannot feel the everlasting life present within him.

"Most of you are the living dead, walking dead; you do not perceive the everlasting life in you, nor do you charge your life with Cosmic Energy and your consciousness with Christ Consciousness hidden behind your body consciousness.

"Any devotee who can absorb in his human consciousness my Christ Consciousness by ecstasy and who can unite his life force in the body with my omnipotent Cosmic Energy (blood), will find his consciousness immortal and his life eternal. For my flesh of Christ Consciousness present in all souls is the real meat or the substance which can forever satisfy the hunger of wisdom of all souls. The Christ Intelligence-guided Cosmic Energy (my blood) is the only vitality that can charge the human life with immortality, and quench the thirst of all human desires of earthly life.

### **"Eateth My Flesh" or Absorb My Consciousness**

"That devotee who by deep ecstatic meditation has absorbed my Christ Consciousness in his human consciousness and recharged his life force with the Christ Con-

sciousness-guided Cosmic Energy, is united in his being with Christ Consciousness. The ever-living God the Father (Cosmic Consciousness present beyond vibratory creation) is the One that has reflected His everlasting life in the Christ Intelligence (present in all vibratory creation). That devotee who absorbs (eateth) Christ Consciousness or Christ Intelligence, finds that his consciousness and life are sustained forever by Christ Consciousness which is equally present in the body of the devotee and my body which is called Jesus Christ.

"This is the Christ Consciousness or bread which is hidden behind heavenly Cosmic Energy and is manifest beneath the body called Jesus Christ. Your fathers who ate the manna of temporary spiritual inspiration have not fully awakened in wisdom nor been freed from rebirths and deaths, but any one of you who by deep meditation absorbs in his consciousness the Christ Consciousness (bread) will find his life united to eternal life."

In the above words of Jesus, one must strictly understand that he is speaking of very profound truths in parables. He speaks of his flesh as bread or Christ Consciousness present in all vibratory creation, and of his blood as Cosmic Energy. Christ Consciousness and Cosmic Energy are inseparable, as Christ Consciousness is the reflection of Cosmic Consciousness (which is beyond creation) manifested as Cosmic Energy or vibratory creation.

## Difference Between God the Father and Christ the Son

God the Father and Cosmic Consciousness are one and the same thing. Christ the Son and Christ Consciousness are one and the same thing. God the Father emanated from Him His son, Christ Intelligence, and Cosmic Energy (the Holy Ghost). As a son cannot be born without the dual instrumentality of the father and the mother, so Christ Intelligence could not exist without the dual instrumentality of God the Father and Cosmic Energy. Therefore, Christ Intelligence, the bread or flesh, and the Cosmic Energy or blood, being inseparably together, work to manifest the different forms of creation and cosmic manifestations.

Jesus Christ speaks of the bread and the flesh as one and the same thing. The flesh of the Son of man refers to the Christ Consciousness present in the body of Christ as well as in the body of any individual. "Drink his blood" refers to the Cosmic Energy to be united with the life energy, both of which are present in the human body and can be united by wisdom. "Eat" refers to the act of absorbing. The word "drink" in "drink his blood" refers to recharging the life force with Cosmic Energy (blood).

### Symbolic Christian Rites

There are ceremonies in Christian churches in which people drink blessed wine as the blood of Jesus Christ and blessed bread as his flesh. This is symbolical. This ceremony should remind true devotees that by

learning the technique of meditation from a Christlike soul they can learn to eat or absorb Christ Consciousness (bread) in their consciousness and drink or recharge in their lives the blood or Cosmic Energy present in Christ Consciousness, and thus attain everlasting life.

*These things said he in the synagogue, as he taught in Capernaum. Many therefore of his disciples, when they had heard this, said, This is an hard saying; who can hear it? When Jesus knew in himself that his disciples murmured at it, he said unto them, Doth this offend you? What and if ye shall see the Son of man ascend up where he was before? It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life. But there are some of you that believe not. For Jesus knew from the beginning who they were that believed not, and who should betray him.—John 6:59-64.*

"I am astonished to find that not only do you not understand the priceless wisdom I give to you but you are misunderstanding and murmuring about it. You doubt my words and wonder at my sayings, but how much more amazed you would be if you saw my body, the Son of man, go back to the Christ Consciousness whence it came?"

Jesus here means that his consciousness was tuned already with Christ Consciousness, and that his

body, though visibly apart from that consciousness, could go back to it. Jesus was hinting that his body, being an emanation of Christ Consciousness, would merge in it when the proper moment arrived.

### **Jesus Promises Proof**

Jesus tells his doubting disciples that if they wonder at his amazing sayings they would have cause to be further astonished when they would behold his body after crucifixion return to life and be received by Heavenly Christ Consciousness. In other words, Jesus promised his doubting disciples a demonstration of the truth contained in his subtle sayings.

"When you concentrate on the Spirit, you understand that it can enliven your temporary life with eternal life. It is the flesh consciousness or doubting material consciousness within you which will yield you no profit, no lasting happiness. It is your spiritual understanding that can quickly lead you to your goal of eternal emancipation.

"Your fleshly consciousness, your identification with material matters, and the doubts born of them, will not give you ultimate happiness. You must realize the words of wisdom which I speak unto you are charged with the Cosmic Consciousness of the Spirit and can give life to the spiritually dead like some of you. And there are some of you who believe not that the universal panacea of all human suffering lies hidden behind the words

of my wisdom, if they are truly applied in life."

When Jesus speaks of his words being Spirit and Life, he tries to convey the truth that every word has two aspects—the consciousness contained in it and the energy which it produces. When a mentally sick man is repentant and hears the word "peace" from a saintly individual, he is saturated with the consciousness of peace and mental encouragement or life-giving energy. Thus Jesus made it clear to his disciples that if they were in tune with him they would feel the Christ wisdom of Spirit behind his words and the life-giving energy contained in them.

### **Living Words of the Master**

The words of Jesus did not come from a book. They emanated directly from his fountain of Cosmic Consciousness and all life-sustaining energy. Those who are spiritual and wise retire every day behind the forest of thoughts and seek the caves of silence hidden in the rock of contemplation. There in the caves of silence the true devotee can drink from the fountain of Spirit and Life, flowing from the words of Jesus. All masters like Christ who are tuned with Christ Consciousness give forth words which are charged with the Cosmic Consciousness of Spirit and its all-sustaining life force.

Due to his all-seeing wisdom which could trace the law of cause and effect governing the actions of any individual, Jesus knew from

the beginning who believed in him and who would betray him:

*And he said, Therefore said I unto you, that no man can come unto me, except it were given unto him of my Father.—John 6:65.*

“From my divine consciousness I know those of you who have stored up good actions and karmas and have earned divine compassion by which you will be actuated to follow me. I know also those with bad karmas who will leave me. No materially-minded man can reach and be in tune with the Christ Consciousness within me unless by his devotion he has appealed to the Supreme God, the Father.”

In the above Jesus pointed out to his disciples that it was not easy for anyone to recognize the Christ Consciousness in him unless that individual had gained previous good karma and the cooperation of the Cosmic Law.

*From that time many of his disciples went back, and walked no more with him. Then said Jesus unto the twelve, Will ye also go away? Then Simon Peter answered him, Lord, to whom shall we go? thou has the words of eternal life. And we believe and are sure that thou are that Christ, the Son of the living God. Jesus answered them, Have not I chosen you twelve, and one of you is a devil? He spake of Judas Iscariot the son of Simon: for he it was that should betray him, being one of the twelve.—John 6:66-71.*

## Power of Free Will

It is clear that Jesus was not in doubt as to whether his chosen twelve disciples would go away from him, but he respected their free will and reminded them that they could remain with him or go away if they pleased.

It must be clearly understood that elsewhere when Jesus said, “The harvest truly is plenteous, but the laborers are few,” he distinctly emphasized that the harvest of God Consciousness could be reaped by *using the free will* for spiritual labor by self-discipline and meditation. The law is that the more one spiritually labors, the more he will reap the spiritual harvest of God Consciousness.

Devotees ordain the happenings of their lives according to prenatal and post-natal seeds of action (karma); therefore, when Jesus said, “Have not I chosen you twelve (according to your karma) and one of you is a devil?” he did not speak of this as an inevitable arbitrary ordinance of God. He told this from his intimate knowledge of the inner life of all his twelve disciples.

## Prediction About Judas

If Jesus was sure that all his twelve disciples were prisoners of destiny and were ordained to remain with him, he would not have asked: “Will ye also go away?” Jesus knew the disciples, though influenced by karma and cosmic law, still had free will to be with him or to forsake him. In fact, Jesus

predicted his betrayal at the hands of Judas in order to warn him, that he might reform and refrain from doing the evil act. Judas was the best unpaid and unemployed publicity agent of Jesus Christ, and indirectly helped greatly to broadcast the ideal life and teachings of Jesus Christ to the world.

### **Was It a Plan of God or Satan to Test Judas?**

The question arises—was it God who planned that Judas should betray Jesus and thus serve as a divine scapegoat? Or was it Satan, the Cosmic Evil, who planned it? In order to understand this very complex situation one must clearly grasp all the causes which operated to bring about the circumstances of Jesus' betrayal by Judas.

Jesus Christ in his divine consciousness felt the ignorance and wickedness of the people around him. He picked twelve as the best he could find among them. Of course it must be remembered that Jesus chose the twelve disciples because he knew them and had already trained them in former lives so that they could act as his perfect messengers to work out the will of God during his last incarnation on earth.

Jesus knowingly chose Judas as his disciple because he had already trained him in a former incarnation and had accepted him as a spiritual son in spite of his wickedness. Just as a father cannot forsake a wicked son who is born of his own blood, so a *Guru-Preceptor* cannot forsake

a spiritual son or a disciple who becomes wicked.

### **Jesus Loved Judas**

Jesus knew that the eleven disciples by their spirituality would spread his cause into the world, and Judas by his betrayal would offer him (Jesus) a great test leading to his final victory over evil. Jesus chose Judas as a disciple, for he had already chosen him in past lives, and considered him as a prodigal son. Jesus loved Judas and gave him the opportunity of being better in the Christlike environment of the disciples. Foreknowledge of his betrayal by Judas did not prevent that great heart of Jesus from accepting Judas in the divine family of his disciples.

Judas had been a good disciple but in his last life, just before he died and was born as Judas, he had made up his mind to forsake his better nature and become greedy and evil. Judas had within him plenty of latent prenatal good seeds of actions by which he attracted the company of his former *Guru-Preceptor*, Jesus Christ, but because of a buried evil tendency of greed he betrayed his master.

### **Hidden Bomb of Greed**

Jesus as a spiritual doctor diagnosed the life of Judas as it had been in many incarnations, and knew of the hidden bomb of financial greed hidden in his subconscious mind which would explode in the form of betrayal.

The Cosmic Evil Force also knew about the manifestation of God in

Jesus and what he was going to do to destroy the kingdom of delusion. That is why this conscious Satanic force of delusion or evil used the weakness of Judas to betray Jesus Christ.

God and Jesus Christ in turn also knew how Satan was to influence Judas through the invitation of his own bad karma (action). God also knew that even though the Satanic force of evil would cause Jesus Christ to be crucified, yet Christ would attain final victory over Satanic delusion by redeeming his soul through the sacrifice of the body, and by resurrecting his body again through the power of his soul force.

God did not try to overcome evil by evil material force. That is why Jesus did not want to borrow twelve legions of angels from his Father to be saved, but allowed himself to be crucified. Satan thought that by the betrayal of Judas, Jesus would be killed, and thus prevented from spreading the kingdom of God which is detrimental to the existence of the kingdom of Satanic delusion.

If Jesus had used supernatural force to destroy Satan, he would have been victorious. But if Jesus had been afraid to die for God and had loved his body, he would have had to reincarnate, remaining a slave to delusion and Satan. Even though Satan succeeded in crucifying Jesus temporarily, still Jesus, by his resurrection of soul and body, foiled the wishes of Satan.

On the other hand, Judas and Satan, by crucifying Jesus, drew the attention of the world to Christ and spread his message all over the earth. God knew that Jesus, by resisting evil with evil, would get into the toils of evil, but by trying to overcome evil by good would ultimately be victorious over all evil.

Evil destroys itself. Evil ultimately becomes the tool of God in an indirect way. For evil, trying to destroy good, makes it a martyr and thus immortalizes it.

These truths explain why Jesus was predicting about his crucifixion. Just as a good student knows he is surely going to pass in the examination, so Jesus knew that though his own test, according to his own karma, the karma of Judas, and the agency of Satan, would be very great, he would ultimately through crucifixion pass the final examination of his earth life and after three days would be forever freed.

*(To be Continued)*

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## TAO, THE WAY

Lao Tze, who was very nearly the contemporary of Gautama, the Buddha, made universally recognized in China his own teaching of Tao (the path) which was for many centuries regarded as equal in importance to the teaching of Confucius. At the center of Tao is non-assertion, the opposite of egotism and violence. It is non-assertiveness, control over selfish egotism.

### "Festival of Mourning"

Lao Tze gives us two striking texts, which are easily remembered. One is: "The triumph of violence ends in a festival of mourning." The second runs: "The more weapons of violence, the more misery to mankind."

All kinds of selfishness and assertiveness are abandoned by the followers of Tao. Such a spirit of harmony with one's surroundings as Tao's is the very opposite of the spirit of violence which only leads on to further violence and retaliation.

There are two great countries in the world today, that have won the secret of perpetual youth—India and China. They have kept their youth fresh in each generation because they do not "burn themselves out" by violence."

—*Rev. C. F. Andrews.*

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—*Franklin D. Roosevelt.*

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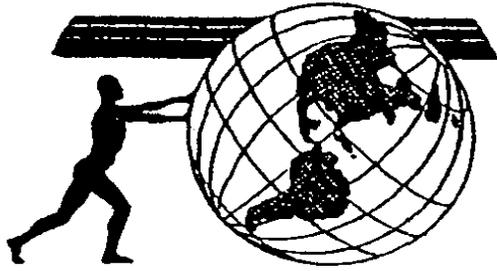
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# Around The World

## EDUCATOR IN INDIA

Dr. Frederick B. Robinson, President of the College of the City of New York, recently delivered two lectures at the University of Calcutta in India on the subject of "Public Education in the United States." "I have many Indian friends in America," Dr. Robinson told Calcutta newspaper reporters, "and have for many years been interested in Indian life and culture. India is a land with such great resources and such large population that we can reasonably look forward to a remarkable advancement in her progress during this modern era."

Dr. Robinson, a friend of Paramhansa Yogananda for many years, and his wife were recent guests at the Self-Realization Fellowship Hermitage at Encinitas on their way to India via Japan and China.

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## A FASCINATING ORIENTAL BOOKSHOP

In Great Russell Street, facing the grimy but imposing classical facade of the British Museum in London, there stands the largest Oriental bookshop in the British Empire and perhaps in the world. It is known as Luzac's.

The facade of the bookshop prepares you for the exotic world which you are about to enter. It is decorated with words in three Oriental languages — Sanskrit, Arabic, and Chinese. The Sanskrit word is *Granthalaya*: the Arabic phrase is *Kitab Khana*, while the Chinese phrase is *Po Wen Tang* which conveys the idea of a man who sells books in order to make men perfect.

## Linguists' Paradise

As you enter the shop through the deep brown door, books ranged on shelves from floor to ceiling meet your eye. Besides books in such well-known Oriental languages as Sanskrit, Arabic, Chinese, Japanese, Persian, Turkish, etc., there are books in Mongolian, Pushtu, Syriac, Javanese, Abyssinian, and other little-known languages. And there are all sorts of books — dictionaries, grammars, books on philosophy, philology, literature, art, etc. in the original as well as in English, French, and German translations.

On one of the shelves are the Chinese Classics in their original garb and a complete Chinese library of 350 books in one volume which contains all the books which are necessary to a student of Chinese

language and literature who is endowed with small means.

On another shelf are found: a beautifully decorated Koran in Arabic which was written in Persia in the fifteenth century: the prose works of Jami, the great sixteenth century Persian poet, written two years after the poet's death: and old editions of Omar Khayyam. A Chinese history from 1,000 B.C. to our times, written in 900 Chinese volumes and bound in 170 thick European volumes, is on view.

There are also to be found Javanese books with goatskin bindings, Burmese books with lacquered palm leaf bindings, and lithographed Turki books brought from Kihwafu in Chinese Turkestan to Moscow on camels' backs and thence shipped to London by rail. These last were published in the fifteenth century and were at one time in the possession of Prince Yuch Yen of the Ming Dynasty of China.

On the first floor of the building are many books and works of art. On one of the tables, near the window overlooking the street, which is reserved for things Japanese, you see color prints of Hokusai and Hiroshige, an autograph album, with poems and pictures, of the eighteenth century, and an early nineteenth century book on whale-hunting, with illustrations of the anatomy of the animal.

#### America—"The Land East of the Great Sea"

There are several good Chinese pictures on silk, one of which, called "Scenes From Foreign and

Strange Lands" by Li Lung Mien, the great Sung painter of the twelfth century, is of special interest. It represents Fu Sang, "a country to the east of the Great Sea", which some Sinologists have identified with Mexico. The houses in this picture are made of wood, but are without walls. The inhabitants are well-made and active, live on a milk diet, wear cutlasses round their waists, and ride on jaguars. The picture shows that the artist had heard of America, which the Chinese claim to have discovered three or four centuries before Christopher Columbus.

#### Treasures of Art

There are also Indian paintings of the Rajput, Moghul, and modern Bengali schools, reproductions of the frescoes of the Bagh and Ajanta Caves, examples in gold, blue and vermilion of Turkish calligraphy of the seventeenth and eighteenth centuries, old Chinese and Japanese books in portfolios, and a life of Confucius written by the seventy-second descendant of the great sage and illustrated by a modern Chinese artist. On the mantelpiece above the fireplace are Chinese vases of brown clay, shaped like pagodas, of the Ming period, terra cotta statuettes of the Tang period, and enamelled Persian tiles of the thirteenth century.

The owner of the bookshop, Arthur Probsthain, has a tendency to metaphysics and mysticism; and so he prefers India to other Oriental countries. Recently, in order to further stimulate the advancement of Oriental learning, he

offered the sum of \$500 to the first student or scholar who could decipher at least ten hieroglyphs of the Indus script, a sign-list of which is found in the pages of *Mohenjodaro and the Indus Civilization*, published by him. Many indeed are the services rendered to the cause of Oriental learning by this profound enthusiast. The Chinese name mentioned before—*Po Wen Tang*—may well be applied to his bookshop.—*Vasudeo B. Metta, in Hindustan Review.*

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#### VIEWS ON EDUCATION: NEWMAN AND HUXLEY

Cardinal Newman, noted English divine, defined education thus:

"That perfection of the intellect which is the result of education, to be imparted to individuals in their respective measure, is the clear, calm, accurate vision and comprehension of all things, so far as the finite mind can embrace them, each in its place and with its own characteristics, upon it. It is almost prophetic from its knowledge of history. It is almost heart-searching from its knowledge of human nature; it has almost charity from its freedom from littleness

and prejudice; it has almost the repose of faith, because nothing can startle it; it has almost the beauty and harmony of heavenly contemplation, so intimate is it with the eternal order of things and the music of the spheres."

The views on education held by T. H. Huxley, the great physiologist, were as follows:

"That man, I think, has had a liberal education, who has been so trained in youth that his body is the ready servant of his will, and does with ease and pleasure all the work that, as a mechanism, it is capable of; whose intellect is a clear, cold, logic engine with all its parts of equal strength, and in smooth working order; ready, like a steam engine, to be turned to any kind of work, and spin the gossamers as well as forge the anchors of the mind; whose mind is stored with a knowledge of the great fundamental truths of nature and of the laws of her operations; one who, no stunted ascetic, is full of life and fire, but whose passions are trained to come to heel by a vigorous will, the servant of the tender conscience; who has learned to love all beauty, whether of nature or of art, to hate all vileness, and to respect others as himself."



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# SCIENTIFIC DIGEST

## HUMAN HIBERNATION

Like wildfire a new medical idea, human hibernation, is spreading among the thousands of doctors recently assembled in St. Louis for the annual meeting of the American Medical Association.

They want to try it on heart disease, insanity, tuberculosis and ills representing the whole gamut from degenerative to infectious diseases.

All week they stood three deep, on tiptoe, in little rings around a motion picture in a small scientific exhibition booth, seeing something that never before was done to human beings.

The pictures show women, naked except for a loin cloth, being put to "sleep" like hibernating bears, by refrigeration. The hibernation exhibit is by Doctors Temple S. Fay and Lawrence W. Smith of Philadelphia.

The women are stripped and covered with cracked ice like frozen fish. An electric fan is turned on. In three hours their internal temperatures are forced down below 90, usually to a rectal temperature of 89.

They literally go to sleep. The sleep is like the drowsiness that overcomes a freezing person, except these patients report none of the agonizing pains preceding freezing. Usually a pleasant drowsiness steals over them.

The room is kept cold so that when the ice is removed they stay cool like a bear in his winter cave. They are kept thus for five days. At the end they are awakened by hot coffee or warm applications. They arouse smiling as if from sleep with no memory of what has happened that is different from completely dreamless sleep.

How much longer they could hibernate has not been tried. As many as 40 days of this sleep have been given in intermittent stretches covering several months, all with no bad effects but with good effects on hopeless cancer, from which they all suffered.

### *Vital Organs Stop*

However, it is not the cancer which amazes the doctors. Something else is evident which looks possibly like a great medical discovery.

The pulse beat disappears. Only the electrocardiograph shows the heart is still beating and that, amazingly, shows it is doing a perfect, even though a very easy, rhythm.

Their kidneys stop. Bowels and apparently all digestive works stop. But this, originally a signal of approaching death, seems of no danger, because at the same time analysis of the blood shows it has ceased to fill up with waste products. There is nothing to eliminate.

Metabolism itself slows down 10 to 20 per cent.

Heretofore when a patient's temperature dropped even close to 90 the physician has prepared to fill out a death certificate. The books taught that below 90 was impossible for life. The Philadelphians have carried one woman down to about 82, but did not leave her there long.

#### *Rest for the Heart*

Speculating medical watchers say that this is a new tool in the history of science. They say it ought to give the heart a complete rest, as nothing else can, and so perhaps prolong life in that way.—*Associated Press.*

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### **X-RAYS INDUCE HEREDITARY CHANGES**

Some light is thrown on a scientific theory that evolution is brought about by radiations from the atmosphere, through experiments at the Philadelphia laboratory of Dr. Pheneas W. Whiting and his wife, University of Pennsylvania biologists. They have been bombarding wasps with X-rays in an effort to speed up the gradual process of evolution, and thereby produce radical changes in insect strains.

By exposing wasps to X-ray emanations before they were mated, the scientists have already produced curious mutations or *hereditary* physical changes in the offspring. Wasps with six instead of four wings and wasps with legs instead of antennae growing from their heads have been produced.

These findings incidentally throw light on the fact that any impress of strong character, physical or mental, is liable to affect the germ-plasm and consequently the offspring.

---

### **MOON'S INFLUENCE**

Effect of the phases of the moon on seed germination and plant growth is the subject of discussion in England. It is asserted by some that seeds sown just prior to the full moon fare rather better than those sown with the moon on the wane.

A reader of *London Observer* contributes this from a condensed ephemeris for the years 1850 to 1916 by Herbert T. Waite, a civil engineer:

"While holding the position of District Engineer on an important railway in Brazil, administered by an English company, the present writer made his first acquaintance with astrological thought through the company's contract with the suppliers of wood sleepers (railway supports).

"Because the engineers proved by experience that their native inspectors were right in their statement that lunar conditions, affecting the rise and fall of the sap in the trees, were largely responsible for the splitting, warping, and short 'life' of sleepers, the contracts included lunar stipulations, based on astrological law, resulting in great saving to the company, in addition to enhancing the security of the permanent way."—*New York Times.*

## "ELECTRICAL ARCHITECT" FOUND BY SCIENCE

Evidence that there exists in the bodies of living things an electrical architect who molds and fashions the individual after a specific pre-determined pattern, and remains within the body from the pre-embryonic stage until death, was presented before the annual meeting of the National Academy of Sciences by Professor H. S. Burr, in collaboration with Dr. F. S. C. Northrop.

The electrical architect was characterized by Professor Burr as the "real I" of the individual.

All else in the body underwent constant change, he remarked; the individual myriads of cells of which the body is made, excepting the brain cells, grow old and die, to be replaced by other cells, but the electrical architect remains the only constant throughout life, building the new cells and organizing them after the same pattern of the original cells, and thus, in a literal sense, constantly recreating the body.

The electrical architect promised new approach to the understanding of the nature of life and the living processes. It indicated that each living organism possessed an electro-dynamic field, just as a magnet emanates all around it a magnetic field of force.

### *Electrical Pattern of Life*

The experimental evidence shows, according to Dr. Burr, that each species of animal and very likely also the individuals within the species have their characteristic

electric field, analogous to the lines of force of the magnet. This electric field, having its own pattern, fashions all the protoplasmic clay of life that comes within its sphere of influence after its image, thus personifying itself in the living flesh as the sculptor personifies his idea in stone.

The electrical architect has been revealed in a series of striking experiments on salamanders, mice and human beings, conducted by Dr. Burr and his associates at Yale during the past four years.

With highly sensitive, specially designed electrical instruments, described as vacuum-tube microvoltmeters, which measure very minute changes in electrical potential, the Yale scientists have succeeded in revealing the Master Architect at work, and even to catch the first outlines of his configuration in space, showing him to be in absolute control of the organism as a whole and of its parts, and at all times correlating the workings of the parts with the whole.

### *Changes in Body Designated*

While the architect remains constant through life in his general outlines, he nevertheless adapts himself to changed conditions in the body. This is manifested by an ability to send out danger signals when any harmful change has taken place in the organism, and this characteristic has already been employed to test animals and human beings for certain changes in bodily states that promise to be-

come an important new weapon in the medical armamentarium.

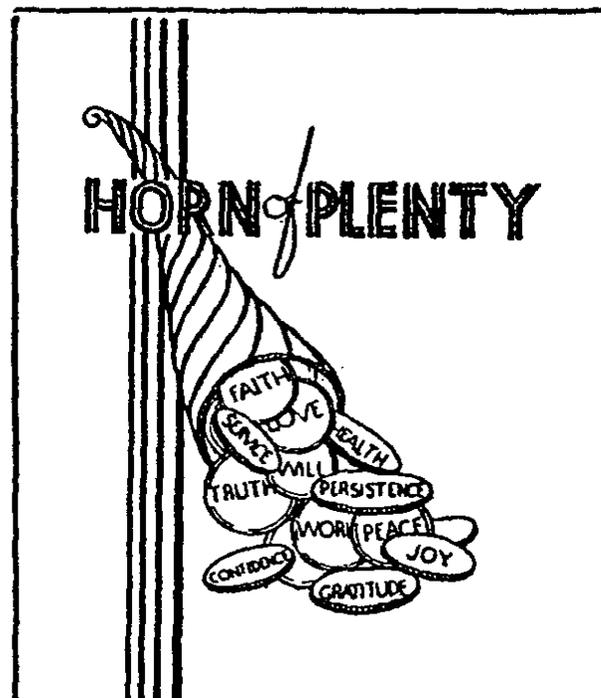
"Studies of the past five years," Dr. Burr said, "have shown that in many vertebrates, as well as in plants and invertebrates, there is a relatively steady state of voltage difference between any two points. These gradients are remarkably stable, are of considerable magnitude and are changed only by alterations in the fundamental biology of the organisms.

### *Characteristic Pattern of Species*

"Moreover, in all the forms studied, the gradients are not chaotic, but exist in a well-defined pattern which is characteristic of the species to which the animal belongs and is, to some extent, characteristic of the individual. In general, it may be said that growth and development, local injuries, ovulation in the female, and the incidence of cancer, profoundly affect voltage differences in what seem to be a unique manner." — *New York Times*.

### PHOTOGRAPHS

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# Questions and Answers

## Significance of Dreams

*Question:* Have dreams any significance?— Z. A.

*Answer:* Dreams have great significance. To the ignorant all things are unintelligible. To the wise everything has meaning. The phenomena of the world and mind both have significance.

In dreamland all barriers of conscious life are removed. That is because, being souls, we have the immortal powers of God given to us, and we exercise that power in dreams.

Dreams afford us the opportunity to create in the subconscious mind what we cannot create in the conscious mind. One lesson we receive from dreams is that the mind is all-powerful, and that this world is made of mind-stuff. Otherwise how could mind make and produce in the dreamland everything that is made in this world?

There is nothing in the world that we cannot exactly produce and experience in the dreamland, but when we wake up all these experiences which seemed to be so real in the dream are found to

be unreal. Then how do we know that what we are experiencing now in our conscious life is real? When we are dreaming, our earthly life seems unreal and when we are awake, our dreams seem unreal. We are drifting from dream to dream.

Hallucination is when our imagination is very strong; we think that we see something. The difference between hallucinations and visions is that hallucinations have no rational meaning while visions have definite meaning.

### *Hints and Warnings*

Another purpose of dreams is to give us hints or warnings. We must know how to distinguish between the different minds that produce dreams in the dreamland. The subconscious mind usually produces false dreams. The superconscious mind produces true dreams.

Superconscious dreams tell us the truth about something that will happen or has happened. Subconscious and conscious minds sometimes produce dreams that will be true but most of the time they produce just a confusion. These mixed-up dreams of the subcon-

scious mind warn us against the cheap, uninspiring mental films produced on the screen of our mind by worry and fear.

Thoughts are actors. They play on the stage of imagination. Whatever they play is dramatized in the dreamland. Dreams are materialized thought, and the true vision is a thought materialized not only in the mind, but, later, in the world as well. In vision we see an event which later transpires so that the outer world also sees our vision.

---

### Is Matter Real?

*Question:* Is matter real and of what is it composed?—*T. T. A.*

*Answer:* To the human consciousness, matter is both real and perceptible, but man has discovered through theoretical investigation, through logic, and through certain experiments, such as being able to convert a visible piece of ice into an invisible force, that there is a permanent and unalterable creative force behind all the transitory and illusive forms of material creation. This truth may be grasped just as we grasp the fact that the ocean exists though its individual waves have no permanent existence, being just the passing formal manifestations of one great substance. The waves cannot exist without the ocean, but the ocean can exist without the waves. So matter cannot exist without Divine Mind-Power, but Divine Mind-Power can exist without matter.

These concepts can be intellectually grasped, but they cannot be

*realized* until one has learned the conscious method of converting matter into conscious energy and conscious energy into Cosmic Consciousness, as Jesus could do and as Hindu Masters have been able to do. To such enlightened ones, matter does not exist because they can see the whole unchangeable ocean of Spirit beneath the slight rippling waves of creation.

All matter is composed of vibration. The ninety-two elements of matter, which enter into the composition of the whole universe, from stars to human beings, are nothing but different forms of electronic vibrations. For example, in ice we find coldness, weight, form; it is visible. Melt the ice; it then becomes water. Pass electricity through it; it becomes invisible H<sub>2</sub>O, which, analyzed further, is a form of electronic vibration.

### *Matter Has Relative Existence*

Hence, one may scientifically say that ice does not exist, even though it is perceptible to our senses of sight, taste, feeling and so forth. In reality, its essence is invisible electrons and protons or forms of energy. In other words, that which can be dissolved into invisibility cannot be said to have valid existence. In this sense, matter can be said not to exist, but only in this sense, because matter does have relative existence; that is, matter exists in relation to our mind and as an expression of the invisible electronic forces which do exist, because they are unchangeable and immortal.

Just as the child could not be born without the parents, so matter is dependent upon mind for its existence. It is born out of Divine Mind and is perceptible to mortal mind; *in itself and of itself*, it has no reality and no existence. Hindu philosophy says that the missing link between Matter and Mind is Energy, just as the missing link between invisible H<sub>2</sub>O gas and ice is water. Water and ice are both manifestations of invisible H<sub>2</sub>O, with formal existence and transitory appearance. Similarly, conscious mortal mind and matter are the formal manifestations of Divine Consciousness. Essentially, however, only Divine Mind exists.

---

### Life After Death

*Question:* Do you think there is another life after this one?—  
A. W. H.

*Answer:* It is by understanding that life continues after death that we can unite our consciousness with the Cosmic Consciousness of God and find the cord of one life, one law, one rhythm and one wisdom uniting us all. The Infinite is ever-new, so by God's Infinite Magic Wand of renewing death, He keeps everything ever-expressing, ever-re-modeling itself into more suitable vehicles for infinite expression.

Life here is relative. Some waves of life last longer than others, but they all have to express the Infinite variously and fully. They all emerge from and merge into the Infinite Ocean. The speck of star dust, the sun, moon, clouds, rainbow, the

gossamer, the nightingale, and the whippoorwill all have to express the silent Infinite.

### *Infinite Manifestations of Life*

Life sleeps in the crude earth, dreams beauty in the flowers, wakes with power in the animals, and in man has consciousness of infinite possibilities. Eternal Infinite Life manifests itself through myriads of finite forms of flowers and living creatures. The phenomena of death, or the illusion of change, is reflected in all finite substances; otherwise the Infinite would be limited and measured by finite substances. The Infinite would lose its nature by becoming finite, definite, circumscribed and molded.

Death is the cosmic furnace in which the dross of all objects and living souls is purified. Death comes to a dutiful soul as its promotion to a higher state. It comes to an unsuccessful soul to give it another chance in a different environment. The wise man experiences through death an infinitely better, safer haven. Natural death comes when each object, each human being, has done its full share in expressing the Infinite. The untimely death of a youth suggests that he is changing his diseased body vehicle and is existing elsewhere for better opportunities.

That is why we see the beautiful rose and the glorious youth, after expressing certain qualities of the Infinite, disappear as silent waves into the Infinite Ocean of Life. Death gives new robes to the soul actors, in which to play new dramas

on the stage of Life. Death, above all else, is a transition to a better land, a change of residence. The wise man who has opened his spiritual eye finds that the death of earthly life gives him a new beginning in another supernal life.



### PERSIAN MYSTIC

Abu Said, Persian mystic, being asked to define religion, said: "To lay aside what thou hast in thy head (such as desires and ambitions), and to give away what thou hast in thy hand, and not to flinch from whatever befalls thee."

The miracles of some *fakirs* were once told to him—how one could walk on water, another fly through the air, and a third convey himself instantaneously from place to place.

"The frog can swim," Abu Said replied, "the crow and the fly can traverse the air, and the Devil can pass in a moment from East to West. These things are of no great account: he is a man who dwells among mankind, buys and sells, and associates with his fellow-creatures, yet is never for a single moment forgetful of God."

Two quatrains attributed to Abu Said are given here:

"By whatsoever Path, blessed be  
the Feet  
Which seek Thee; blessed He who  
strives to meet  
Thy beauty; blessed they who on  
it gaze,  
And blessed be every tongue which  
Thee doth greet!"

"The Gnostic, who hath known  
the Mystery  
Is one with God, and from his  
Selfhood free:  
Affirm God's Being and deny thine  
own:  
This is the meaning of 'no god but  
HE.'"



### PURPOSE OF LIFE

To realize God is the one great purpose of human life, just as the aim of a river is to join the ocean. Life is intrinsically divine. Man, having forgotten it, has gone astray through ignorance. He has to find his way to the supreme goal—God. Instead of holding this great ideal before him for attainment, he pursues the ephemeral pleasures of life. He loses sight of the fact that this precious human life has come to him after a series of struggles and strivings in order to illuminate it with the light, love and bliss of God. It is possible for every human being to realize the Divine within and without him.

God is a supreme Presence full of power and joy. He is the Master of the worlds and at the same time the world-manifestation Himself. Man's freedom from the fetters of a narrow outlook of life and the resultant pain and misery can be possible only when he tunes his mind and heart with this almighty Spirit of eternal wisdom and love. He seeks freedom in various other ways but gets himself more and more entangled in

the ties of a relative life. God-vision alone can liberate him and grant him the blessings of true happiness and peace.

### Life Is An Adventure

Life is an adventure. The only use of it lies in seeking for the Eternal. The powers of the mind, heart and will should be employed only to attain Him.

Therefore, O seeker after Truth, know the supreme importance of human life and walk with unwavering steps on the path that leads to God. Keep Him always in your remembrance and rise above the lower nature which has cast a veil of darkness upon your soul. Have contact with saints. Draw inspiration from them and march onward towards the immortal Beloved of your heart. He is ever with you and in you. Realize this truth.

A life which is not dedicated to Him is lived in vain. Prepare yourself by putting on the garb of purity, mercy and compassion and go to meet the Beloved. Surrender your all to Him and be His child—to live and move as He wills, to fulfil His plan and object. Life is indeed sweet when it is thus handed over to the control of the Beloved. Fill your life with the music of Love and make it blessed, transmuting it into the very being and embodiment of Truth.—*Swami Sri Ramdas.*

### UNIVERSE IN A SPAN

*By Francis Thompson*

Not to me, not to me,  
Builded so flawfully,  
O God,  
Thy humbling laud!  
Not to this man, but Man,—  
Universe in a span;  
Point  
Of the spheres conjoint;  
In whom eternally  
Thou, Light, dost focus Thee!—  
Didst pave  
The way o' the wave;  
Rivet with stars the Heaven,  
For causeways to Thy driven  
Car  
In its coming far  
Unto him, only him;  
In Thy deific whim  
Didst bound  
Thy works' great round  
In this small ring of flesh;  
The sky's gold-knotted mesh  
Thy wrist  
Did only twist  
To take him in that net.—  
Man! swinging-wicket set  
Between  
The Unseen and Seen;  
Lo! God's two worlds immense,  
Of spirit and of sense,  
Wed  
In this narrow bed;  
Yea, and the midge's hymn  
Answers the seraphim  
Athwart  
The body's court!

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Vitamin B can be secured through the use of yeast, wheat germ, nuts and kelp.

Vitamin C can be had by eating the citrus fruits, tomatoes fresh or canned, raw spinach or cabbage, and lettuce.

Vitamin D is obtainable through the use of whole, unpasteurized milk.

Vitamin E is made available to us through green leaves, wheat germ, rice polish and egg yolks.

Vitamin G can be secured through the use of milk, eggs and cheese.

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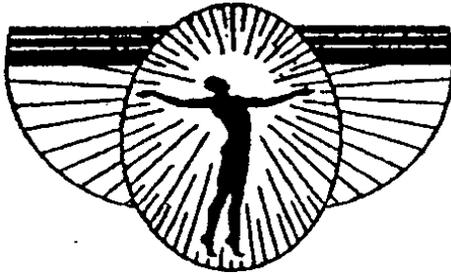
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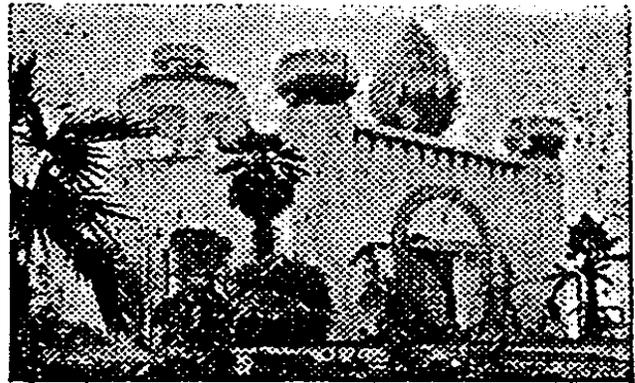
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Meetings on Mondays and Tuesdays at 7:45 p.m. at the home of Mr. E. C. Fredricks, 1630 W. 168 St. Conducting Teacher, Mrs. Harriet Grove, 16425 Halldale Ave. Associate Teacher, Mr. W. W. Monnie. Secretary: Mrs. Blanche Fredricks.

**\*Fresno, Calif.**

Dr. George H. Sciaroni, Conducting Teacher, Mr. Mihran Saroyan, Associate Teacher. Myrtle Root, Treasurer. Mrs. R. W. Morrison, Secretary. Meetings at Pacific Southwest Bldg., 1060 Fulton St., Room 1410, every Friday at 8 p.m. Phone 2-5181.

**\*San Francisco, Calif.**

Visiting Teacher and Director-in-charge, Yogacharya Khagen, 450 Geary St., Room 206. Meetings on Sundays and Fridays at 8 p.m. All are welcome. Class on Tuesdays at 8 p.m. for students only. Center is open daily.

**Washington, D. C.**

Brahmachari Jotin, Conducting Teacher. Sunday Service at 11 a.m. Wednesday Class on Philosophy and Yoga at 8 p.m. The public is welcome. Self-Realization Fellowship Temple at 4748 Western Avenue, N.W. Phone: Wisconsin 4748.

**INNER CULTURE**

**Boston, Mass.**

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

Conducting Teacher, Dr. M. W. Lewis, 26 Edgehill Road, Arlington, Mass. Phone: Arlington 2118J. Assistant, J. Albert Simpson. Corresponding Secretary, Miss Ellen Mac-Twiggan, 158 Summer St., Somerville, Mass. Meetings every Monday at 8:15 p.m. at Hotel Statler, Boston.

**\*New York, N. Y.**

Center at Carnegie Hall, 7th Avenue and 56th St., Studio 915, 7th Avenue entrance. Meetings every Monday at 8:15 p.m. Secretary, Mr. Cecil Hathaway, 310 E. 31st St. Treasurer, Mr. John Fuerth, 804 W. 180th St., N. Y.

**\*Chicago, Ill.**

Conducting Teacher, Mr. Waldo Campbell Moe. Secretary, Miss Marie M. Schwarz, 360 No. Michigan Avenue. Meetings each Thursday at 8 p.m., at 28 East Van Buren St.

**\*Miami, Florida**

Conducting Teacher, Mrs. Olga Lade, 2120 W. Flagler St. Associate Teacher, Mr. Fred Terry. Secretary, Mrs. Alice Bates. Meetings on Sundays, Wednesdays, and Thursdays at 8 p.m. Library. Phone: 25305.

**Cincinnati, Ohio**

Conducting Teacher, Mrs. Bertha Shimler, 5642 Bramble Ave. Phone, Bramble 2078W. Classes on alternate Friday evenings at 8 p.m., at 403 Palace Theatre Bldg., 16 E. Sixth St. Open Forum on third Sunday of each month, 8 p.m., at Liberal Savings Bank Bldg., 24 E. Sixth St., Room 700.

**\*Cleveland, Ohio**

Dr. P. M. Wherritt, Conducting Teacher. Mrs. Stella Jurjewicz, 1903 E. 70th St., Secretary and Treasurer. Meetings each Thursday at 8 p.m. at 10609 Euclid Ave.

**\*Canton, Ohio**

Conducting Teacher, Miss Emma Coleman, 323 12th St. N.W., Apt. 3.

**JULY, 1939**

Meetings on Thursdays and Sundays at 8 p.m., at the home of Mrs. D. P. Weber, 1213 14th St. N.E., Phone 2-3074.

**\*Dayton, Ohio**

Conducting Teacher, Mrs. Alma King, 732 North Main St. Telephone Adams 2835. Meetings each Tuesday at 8:30 p.m.

**Minneapolis, Minn.**

Meetings at West Hotel, Room 122, Sundays, 8 p.m., open to the public. Class on Thursdays at 8 p.m. Inner Circle Meditation Class at the home of Mrs. E. W. Backus, 2201 E. Lake of the Isles Blvd., Wednesdays at 8 p.m. Secretary, Miss Virginia Newhall, 335 Loeb Arcade. Associate Teachers: Mrs. Martha Jaeger and Mrs. M. Peterson. Treasurer, Mrs. Gertrude Hirschfield.

**\*St. Paul, Minn.**

Meetings each Monday evening at Y. W. C. A. Chapel, 123 W. 5th St. Secretary, Miss Sadie T. J. Woll, 1011 Hastings Ave.

**\*St. Louis, Mo.**

Study Group meetings held at the Cabanne Library, 1106 Union Avenue, on the following dates: July 8, 22; August 5, 19; Sept. 2. Secretary, A. Carrol Brinckwith.

A second St. Louis group meets at 4146 W. Bell Place; Ollice Bryant, Associate Teacher.

**\*Bellefonte, Ill.**

Associate Teacher, Oscar Wills. Secretary-Treasurer, Mrs. Theresa Haak. Meetings each Thursday at 8 p.m., at 409 East Main St.

**\*Milwaukee, Wis.**

Reorganized by Sri R. K. Das. Meetings each Sunday at 11 a.m. Class meetings each Wednesday at 8 p.m. Fine Arts Bldg., 2nd Floor. Secretary, Miss Sylvia Sette, 825 N. 25th St.

**Indianapolis, Indiana**

Conducting Teacher, Sri Ranendra Kumar Das, 38½ Pennsylvania Street,

Penn. Bldg., Rm. 408; Sunday services at 11 a.m. Class, Fridays at 8 p.m. Lending Library. Associate Teacher, Mrs. Chas. Hoffman.

**Salt Lake City, Utah**

Conducting Teacher, Mr. M. W. Nabrotsky, 968 Blaine Ave. Joseph A. Reiser, Secretary. Meetings each Sunday at 11 a.m. at Hotel Newhouse.

**\*London, England**

Self-Realization Fellowship Center, Tobias Matthay Pianoforte School, 96 Wimpole St., W. 1. (Near Bond Street and Oxford Circus Tube Stations). Meetings each Monday at 8 p.m. and Sunday at 11 a.m. All Welcome. Conducting Teacher, Mr. Roland T. Hunt, 155 Gloucester Place, Dorset Square, W.C.1.

**\*Kent, England**

Praecepta Study Class, each Thursday evening at the home of Mr. and Mrs. A. W. Johnson, St. Mary's Mount, Bexley, Kent.

**Tukuma, Latvia, Europe**

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

**\*Johannesburg, South Africa**

Conducting Teacher, Mrs. Elizabeth Schulman, 37-a Andrews St., Kenilworth (Johannesburg).

**\*Gold Coast, West Africa**

Conducting Teacher, Mr. Okartei-Akko, P. O. Box 199, Provincial Commissioner's Office, Koforidua, Eastern Province, Gold Coast.

**Ranchi, India**

THE 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 Boys, established in 1917 by Paramhansa Yogananda. Pa-

trons: Yuvaraja of Mysore and Maharajah S. Nundy of Kasimbazar, Bengal. Swami Satyananda, Acharya-in-Charge. Prabhas Chandra Ghose, Vice-President. Prokash Das, Director.

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Yogoda Girls' School and Yogoda Sat-Sanga Center (for ladies), 39 Raja Dinendra St. Manager, Tulsi Narayan Bose.

**Puri and Serampore, India**

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**Midnapore, India**

Yogoda Sat-Sanga Ashram, Khukurda. Yogoda Sat-Sanga Ashram, Gobardhanpur.

Yogoda Sat-Sanga Ashram, Handol. Yogoda Sat-Sanga Ashram, and the Yogoda Sat-Sanga High School, Ejmalichak.

Yogoda Sat-Sanga Ashram, Ghatal.

**\*Bangalore, India**

Yogoda Sat-Sanga (Self-Realization Fellowship) Center, 52 Second Cross Road, Basavangudi. Yogoda Fortnightly Praecepta and Bhagavad Gita are read in the class. Meetings and prayer are held fortnightly.

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



Our lives must be spent seeking our God, for God hides; but his artifices, once they be known, seem so simple and smiling!—Maeterlinck.

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# Light the Lamp of Thy Love

Words and Music by Paramhansa Yogananda

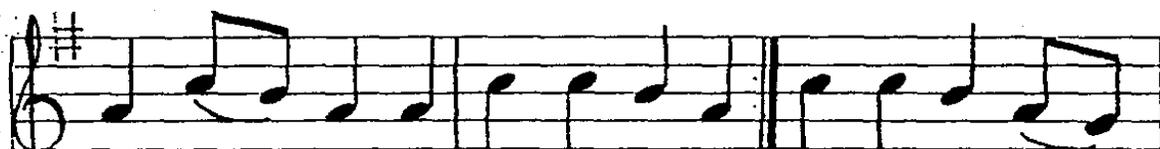
Note: To Be Sung One Octave Lower.



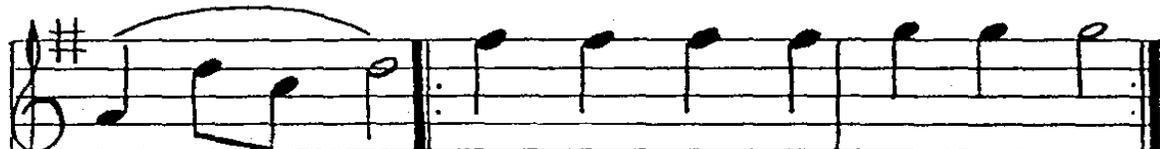
In my house with Thy own hands,



light the lamp of Thy Love.



Thy trans - mu - ting lamp en - tranc - ing; won - drous are its



rays - - - . Change my dark - ness to Thy light,



and my ev - il in - - to good. Touch me but once



and I will change all my clay in - to Thy gold.



All the sense lamps that I did light, black-ened in - to wor - - ries.



Sit - ting at the door of my Soul, light Thy res - ur - - rect - ing lamp.

# I Am Love

*By Paramhansa Yogananda*



I embrace the flowers of all things  
Blossoming in the garden of the sky  
As my own loved ones,  
For I am Love.

I welcome all races,  
The olive, the white, the dark, yellow, and red,  
To the home of my bosom  
To live with me as my brothers,  
Earth-born of common parents, Adam and Eve,  
And Spirit-born of Father God.

I embrace the earth, fire, water, ether, air,  
As my blood relations  
Roaming through my veins.

I embrace all animals, beloved atoms and energies,  
In the temple of my life,  
For I am love and life itself.

I love all religions;  
They are born of my love and wisdom.

I love all humans, enemies and friends alike,  
For they are born of my Father's Love  
And I am Love itself.