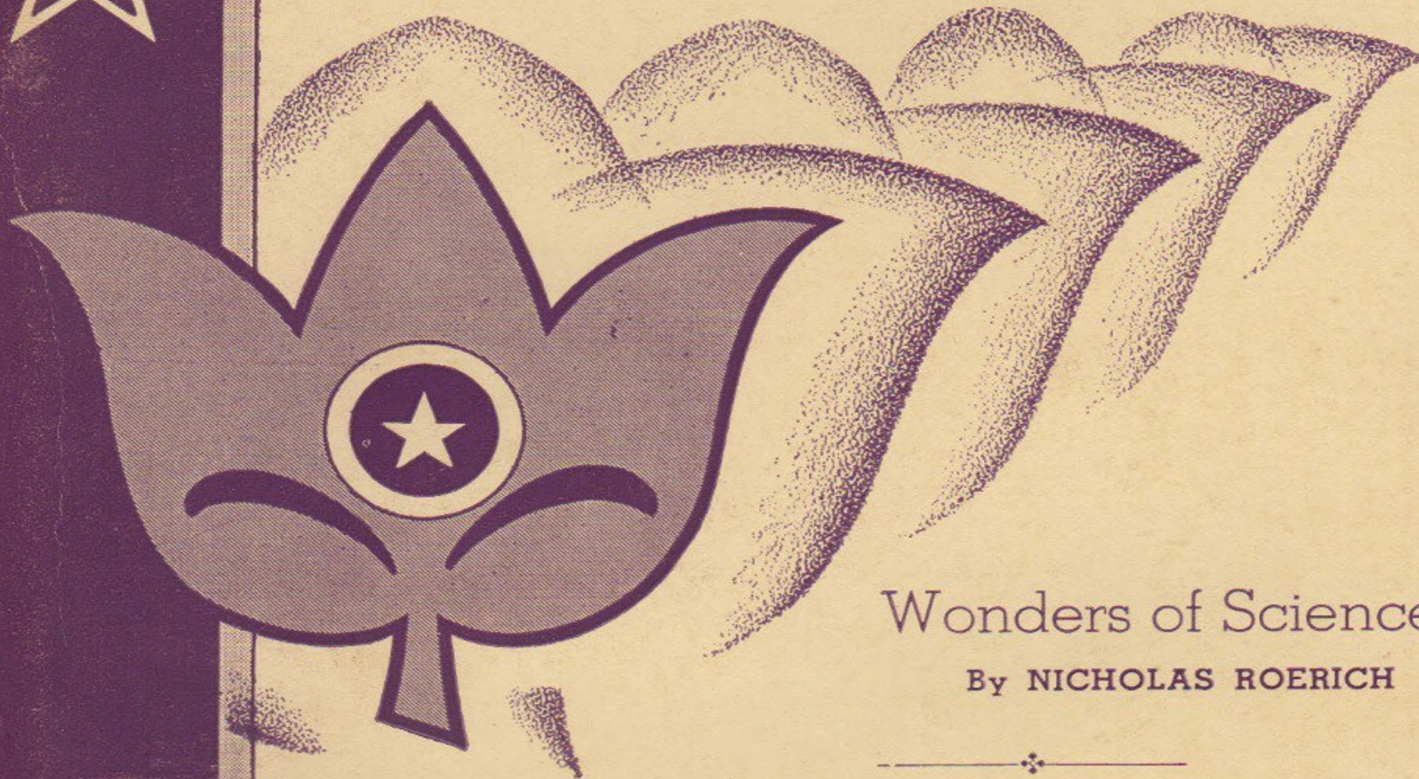


# INNER CULTURE

FOR SELF-REALIZATION



Wonders of Science

By NICHOLAS ROERICH

JULY-AUGUST-  
SEPTEMBER

1940

Tibet—World's Only Theocracy

By DAVID MacDONALD

Why Christ Forgave the Woman  
Taken in Adultery

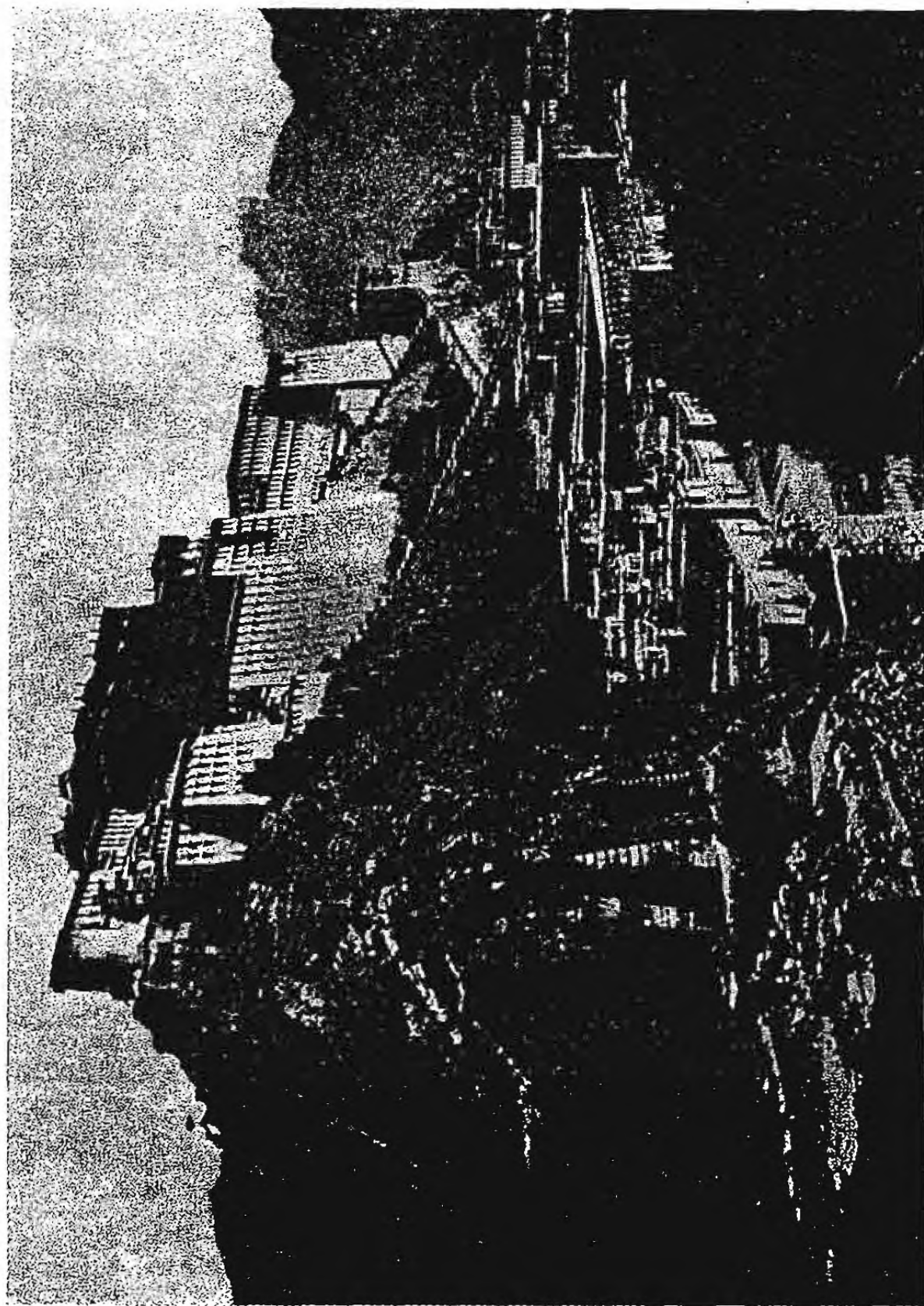
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# INNER CULTURE

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## FOR SELF-REALIZATION

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# Tibet — The World's Only Theocracy

*A Traveler's Account of the Buddhist Rome of Asia*

By DAVID MacDONALD

The traveler may enter Tibet from many points along the Himalayas. The journey is hazardous and needs planning. Perhaps one of the easiest routes is through the north of Bengal, over the Jelap and the Natu La,—'La' means a 'pass'—at an altitude of 14,000 feet. The road at its best is a bridle track and after crossing the pass dips sharply on to the plateau.

The country is bleak and desolate. The austere monotony of the scenery is broken by the few sheltered valleys where cultivation is possible and by the scattered lakes where the wild duck and geese from India come to breed. Days are spent in the saddle. The pony trots over plains of powdered sand or struggles over flinty mountain trails. On the way, at appropriate stages, there are hamlets, and here the traveler may rest his horse and refresh himself.

In a week after crossing the frontier one is in Gyantse, the third town of Tibet. To the north is Lhasa, the romantic and sacred city. To the east, the town of Tashi-lhunpo. These days Lhasa is no longer a mysterious city but it still retains the fascination which prompted the eminent Bengali ex-

plorer, Sarat Chandra Das, to make his hazardous journeys in 1879 and 1882.

## The People of Tibet

So much for the topography and environs of the country. The people of Tibet, unlike their desolate environment, are as pleasant as one could meet with anywhere. There are the rich and the poor. Some live in fine houses while others know only a tent, but all are cheerful, generous and hospitable. It is only courtesy that a guest should be invited to a meal which lasts half the day. There are endless dishes of noodle soup, dumplings, mutton, rice, fried liver, sliced eggs, pork, sharks'-fins, sea-slugs, sheeps'-stomach, and out of courtesy the guest must taste each dish. In the intervals of eating one is pressed to bowls of chang—a beer brewed from barley—and for social prestige one must drink. In between the courses, however, one has time to admire the lovely costumes of the host and hostess, and to cast an appreciative eye on the carvings of the low divans and tables at which we sit. One discovers that in Tibet art is not divorced from life. One also has a suspicion that Ti-



betans are only hedonists who are fond of picnic and play. Later, the traveler corrects this opinion when he meets with the mainspring of Tibetan life—that of religion.

### Lamas and Monasteries

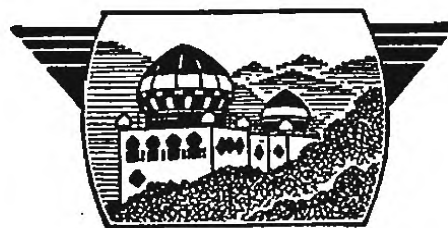
This is evident as the traveler moves through the country. Whether on the mountain trail or in the monastery he meets with men in garnet colored robes and tonsured heads. These men are *lamas*, Tibetans who have renounced the world for the religious life, and it is the frequent sight of these *lamas* which draws our attention to the emphasis which Tibet places on religion. It is with surprise that we learn that there are over 30,000 *lamas* and that they live in the 3,000 monasteries in the country.

A word about these monasteries and the monastic life. The largest monasteries are those of Serra, Depung, Gan-den, and Tashi-lhunpo. These are built, like all monasteries, on auspicious sites where water is near and with their courtyards facing the rising sun.

In the monasteries are colleges, living quarters, breweries, bakeries, and everything else which makes the life of so many thousand monks self-sufficient. It is interesting to reflect that there was a time when such institutions existed in India, but somehow, after seeing these monasteries perched high on a mountain one fails to associate these institutions with the plains. Mountains and monasteries seem to complement one another.

Life in a monastery is a life of routine. Services and prayers are held at appointed hours. The blowing of a conch-shell summons the *lamas* to the monastery courtyard where most of the ceremonies are held. A lamaist mass, however, is held in the monastery chapel and is most impressive. The solemn chanting of hundreds of deep male voices, the clash of cymbals, the blowing of horns, is something to remember.

As the length and frequency of these services tax the strength of the most spiritual, at intervals young novitiates step between the rows of squatting *lamas* and hand out cups of Tibetan tea—a brew of tea, butter, and a pinch of soda well churned in a mixer four feet high. These novitiates must learn by heart so many volumes of scrip-



Tibet is mostly comprised within the Chinese empire. Some of its vast tableland reaches 15,000 feet above sea level. Its population is four million. Principal exports are gold, diamonds, pearls, lamb-skins, goats'-hair, shawls, woolens, rock-salt, musk and borax.



ture and be able to debate on metaphysics and Buddhist law against all comers before they are privileged to join the full-fledged monks.

### **The Dalai Lama**

The supreme head of all these monasteries and monks is the Dalai Lama—"The Great Ocean." He is reputed to be an incarnation of the powerful Buddhist deity Avalokita. The Dalai is elected, rather discovered, by divination. *Lamas* armed with horoscopes search the country for children born at the time of the High Lama's death. Rumors of portents and supernatural events in distant villages are followed up and, when the prospective Dalai Lama is found, certain tests are applied so that there may be no doubt about the reincarnation. One of the tests is that the child selects from a number of articles placed before him only those which belonged to the late Dalai Lama.

The late Dalai Lama, the thirteenth Priest-King of Tibet, was a man of outstanding ability, virtue and piety. His death in 1933 was a severe loss to Tibet. Since then a search has continued for the new Dalai Lama and today, in 1939, the *lamas* have found him in a small village on the Sino-Tibet frontier. He is said to be an unusually intelligent boy who is already asking his retainers if his people are happy.

### **The Potala, Official Residence**

The official residence of the Dalai Lama is the *Potala*, a group of magnificent buildings on the "red hill" which dominates the city of Lhasa. The *Potala*, which contains the tomb

of the late Dalai Lama, is full of gold, jewels, rich tapestries, wonderful jade and porcelain pieces, contributions of the faithful throughout the centuries.

What of the 'ism' which the *lamas* profess? Lamaism is a strange mixture of Shiva-cult, Shamanist worship, and of Mahayana Buddhism. And for Lamaism, Tibet is indebted to the Indian Tantric, Padmasambhava. Legend has it that Padmasambhava arrived in Tibet from India after an exacting journey and that he spent most of his time casting out the evil spirits from the land. Today, Lamaism is distinguished by the two sects (1) *Nig-ma-pa* or Red Hats and (2) *Ge-luk-pas* or Yellow Hats.

### **Om Mani Padme Hum**

And what of the traveler who entered the country at the beginning of the article? What are his impressions as he rides back over the pass into India with his head full of Lamaism and Padmasambhava? He is convinced of the conservatism of the country. One-fifth of the population are *lamas*, each family sends a son into the Church, and this probably accounts for Tibet's conservatism. But there are signs of disintegration. From the bazaars of Darjeeling, Kalimpong, and Gantok, machine-made cloth, imported cigarettes, and even an occasional radio-set make their way into Tibet and Lhasa with the result that Tibetans are becoming more and more interested in the material side of life. Some of the well-to-do families have even sent



their children to India for their education. This experiment has already produced an engineer and the subsequent result is that Lhasa now has electric lights. Then there is China and the U. S. S. R.

Each country presses unconsciously and subtly on the culture and interests of the people of Tibet. What will be the result? India is interested, for Tibet is the buffer state between empires and India's frontiers. Time alone will show whether the Himalayas and cold deserts are sufficient protection or whether the only theocracy in the world will disappear and with it the mystic formula—"Om Mani Padme Hum"—"Hail! Jewel in the Lotus!"—*The Modern Review*.

#### 14th Priest-King of Tibet

Rigya, over two miles east of Lhasa and within sight of the soaring *Potala*, was the scene, a short time ago, of the first ceremony on the return of the Dalai Lama to his capital in his fourteenth incarnation. An account of the ceremony is reproduced below from *The Living Age*:

The Regents went in procession with the state sedan chair up to Rigya Monastery on the hill above the camp, there to await the Dalai Lama. Before long an excited murmur told that "the Presence" was coming, and the crowd on a spur hiding the road to the east stirred expectantly as the band of the body-guard was heard. Soon, above clouds of dust mingled with the smoke of incense and above the mass of people, tall banners came

into sight. Deep trumpets sounded from the monastery on the hill.

A reverent, silent crowd of Tibetans pressed forward to see the six-year-old child from the distant Chinese province of Silling in whom their compassionate ruler Chenrezi has again become incarnate. A small troop of Chinese soldiers in dusty quilted clothes came a little in advance, followed by a body of mounted men in bright silks and tall Mongolian hats, holding banners. Behind them rode officials in ascending importance wearing magnificent brocade robes and, in the center of the cavalcade, a sedan chair covered in yellow silk through the glass windows of which the small Dalai Lama could be seen looking with calm interest at the crowd. Behind rode his father and mother and his two brothers.

After a short rest, the Dalai Lama was carried down in the large gilded palanquin over which waved an umbrella of peacock's feathers and one of yellow silk, to receive homage in the Peacock Tent. There he was seated on the throne. After making three prostrations before him, the officials, headed by the Regent, began to file past, offering white silk scarves and receiving his blessing. The stream, which included British, Nepalese and Chinese representatives, and Lhasa Moslems, poured past the throne for almost an hour, while the Dalai Lama, wearing yellow brocade and a yellow peaked fur hat, sat solemnly and with dignity holding out his hands to touch the heads of the worshippers.



The dignity and self-possession of the child impressed every one. He looked about calmly, seeming unmoved by the magnificence and as if he were in familiar surroundings. Although appearing to grow tired toward the end of the ceremony he did not lose his composure. He never smiled, but maintained a placid, equable gaze.

The Dalai Lama reached the end of his two-and-a-half months' journey to Lhasa that morning, after resting two nights at Rigya. The procession enclosing the yellow palanquin rode through streets lined with monks holding banners and auspicious emblems. The villagers were dressed in bright colors as dancers and musicians. Every window was shut and curtained, for no one should look from above upon the Dalai Lama. Groups of officials wearing the dress of the old kings of Tibet were conspicuous by their rich brocade, by enormous circular ornaments on their chests, and by their earrings of turquoise over a foot long. Golden incense-burners and silk-wrapped bundles of the Dalai Lama's clothing were carried past on horses. The Regent rode behind the palanquin on a richly caparisoned pony.

As the middle of the procession reached the south entrance of the cathedral it was met by the Oracle of Nechung in a state of possession.

When the Oracle had withdrawn the procession went on to the west door of the cathedral, by which the Dalai Lama entered to visit the shrine, eleven centuries old, in which is kept the Jowo Rimpochhe,

an image of Buddha said to have been brought from China by a wife of King Songtsen Gampo, who first established Buddhism in Tibet.

After a short time the procession left the city of Lhasa and entered the Norbhu Lingka, a large walled park containing the several summer palaces of the Dalai Lama. In the oldest of these a reception ceremony was held, and a short performance of dances was given by the Dalai Lama's dancing boys. Finally, the Dalai Lama withdrew for a rest after more than six hours of ceremony.

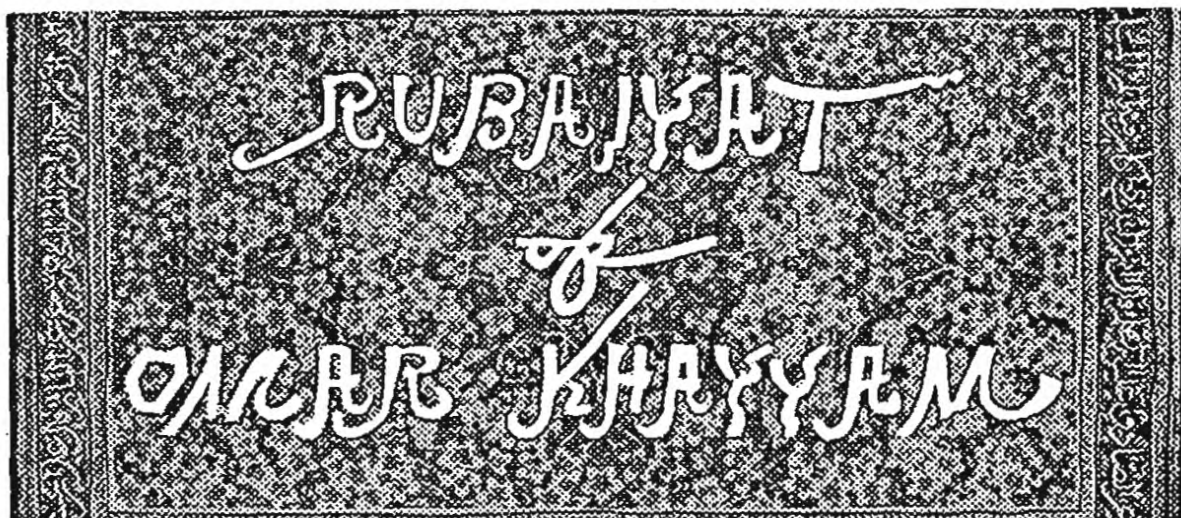
His calm assurance during the exacting two days of his entry into Lhasa has been a source of wonder and delight to the people of Tibet and has confirmed their trust in the reincarnation.

### **Tibetan Traditions**

The peasant boy who becomes the Dalai Lama was discovered by a searching party early last year in the desolate Kokonor Lake region. He was born on the same day that his predecessor died (in December, 1933) and when from a number of objects he picked one belonging to the late head of the Tibetan Church, that simple act proved to members of the searching party that he was the living reincarnation of the Dalai Lama.

On his death-bed the last Dalai Lama pointed with a trembling hand in the approximate direction where, after his demise, the reincarnation of the representative of Buddha would become manifest in a new-born child.





## RUBAIYAT OF OMAR KHAYYAM

*Translated Into English Verse by Edward Fitzgerald*

SPIRITUAL INTERPRETATION BY  
PARAMHANSA YOGANANDA

LVIII

*Oh Thou, who Man of baser Earth didst make,  
And who with Eden didst devise the Snake;  
For all the Sin wherewith the Face of Man  
Is blacken'd, Man's Forgiveness give—and take!*

### **Spiritual Interpretation:**

"O Satan of Ignorance, by material temptations you have changed man, made in the image of God, into an inferior worldly being. O Evil Force, it is you who, in order to fight against the heavenly virtues of peace and self-control, devised the alluring but happiness-poisoning, oft-misused sex force which lies coiled like a snake at the base of the spine. Since you blackened with evil thoughts the divine image of man, you know he is not solely responsible for his faults; thus you deserve both to give him, and receive from him, forgiveness."

### Applied To Daily Life:

Even though man has some responsibility for yielding to temptation and wrong-doing, it must be remembered that it is Satan, symbol of Cosmic Delusion, who is the deviser of the snake of hypnotic sense temptations. It is he who has created greed, selfishness, sex-temptations, anger, egotism and hate, to counteract the divine creations of self-control, unselfishness, soul-bliss, forgiveness, humbleness and love. Hence, man is to be pitied that he is subject to so many inner and outer temptations against which, in youth, he has but little warning of wisdom.

### Glossary:

- 1—*Thou*—Satan of Ignorance.
- 2—*Man*—Being, created in God's image.
- 3—*Of baser Earth didst make*—Converted the divine man into an inferior worldly being.
- 4—*Eden*—The unalloyed state of original felicity.
- 5—*Didst devise the Snake*—Contrived the coiled force of sex-energy to substitute for divine ecstasy and communion with God.
- 6—*All the Sin*—The Sin or Karma and temptations of Satan, transgressions against social and divine laws.
- 7—*Face of Man is blacken'd*—Is desecrated and darkened with ignorance.
- 8—*Man's Forgiveness give—and take*—Man should not attribute all his misfortune to Cosmic Delusion, but to his own response to it. But Satanic Delusion, also, must be admitted as a great factor in keeping man subject to sense-temptations.





# Wonders of Science

By PROFESSOR NICHOLAS ROERICH

*Famous Painter, Archeologist and Essayist*



The extermination of ignorance should be carried out on a world scale. No nation can boast that it is sufficiently educated. Nobody has sufficient strength to conquer ignorance single-handedly. Knowledge should be universal and should be supported in full cooperation. Ways of communication know no limitations. Thus also the path of knowledge should flourish through exchange of opinion. One should not think that somewhere enough has been done already for education. Knowledge spreads to such an extent that a constant renewal of methods is required. It is horrible to witness fossilized brains, which do not admit new achievements.

No denier can ever be a true scientist. Science is free, honest and fearless. Science can change instantaneously and can shed enlightenment upon world problems. Science is beautiful and therefore is infinite. Science does not tolerate prohibition, prejudice and superstition. Science can find the great even in the quest of the small. Ask great scientists how often the most as-

tonishing discoveries took place during ordinary research. The eye was open and the brain was not dusty. The path of those who know how to investigate without limitations is the Path of the Future. Verily the struggle against ignorance is undeferrable, as against decomposition and decay. Combating evil ignorance is not easy, for it has many henchmen. It lurks in many countries and is clothed in various garments. One has to apply courage and patience, for the battle with ignorance is the conquest of chaos.

## Ignorance Is Crime

Already five centuries before our era there came from the East the blessed words: "Ignorance is the worst crime." Later on also the great hermits of the first centuries of Christianity ordained that "ignorance is hell". Truly all fratricidal crimes have their origin in this dark abyss. The same evil source pollutes the world with lies and darkness, which create the most ugly, the most cruel and abhorrent evil-doings.

To swallow food does not yet mean to live. In the same way to be literate does not mean to be educated. Literacy is a natural food, but we see that as food it may be either useful or harmful, because it can serve both good and bad. Education and culture are synonymous. In both is contained readiness for infinite cognizance. In the furnace of such a constant rejuvenation of consciousness the very essence of man is being purified. Through honest and unlimited labor of knowledge, people are ennobled and begin to understand the concept of service to humanity.

The true scholar has an open eye and is moved by freedom of thought. But as everything in life, the eye and thought also must be educated. From the first steps of education an enlightened admission and broadening of the horizon should be laid at the foundation of primary schools. Knowledge should be freed from conventional limitations. Knowledge is the path to joy, but joy is a special wisdom.

### **Thought Is Energy**

The scientist and the artist know the meaning of the word inspiration. They know what is realization, which opens to them new refined forms and reveals subtle energies, previously unnoticed or perhaps forgotten. From antiquity there came the realization that thought is an energy, that thought is light-bearing. For ages certain people knew that thought can be transmitted. But even such an old axiom has only lately entered the

scientific mind before the very eyes of our present generation. We all were witness how quite recently the ignoramuses scoffed at so-called magnetism and hypnotism. It went so far that the same force under various names was accepted differently. Mesmerism was ridiculed and condemned, but the same force under the name hypnotism received a certain right for existence. There are peculiar reasons why some pills have to be coated and medicine phials have to be adorned with special attractive labels. And one can understand why some chemicals, which are now fully recognized, had to be veiled by the alchemists under the names of eagle, phoenix and many other symbols.

We all remember how at the foundation by Prof. Bekhtereff of the Neurological Institute, every sceptic ridiculed his experiments of thought transmission. The fact that the name of Bekhtereff was widely revered and renowned did not save him from derision and not even from most formidable suspicions. Ignoramuses organized a whispering campaign stating that a whole institution could not be devoted to the research of the nervous system and thought alone. They whispered of political intrigues, about love affairs and even that Bekhtereff had become insane. Such were the colossal allegations invented by ignorance. I recall how during this whispering campaign we painfully remembered the book of Gaston Tissandie, *Martyrs of Science*.

Verily, where are the limits, when during our present generation a cer-



tain Academy called the great Edison a charlatan for his invention of the phonograph and certain Universities did not admit women to higher education? I repeat that this happened not during the mediaeval ages, but before our very eyes; and that such shameful actions were committed not by illiterate savages, but by people bearing the conventional official label of a scientist.

Let us not enumerate the endless row of true martyrs of science in all countries, but since we quoted the persecution of education for women, let us also recall the case of the mathematical genius, Sophie Kovalevskaja, who was not admitted to any university and yet received world recognition for her work on higher mathematics. And there are many excellent scholars and physicians who, being persecuted by their fellow-colleagues, were compelled to leave their own country.

The world is proud of the name of the great physiologist Pavlov; everywhere are being affirmed and admired his formulae of reflexes and other ingenious solutions of biological problems. But even this glorious international achievement, crowned by the Nobel prize, calls forth in certain circles a contemptuous shrugging of the shoulders. Amidst the latter one will also discover ignorance. Verily no uniforms and robes, no dead scholastic labels can cover human hatred, envy and bigotry.

It is far easier to combat illiteracy than to annihilate the sinister hydra of hatred, with all its many

heads of jealousy, doubt, slander and all hidden campaigns, which the forces of darkness so cunningly manipulate. The forces of darkness, the forces of ignorance—these shameful synonyms — are closely united. Of all feelings, love and hatred are the most powerful and unifying.

### **New Discoveries**

Of course, in spite of all ferocious attempts of ignorance, enlightened knowledge progresses in the whole world. Let us recall the recent achievements which made the world rejoice. Let us remember the remarkable discovery of the great biologist, Sir Jagadis Chunder Bose, concerning the life of plants. Professor A. H. Compton states that human thought is the most important factor of the world. Prof. S. Metchnikoff of the Pasteur Institute makes important research in the field of immunity and immortality of protozoae. Dr. Kotick investigates the transfer of sensitiveness. Dr. Walter Stempell of the Muenster University proves the existence of invisible radiation of all living organisms. Dr. Paul Dobler of the Heilbronn University affirms the existence of earthly radiation and its relation to the divining rod, which up to recently has been ridiculed. Prof. Harry M. Johnson of Virginia University arrives at interesting conclusions regarding insanity. Dr. Otrian, in charge of a meteorological station in Germany, investigates extraordinary cosmic influences.

L'Abbe More, the French astronomer, makes most interesting con-

clusions about sun spots. The American biologist, Bernard Proctor, investigates special life conditions on heights. The French scientist, Dr. Levy Valency, warns of possible epidemics of insanity. Dr. Riese experiments with the effect of rhythm. Dr. Bernard Reid, a British scientist, draws a parallel between ancient medicine and modern vitamin research. A Hungarian scientist discovers rays of invisibility. Everyone knows of the experiments of Professors Richet and Gilley and the research of Sir Oliver Lodge.

### **Impossibility of Zero**

Prof. V. van Haas of the Leiden University proves the impossibility of an absolute zero. Dr. Kennon of Harvard speaks of the element of luck in scientific research. The chemist Mingley gives a bold prognosis of future discoveries. Prof. J. B. Rhine of Harvard and Prof. William McDougall reach astonishing results at Duke University in the field of extra-sensory perception and thought-transference. How many wonderful achievements! In every country there are enlightened scholars who untiringly and fearlessly pioneer in the field of science. And still such great men remain solitary and are subject, everyone in his field, to undeserved obstacles.

One can quote pages of research conducted lately which widens the frame of conventional thinking. Nature itself comes to aid every thinker. Sun spots with all deductions around them, of which the greatest authorities like Sir James Jeans of Cambridge and Dr. C. G. Abbott

of the Smithsonian Institute, remind us that the time is not far when ridiculed Astrology will turn out to be nothing less than a formula of Astrochemistry, and thus yet another branch of science will no longer be denied. People will understand that they are surrounded in life by powerful chemism and that they themselves represent the most refined and mighty chemical laboratory.

Everyone has read of the recently conducted experiments with the chemism of human secretions and radiation from the finger tips; some of these radiations are so powerful that they can kill harmful bacteria. Let us also remember the experiments of Prof. Yurevitch which prove that the energy radiated by man is a conductor and a connection which enables the combination of certain elements. And did not the famous experiments of Keally, which were so unjustly persecuted, prove the same? Thus the investigation of human radiation and psychic energy imperatively calls humanity towards an amazing transfiguration of life.

### **Yogis of India**

Ignoramuses like to scoff at the yogi of India. For them the walking on fire, sitting on water, the consumption of terrible poisons without effect, the stopping or acceleration of the pulse at will, the burial alive and return to life after several weeks, are but skilful tricks and charlatanism. But in the last number of the *Modern Review* there is an article, supported by



photographs, on fire-walking in Mysore. The journal quotes this in connection with the demonstration in London of the Kashmiri, Khuda Bux, widely announced through the press of the whole world.

The sitting on the water of the Ganges was regarded as charlatanism and even people who had witnessed it, whispered carefully: "Who knows, perhaps they were supported under the water?" But quite recently the British press reported the case of a woman who lost her weight to such an extent that this manifestation on the water was quite easy for her. The whole world was amazed to read about the striking phenomena of Theresa Neumann of Bavaria, who lives without food; and now the newspapers are filled with astounding accounts of Shanti Devi in Delhi, a girl of nine. This unforgettable case has been verified by many reliable people.

From Latvia there comes news of the extraordinary ability of a girl of eight to read thoughts. There has also been registered a case of the reception of radio-waves by a person without a receiver, and the astonishing faculty of two Italian boys to see through walls and other opaque objects. No doubt, during the time of the Inquisition all these unfortunate persons, owing to their abilities, would have been burnt at the stake. But even nowadays the man who could catch radio-waves mentally had to go to a lunatic asylum! Let us also not forget the remarkable prevision and clairaudience of St.

Joan of Arc who saved France, but who, for her abilities, was burnt on the pyre by the contemporary evil ignoramuses.

### Hydra of Ignorance

But not only the persons themselves who owned these extraordinary faculties, but also those who conducted research in these fields, have been subjected on the part of ignoramuses up to now to endless persecution. Let us also remember the unjust scoffing to which the Society of Psychic Research was so often subjected, whereas the aims of the Society deserve full support. Every nucleus of a new unprejudiced scientific conquest is attacked. This creates a distressing sight. Although there are being opened new educational institutions which by their very appearance seem to invite new research, yet the investigator of every unusual manifestation which did not enter into the elementary textbooks is not only ridiculed but also persecuted. It means that the hydra of ignorance dwells not only in illiteracy but also in fossilized perception and in human hatred.

Every denial of Truth is ignorance and is harmful not only to the negator himself, but to space as a whole. Opposition to Truth poisons space. But there exists a still more abhorrent action, when people, who have also cognized Truth, later turn away from it. Such a shameful retreat into darkness is insane.

One can find in the history of humanity that sometimes particles of Truth were realized, but afterwards

because of crass ignorance, certain pseudo-teachers tried again to conceal from people these immutable facts. And actions resulted which in the future will be regarded as the most shameful pages of history. And without any proof of their inaccuracy, it was ordered to deny the obvious facts. As if a disbelief in the existence of the sun was commanded, because somebody due to weak eyesight could not look at the sun. Thus owing to ignorance and egotism, someone forbade others to cognize reality.

### Lessons of History

Let people remember how many apostates reveal themselves at various epochs. Perhaps such remembrances will lead humanity to honesty and justice.

Thus everyone, for whom Education and Culture are not empty words, should in his field, as far as he can, fight ignorance. Let no one say that he has no possibility to do so—this would be untrue. Alas, open and hidden ignorance in all its cunningness, exists everywhere. In every household a clear mind can discern where dust and rubbish have to be removed. And today when in the world there thunder guns, and poisonous gases compete with each other, now the combating of ignorance is imperative. A defence of the best, most beautiful and most enlightened will be needed.

If anyone will not succeed in his noble efforts, still it will be a heroic attempt and not an abstract intention. Besides in every effort there

is already a vital element of action. Therefore, every effort is already beneficial. No doubt some servitors of ignorance will whisper that precisely now words about culture and enlightenment are out of place. This is their typical trick, in order to find at every moment of life a reason why exactly at that hour a striving to culture and education is untimely. By this, their formula, the henchmen of ignorance betray themselves. But Good, Culture and Education are needed at every hour.

There can be no such a state of consciousness in which it is untimely to be humane. And only human hatred could whisper denying this Truth; hatred—this horrible monster, in the darkness of its cave, always dreams of transforming mankind into beasts, which should devour one another.

Verily, from small to great, it is the duty of everyone to bring his mite to the cause of combating ignorance. Uniting in groups and by himself everyone can somewhere stop the evil doings of the monster of ignorance. Every labor already contains the striving to perfection and enlightenment. Only ignorance can belittle labor as such and can shamelessly scoff at the quest of science. In just indignation against every grimace of ignorance, the worker for Culture will find a vital thought and thundering word and will record by beautiful deeds the victorious path of enlightenment.

Glory to the Knights of Culture!  
Glory to the heroes of labor! Glory to the Courageous! — *Twentieth Century.*



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## "HATE ONLY HATE, FEAR ONLY COWARDICE"

By WILLIAM PICKENS

*Field Secretary of "National Association for the Advancement of Colored People"*

That line of verse—"Hate only hate, fear only cowardice"—was written when I was nineteen years old, and a sophomore. It was the last line of a sonnet, written for the climax of an oration. This line is all I now remember of those iam-bic pentameters. But not once in forty years have I ever forgotten the sincerity and the heroism of that spirit.

What have I learned in these forty years, since that sonnet?

That it is better to be hated than to hate.

That it is better to love than to be loved.

That it is better to receive evil than to give it.

That it is better to be lied against than to lie.

That it is less disgraceful to be cheated than to cheat.

That it is less of a loss to be robbed than to commit robbery.

That the thrill of the open fight is not to be found in treachery.

That honesty is far more reliable than shrewdness.

That it is better to forgive than to seek revenge.

That friends are better than things; and friendship the chief gain.

That in monetary valuation, one dollar is worth 100 cents; but in

other values, one honest cent is worth more than 100 dishonest dollars.

That one is not polite *to some one else*, but rather polite *out of oneself*. Politeness is rather of the subject than of the object; that therefore the meanest person cannot be so low that a really polite person will not feel the need of being polite to that meanest human.

That while money is certainly one of the means of living, there are many other means far more essential and valuable to a life. (If only young people could see that clearly—and early!)

That the mind is its own hell or its own heaven—either more to be feared than hell or more to be revered than heaven.

That we love or we hate others for what we do toward them, and not for what they do toward us; that therefore the loving or the hating spirit is only secondarily dependent upon the object of that love or of that hate, but is primarily dependent upon the one who loves or hates.

How many people I have had trying to kill me in forty years! But I have had equally as many standing to defend me. Therefore I still believe in the human race. If at fifty-nine I should start another forty years, as at nineteen, I should at the next end reverse none of these conclusions but rather would intensify them. "Life is real, life is earnest."—*New History*.





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

*Obstruction of Desire Arouses Wrath, from which spring  
Delusion and Loss of Discrimination.*

By **PARAMHANSA YOGANANDA**

*Chapter II, Stanzas 62-63*

## **Literal Translation:**

Brooding on sense-objects causes attachment to them. From attachment springs craving and from that longing emanates anger.

From wrath arises delusion, and from it loss of memory for Self ensues. From destruction of memory arises the decay of the discriminating faculty. From the confusion of intelligence, annihilation (of spiritual life) follows.

## **Poetic Rendition:**

Visualization of scintillating sense-objects creates clinging attachment in a soul who is not watchful. This attachment gives birth to crafty cravings which enmesh him in the toils of anger.

Wrath arouses delusion. From delusion flows the loss of memory. From a mangled memory exudes the stench of decayed discrimination. When discrimination degenerates, the destruction of inner spiritual life follows.

## **Spiritual Interpretation:**

In the 62nd stanza, the *Bhagavad Gita* warns every spiritual aspirant about the results of brooding over the beauties and charming lures of the visual, auditory, tactual, olfactory and gustatory objects of the senses.

For example, if a man, instead of intellectually cognizing the beautiful face of a woman, constantly visualizes it with emotion, he may desire to possess her even though it

may not be for his good. Attachment may lead the man to think he loves the woman and should possess her just because of her appearance, even though there may exist no compatibility of temperament. Such attachment may lead to a marital voyage ending in a wreck on the subterranean rocks of a divorce court.

And if attachment in the man, due to his indiscriminatory desire for the beautiful woman, led him to the foolish strong desire to possess her, followed by her refusal to respond to his desires, anger will ensue.

### Origin of Anger

Anger arises from non-fulfillment of good or bad desires. Obstruction of good desires gives birth to righteous anger, whereas hindrance of evil desires rouses destructive, unreasonable anger, leading to many difficulties.

In order to save a persecuted noble friend, a man's righteous anger may arouse him to devise wise means to save his friend. To use righteous anger is to use reasonable, constructive methods for the attainment of a good end. But unrighteous anger blinds an individual, so that he becomes more and more unreasonable in trying to fulfill his obstructed evil desire. This unrighteous anger makes criminals of all kinds and doers of every ungodly action. So the *Gita* warns against the blind worship of sense-objects.

Stanza 63 of the *Bhagavad Gita* describes the psychological origin of anger and its results.

Every spiritual aspirant, whenever he is blind with anger and forgets himself and his position in the world, should picture to himself how anger originates and how it leads to grave destructive results in the form of losing inner balance or becoming unwillingly and suddenly turned into a criminal or even a murderer.

Obstruction of desires rouses a blinding delusive confusion in the normally working mind. When this blind delusive fog arises in an individual his memory of himself and his position becomes clouded. The loss of memory confuses his discrimination which is the motivating force of all right action. When the individual finds the steering wheel of discrimination in the car of life is broken, then his life's vehicle falls and shatters in the ditch of untold difficulties.

For example, if the average man, who is not free from anger, is driving a car joyfully from Los Angeles to Santa Monica for a picnic, and then is forcefully asked by his wife to stop at her relatives' place against his will, he may suddenly become blinded by wrath. This may lead to a word battle with his resisting wife and give birth to a violent rage due to the obstruction of his desire to go straight to the picnic grounds. This uncontrolled wrath may blind him with delusion. This would lead to loss of memory as to where he is driving his auto, and this loss of memory would affect his discriminative faculty, which would normally keep him on the road; and his hands would freeze



or shake and he might be smashed up with another car or run into a ditch by the wayside and be burnt or hurt.

### **The Car of One's Life**

The above illustration clearly depicts how by blindly pursuing any object of sense one may become the victim of anger. Through anger he may be too blinded to follow the path of proper behavior. Through blindness, loss of memory and loss of discrimination, the car of one's life may be smashed by insurmountable difficulties or run into the ditch of failure.

All desires therefore must be wholesome. No desire, whenever contradicted by an individual or circumstances, should give birth to anger and loss of discrimination leading to ruination in the financial, moral, mental and spiritual spheres of existence. Anger freezes the steering wheel of the car of life and stops it from reaching its material and spiritual destination and invites untold danger.

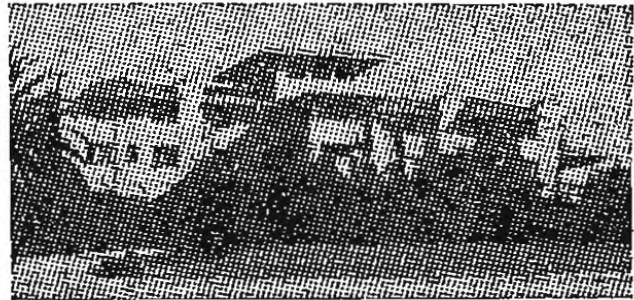
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Then there came one and touched me, and he strengthened me, and said, O man, greatly beloved, fear not; peace be unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my Lord speak; for thou hast strengthened me.—*Dan. 10:18.*

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All things whatsoever ye shall ask in prayer, believing, ye shall receive.—*Matt. 21:22.*

JULY, 1940



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# OM, The Creative Vibration

By LOIS PATTERSON DOWNS



Many students ask why the scriptures use the word OM, or AMEN, and why OM is chanted.

OM or AUM is the all-pervading sound emanating from the Cosmic Vibration. It is the VOICE OF ALL CREATION, THE VOICE OF GOD.

AUM is the basis of all sound, the primal sound of the universe. It is heard in the ocean's booming, on the top of high mountains or at great heights. It is the "music of the Silence" heard in the body when we turn our attention within and listen to the innermost center of our being, as we do in deep meditation. It is the first sound of a new-born babe. It is heard at great depths in the earth. It is a cosmic sound. Said on the inhalation and exhalation of breath, it has a trinity of tone formation in its sound production, for it has the buccal, labial, and lingual movements.

## Meaning of Letters

The letter "A" (*Ahau*) represents the masculine principle, the Father.

The letter "U" (*OO U*) is the female pronoun, She,—the Mother Principle.

The letter "M" (*Mehen*), the engendered, represents the Son.

According to the *Book of Manu* (Sloka 77) A U M also means "Earth, Sky, Heaven."

An ancient Hindu book, the *Manava Dharma Sastra*, in Book II, Sloka 74, says: "In the beginning the Infinite only existed, called Aditi; in this Infinite dwelt AUM whose name must precede all prayers and invocations."

AUM is said by Manu, the sage-lawgiver of ancient India, to form a symbol of the Lord of all created things, BRAHMA. Manu's Law Book is the most highly revered and influential among the codes of Hindu law and has been estimated



by the professors of Sanskrit at Oxford University as "one of the most remarkable books that the literature of the whole world can offer; its moral precepts are worthy of Christianity itself."

### Biblical Mention of OM

In the Christian Bible, it is written in *John* 1:1: "In the beginning was the Word, the Word was with God, and the Word was God."

The Hindu scriptures say, "AUM or OM sound is the beginning of Creation." According to all scriptures, creation began with vibration.

Word, an uttered thought, has vibration. "In the beginning of creation was the Word of God or the Cosmic Vibration—AUM, OM (or AMEN) manifesting as sound, impregnated with Christ Consciousness. This projected creative power of God is the God which can be known through contacting OM-AUM in meditation," so Paramhansa Yoganandaji teaches us.

Patanjali, the great Hindu expounder of Yoga, wrote: "Meditate on OM-AUM to actually contact God. AUM-OM is His symbol."

AUM pronounced quickly is OM and it is interesting to see that the "O" or a circle is the symbol of Eternity (without beginning or end)—God (the Father-Mother Principle)—and the "M", the engendered (or the Son Principle). In OM we have ourself (the Son) and the Eternal Spirit, God.

The Christian has the AMEN and the Mohammedan has the AMIN developed from the OM or AUM,

and both religions use this name preceding or after all prayers or invocations just as that ancient Hindu book, the *Manava Dharma Sastra*, commands.

"St. John here speaks of the cosmic OM sound as the faithful witness or proof of the running of the Cosmic Motor, the force which projected creation, and the vibration of its sound as it upholds creation."

Throughout the *Praecepta* lessons we are given other clear interpretations of the many passages of the Bible which are connected with this study; we learn to hear the vibration of the spiritual or causal body in meditation which manifests to us as the Cosmic Vibratory Sound or OM vibration and expands the consciousness until one becomes *one with* the whole Universe and contacts God as Ever-new, Ever-conscious, Everlasting Joy-Bliss, hearing the symphony of OM throughout the cosmos, the first great Spirit-Substance and the Wave of Substance forming Form.

AUM-OM is the All of All. A mystic, magic, majestic Word. The creative Word! we have it in our words Om-nipresence; OM-nipotence; OM-niscience. All of the Presence—All of the Power—All of the Science, Wisdom, Knowledge. Our western word I AM—(AUM). Creative words! No one but he himself can say I AM for the individual, and he creates for himself that which he links with the words. Therefore one should never say, "I am tired," or any other negative thought.

Jesus said "I AM that I AM"; "Before Abraham was I AM." One can now understand what He meant by these phrases. We must be careful how we use the creative

In *Revelations* 1:10 of the Christian Bible it is written; "These things saith the AMEN (OM), the faithful and true witness, the beginning of the Creation of God". This is clearly interpreted by Paramhansa Yogananda as follows: words. AUM, OM, I AM are creative vibrations. OM is the ALL, the God of you. OM is the Individual. OM is Spirit, Substance. OM is the Holy Ghost, Creation in the vibrating, the Comforter which Christ promised to send all his devotees.

### Power of Chanting

The chanted word has a higher, more powerful vibration even than the spoken word: that is why there have been singing and chanting in all religions to lift the worshiper out of physical limitations and into a higher rate of vibration or state of consciousness.

The repetition of the chanted word, OM, reverently sung with ever deeper and deeper devotion will raise one's consciousness higher and higher even unto God contact.

"The mystic syllable OM is the bow. The arrow is the Soul.

Brahma is said to be the mark.

By the undistracted man is IT to be penetrated.

One should come to be IT, as the Arrow in the Mark".—(*Mundaka Upanishad*—11: 2-3).

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# Meditations

## MEDITATIONS FOR JULY, 1940

*From "After Supper in the Refectory," a series of instructions delivered by Brother Eckehart of the Order of Friars Preachers, to a Woman's Settlement of the Friends of God in 1300 A.D.*

MONDAY, 1st. Asked what exercise was best calculated to advance a man who wished to be taken into the abyss of the divine essence, Eckehart replied that he must die to himself in entire detachment, receive everything as from God, and keep himself in unruffled patience with all men.

TUESDAY, 2nd. In absolute obedience there never is any "I will," but only an unconditional renunciation of all that belongs to self.

WEDNESDAY, 3rd. Lord, give me what Thou wilt, and do as Thou wilt and what Thou wilt in every way.

THURSDAY, 4th. What is a detached spirit? One which is not laden or entangled by anything, which is not attached to anything, which never has an eye to its own interests: but, having sunk itself entirely in the dear will of God, has renounced its own will. Then, however inglorious our work may be, it draws into itself something of God's might and omnipotence.

FRIDAY, 5th. We ought to pray so fervently with every fibre of body and soul as to keep our eyes, ears, hearts, and mouth and all our senses entirely recollected, and we should never desist until we feel that we are on the point of being united to Him before Whom we stand and to Whom we pray—God.

SATURDAY, 6th. First and foremost surrender yourself, and then all has been surrendered.

SUNDAY, 7th. Ferret out self, and wherever you find self give self up.

MONDAY, 8th. Let me add this—no one has ever so entirely surrendered himself in this life as to be unable to surrender himself still more.

**TUESDAY, 9th.** In proportion as you detach yourself from things, in that same proportion, not one degree more or less, will God enter in with all that is His.

**WEDNESDAY, 10th.** Set to work at this, cost what it may, and so, and in no other way, shall you find true peace.

**THURSDAY, 11th.** The ground upon which good character rests is the very same ground from which man's work derives its value, viz., a mind wholly turned to God.

**FRIDAY, 12th.** No one can disturb the man who has God and Him only.

**SATURDAY, 13th.** The man who desires, longs after, and relishes nothing but God, becomes one with Him in all his thoughts; and as no multiplicity can disturb God, so nothing disturbs or dissipates such a man, for he is one in the One in Whom all multiplicity is unity—inviolable unity.

**SUNDAY, 14th.** In the midst of things we must lay hold on God and accustom our hearts at all times to apprehend Him in our mind and soul and will as actually present.

**MONDAY, 15th.** Be very careful how your intention is directed upon God while you are in church or in the cell: hold fast that state of mind and carry it out into the crowd and into the turmoil—into such a different world!

**TUESDAY, 16th.** Truly, if you always remained thus, no one could come between you and the continual presence of your God.

**WEDNESDAY, 17th.** He only who thus possesses God in his very being can apprehend God in a godly way, and to him God beams out from everything: all things savor to him of God, everywhere he sees God reflected, and God irradiates him all the time.

**THURSDAY, 18th.** The man who thus loves God does not seek for rest, because no unrest disturbs him: he is in favor with God because he apprehends all things divinely, not as they are in themselves.

**FRIDAY, 19th.** We must, in the end, become so steeped in Him Who is our divine Object; so transformed by the form of God cherished in our heart, and with our whole being so rooted in Him, that God's very presence will shine forth in us without any effort of our own.

SATURDAY, 20th. When the heart is full of God there cannot be room for the creatures.

SUNDAY, 21st. Such as these are always on sentry, on the outlook for Him Whom they expect, and they are prepared to find Him in everything that draws near, however unpromising it may appear.

MONDAY, 22nd. In that way we shall reach anchorage, and shall apprehend God equally well in all things, and shall find Him in the same measure in all things and places.

TUESDAY, 23rd. Let him learn, in different ways, to possess his God in the midst of things, and to remain undisturbed by business or by environment.

WEDNESDAY, 24th. We must ever be advancing upward with our two powers, the reason and the will, always doing our very best, keeping the reason on the watch against all perils, external as well as internal.

THURSDAY, 25th. If God lets it happen—scorn and bitterness become sweetness, and the blackest darkness as the clearest light; all that comes derives its flavor from God, and becomes Godlike, forming itself after His image.

FRIDAY, 26th. Penitence is simply a rising of the spirit above all things temporal, an entering into God.

SATURDAY, 27th. Work with all your might, and let it be the outcome of your deep devotion; accustom your mind to this at all times until, in all your works, you are reflected back in Him.

SUNDAY, 28th. It is God's will that His friends should escape from all that belongs to self, and so He deprives them of all support in order that He Himself should be their sole Support.

MONDAY, 29th. Therefore I will go to Thee that Thy riches may flow into my poverty, and that all Infinity may replenish my emptiness, and that Thy boundless, incomprehensible divinity may be the perfection of my vile and marred humanity!

TUESDAY, 30th. Just let Him work, and be at peace; the more you are in God, the more you are at peace; and the further from God, the further from peace.

WEDNESDAY, 31st. Let us, then, build only upon God. So shall we become holy in time and blessed in eternity.



### Meditations for August by Paramhansa Yogananda

THURS., Aug. 1st. Do not think restlessly. Let thought come to you when you want it, and think deeply on one thing at a time.

FRI., Aug. 2nd. Think until you find the ultimate answer. Turn the power of thought into a searchlight, so that the brightness shows the face of Omnipresence.

SAT., Aug. 3rd. Thought, when purified by the fire of deep reason and intuition, becomes a bonfire of cosmic intuition in which we behold the Infinite.

SUN., Aug. 4th. Meditate deeply, calmly, restfully, on deep problems of humanity and truth.

MON., Aug. 5th. Through the search-light of thought, you will be able to dispel the darkness pervading the unseen astral, mental and spiritual kingdoms.

TUES., Aug. 6th. By deep thought and intuition, through your telescopic eye, you will behold the vast inner kingdom spread out in the light of cosmic perception.

WED., Aug. 7th. When flowers of higher perceptions blossom in the garden of Spirit, then fragrant varieties of devotion come out of blossomed love. In this garden the orchid blossoms of purity, the bluebells of faith, and the flame flowers of self-control eternally entertain the vision of the yogi who has attained *Nirvakalpa Samadhi* (ultimate freedom).

THURS., Aug. 8th. *Samadhi* (soul communion) is oneness with Spirit. It is the expansion of the soul into the Spirit.

FRI., Aug. 9th. *Samadhi* or soul-communion is the reward for withdrawing the mind from the senses and making it one with Spirit.

SAT., Aug. 10th. I am the taintless Brahman. I am the taintless Spirit.

SUN., Aug. 11th. His voice is the voice of Peace.

MON., Aug. 12th. Father, where Thou hast placed me, there Thou must come.

TUES., Aug. 13th. We must be alone with God. God must have one hundred per cent of our desire. Then He will reveal Himself to us.

WED., Aug. 14th. By meditation, one recharges the body with Cosmic Consciousness or God.

THURS., Aug. 15th. I have taken Thy name, and when I pass through the portal of death, Thou wilt redeem me!

FRI., Aug. 16th. The course of the rivers of our desires should be turned within toward the ocean of contentment in God.

SAT., Aug. 17th. God is the fulfillment of all our desires.

SUN., Aug. 18th. A yogi can feel the universe as his own body, and cosmic energy as his breath of life.

MON., Aug. 19th. A true yogi can feel the throb of his heart in all hearts. He can feel his mind in all minds; his presence in all motion.

TUES., Aug. 20th. Protect yourself against delusion by holding the peace given by constant, deep meditation.

WED., Aug. 21st. Try to solve problems with the peace of your mind, with the joy of your soul.

THURS., Aug. 22nd. Intuition is soul-perception.

FRI., Aug. 23rd. Our eyes are blinded by the physical lights. That is why we cannot see the spiritual light with open eyes. These physical lights are spoken of as darkness in the *Bible*, because they hide the real light.

SAT., Aug. 24th. The wave must not detach itself from the sea.

SUN., Aug. 25th. Our discrimination is the shepherd which leads our idle, ignorant sheepish thoughts into the fold of wisdom.

MON., Aug. 26th. Chant, pray, or meditate very deeply until the mind becomes one with God.

TUES., Aug. 27th. Extraordinary moral preparation of the mind is necessary to attain *Samadhi* (soul-communion). Unless all Yoga practices are supplemented by moral discipline, one cannot attain *Samadhi*.

WED., Aug. 28th. Reform yourself first, and you will reform thousands.

THURS., Aug. 29th. To be able to hold your calmness, born of self-control and meditation, on all occasions, is the great way to victory over all nature.

FRI., Aug. 30th. Inner silence, pridelessness, quietness, humility, lack of anger during arguments or discussions—all these are ornaments of the art of right inner behavior.

SAT., Aug. 31st. Avoid harshness of speech by all means, for it defeats its purpose. Harsh speech degrades the user of such speech, and brings out the ugliness of those to whom it is addressed.

## Meditations for September, from "Kalyana-Kalpataru"

SUN., Sept. 1st. Poor, helpless souls, who are constantly engaged only in accumulating wealth, derive no happiness from wealth. They suffer throughout life from the anxiety about how to increase and protect their wealth, and after death still suffer from delusions.

MON., Sept. 2nd. Just as a slight mark of leprosy spoils the whole beauty of one's appearance, even so covetousness, however small, spoils the spotless reputation of a man of merit.

TUES., Sept. 3rd. He alone is wise who does not leave the anchor of *dharma* (righteousness) either through greed of wealth, or under the influence of attachment, anger, malice, lust or fear.

WED., Sept. 4th. He who, out of greed, gives up *dharma* (path of right) and engages himself only in accumulating wealth is like one who, leaving aside a heap of gold, springs for a handful of ashes.

THURS., Sept. 5th. Friends will show affection so long as one has possessions. When he becomes poor, none will care for him. This is the selfish way of the world.

FRI., Sept. 6th. At the time of departing from this world money avails not in the least. Wealth accumulated throughout life with so much labor then becomes the property of another. *Dharma* (righteousness) alone is a friend who accompanies a person even after death.

SAT., Sept. 7th. He who neglecting *dharma* (path of right) wanders after money loses all hope, like the deer running after a mirage over the burning sands of a desert.

SUN., Sept. 8th. Money is the primary source from which originates and develops the fifteen evils—theft, violence, untruth, hypocrisy, lust, anger, pride, restlessness, quarreling, enmity, distrust, rivalry, adultery, gambling and drunkenness. Therefore, he who seeks his own welfare should never get attached to money.



MON., Sept. 9th. For the sake of money, differences are created between a brother and a sister, a wife and husband, a father and son, and between two friends. Friends who regarded themselves as one in soul and separate only in bodies turn into enemies for the sake of the worthless shells of money.

TUES., Sept. 10th. Even a dear friend gets perturbed and angry for the sake of a little money and at once forgets his sentiment of friendship. Such is the delusion created by greed.

WED., Sept. 11th. Most men, though possessed of the human body, which even the *devas* (gods) covet, waste their lives idly and carelessly, not caring in the least for their true self-interest.

THURS., Sept. 12th. The human body is the gate to salvation. Possessing this body a soul can attain freedom from all bondage. He is no man of understanding who, though possessed of the human body, remains attached only to wealth which is the root of all evils.

FRI., Sept. 13th. He who though possessed of wealth deprives the *rishis* (wise men), fellow-men, friends and relatives of their due share is a miser and bound to be degraded.

SAT., Sept. 14th. If you have money, serve God through it by giving it to the poor and to other legitimate claimants according to their requirements. By doing so you will attain good, both in this world and the next. If you have no money, do not try to earn it by any sinful method.

SUN., Sept. 15th. Remember: Wealth, enjoyments of the world, karma or the gods—none can do any good to one who has fallen into the jaws of death. At that time, it is only the practice of devotion to God's Name that stands one in good stead.

MON., Sept. 16th. Never associate with the wicked whose only business is to indulge in sex-enjoyments and to earn money. As the blind following the blind falls into a ditch, even so he who follows the footsteps of worldly men suffers a fall.

TUES., Sept. 17th. Learning, austerities, renunciation, life in solitude and control of speech—all go in vain in the case of one whose mind is overcome by lust.

WED., Sept. 18th. Just as a strong boat is the greatest shelter to a drowning man, even so a true saint is the only shelter of souls drowning in the ocean of worldly existence.

THURS., Sept. 19th. A true saint is he who attaches his mind to God without any motive, whose worldly urges are pacified, who is equal-seeing, without any worldly attachments, without the sense of ego, free from the struggle between attraction and repulsion, and is humble in spirit.

FRI., Sept. 20th. The sun gives light to the external eyes. But the saints light up the internal eye of knowledge. Such a saint is a true *deva*, a true friend. He is, indeed, a form of God Himself.

SAT., Sept. 21st. Regarding them all to be various forms of God, a householder should serve his fellow-men daily according to his capacity.

SUN., Sept. 22nd. To keep your dependents happy and contented is meritorious action on your part. Do not allow them to feel that you are conferring an obligation on them.

MON., Sept. 23rd. Do not get merged only in the thought of maintaining your relatives, forgetting the practice of devotion to the Lord's Name. Place your complete faith and trust in the Lord.

TUES., Sept. 24th. Just as travelers meet for a short while at the place where drinking water is freely supplied, and after drinking go their own ways, even so friends and relatives, husband and wife, father and son meet in this world.

WED., Sept. 25th. The man of small understanding who, forgetting the Lord, is attached only to his family, and is anxious only for money, children and sense enjoyments, has to go repeatedly through the terrible sufferings of birth and death, caught within the wheel of "I" and "Mine."

THURS., Sept. 26th. Attaining human birth, one should worship and adore God alone with a whole heart. For God is the dearest Soul, Friend and Lord of all creatures.

FRI., Sept. 27th. The fullest effort for attaining blessedness may be made when the body is in health and the senses are strong. When the body is ill, spiritual practices are difficult to follow. Therefore, take from today to the practice of a course of physical discipline.

SAT., Sept. 28th. Without serving Satan in the shape of worldly objects, go and take refuge in the Lord. It is then that you will attain peace and happiness.

SUN., Sept. 29th. God is the sole repository of happiness. He who seeks happiness elsewhere has to constantly suffer from the buffets of disappointment.

MON., Sept. 30th. It is due to man's stupidity that in spite of these repeated buffets he turns towards the world and goes through the experiences of suffering, again and again. Therefore, give up this foolishness, and propitiate the Lord. He is the Soul of all creatures; hence it is not difficult to please Him and attain Him.

—❖—❖—❖—  
In the day when I cried thou answeredst me, and strengthenst me with strength in my soul.—  
*Psalms 138.3.*

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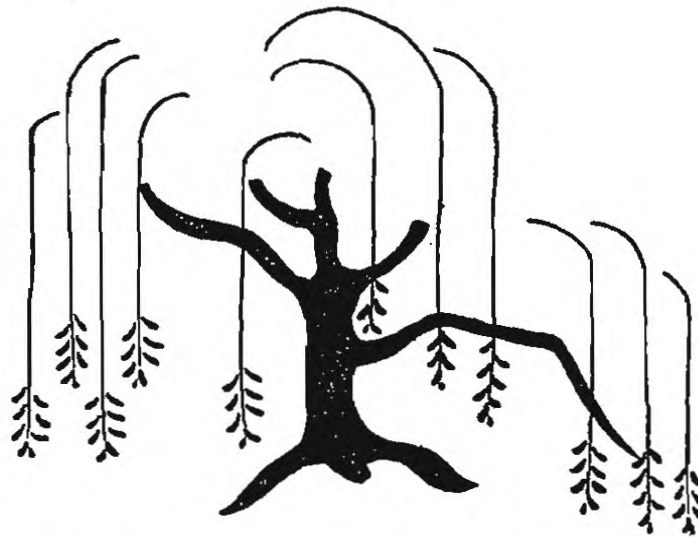


# Electricity In Foods

*Celestial Fire Stepped Down in Fruits*

Edited By

CARQUE NATURAL BRANDS RESEARCH FOUNDATION



Scientists are now agreed that everything is electricity and does not simply contain electricity. Indeed everything is alive and does not simply contain life. Electrons are particles of negative electricity and protons are particles of positive electricity. Since everything in the cosmos is built up from electrons and protons and reverts back to them, it follows that they are the basis of all matter. T. J. Appleton, M. D., in his treatise entitled, *Basis of All Life*, stresses the fact that activity of every kind is electrical energy; it is not just an emanation from it, but IS it.

Because electrons and protons are the basis of everything, they are not affected by heat or cold. They

are indestructible, productive of all phenomena, i. e., all life, power, birth, growth, decay and all activity. Chemical energy is possible only through the agencies of the electron and proton. In the absence of electrons and protons, no life could exist, nor could any material object have its being; darkness and void would prevail. Banish the electron and the universe would be annihilated instantly.

As evolution stands for the advance in power and refinement of the forms and forces of nature, it follows that the scope of the electric exchanges is exhilarated in proportion to the refinement of the structure on which it acts, and vice versa. The more refined the

texture or substance of the elements, the higher the degree of electricity that can be expressed through them.

In fruit we undoubtedly possess the highest type of food evolved in the vegetable kingdom. Consequently in fruit we find the strongest manifestation of electric vital energy—a fact that explains its wholesome and enlivening effects on the human system. For it is in the fruit of the tree that nature has produced one of her masterpieces, providing an ideal food for an evolving human race. Nature develops fruits more slowly than other products of the soil; hence they receive for a longer time the beneficial influence of light, heat and air, through which the electric and magnetic forces of the sun are transmitted. In the ripening of the fruit, the sun has taken the place of the cook, producing a morsel of exquisite flavor and wholesomeness, most agreeable to the unperverted taste and meeting every demand of a body that is not unduly poison-charged.

### **Transformed Solar Light**

The finest sugar grocers could sell is really never sold as sugar. Reference is here made to fruit sugar (fructose), which is really transformed solar light and electricity. Hence fruit sugar is the most important food element in fruit, providing carbohydrates in a most assimilable form, prepared for immediate absorption into the blood.

The nutritious energy released by the fruit sugar content of fruit requires only a small expenditure

of nerve force in the process of digestion. Most sugars, including cane sugar, can be assimilated into the blood and through it by the body only after the process of digestion has broken them down into the simple forms of sugar which scientists call monosaccharides, pre-digested or invert sugar. Fruit sugar is simple sugar to begin with, and thus one whole step in digestive processes is eliminated.

### **Vitamins in Fruits**

Fruits preserve and increase the alkaline reserve in the blood stream, while the more concentrated foods like cereals, pulses, nuts, cheese, meat and meat products are more or less acid-forming. Unsulphured sun-dried fruits are superior to starch-bearing cereals, for their carbohydrates for the elaboration of bodily heat and energy are alkaline-reacting. Fruits are also indispensable in preserving the normal physical condition of the epithelium cells, upon which the proper functioning of the intestinal walls depends. Fruits supply especially the elements of potassium, calcium, iron and phosphorus in a highly organized form, and in this respect are superior to cereal products. Figs, grapes or raisins, prunes, olives and many varieties of berries are especially rich in organic iron compounds which we need daily to replenish the red blood corpuscles.

Fruits are also excellent sources of Vitamins B and C, the latter being chiefly contained in citrus fruits, a fact which emphasizes the importance of orange juice, prefer-

ably unsweetened, as a valuable article of diet and one of the best remedies for anemic conditions. The protein and fat content of fruits, with a few exceptions, is low, and while it is possible to live exclusively on a fruit diet for a short period during sweltering heat to help secrete toxins and reduce blood pressure, it is best to supplement fruits with a small amount of raw nuts, unroasted nut butters, avocados, ripe bananas, sun-dried olives, cottage cheese or carob (the latter also known as locust and St. John's Bread.)

### Classes of Fruits

Fruits are generally divided into three classes, according to the amount of fruit acid they contain, viz., acid, sub-acid and sweet fruits. The chief fruit acids are malic, tartaric, citric and oxalic acid. They impart an agreeable flavor to the juice, and add a wholesome and stimulating variety to food.

Malic acid is chiefly found in apples, pears, currants, berries, pineapples, grapes and cherries; tartaric acid is characteristic of grapes; citric acid occurs especially in the juice of limes, lemons, grapefruit, oranges, currants, unripe tomatoes and gooseberries; oxalic acid is contained in small amounts in raspberries, tomatoes, grapes and currants, while only a trace is found in oranges, lemons, plums and apples. During the process of ripening, the fruit acids are reduced as they are slowly transformed into sugar.

It must be emphasized that fruit acids are beneficial only in their

organic form as acid salts. Artificially prepared or extracted acids can never produce the wholesome effects of those prepared by nature in the fruits, where they are combined chemically with the alkaline elements. Discriminating health-seekers should therefore avoid artificially flavored or colored drinks, which are more or less injurious, and cannot replace the acid salts of fruits in their organic state. In localities where the drinking water is polluted, fruits and fruit juices are well nigh indispensable, and should not be considered merely a luxury or accessory food.

The principal sweet fruits are dates, figs, muscat grapes and raisins; the sub-acid fruits are apples, apricots, blackberries, blueberries, raspberries, cherries, grapes, peaches, persimmons, plums and nearly all deciduous fruits. The acid fruits are oranges, lemons, grapefruit, limes, pineapples, strawberries, loganberries, cranberries, loquats and tamarinds. If fresh fruits are not available, unsulphured sun-dried fruits should be used. The average amount of carbohydrates, mainly sugar, in dried fruits is about sixty-two per cent, while the average amount of carbohydrates, mainly starch, in flour is seventy-five per cent; in bread only fifty per cent. Besides, the alkaline elements provided by fruits are lacking in breads, flours and cereals.

Electricity by its very nature stands for the principle of action. Its purpose is at once a breaking and making of equilibrium—a destroyer and creator of harmony.



Hence it follows that the presence of fruit in a poison-charged system may start a series of physiological polarizations resulting in the violent breaking-up of chemical affinities by and through the processes of attraction, extraction and destruction to effect an isolation and elimination of systemic poisons.

Fruit by its electric qualities, its aggressiveness and tendency to attack, eliminates by destruction. Thus a baked potato or onion introduced into a poisoned system, by virtue of their magnetic properties, will attract the poisons, and by an absorption into their matrix remove them from the organism; while strawberries or peaches will pursue the alien elements—not to absorb them but to destroy them—leaving the elimination of the poisons to the magnetic carriers of the alkalies in the foods and circulating fluids.

### Vegetables Are Milder

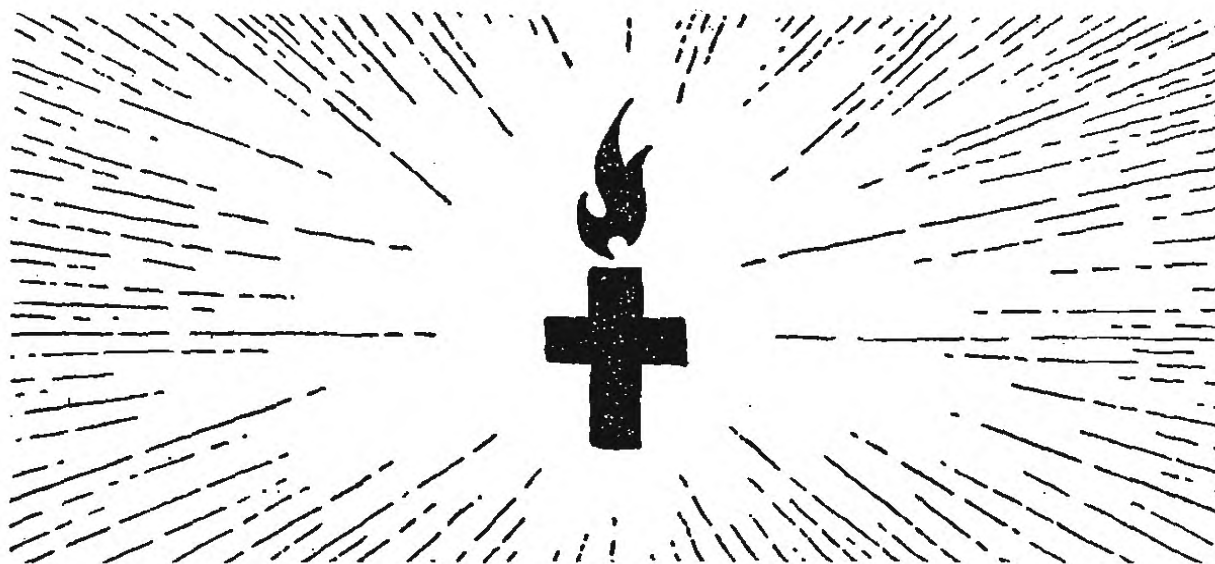
This fact does not present an argument against fruit in the eliminative diet, but is indicated merely to counsel caution and discretion in our usage of fruit. In systems replete with organized poisons, the vegetables—raw or cooked—are safer eliminators than fruits until normal conditions are restored, according to the late Dr. Axel Emil Gibson of Los Angeles.

Where life is most progressive and prolific; where man's appreciation for the beautiful, the basis of fine arts, is best developed—there we find a most varied and abundant cultivation of fruits.

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## Second Coming of Christ

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

*"Go and Sin No More." Why Christ Forgave  
the Woman Taken in Adultery.*

By PARAMHANSA YOGANANDA

### **The Woman Taken in Adultery**

Jesus went unto the mount of Olives. And early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them.

And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst, they say unto him, Master, this woman was taken in adultery, in the very act. Now Moses in the law commanded us, that such should be stoned: but what sayest thou? This they said, tempting him, that they might have

to accuse him. But Jesus stooped down, and with his finger wrote on the ground, as though he heard them not.

So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her. And again he stooped down, and wrote on the ground. And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst.

*When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee? She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.—John 8:1-11.*

In these words Jesus displays highest wisdom, compassion and spiritual skill in handling a most difficult situation. He threw a bomb-shell amidst the sanctimonious hypocrites who hid their own sins and came to condemn the guilty woman and also to implicate Jesus in law-breaking if he dared to show compassion to her and thus ignore the law of Moses. Jesus implied, "You all, being sinners, ought to cast stones and aspersions first at yourselves."

### **Practical Applications**

The above saying of Jesus is applicable to various departments of life, and can be used in the following ways: (1) Only the spiritual man who is free from sin is justified in casting the stone of criticism at the materially minded man in order to awaken him. (2) Any person without sin may cast a stone of warning at a sinful individual. (3) Do not criticize anyone for any fault if you yourself are not free from it. One who is not free from ignorance has no right to criticize another about his spiritual ignorance. If one is not free from any specific sense attachment he ought not to criticize others who happen to possess that weakness. He who does not make social mis-

takes himself is justified to pass remarks about others' errors in regard to social conduct. He who is without business mistakes alone can rightfully criticize business errors in others.

Jesus said, "I, with my divine understanding and divine wisdom, also do not condemn you before God even though you have ignorantly sinned. Henceforth, follow the path of life in righteousness. The Christ Consciousness in me has saved you from reaping the consequences of your adulterous actions. That is why no man nor myself condemns you any more for your past sinful actions. Do not identify your mind with temporary pleasure-producing but soul-joy-devastating, insatiable adulterous habits. For if you repeat your sinful or true joy-killing actions they will grow into a fast habit and you will be compelled to act sinfully against your will. The more you become a sense-slave, the more you will suffer from social, mental, moral, spiritual and physical condemnation. Being caught in the toils of an evil habit, it will be very difficult for you to be forgiven or freed through your own help or the help of others."

*Then Jesus spake again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.—John 8:12.*

"The Christ Intelligence which I behold within me emanates the light or Cosmic Energy out of which the world of matter or the physical cos-



mos has been evolved. The devotee who follows the path of meditation and leads his consciousness through the blissful state of subconsciousness and superconsciousness ultimately arrives at the blessed state of Christ Consciousness. The devotee who succeeds in attaining Christ Consciousness and thus becomes conscious of the presence of his consciousness in all matter and vibratory creation, no longer walks or moves in the darkness or limitations of human consciousness and ignorance, but finds his life force united to the Cosmic Light or Cosmic Energy which is the source of all living creatures and objects in which life is potentially present."

#### **Definition of Spirit**

In the above words Jesus again gives a scientific statement and definition of the Spirit within him. Cosmic Consciousness or God the Father projected cosmic vibration and energy. Then God the Father projected Himself as Christ Consciousness in all vibratory creation and energy. An ordinary soul is conscious of his consciousness and life force as limited by the body; Jesus and devotees spiritually advanced like Jesus find their bodies as the physical cosmos and their lives as the Cosmic Energy which sustains the physical cosmos. They also realize the Christ Consciousness present in all creation as their own consciousness. The words, "I AM" in the above words refers to Christ Consciousness. The "light of the world" refers to the Cosmic Energy which materializes and appears as the physical cosmos.

Many so-called Christians who believe that Jesus was the "light of the world" and follow the intellectually interpreted, theological Christian doctrines, and never meditate, can never truly understand why Jesus called himself the "light of the world," nor do they know what kind of following and spiritual seeking would lead them to achieve the state of Christ Consciousness.

#### **Secret Intelligence**

Jesus already said, "Ye shall seek me, and shall not find me: and where I am, thither ye cannot come." Thus Jesus prophesied about the theology-intoxicated modern Christians who seek Christ in the wrong theological way and do not find him. Because they do not, by meditation, lift their consciousness from the physical plane to the plane of Christ Consciousness, they never reach there.

Theological Christians picture Jesus Christ as limited by a form and the beauties of a human figure, but souls who have identified their consciousness by meditation with the universal, omnipresent consciousness which was manifest in Jesus Christ behold the cosmos as the body of Christ and the energy in it as his life and the secret Intelligence in it as his Christ Consciousness.

It is by worshiping Christ in the self-erected temple of meditation and Self-realization that one can be a true Christian, and be able to bring the Christ Consciousness which was in Jesus to a "second coming" within the devotee's own soul.

*The Pharisees therefore said unto him, Thou bearest record of thyself; thy record is not true. Jesus answered and said unto them, Though I bear record of myself; yet my record is true: for I know whence I came, and whither I go; but ye cannot tell whence I come, and whither I go. Ye judge after the flesh; I judge no man.*

*And yet if I judge, my judgment is true: for I am not alone, but I and the Father that sent me. It is also written in your law, that the testimony of two men is true. I am one that bear witness of myself, and the Father that sent me beareth witness of me.—John 8:13-18.*

"Because I know through divine memory how the consciousness in my body came from the omnipresent Christ Consciousness and that ultimately my consciousness will merge in it, therefore my mind is not limited by the body-identified ego, and I can testify all about my self or the nature of my Christ Consciousness without distorting it by the limitations of the physical ego. Egotistical persons often exaggerate when they talk about themselves. But my Self, being the true Christ Consciousness manifest through my consciousness, cannot exaggerate or speak untruth when it talks about itself. Because you do not know how Christ Consciousness descended in my bodily form, called Jesus, or where that consciousness in it will vanish after its crucifixion, therefore you are judging after the manner of flesh

or worldly judgment and bodily limitations.

### Not Physical Judgment

"The Christ Consciousness in me beholds every man made after the image of the Infinite, therefore I do not judge or measure man according to his physical or mental appearance. Yet, if I use my omniscient Christ Intelligence, I can see how much a soul is identified with its physical, human appearance. Whatever my Christ Intelligence judges about the physical nature of man is true. If my consciousness were alone or isolated from God Consciousness, then my judgment would be limited and subject to error. But since my consciousness is charged with divine wisdom, therefore my judgment about everything is true.

"It is also described in your human law that the testimony of two individuals is held as true. I or my human consciousness manifests the consciousness of my Self or Christ Consciousness present in all vibratory creation. And the Christ Consciousness in me is the manifestation of the Cosmic Consciousness which exists beyond all vibratory creation."

Egotistical persons should not speak about themselves and their merits as they usually exaggerate their virtues. But Jesus said that since he was one with the Father, whenever he talked about himself he would only talk about his Heavenly Father. Therefore, it was entirely proper for Jesus to talk

about himself through his unegotistical divine wisdom.

*Then said they unto him, Where is thy Father? Jesus answered, Ye neither know me, nor my Father: If ye had known me, ye should have known my Father also.*

*These words spake Jesus in the treasury, as he taught in the temple: and no man laid hands on him; for his hour was not yet come.—John 8: 19-20.*

"You have not communed with the Christ Consciousness behind my consciousness, nor with the Cosmic Consciousness, my originator and Father. If you had communed by meditation with the Christ Consciousness within me then you would have known also the Cosmic Consciousness whose only reflection in creation is the Christ Consciousness."

### **In Tune With Creation**

Jesus points out that if a devotee could be in tune with Christ Consciousness in all vibratory creation he would automatically perceive the Cosmic Consciousness existent beyond all vibratory creation.

*Then said Jesus again unto them, I go my way, and ye shall seek me, and shall die in your sins: whither I go, ye cannot come.—John 8: 21.*

"I follow the way as is directed by the Christ Consciousness in me, and some day when I am gone from the earth, you shall try to follow me, but not finding me, you will die with your bad karma and be subject to reincarnation. Unless you

meditate deeply in the present state of your consciousness you cannot comprehend the Christ Consciousness wherein my human consciousness has merged."

*Then said the Jews, Will he kill himself? because he saith, Whither I go, ye cannot come. And he said unto them, Ye are from beneath; I am from above: ye are of this world; I am not of this world. I said therefore unto you, that ye shall die in your sins: for if ye believe not that I am he, ye shall die in your sins.—John 8: 22-24.*

"You souls, being earth-bound, and entangled in material desires, reincarnate in this world of gross vibration from one place to another. My soul came from the finer regions of the astral world of good vibrations. Your souls are tied to this world by earthly desires, but my Spirit, although encased in a body, moving on this earth, still does not belong to this earthly sphere of gross vibrations.

"Therefore, I told you that your souls, although immortal, still will experience several deaths through the law of karma and reincarnation. Your spiritual lives will be dead, buried beneath the sepulchre of your erroneous sinful actions. Because you do not believe that the Christ Consciousness in me is the reflection of Cosmic Consciousness, therefore you will not make the effort to find Christ Consciousness in your own souls. This sin of ignorance in not trying to know the presence of the Universal Christ Consciousness within you will keep your souls



buried beneath self-created sins of ignorance."

In the above words Jesus speaks of ordinary people coming from beneath; that is, worldly people, due to their material karmas, remain re-incarnating from one place to another beneath or under the influence of earthly vibrations.

### Under Earthly Vibrations

The word "above" in "I am from above" means that Jesus came from finer regions of vibration. By saying, "I am not of this world," Jesus signifies that his Christ Consciousness was omnipresent in the whole cosmos and not tied to one point of space called "the world." "Die in your sins" signifies that their spiritual life lay buried beneath the sins of ignorance.

When Christ uses the words, "I am He," he is using those words which have been used by master minds of India who have lived before and after the time of Jesus.

Swami Shankara (Shankaracharya) uses the word, *Soham*, often in his writings to signify "I am He."

Materially-minded people often uttering, "I am He", may develop egotism instead of God-consciousness. In reality all souls can say, "I am He" but it is better to say, "I am He", when one has consciously reestablished his identity with God. The ocean can exist without surface waves but the waves cannot exist without the ocean. God can exist without creation or the living creatures in it, but they cannot exist without Him. It is an error for the wave to think, "I am

the ocean." It is better for ordinary people to say, "God is myself" than, "I am He." Souls who have attained Christhood can say, "I am He." What Jesus meant by "I am He" was that the Christ Consciousness which he felt within himself was one with Cosmic Consciousness. Jesus felt, "My consciousness in all vibratory creation is one with Cosmic Consciousness beyond all creation."

When Jesus said, "For if ye believe not that I am He, ye shall die in your sins," he meant that those that are identified with their bodies and do not meditate cannot know that the soul is the reflection of the Spirit (I am He). Divine souls who live on earth identified with Cosmic Consciousness create no human desires or karma and thus, at death, become one with Spirit. But souls who live on earth unaware of the Divine Image in them create earthly karma or sins. When they die with those unfulfilled earthly desires they must re-incarnate again to fulfill them.

*Then said they unto him, Who art thou? And Jesus saith unto them, Even the same that I said unto you from the beginning. I have many things to say and to judge of you: but he that sent me is true; and I speak to the world those things which I have heard of him. They understood not that he spake to them of the Father.—John 8: 25-27.*

"I told you from the beginning that 'I am He' and of truth I am that. I have many truths to declare

unto you and according to the standard of my intuitive wisdom, I have to pass judgment about your conduct and life in general. And I declare unto you that the great God who appears invisible and thus unreal to you all truly exists. He is untrue to you because you cannot perceive Him through your sensation. But through the testimony of the infallable intuition within me I know He exists. Sense perceptions and the senses give you the knowledge of the appearance of things, but the intuition within you can give you the knowledge of the Substance behind all appearances. All the words of wisdom which I utter are the emanations of Cosmic Vibration which come from the Infinite."

*Then said Jesus unto them, When ye have lifted up the Son of man, then shall ye know that I am he, and that I do nothing of myself; but as my Father hath taught me, I speak these things. And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him. As he spake these words, many believed on him.—John 8: 28-30.*

"When by deep meditation you will lift your consciousness from the son of man or physical body, then you will be able to realize the universal Christ Consciousness which is present within you and me. Realizing that, you will further perceive that Christ Consciousness within you and me as the reflection of the Cosmic Consciousness. And when you realize the Christ Consciousness

within yourself and myself then you will know that you and I perform no bodily nor mental actions actuated by the ego or human consciousness. As my Father or Cosmic Consciousness has transmitted His wisdom to the Christ Consciousness in me, so my consciousness reveals that wisdom alone.

"The Cosmic Consciousness which projected and materialized my body is with me just as the ocean which projects the wave sustains it by remaining behind it. Just as the wave cannot remain by itself but is maintained by the ocean which remains behind it, so the Heavenly Father has not isolated my body from Him but always remains behind my consciousness sustaining it. Those that are tuned to their human desires guide their bodies and minds according to the dictates of those impulses. But my consciousness is continuously aware of the presence of the Father in me, thus my human consciousness always manifests those actions which please the Father and are in tune with His wishes."

*Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.—John 8: 31-32.*

"If you will continue to meditate on the Cosmic Vibration (as heard in meditation with closed ears) and the Christ Consciousness in it, then indeed you can consider yourselves my disciples, disciplined and guided

by my word or Christ Consciousness within you. And it is by keeping your consciousness tuned with the Cosmic Vibratory Sound and Christ Consciousness within you that you will be able to know the truth about yourself, all life and the cosmos. When you will be able to keep your consciousness tuned to Christ Consciousness, you will no longer identify yourselves with human desires and human karma, thus freeing your soul from delusion and reincarnations."

By "continue in my word," Jesus advised his listeners to continuously meditate on the words of his wisdom about the technique of contacting Cosmic Vibratory Sound and the Christ Consciousness in it, thus becoming his real disciples.

Jesus talked to the populace in parables to awaken their curiosity for truth, but to the disciples he taught plain truths and technique of meditation. St. John, in *Revelation* 1: 10, distinctly speaks of the technique by which he contacted the Spirit as the Cosmic Sound ("I was in the Spirit on the Lord's day and heard behind me a great voice, as of a trumpet.") The trumpet refers to the Cosmic Sound emanating from the Cosmic Vibration.

Hence it is evident that ignorantly believing in the words of Christ does not make one a Christian. Anyone who aspires to manifest the Christ Consciousness which was present in the mind of Jesus must be a true disciple. A true disciple is he who continues to feel Christ Consciousness in his daily life. One

who feels Christ Consciousness is in tune with all creation and knows the truth about himself and all life; knowing that, he is no longer guided by ignorance, and becomes free from the law of karma and reincarnations.

*They answered him, We be Abraham's seed, and were never in bondage to any man: how sayest thou, Ye shall be made free? Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin. And the servant abideth not in the house for ever: but the Son abideth ever. If the Son therefore shall make you free, ye shall be free indeed. I know that ye are Abraham's seed; but ye seek to kill me, because my word hath no place in you. I speak that which I have seen with my Father: and ye do that which ye have seen with your father.—John 8: 33-38.*

"With the certainty of the truth which I intuitively feel within myself, I declare unto you that anyone who performs erroneous or sinful actions against the happiness of his soul creates sinful habits. Any individual working under the influence of a strong, sinful habit becomes its servant, dwelling in the bodily house.

"But even if an individual remains the servant of a sinful habit in his bodily house, still he should remember that the servant of sinful consciousness cannot forever occupy the mansion of the soul (body). Sinful habits, no matter how strong, can only temporarily



occupy the mansion of the soul. Every individual enslaved by sinful habits must remember the Son or Christ Consciousness is the real Master-Creator who remains forever in the temple of the soul. Any devotee who knows that Christ Consciousness or the Son (and not sin) occupies the temple of the soul and tunes his consciousness with Christ Consciousness becomes free from all human karmas. Therefore, if you know me as the Christ Consciousness present in you, that consciousness will free you from all human bondage, and through the exercise of your own volition you will indeed find freedom from cosmic delusion."

---

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"No greater thing could come to our land today than a revival of the spirit of religion,—a revival that would sweep the homes of the nation and stir the hearts of men and women of ALL FAITHS to a re-assertion of their belief in God and in their dedication to His will for themselves and for their world. I doubt if there is any problem, social, political, or economic, that would not melt away before the fires of such SPIRITUAL AWAKENING."—*President F. D. Roosevelt.*

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If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in Heaven.  
—*Matt. 18:19.*

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# SCIENTIFIC DIGEST

## REPORT 'LIGHTNING' AS A BRAIN ACTIVITY

A new kind of electrical brain activity was reported recently before the closing session of the Federated Biological Societies.

It is miniature lightning, Dr. B. Libet and Dr. R. W. Gerard of the University of Chicago declared, because a single cell builds up an electrical charge similar to the charges developed in thunderstorm clouds and then shoots it off to an adjoining cell like a thunderbolt striking the ground.

This method of transmission of electrical energy, which is apparently vital in the magnetism of body cells, was entirely different from the nerve impulses, they said. In the nerves electrical currents travel along them in the same way that electric power is carried by wires. The lightning action of cells, however, is an electrical bond throughout the body which keeps all of them working together.

The electric charges were only one-millionth of a volt or less, but they performed the same as million volt potentials of current, Dr. Libet said. In experiments on the isolated brains of frogs they proved that such charges moved across the brain in waves and were transmitted even though the nerves which transmit sensation were cut or blocked by drugs.

Further study of these electrical currents was expected to aid materially in determining the points in the brain where the activity originated and how it spread to control functions of the body, Dr. Libet added.

### *New Test on Nerve Cells*

Dr. D. W. Bronk of the University of Pennsylvania stated that recent experiments on nerve cells, in which these were stimulated by electrical currents forty times per second, showed that they would continue to shoot out impulses for several seconds after the stimulation was stopped. Then the nerve cells would quit and refuse to respond to excitation until they had rested for a brief period.—A. P.

## FINAL LINK FOUND IN VAST CREATION OF ENERGY IN THE SUN

Experiments at Cornell University have provided the last link in the chain of experimental evidence solving the mystery of the sun's apparently inexhaustible store of energy which keeps life on earth going.

This final step in an astrophysical research conducted by Professor H. A. Bethe was reported recently by him and Dr. M. G. Holloway, his collaborator, at the closing sessions of the annual Washington meeting of the American Physical Society.

Several years ago astrophysicists figured out that the sun, in sending out light and heat to the earth, burns up about 4,000,000 tons of its mass a second. At this rate the sun should have burnt itself out in a few thousand years, whereas the calculations show that it has been radiating for at least 5,000,000,000 years, and, in the manner of the Biblical bush, still keeps burning without being consumed.

### *Theory of Solar Energy*

While it had been assumed that the sun somehow utilized its enormous store of atomic energy, the first satisfactory physical explanation of the processes was provided at the end of 1938 by Professor Bethe, who received the \$500 prize of the New York Academy of Sciences for his paper on the origin of solar and stellar energy.

His explanation consisted of a theory, based on physical and mathematical calculations, involving six different atomic reactions in which the carbon and hydrogen in the sun played the "stellar" role in the release of atomic energy.

According to the theory, the carbon in the sun constituted a veritable "Cosmic Phoenix," forever being devoured in flames of hydrogen, and yet resurrecting itself in its full original state every 52,550,000 years, to start the cycle all over again.

### *Six Steps in Laboratory*

While the hypothesis was accepted as consonant with known facts, physicists set to work devising experiments in the laboratory in ef-

forts to repeat on a small terrestrial scale the vast atomic interactions which, according to the Bethe hypothesis, keep the sun and the planets going.

Professor Bethe himself and his associates at Cornell have succeeded in devising experiments in which the first three of the six steps in the sun's atomic process have been repeated on a laboratory scale.

Recently two British scientists, Drs. Curran and Strothers, of Cambridge University, England, have proved the fourth step in laboratory experiments. More recently the fifth step in the process received experimental corroboration in Dr. Bethe's laboratory.

Drs. Holloway and Bethe reported recently on laboratory experiments proving the crucial sixth and final step, thus completing the chain of experimental evidence and definitely establishing the existence within the sun, and all other stars as well, of a "Cosmic Phoenix" that rises out of its ashes and keeps life on earth a going concern.

### *Revision of Time for Cycle*

The experiments in England necessitated revising the time for the fourth step in the atomic solar cycle. They reduced Dr. Bethe's original calculation of 50,000,000 years to only 4,000,000, thus diminishing his original total six-phase cycle for the "Phoenix" from 52,550,000 years to 6,550,000, with another relatively minor correction for the period of the sixth phase in the cycle.



The newest figures, Dr. Bethe stated, removed two serious objections that had been offered by astrophysicists to the original calculations. According to the figures, fully 10 per cent of the mass of the sun consisted of nitrogen and carbon, with the proportion of the nitrogen being greater than that of the carbon.

These percentages, Dr. Bethe said, were contested by the astrophysicists on the ground that the evidence in the spectrum showed that only 1 per cent of the sun's mass consisted of nitrogen and carbon, the two being about equally divided.

The two objections, Dr. Bethe pointed out, had been removed by the findings of the British scientists, the reduction in the time of the fourth phase showing a much quicker turnover in the atomic interactions between the carbon and the nitrogen, with only about a tenth of the originally calculated amount of these two elements required to accomplish the same energy output.

The removal of the only serious objections to the original hypothesis was said to establish it conclusively on a firm experimental basis, making it fit the observed facts in every important aspect.

#### *Progression of Six Phases*

The six phases of the cycle by which the sun keeps itself burning without completely exhausting itself were explained by Professor Bethe as follows:

In the first phase of the cycle, the hydrogen in the sun, in a highly

excited state, attacks the carbon. The heart of the hydrogen atom, or the proton, crashes into the heart of the carbon atom, which contains six protons and six neutrons, thus having a total atomic weight of twelve.

The added proton to the six protons of the carbon converts the carbon into nitrogen of atomic weight 13, with seven protons and six neutrons in its nucleus.

In the second phase, the nitrogen 13 radiates a positive electron, leaving behind carbon once more, but a carbon of atomic weight 13, with six protons and seven neutrons in its nucleus. This is because a proton becomes a neutron when it loses its positive charge.

In the third phase, the hydrogen attacks the carbon of mass 13, the hydrogen's core (proton) entering the carbon's nucleus and thus forming nitrogen of atomic weight 14 (ordinary nitrogen).

In the fourth phase, this transmuted nitrogen of mass 14 is also attacked by hydrogen, adding another proton and thus creating oxygen of mass 15, having eight protons and seven neutrons in its nucleus.

In the fifth phase the oxygen of mass 15, being unstable, emits a positive electron, leaving it with only seven positive charges. This converts the oxygen of mass 15 to nitrogen of the same mass.

#### *Restoration of Carbon*

In the sixth phase, the nitrogen of mass 15 is attacked for the last time by the highly excited hydrogen

atoms in the bowels of the sun. At this point a miracle happens.

The addition of an extra positive charge, or proton, to the nitrogen of mass 15 gives the nucleus eight protons and eight neutrons. Such an atom, of course, is ordinary oxygen.

However, instead of the atom remaining in this state, it splits up into two parts, one containing two protons and two neutrons, while the other has the balance of six protons and six neutrons.

Now an atom containing two protons and two neutrons is helium, while an atom of six protons and six neutrons is carbon. In other words, the sun had eaten its carbon and has it, too, the same amount of carbon that 6,550,000 years previously had been attacked by the hydrogen atoms and turned into nitrogen of mass 13.

At this stage the "Cosmic Phoenix," having risen out of its ashes, is once more attacked by the hydrogen to begin the cycle all over again.

#### *How Energy Is Released*

The four hydrogen atoms which attacked the "Phoenix" during the cycle have been converted into helium and have lost two of their positive charges and also part of their mass. This part of the lost mass of the hydrogen is what is converted into the energy that keeps the sun radiating.

The energy of the sun is thus obtained by the gradual burning up of its vast amount of hydrogen gas,

with the carbon merely acting as the agent for the release.

The amount of the atomic energy contained in the sun's hydrogen is so vast, Professor Bethe pointed out, that it would keep the sun radiating for another 12,000,000,000 years. — Wm. L. Laurence in *The New York Times*.

—❖—❖—❖—  
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# NEWS OF THE CENTERS

## INNER CULTURE NOW A QUARTERLY

Due to war-time conditions, and difficulties in reaching the Self-Realization Fellowship students all over the world, publication of INNER CULTURE, starting with the present Summer Issue (July-August-September, 1940) will take place QUARTERLY (once every three months) instead of monthly.

Sixteen more pages have been added to INNER CULTURE, starting with the present number, in order to accommodate more articles in each issue.

Readers who have paid for yearly subscriptions will receive their correct number of issues, extending over a longer period of time.

The new price is One Dollar a Year—25c a Copy.

## YOGODA SAT-SANGA ACTIVITIES IN INDIA

Paramhansa Yogananda sends his special blessings to Nalini Mazoomdar (Bama) for his many successful activities in connection with Yogoda Sat-Sanga Society (Self-Realization Fellowship) in India. He has rendered valuable service in publicity and health work and in organizing a medical department.

*Amrita Bazar Patrika*, leading Indian newspaper, recently carried the following news items:

"Before a gathering of over two thousand persons, Khwaja Sir Mohammed Noor opened the Second Annual Health Exhibition at the Yogoda Sat-Sanga Ashram at Ranchi.

"Various kinds of physical feats, including sword and *lathi* play, muscle control, and *ju-jitsu* were demonstrated, receiving much appreciation from the audience.

"On the next day, which was reserved for the ladies, a Baby Show with prizes, cinema demonstrations on preventive diseases, maternity problems and child welfare were held."

"It may be noted here that the first health festival at the Indian National Congress Exhibition at Ramgarh was held at the instance of the Yogoda Sat-Sanga Society Medical Department, which has been engaged in serving the public by free distribution of medicines, first-aid service and medical advice. The meritorious service of Dr. S. N. Pal and Mr. Sashi Basu Mallik need mentioning. Dr. S. K. Basu and Dr. Jadugopal Mukherji also help this department with their constant sympathy and cooperation.

"The untiring efforts of Mr. Nalini Mohun Mazoomdar, organizer of the Exhibition, Mr. Nalini Sen, Brahmachari Santananda, Brahmachari Shivananda and Mr. Ananda Mohun Lahiri have



been responsible in making the function a great success.

"The demonstration of physical feats and yogic marvels under the Yogoda Sat-Sanga school was conducted by the able physical director, Mr. Krishnakali Banerji."

### **SRI DAS IN DULUTH**

Sri R. K. Das, traveling lecturer of the Self-Realization Fellowship, is conducting classes at Hotel Duluth in Duluth, Minnesota at present.

Yogacharya Sri Khagen is giving lectures in Fresno and San Francisco.

### **"SWEET WATERS"**

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## JAPANESE POETRY

Poems 1500 years old are still recited in Japan. Most Japanese verse is in a fixed form of five lines, the rhythm being an alternation of lines of five and seven syllables. Oswald T. Tuck writes in *The Asiatic Review*:

It is in this very restriction that the poet shows his art. It is not in the luxuriance of diction of a Shelley or in the galloping anapaests of a Swinburne or in the golden length of Milton and Browning that a Japanese poet shows his art. It is rather in compression and economy. Even the thirty-one syllabled poem is felt by many poets to be too long, and in the last 400 years poets have been writing *haiku*, which are the tiniest of tiny poems, just three lines of five, seven, and five syllables.

On this cool eve  
Is the moon asleep  
Down there in the water?

In the original, leaving out the particles, which in other languages are mostly represented by case-endings, we have only five words. But the poem gives us a whole idea: of a calm, clear summer evening, of peace, of a mind at rest. The artist shows us something perfect and beautiful; but he is not content with that: he suggests more than he shows. It is what he does not tell us that we are to feel: the appeal is not so much to our senses as to our imagination. He opens for us magic casements and directs the eyes of the soul to share his vision. He makes us poets ourselves. Probably, for this reason, the Japa-

nese poet carefully shuns prolixity.

The little poem about the moon on the water would most probably be expanded by a Western poet into a long soliloquy about the calm of the evening, the quiet sky, the pool so smooth, so free from ripples as to reflect the golden effulgence of the great harvest moon. He might even tell us about the companion with whom he shares the beauty of the scene. But would this expansion really tell us more than the five words of the original? I think it would tell us less; for it would leave little for the listener to fabricate from his inner self, and would degrade him from his role of imaginative poet into nothing but a dull recipient of information.

Among the very first poems to be recorded in writing is a poem of the cherry blossom:

The time of the cherry blossoms  
Is not yet past,  
Yet now they ought to fall  
While the love of those who look  
on them  
Is at its height.

It is pain to the poet to think that the beauty of the flowers may wane: how much better to remember them only in the pride of their prime. It is this feeling that has resulted in the adoption of the cherry blossom as the symbol of the armed forces of Japan: soldiers have it on their buttons and naval officers on their caps. They are like the cherry blossoms ready to die and fall in the bloom of their youth. Our own poet has said: "They shall not grow old, as we who are left grow old."

# Questions and Answers

By PARAMHANSA YOGANANDA

## Truth in Scriptures

**Question:** How can I find truth and realization in the scriptures?  
—R. A. S.

**Answer:** The followers of every religious belief claim their Bible to be of divine origin, but how are you going to find out which book represents truth? The number of followers is not the proof. Also, the belief in the Christian *Bible* or the Hindu *Vedas* cannot establish the immutable universal nature of the principles inculcated in them.

Of course, by reading and hearing sermons from the *Bible* and *Vedas* you can find certain moral advice and suggestions of right human conduct which can benefit all races for all times, but that does not prove the deeper truths mentioned in them. All students interpret the Christian *Bible* according to their own degree of development and power of reasoning. That is why there are so many beliefs formed out of the universal teachings of Jesus Christ.

Every theory and belief must first be studied and then its truth put into practice. Belief alone is not safe, for it produces the ignorance of false satisfaction born of dogma. It crumbles at the storm of reason.

Scepticism is refusal to investigate further. It is self-inflicted punishment. Contempt for anything without investigation is the sign of a deluded person who will come to grief sooner or later.

Real inner Christ teachings cannot be understood through the testimony of others, or by listening to their interpretations. They can only be grasped by testing them directly by the power of intuition. That which cannot be perceived through the senses cannot be inferred through reason.

Sacred and inspiring books are helpful in stimulating the desire for realization if a little at a time is assimilated. Otherwise, overstudy of books produces vanity and false satisfaction. Followers of the Hindu and Christian teachings should build their faith on the unshakeable rock of realization.

The sage Patanjali, the founder of the Yoga system in India, who lived several centuries before Christ, said that the so-called authority of the scriptures is not proof of their truth, because the scriptures, no matter who propounds them, must be received through the sight, hearing and limited imagination and reasoning powers of the reader.



To find out the truth about the pure universal teachings of the scriptures, undiluted by the limitations of our opinions, one must live it. Each phase of intellectual study of the scriptures must be substantiated by corresponding realization; then a little more should be read and realized, and so on.

God-realization comes first. Books and everything else are of secondary importance. Find God and everything else will be added—all wisdom, all prosperity, all beauty. Get the Tree of all life and you will have all its fruits.

Realization comes from constant, deep meditation, with ever-searching activity to convert theory into solid knowledge through practice. We must find the truth separated from the language and limitation of the expressions used by its proponent.

### Developing Will Power

*Question:* How can I use my will power for success?—M. T.

*Answer:* The human brain is the storehouse of life energy. This brain energy is constantly being used up in muscular movements, the working of the heart, lungs, diaphragm, cellular metabolism, chemicalization of blood, and in carrying on the telephonic sensory motor system of the nerves. Besides this, in thinking, feeling and willing, a tremendous amount of brain energy is required.

Everything that you see in this world is the result of will power, but it is not always used consciously. There are mechanical will and

conscious will. Only by using your conscious will power rightly can you contact God's will, which is guided by wisdom. If you tune your will with wisdom, it is God's will by which you are being guided, but God's will often becomes buried beneath the conflicts of human life and we do not see His will for us.

When Jesus said, "Let *Thy will* be done," what did he mean? He meant that when you tune your will with God's will, which is guided by wisdom, then you are using divine will. You will not know what divine will is until you have developed your own will. This divine contact is gained through meditation.

You must never use blind will and you must be sure that your will power is used constructively, not for harmful purposes or trifling things. Always be sure that what you want is right for you to have, then use all the forces of your will power to accomplish your object, all the time keeping your mind on God. No other desire must be in your heart but to know God; then all things will come to you.

To create dynamic will power, determine to do all the things in life that you thought you couldn't do, and devote your entire will power to accomplishing one thing at a time. Be sure that you have made a good selection, then refuse to submit to failure. Use your will power to perfect yourself in this life. You must depend more and more upon the mind because mind is the creator of your body and your circumstances.

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"I feel impelled to write you of events which have transpired since receiving your kind letter. You will remember that we were interested in selling our home so that we might utilize the money toward the purchase of another home better suited to our present needs. It is a great joy and pleasure to tell you that our home was sold a few days after asking for your help, and with the equity we earned in it, we were able to make the down payment on our new home.

"The new home is a lovely place with sunny spacious rooms and broad windows. We shall maintain

this home to the glory of God. I have mentioned the windows—they are very large and of unusual interest. As I washed and polished them my heart echoed and reechoed the beautiful verse on the face of the Horn of Plenty Bank, 'Prove me now herewith, saith the Lord, if I will not open the windows of heaven and pour you out a blessing that there shall not be room enough to receive it.' Truly they do seem to me to be like the 'windows of heaven'."—*D. H., Mass.*

"I have eighteen more days before completing my Horn of Plenty Bank. We have been helped financially through your prayers and I thank you very much. For a while my husband had more work than he could take care of. Keep us on your prayer lists."—*S. D. W., Wash.*

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# *\*Diet and Health\**

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## SUMMER TIME SUGGESTIONS

### Banana Malted Milk

- 2 tablespoons Malted Milk powder
- 1 cup milk or soy milk
- 1 ripe banana
- 1 teaspoon honey or yellow crystal (remineralized unrefined) sugar

Mix with beater and serve cold.

### Log Cabin Temptation

Take two bananas; peel and cut in half lengthwise. Lay two banana halves about  $3\frac{1}{2}$  inches apart. Lay the other two banana halves across the first two, log-cabin fashion.

Fill space left in center with any compatible fresh fruit salad mixture in season and sprinkle salad with pecan meal (grated pecans.) Press a halved pecan in center of each banana section and garnish edge of plate with dates.

### Colorful Salad

On a round dinner plate, put a bed of lettuce mixed with French Dressing. Put rings of green pepper into outer circle, separating each ring with a spray of parsley. Into each ring of pepper place a ripe olive.

Have sliced cucumbers as the next circle; on this lay the next circle of sliced and halved tomatoes

(scalloped fashion), or quartered tomatoes lapping over the cucumbers; place a small pattie of cottage cheese in center and a spray of parsley over this. Pass French Dressing separately, or mayonnaise if preferred.

### Carrot Loaf

- 1 cup ground carrots; 1 cup bread crumbs,  $\frac{1}{3}$  cup chopped nuts; 1 egg; 1 small onion;  $1\frac{1}{3}$  teaspoonful powdered celery.

Mix in order given. Shape into loaf and put in a well oiled baking pan and steam in oven for 45 minutes at low heat. Serve with any preferred nut butter sauce, i. e., nut butter diluted with water to the desired consistency.

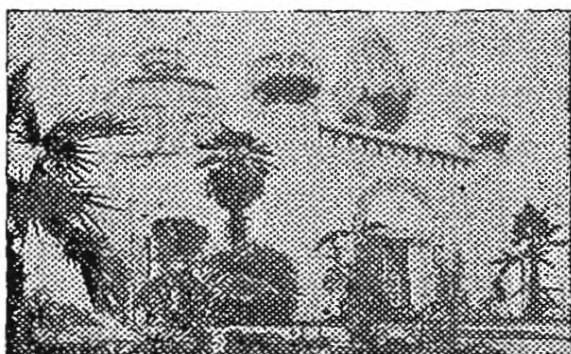
### Fruit Chews

- 1 cup pitted bread dates
- $\frac{1}{2}$  cup seeded muscat raisins
- 1 cup shelled walnuts

Grind fruit and nuts together, and knead into rolls or cakes.

### Beet and Bean Salad

Use equal parts of diced, cooked beets and cooked string beans. A little minced onion may be added if desired. Serve on nest of shredded lettuce with French Dressing or mayonnaise. Radish roses may be used as garnish.



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## HEALING SERVICE AVAILABLE TO ALL



Divine Prayer vibrations are sent out daily by Paramhansa Yogananda and a group of trained divine healers. Praecepta students, readers of *INNER CULTURE*, and friends of the Self-Realization Fellowship who desire help in solving problems of health, finance, or adjustment of personal and domestic relations may avail themselves of this help by writing or telegraphing to Self-Realization Fellowship, Personal Problems Department, 3880 San Rafael Avenue, Los Angeles, California, stating their name and address and the nature of their difficulties.

### TITLE OF "PARAMHANSA"

The English equivalent of *Paramhansa* is "Master."

The title *Paramhansa* supersedes the title of *Swami*. The followers of Yogananda's teachings now address him, in accordance with his Guru Sri Yukteswarji's wishes, as *Paramhansa* (or *Paramhansaji*. It is a term of respect in India and is always used when addressing a spiritual teacher, as Guruji, Yoganandaji, Mahatmaji, Swamiji, etc.)

The title of *Paramhansa* was bestowed on Yogananda when he visited his Guru in India in 1936.

## BOOKS WANTED FOR LIBRARY IN INDIA

A great library in India, for the Calcutta Students' Home and the coming World-Colony in Bengal and the Ranchi Yogoda Sat-Sanga School of the Self-Realization Fellowship, is desirable. An appeal is hereby issued to all members and friends of the Fellowship in America to donate books with an educational value for this purpose.

Dictionaries and encyclopedias, reference books, books on science, philosophy, history, drama, art, religion, English language, mathematics, dietetics, and health, also bound periodicals, maps, atlases, etchings, oils and busts will be welcome for this important library.

Please address such parcels of books to Self-Realization Fellowship, India Library Secretary, 3880 San Rafael Ave., Los Angeles, California.

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# Directory of Self-Realization Fellowship Centers

(Affiliated with Yogoda Sat-Sanga Society of India)

*Paramhansa Yogananda, President*



## Los Angeles, California

**WESTERN HEADQUARTERS of THE SELF-REALIZATION FELLOWSHIP** (Yogoda Sat-Sanga Society), Mount Washington Center, 3880 San Rafael Avenue. Phone: CApol 0212. Founded by Paramhansa Yogananda in 1925.

Free Public Lecture by Paramhansa Yogananda every Thursday at 7:30 p.m. Take northbound "W" car, or "Highland Park" bus on Hill St.; get off at Avenue 41, where autos will be waiting to take you up the hill to the Center, from 6:30 to 7:25 p.m. on Thursdays.

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Room and board are available by the month, week or day at this Center.

## Encinitas, Calif.

**GOLDEN LOTUS TEMPLE OF ALL RELIGIONS**, (100 miles south of Los Angeles). Phone: Encinitas 218. Sunday services at 11 a.m., conducted by Paramhansa Yogananda and eminent speakers. All welcome.

**HERMITAGE**. Visitors wishing to see the grounds and ocean view are welcome at the Yogoda Hermitage at Encinitas on Sundays between the hours of 3 and 5 p.m.

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## \*Santa Barbara, Calif.

Meetings each Thursday at 8 p.m. at 29 E. de la Guerra St. Meditation on Sundays at 7:30 p.m. Associate Teacher, Mrs. Lloyd Briggs, 1740 Prospect Ave. Phone 27984.

## \*Gardena, Calif.

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

## \*Fresno, Calif.

Conducting Teacher, Dr. George H. Sciaroni; Associate Teacher, Mr. Charles Klint; Secretary, Ellen Hinkle. Meetings at Pacific Southwest Bldg., 1060 Fulton St., Room 1410, each Wednesday at 8 p.m. Phone 2-5181.

## \*San Francisco, Calif.

Conducting Teacher, Yogacharya Sri Khagen, 450 Geary St., Room 206. Center is open daily from 1 to 3 p.m. Sunday services at 11 a.m. Classes on Tuesday, Wednesday, and Friday, at 8 p.m. Phone: PR. 6909. Secretary, Mrs. Helen Malnburg. Treasurer, Mrs. Roena M. Mathson.

## 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.

**Boston, Mass.**

**First Self-Realization Fellowship Center in America**, founded by Paramhansa Yogananda in 1920. Services each Sunday at 11 a.m., open to the public. Class meetings each Thursday at 8 p.m. All meetings held at 543 Boylston St., Cluny Bldg.

Conducting Teacher, Dr. M. W. Lewis, 123 Orchard St., Suite 37, West Somerville, Mass. Assistant, Arthur W. Smith. Corresponding Secretary, Miss Ellen MacTwiggan, 158 Summer St., Somerville, Mass.

**\*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. Treasurer, Mr. John Fuerth, 804 W. 180th St., N. Y. Secretary, Mr. John Edward Mulligan, 136 E. 208th St., % Chandler Apt. 4-G, Bronx.

**\*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 431 So. Wabash Avenue.

**\*Rockford, Ill.**

Meetings each Wednesday evening, 8 o'clock, Nelson Hotel, 306 S. Main St. Secretary, Mrs. Victoria Sundgren, 1913 18th Ave. Treasurer, Mr. Bruce Legell; phone Main 3592.

**\*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.

**ADI-SANAT**, Self-Realization Fellowship Church, 6445 N. Biscayne Blvd. Conducting Teacher, Yogacharya Praetorius. Secretary, Lucille Andre. Services Sundays at 11 a.m. and 8 p.m. Classes on Wednesdays at 8 p.m.

**\*Detroit, Mich.**

Meetings each Thursday at 8 p.m., at the home of Mrs. Maude Emerson, 49 Orchestra place. Phone, Columbia 3737.

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

Meetings each Wednesday at 8 p.m., Y.W.C.A. Bldg., 1411 Locust St., Room 204. Secretary, Miss Esther Robinson, 5208 Delor St. Treasurer, Miss Bertha Kleinberg, 4976 Rosalie Ave.

**\*Des Moines, Iowa**

Meetings each Thursday at 8 p.m., Y.M.C.A. Bldg., 4th and Keosauqua Way. Chairman, Mrs. Marshall McCleary. Treasurer, Mr. Carl Bertelsen. Secretary, Miss Elsie L. Dachroth, Hotel Fort Des Moines.

**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.

**\*Canton, Ohio**

Conducting Teacher, Mr. L. K. Whittemore, 415 Wells Ave., S. W. Phone 3-6912. 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. Secretary, Miss Otilia F. Flamm, 329 N. Wilkinson St. Meetings each Thursday at 8:30 p.m.

**Minneapolis, Minn.**

Meetings at Y.M.C.A. Building, on Sundays, 8 p.m., open to the public. Class on Wednesdays at 8 p.m. Secretary, Miss Virginia Newhall, 335 Loeb Arcade. Associate Teachers: Mrs. Martha Jaeger and Miss J. Sverkerson.

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

Meetings each Monday evening at Y. W. C. A. Chapel, 123 W. 5th St. Secretary, Mr. George Young, 1476 Osage St.

**\*Milwaukee, Wis.**

Meetings each Sunday at 11 a.m. Class meetings each Wednesday at 8 p.m. Fine Arts Bldg., 125 E. Wells St., 2nd Floor.



#### Indianapolis, Indiana

Conducting Teacher, Sri Ranendra Kumar Das, 381½ Pennsylvania Street, Penn. Bldg., Rm. 408; Sunday services at 11 a.m. Class, Fridays at 8 p.m. Lending Library. Associate Teachers, Mrs. Chas. Hoffman and Miss M. Eckhardt.

#### Salt Lake City, Utah

Conducting Teacher, Mr. M. W. Nabrotsky, 968 Blain Ave. Secretary, Mrs. Mary Paul. Meetings each Sunday at 11 a.m. at Hotel Newhouse.

#### \*Denver, Colorado

Conducting Teacher, Frederick H. Wadley, 3428 Colfax Ave. A. Secretary, Mr. G. F. Bateman, 1393 S. York St. Treasurer, Mr. C. C. Norton, 1325 So. York. Meetings each Thursday at 8 p.m. at Y.W.C.A. Bldg.

#### \*London, England

Self-Realization Fellowship Center, Conducting Teacher, Mr. Roland T. Hunt, address % Mr. W. A. Johnson, St. Mary's Mount, Bexley, Kent. Center meetings held at 45 Gloucester Place, W.1, London.

#### Tukuma, Latvia, Europe

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

#### Johannesburg, South Africa

Representative, Mrs. Elizabeth Schulman, 84 High St., Rosettenville.

#### 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. Patrons: 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.

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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.

#### Lakshmanpur, Bihar

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The Golden Lotus Hotel, which adjoins the grounds of the Self-Realization Fellowship Hermitage and Golden Lotus Temple at Encinitas, California, has recently been acquired by the Fellowship. It has been newly painted and renovated. Improvements in the grounds include a pleasing palm tree grove.

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