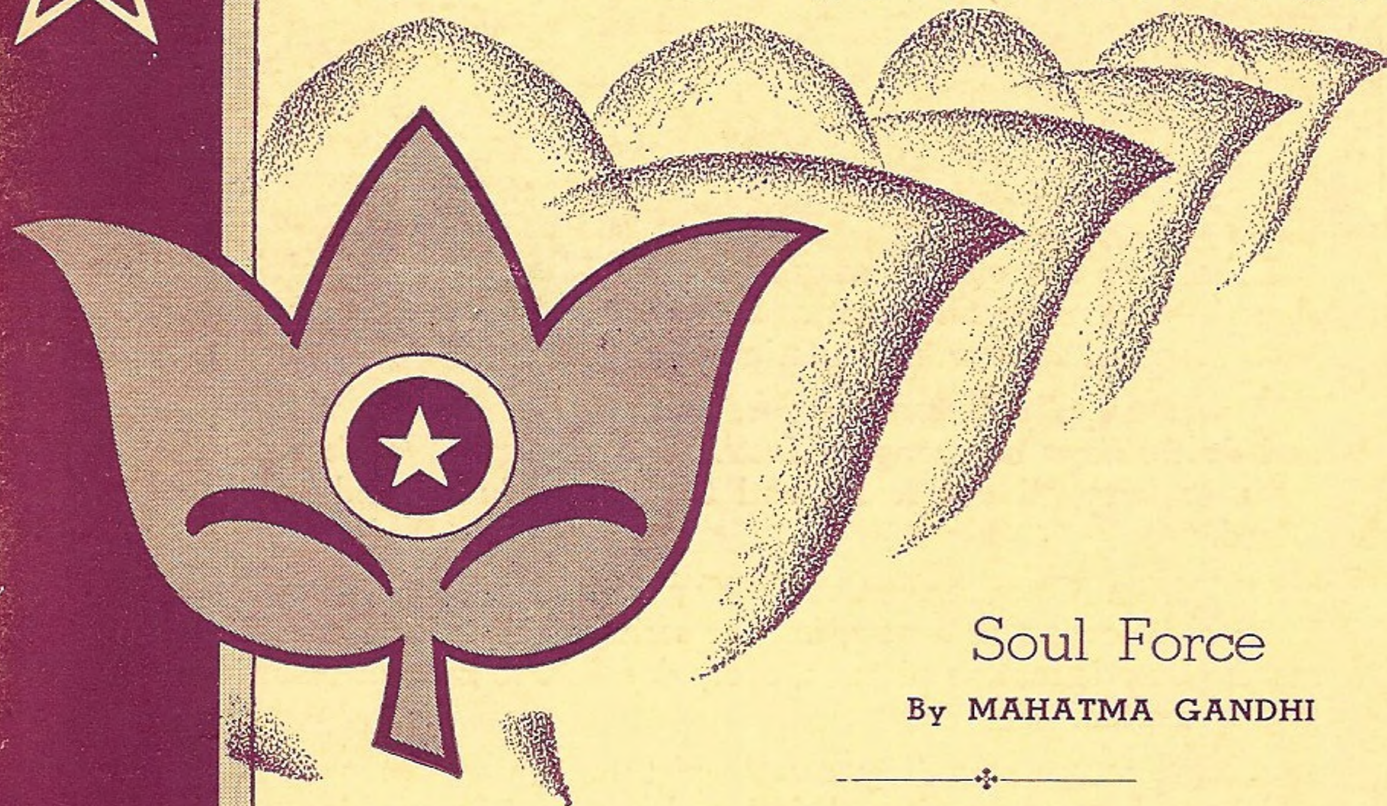


INNER CULTURE

FOR SELF-REALIZATION



Soul Force

By MAHATMA GANDHI

Why All Emancipated Sages Stressed
the Need for Active Service

LIGHT FROM THE BHAGAVAD GITA

Can A Guru Lighten the Load of
his Disciples' Bad Karma?

By PARAMHANSA YOGANANDA

An Eighteenth Century Saint

By R. K. AIYAR

JULY
AUGUST
SEPTEMBER

1942

Price 25 Cents
Vol. XIV, No. 1

Thy Cosmic Motion Pictures

By Paramhansa Yogananda



Beholding the elusive sound-pictures, I am sure this daily-changing drama of turbulent and dancing lives is nothing but a vast dream-vitaphone presentation.

World tragedies, comedies, paradoxes of life, dreams of birth and death, news of changing facts, are nothing but talking pictures, to keep all our senses and thoughts deluded and entertained.

O Divine Operator, through Thy cosmic vibratory current Thou art showing us a new, infinite series of all-talking and all-sensing cosmic motion pictures, every day, just to keep us amused and interested.

O Magic Operator, Thy cosmic pictures we cannot only see and hear, but can touch and feel and smell. Thy visible, true-to-touch, noisy, pseudo-living sound-shadows are daily shown on the screen of our consciousness.

Through Thy grace, I was chosen to play both tragic and comic parts in Thy special super-talkies. It is well that I act my part of sorrow or joy. But, Father, give me a few days of respite from my task now and then, that I may retire to the balcony of my introspection, among my thought-audiences, and behold, with a laughing heart, my own tragedies or comedies being enacted.

Teach me to look upon the tragedy-pictures of my own life with a thrilling, interested attitude, so that, at the end of each terribly sad picture, I may exclaim: "Ah, that was a good picture, full of thrills and life. I am pleased to have seen it, for I have learned much from it."

INNER CULTURE

FOR SELF-REALIZATION

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An 18th Century Saint

His Spiritual Counsel, "Don't Do What You Want and Then You May Do What You Like," Changed His Disciple's Life.

By R. KRISHNASWAMI AIYAR



Sri Sadasivendra Saraswati Swami, familiarly known as Sadasiva Brahman, was one of those rare souls who occasionally grace this earth and remind erring humanity that the ideal of perfection laid down in the Hindu *shastras* (scriptures) is not a mere abstraction but is possible of actual realization even in this age of Kali (Dark Age).

He was born in the beginning of the 18th century and had his education at Tiruvisanallur in the Tanjore District. We have lost even the names of the parents of this saint and this is no matter for surprise, as his greatness was realized only after he became a *sannyasi* (renunciate) and free from all worldly connections. That he was a very deep scholar is clear from his works, *Brahma-Sutra-Vritti*, *Yoga-Sutra-Vritti* and *Siddhanta-Kalpavalli*. We may easily deduce from this fact itself that he came from a

line of erudite scholars and had his education from an equally learned teacher.

After the close of his educational career, he returned home and his parents found for him a noble and handsome bride; but somehow his leanings were ever toward the path of renunciation. When his betrothed reached marriageable age, she left her parents' home to go to her husband. To commemorate this happy event a feast was arranged and a large number of guests were invited. Naturally there was delay in serving dinner that day and our young boy asked his mother the reason for it. She said with a face beaming with joy, "Your wife will be coming home shortly."

He reflected that, if the prospective coming home of his wife was enough to upset his daily program of studies, the actual coming home must be a veritable disaster which

he must avoid at any cost. He quietly left the house without the knowledge of anybody and was not heard of for some time, when he was found as a *sannyasi* disciple at the feet of Sri Paramasivendra Saraswati Swami, the learned commentator of *Uttara Gita* and author of *Daharavidya-Prakasika*.

He not only became an adept in the Vedanta dialectics of those times but became a practical Yogi also. His youth and his keen intellectual grasp sometimes led him into discussion with the learned scholars who came to visit his Guru. He seems to have taken special pleasure in worsting them in argument, so much so that on one occasion the Guru himself was vexed and exclaimed, "When will you learn to control your tongue?"

Vow of Silence

Sadasiva replied, "Even now, my lord, if I have your grace." From that moment he gave up all talk and began to observe complete silence. He found that this *mauna* (religious silence) was of great help to him in the practice of Yoga.

Within a very short time he became a Yogi of a very advanced type. He forgot the world and, intoxicated with the glory of Self-realization, unconcernedly walked through the streets, danced through forests, slept on the sands, ate when he got anything, starved when he did not and, some thought, was no better than a madman. This news was carried to his Guru Paramasivendra and the latter in

great joy exclaimed, "Oh! If only others had such madness!"

At times he would test himself and see whether the world had ceased to affect him. Heat and cold did not affect him, censure and praise did not touch him, pain and sorrow were no more for him, hunger and thirst had ceased to be for him, doubt and darkness had disappeared altogether; he was all Light, all Joy.

Sometimes as a witness he would watch the roamings of his physical frame, the wanderings of his mind and the workings of his intellect as if they were things quite external to himself.

Once when he was seated in *samadhi* (state of divine communion) on the sands of the Kaveri near Kodumudi in the Coimbatore District, suddenly a flood came. To the consternation of the villagers on the far-off shores, he was carried away. Some weeks later when the sands had dried and a number of people came to cart away some sand, one of them found his spade meet with some obstruction. He was horrified to find it stained with blood. Immediately they dug out the spot and it was with mixed feelings of pain and pleasure that they recognized the form of our saint deeply imbedded in the sands. He woke from his *samadhi* and walked away from the group as if nothing had happened.

Strange Meeting

His physical body, stark naked as it was, marched one day straight into a tent where a Mohammedan

chief was resting with his ladies in private. The Mohammedan got wild at this seeming impertinence, drew his sword and cut off the Yogi's right arm. His body, feeling some impediment, turned right about and marched away unconcerned. The Mohammedan who saw this was astonished beyond all bounds and recognized the sage.

He immediately picked up the fallen arm and ran after him to implore his forgiveness. But the sage was quite oblivious to the world: it was impossible to wake him up from his state of *samadhi*. After some time he recognized that there was a man before him weeping and muttering something, and wanted to know what the matter was. The Mohammedan recounted his guilt, showed the fallen arm and pointed to the bleeding stump and implored mercy. The saint quietly took the fallen arm, stuck it up in the stump of his arm and began to walk away.

The Mohammedan felt that he would be missing the greatest opportunity of his life if he did not profit by this strange acquaintance with this great sage. He fell before him and implored him to give him some words of advice which he could treasure and follow to the end of his life.

Wonderful Words

The sage, struck with his earnestness, wrote on the street dust: "Don't do what you want and then you may do what you like," and passed on.

The new disciple imbibed this strange advice. He wanted to re-

turn to his tent. But the advice did not permit him to do so. He wanted to walk at least to ease his limbs, but he could not because of this advice. His legs were aching and he wanted to sit but could not. He felt hungry and wanted to eat but could not. He felt thirsty and wanted to drink but could not. He felt tired and wanted to sleep but he could not do even this, for fear of disobeying the advice. He wanted to live at least on the pleasures of the past, but he dared not recall them to mind, nor could he dwell on any hopes for the future. In short, he found that his body and his mind must cease to be active in any respect.

When reduced to such a state of helplessness, he suddenly realized that by restraining the activities of the body and the mind, he himself really became free, free from the limitations imposed by them, and blissful beyond all expression. He became one with the elect and in a short time reached the further stage where he could do what he liked. Caste and creed had ceased to be for him, religion and society had nothing to teach him. He had become one with the One Life pulsating through the entire universe. Such is the effect of contact with the great, and of earnest faith in their words.

Sri Sadasivendra was not only a perfect *Jnani* (sage) but was a great Yogi also. He naturally despised the *siddhis* (miraculous powers) which usually attend on Yogis; but there were occasions where they showed themselves even

without reference to him and at other times he himself played with them to astonish the ordinary people and infuse faith in them.

Miraculous Events

One night the Yogi was walking aimlessly in his own absent-minded way. A grain-store in the middle of a threshing-floor obstructed his passage and his body spread out its limbs and leaned on in and remained in that posture. Some servants of the owner, who came during the night to see if everything was safe, thought that they had found a thief red-handed and lifted their sticks to strike him. But lo! their raised arms refused to come down or to release the sticks. Like statues they were unable to move a single inch and they remained like this till dawn, when the owner himself came to the field.

He could not understand the stiff posture of his servants or their vacant stare till he saw the reclining form of the saint on the grain. Before he could approach the saint, the latter walked away in his usual unconcerned manner and the servants recovered the normal use of their limbs. It is well-known that such results are not due to any conscious volition of the saints but are due to the nature of the actions themselves.

On another occasion when the servants of an official did not find sufficient men to carry some heavy loads of fuel, they requisitioned our saint without knowing who he was. They placed a load on his head and

drove him along with the others to the camp of the official. When all the others had unburdened themselves of their loads, our saint also was asked to do so. He immediately threw his load on the heap of fuel and lo! the entire heap caught fire and blazed away to the painful astonishment of all.

On one occasion the children, with whom he was ever a great favorite, desired to see the image of God Sri Minaksi-Sundara going in a grand procession during a festival at Madura, about one hundred and fifty miles from where they were. He asked them one and all to get up on his body and close their eyes for a second. When they did so and opened their eyes, they found themselves witnessing the procession and in the midst of a vast crowd.

Ideal Travel

The sage bought them some festival sweets and after some time brought them back home in the same manner. The parents were astonished to hear the glowing descriptions of the festival given by the children and more so to see the remnants of the several sweets given them by the saint from the festival shops.

Evidently after hearing this incident a young man requested the sage to take him to Srirangan for a festival just then going on. He was also asked to close his eyes and was in a moment taken to Srirangam; but unfortunately his saintly guide was missing when he wanted to return and the young man had

to walk home all the distance! When he reached home, he was surprised to learn that the sage did not leave the place at all during the day.

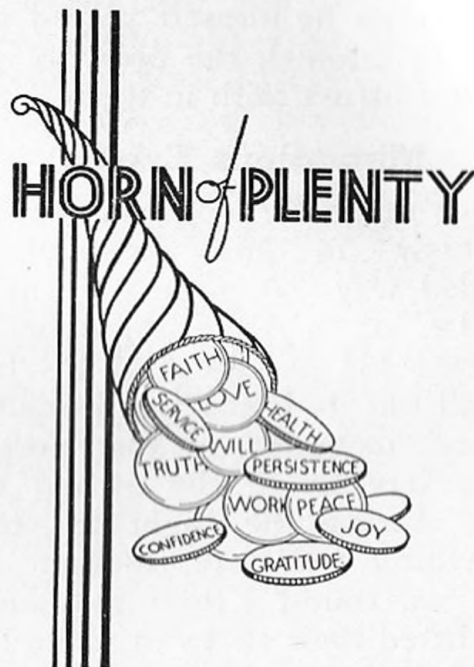
One day the sage said suddenly that on a certain approaching date, he would be leaving his physical frame, and that a *linga* (religious object) which would be brought from Benares just then should be consecrated at the place. Everything happened as foretold by him and it is that *linga* that is now an object of worship at Nerur at an annual festival.

Vijaya Raghunatha Thondaman, ruler of the Pudukota State from 1730 to 1769, had a very great respect for this sage, so much so that he treasured, and his successors still treasure, as sacred even the sands on which the Yogi wrote some religious instructions for the guidance of that prince. A large number of endowments have been made by that state in favor of the temple erected to the sage at Nerur in the Trichinopoly District.

It is the occasional appearance of such great souls that keeps aloft the torch of spiritual enlightenment ever blazing in the land of the ancient *rishis* (sages). It is a matter for great congratulation that the darkest days of India have not been without her saints and that it is not possible to deplete her of her spiritual wealth.—*Kalyana-Kalpataru*.



He that is faithful in that which is least is faithful also in much, and he that is unjust in the least is unjust also in much.—*St. Luke*.



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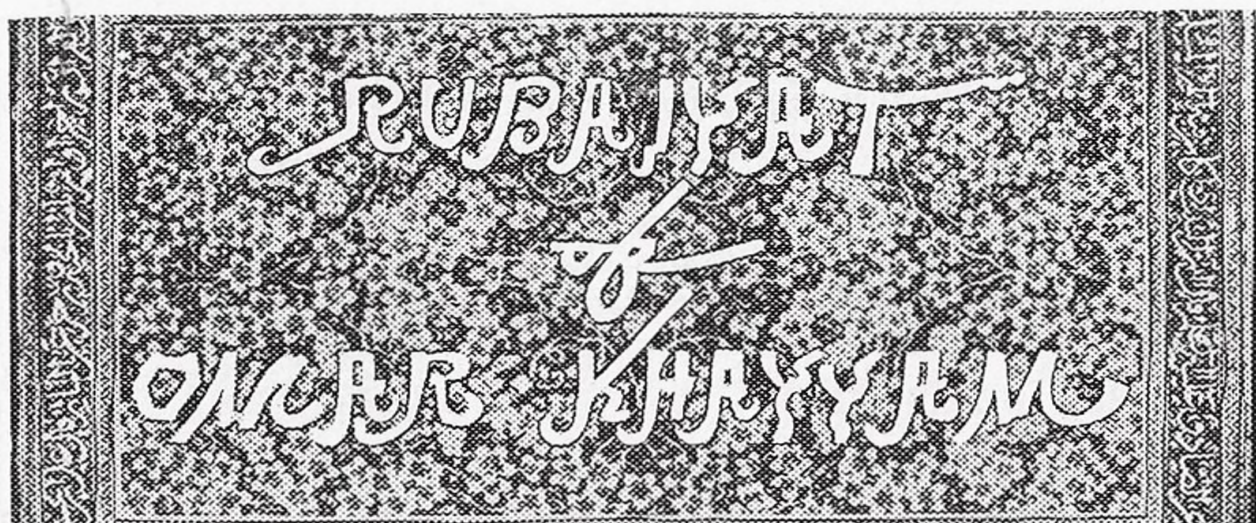
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RUBAIYAT OF OMAR KHAYYAM

Translated Into English Verse by Edward Fitzgerald

SPIRITUAL INTERPRETATION BY
PARAMHANSA YOGANANDA

LXVI

*So, while the Vessels one by one were speaking,
One spied the little Crescent all were seeking:
And then they jogg'd each other, "Brother! Brother!
Hark to the Porter's Shoulder-knot a-creaking!"*

Spiritual Interpretation:

"As the soulful people one by one were expressing their wisdom thoughts, one deeply penetrating soul perceived that all men consciously or unconsciously were seeking to behold truth through the all-seeing astral eye of wisdom hidden in the forehead. When other souls heard this they remarked to one another: "Behold through the eye of wisdom, that God has bound all souls together with the strings of all-pulsating, all-pervading

Cosmic Life which is resonant with the creative sound of cosmic vibration."

All life is activity. Wherever there is activity there is vibratory sound. Hence, when God throws His cosmic motor of creation into activity, it vibrates and emanates a cosmic sound. The wise, by calmness and meditation can hear this cosmic rumble behind all other sounds.

Applied to Daily Life:

No matter how many theological arguments men hear, they all can find truth when they behold it through the hidden eye of wisdom. All those who open their spiritual eyes knowingly look at one another and say: "Ah, God holds together the beads of all lives with the string of cosmic life and cosmic vibration."

Glossary:

- 1—*The Vessels*—The vehicles of wise souls.
- 2 *One spied*—One deep soul saw with wisdom.
- 3—*The little Crescent*—The spiritual eye of astral light and wisdom.
- 4—*All were seeking*—Everyone consciously or unconsciously is trying to develop the spiritual eye or the orb of all-knowing wisdom.
- 5—*Hark*—Listen with deep attention.
- 6—*The Porter*—The Divine Conveyor who carries all human vessels, strung and inter-knotted with universal life.
- 7—*A-creaking*—Vibrating with the cosmic sound, responsible for universal creation and the burden of human lives.



SOUL FORCE

By Mahatma Gandhi



(Mahatma Gandhi, writing in his paper, *Harijan*, makes the following explanation of *Satyagraha* (Soul Force or Non-Violence), in reply to a correspondent who writes: "Why can't you see that while there is possession it must be defended against all odds? Therefore your insistence that violence should be eschewed in all circumstances is utterly unworkable and absurd. I think non-violence is possible only for select individuals.")

"I claim that even now, though the social structure is not based on a conscious acceptance of non-violence, all the world over mankind lives and men retain their possessions on the sufferance of one another. If they had not done so, only the fewest and the most ferocious would have survived. But such is not the case. Families are bound together by ties of love; so are groups in the so-called civilized society called nations. Only they do not recognize the supremacy of the law of non-violence. It follows, therefore, that they have not investigated its vast possibilities.

"Hitherto out of sheer inertia,

shall I say, we have taken it for granted that complete non-violence is possible only for the few who take the vow of non-possession and the allied abstinences. Whilst it is true that the votaries alone can carry on research work and declare from time to time the new possibilities of the great eternal law governing man, nevertheless, if it is the law, it must hold good for all. The many failures we see are not of the law but of the followers, many of whom do not even know that they are under that law willynilly. When a mother dies for her child she unknowingly obeys the law.

"I have been pleading for the past fifty years for a conscious acceptance of the law and its zealous practice even in the face of failures. Fifty years' work has shown marvelous results and strengthened my faith. I do claim that by constant practice we shall come to a state of things when lawful possession will command universal and voluntary respect. No doubt such possession will not be tainted. It will not be an insolent demonstration of the inequalities that surround us every where. Nor need the problem of unjust and unlawful possessions appal the votary of non-violence. He has at his disposal the non-violent weapon of *satyagraha* (soul force) and non-cooperation which hitherto has been found to be a complete substitute of violence whenever it has been applied honestly in sufficient measure.

"I have never claimed to present the complete science of non-violence. It does not lend itself to

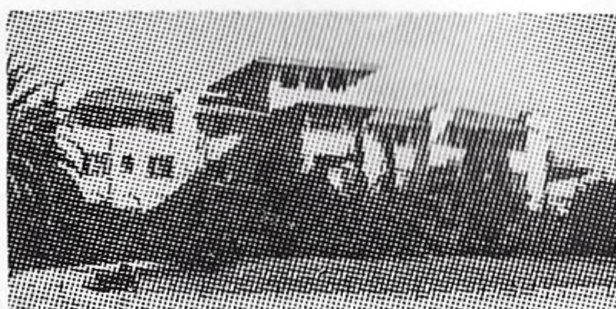
such treatment. So far as I know no single physical science does, not even the very precise science of mathematics. I am but a seeker, and I have fellow seekers like the questioner whom I invite to accompany me in the very difficult but equally fascinating search."

—❖—❖—❖—
VOICE OF INFINITE

By Sharon O'Neil

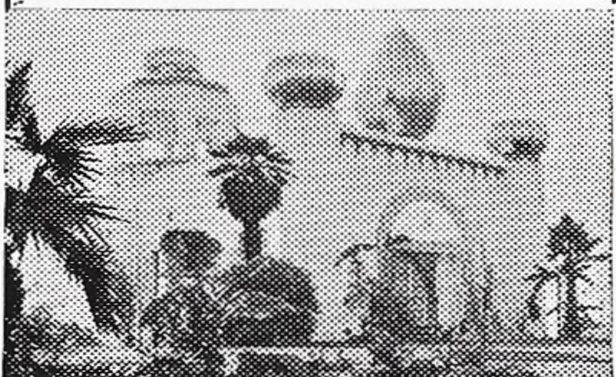
Music,
 Voice of Infinite,
 What are you saying
 In your melody of time?
 What words do the passing days
 Make me forget?
 What subtle harmonies
 In Life's symphony of pain
 Are lost in tears?
 So much my human ears
 Can dim by listening—
 The flower overtones so delicate
 That fade
 The moment they are fingered
 By the mind—
 The soft harmonics
 That the noise of breathing drowns.
 Have patience, voice of Infinite,
 And sing again.
 Even though your voice so thrills
 me
 That I still forget your song.
 For you must sing on, Music,
 Till my soul, in silence hearing,
 Can re-echo every fragment
 In your melody of time.

—❖—❖—❖—
 If ye have not been faithful in that which is another man's, who shall give you that which is your own?—*St. Luke.*



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Spiritual Interpretation OF THE ★ **BHAGAVAD GITA**

Why All Emancipated Sages Stressed the Need for Service and Action.

By **PARAMHANSA YOGANANDA**

Chapter III, Stanza 1

Literal Translation:

O Janardana, if Thou dost consider understanding as superior to actions, O Keshava, why then dost Thou employ me in this awful activity?

Poetic Rendition:

O Janardana, if Thy mind deems knowledge more precious and priceless to pursue than automatic activities, then why, O Lord, dost Thou want me to be harnessed to the stallions of boisterous, fearful actions?

Spiritual Interpretation:

The above stanza of *Bhagavad Gita* depicts the mental conflict of a

devotee who contacts God through fitful intuition and often wonders why the inner wisdom coming from Him considers knowledge as superior to activities, at the same time It urges the devotee to perform tremendous mind-engaging activities.

Every devotee must know that ultimate wisdom is the ocean of Bliss without the changeable waves of passing sorrow or momentary pleasure or any form of actions which belong to the world of temporal vibrations. Hence the unchangeable substance of Spirit is superior to its manifesting waves of changes, even as the ocean is greater than the waves. The ocean is superior to the waves for it is the cause of the existence of the waves

and because the ocean being the prime cause can exist without the waves, whereas the waves cannot exist without the ocean.

Salvation in Action

So the sea of Spirit is the supreme cause and is superior to the waves of all vibratory creation. The spirit is changeless, self-sufficient wisdom, and all vibratory activities coming out of it are conditioned and hence inferior. So in every man is found the presence of the all-supreme wisdom in his deepest interior soul, and the vibrating activities in his exterior body. Hence, though it is true bodily activities are inferior to soul wisdom, still no wisdom can be achieved without some sort of bodily activities. In other words, the vibrationless state of all-supreme wisdom cannot be attained by man in the beginning, as he is born in delusive activities first. So he has to take out from the foot of his being the thorn of painful active delusion by another thorn—good action. Thus when the thorn of mundane activity is extracted from the being by the thorn of good activity, then the soul throws away both thorns and becomes anchored in the one spiritual wisdom transcending all activities.

Therefore, all spiritual devotees must heed this warning of *Bhagavad Gita* that though knowledge is superior to activity still ultimate knowledge can not be attained without philanthropic, social, religious and meditative activities. When one is sure of having attained the finality, he is then not bound to

act in any definite set of human actions.

To set a good example to their followers, all great emancipated masters like Jesus, Babaji, Lahiri Mahasaya, my Guru, even though it was not necessary for their own good, engaged themselves with some spiritual activities calculated to do good to others. Various social, moral, religious, spiritual, meditative activities are the different rungs and steps in the ladder of salvation which every devotee must first climb in order to reach to the top roof of ultimate, all-satisfying all-complete, all-supreme wisdom.

The Eastern love of wisdom must be combined with the western love of activity in order to attain joy. Hence both the East and the West are one-sided and should constructively exchange their experiences in order to reach the common goal of highest wisdom.

Deeper Spiritual Interpretation:

The sacral, lumbar, dorsal, cervical and medullary plexuses should be centers of conscious spiritual activities. The devotee, by process of oxygenation, proper breathing methods and various deep meditative activities, should also constantly centralize his consciousness in the spinal centers. Then he will be eligible to remain in the non-vibrationless, non-active state in the thousand-rayed lotus light of Spirit in the cranium.

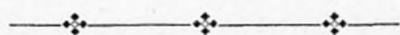
Some devotees, after temporarily attaining the vision of the centralized manifested light of Spirit in the brain, often give up spiritual

breathing exercises, considering them as an inferior meditation. This is a mistake. All spiritual activities, special meditations and proper breathing exercises must be performed and continuously followed in order to have the vision of the thousand-rayed spiritual lotus light in the brain, and to be permanently anchored there.

Every devotee should remember that though it is the supreme state to remain locked up in the spirit light in the brain, still meditative activities must come first. Meditative activities produce wisdom in the mortal man, though meditative activities are inferior to wisdom after it is attained.

Hence all devotees should first be busy throughout life in meditative activities in order to attain the all-supreme final wisdom. No devotee while meditating deeply should abandon meditative and religious activities.

"Janardana" signifies the ideal Guru who can show the devotee the way to destroy misery-making rebirths. "Keshava" signifies the ultimate state of Spirit, beyond the creative, destructive, void states of vibration.



We must school ourselves in indifference to the point of having no personal belongings. We may realize it or not, but attacks of restlessness are due solely to the personal will. We ought then to commit ourselves and all our thoughts, will-and desire-free, to the goodwill of God therewith unreservedly to desire and will.—*Eckhart*.

ODE ON UNCLE SARADA'S PASSING

By Paramhansa Yogananda

Uncle Sarada, you are no more
With dear Prabhas and me to adore
The Infinite on this earth
And manifest your sincere mirth.
In the echo of your laughter
Your heart throbbed ever after.
Uncle Sarada, you are here no more
But in our Father's home evermore.
I remember those days
When you gave me—not pennies,
Instead—many rupees,
For plucking your gray hairs.
You frowned at my demands first
But ever melted and gleamingly
granted them
As a surprise at last.
I remember my fairy aunt aglow,
Who brightened your life and left
long ago,
And never did you stoop to relish
A draught of love from any other
heart-chalice.
You told me how you did sit
With great Lahiri Mahasaya to eat
In a festive hall,
And in your mind you wondered
withal
If Lahiri Mahasaya ate fish or not.
When lo, the silent Master called
for fish
And eating a little bit, he held each
fish bone
In his finger and, looking at you,
Said with a voice gay
"Sarada, behold, I am eating fish
today!"
Uncle Sarada at this
Begged the pardon of his Guru
For the desire to test his greatness,

Which could stand the test of
eating fish,
Being one with the Creator of all
things—
Even as Jesus ate fish
And yet was one with His Father
Supreme,
The Master of all life and of this
cosmic dream.

Uncle Sarada, I remember all—
How your home at Serampore
Was the temple of all my wisdom
From where I daily went to my
Master

To sit and dream at his feet
And absorb his laughter.
Uncle Sarada, I heard some say—
When your life was ebbing away—
That still your life ever quivered to
the last
Whispering the name of your Be-
loved, fast,
Until you were lifted in His breast,
For ever there to rest.

Uncle Sarada, love and adieu from
me,
From Prosad, Prabhas, Prokas and
all who loved thee,
Until we all meet
Your self sweet,
Where all of us must nest
And from all wanderings find final
rest.

You are gone for your gain
Beyond all miseries' main—
You are in that shoreless shore
there—
But still to suffer and struggle we
are here.
We will cry for our loss in thee
And bless you, for you are free.
There in His garden of roses
Thy love in His love reposes,

Beyond our idle fears.
And here without thee our heart's
altar
Is void with waiting love's taper
And perennial flowers of affection
And all sweetness of recollection.
Adieu, Uncle, Adieu,
Only for a while, Adieu,
Until we meet again
In His heart's domain,
From where no mist of tears
Will hide thee again.



WHAT ONE SHOULD DO

Mind, which is like an unruly elephant, and the ego-consciousness, should be curbed and destroyed by any means whatsoever; the attachment for wealth and sex should be conquered by all possible means; friendly relations should be cultivated with the devotees of God even as it may be possible. If necessary, says Bajida, one should not hesitate to wear away his body in the adoration and remembrance of God.—*Bajida*.



PERFECT UNITY

Be united, speak in unison, and let your minds apprehend alike, even as the gods of yore accepted the oblations in a spirit of harmony. Common be your prayer, common be the end of your assembly, common be your resolution, and common be your deliberations. Alike be your feelings, united be your hearts, common be your intentions, and perfect be your unity.—*Rig-Veda*.

Meditations

DAILY MEDITATIONS FOR JULY, 1942

By Paramhansa Yogananda

WED., July 1st. I know that God's power is limitless, and as I am made in His image, I, too, have the power to overcome all life's obstacles.

THURS., July 2nd. Today I will offer any ability or talent which I possess to be used for God's work.

FRI., July 3rd. Everything that I contact is an expression of God. Therefore, I will walk reverently through each day, ever listening for His message to me.

SAT., July 4th. Today I will welcome all life's tests because I know that within me is the intelligence to understand and the power to overcome all tests.

SUN., July 5th. I am an instrument for the expression of divine intelligence and beauty. I will dedicate every thought and motive to the service of divine power.

MON., July 6th. Perfect peace and poise will be mine today, as I concentrate all my power and ability upon expressing God's will.

TUES., July 7th. Today I will guard my thoughts and words so that they call forth into manifestation only that which is beautiful and true.

WED., July 8th. I will go forth in perfect faith in the power of Omnipresent Good to bring me what I need at the time I need it.

THURS., July 9th. The healing power of Spirit is flowing through all the cells of my body. I am made of the one universal God-substance.

FRI., July 10th. Heavenly Father, Thou hast played hide and seek with me in many lives, but at last I shall catch Thy love behind the screen of Omnipresence.

SAT., July 11th. This day I will establish goodness on the altar of my every activity. I will behold goodness enthroned on the altar of each soul.

SUN., July 12th. I will use my creative thinking ability to gain success in every worth-while project that I undertake. God will help me if I first try to help myself.

MON., July 13th. Today I will plow the garden of life with the flowers of my new creative efforts. I will sow seeds of wisdom, health, prosperity and happiness, and I will thank my Heavenly Father when I obtain my heart's desire.

TUES., July 14th. God is within and around me, protecting me, so I will banish the fear which shuts out His guiding light and makes me stumble into the ditch of my own errors.

WED., July 15th. Today I will help my inharmonious associates with my good vibrations; I will dispel the darkness of inharmony by the light of my silent but unceasing kindness.

THURS., July 16th. This day I will help myself so that I may bring into proper use all my God-given powers. I will ask my Heavenly Father to help me bring all my efforts to a successful issue.

FRI., July 17th. I will guide my ship of life, ever beholding the pole-star of God's peace shining in the firmament of my deep meditation.

SAT., July 18th. As soon as the soldiers of wrong thoughts rally together to attack my inner peace, I will wake up my soul soldiers of light, honesty, self-control, and desire for good things, and wage a furious battle.

SUN., July 19th. Heavenly Spirit, bless me that I may find happiness instead of becoming worried at every test and difficulty. Today I will increase my true happiness and show others how to be happy.

MON., July 20th. I will recognize all illness as the result of my transgression against health laws. I will undo the evil by right eating, exercise and right thinking.

TUES., July 21st. Heavenly Father, in the mirror of silence I will behold Thy face of peace each day. Every day I will establish Thy peace in some heart.

WED., July 22nd. Today I will acquire initiative, which gives the power to create. I know that the great Infinite Principle, which is the source of all knowledge, is within me.

THURS., July 23rd. Today I will put my thought on God, the Giver of life. Concentration on material things in utter oblivion of God will produce nothing but physical and spiritual unhappiness.

FRI., July 24th. To conquer temptations, I will drive evil from my mind. I will withdraw my mind from the sense centers on the outer surface of the body, which give rise to mental temptations.

SAT., July 25th. Beloved God, with opened eyes and the eye of my mind, I will behold Thee and worship Thee with devotion, activity and wisdom in the language of love and intuition.

SUN., July 26th. Thou hast given me freedom to love Thee or not, so with my free will I offer Thee my devotion. I have brought Thee, in the basket of my love, the blossoms of the love of laughing souls.

MON., July 27th. I will purify my mind with the thought that God is guiding my every activity.

TUES., July 28th. The forces of evil, although they seem so terrible in the world, ultimately will be the means of showing the virtue of God. Without darkness, we would not appreciate light.

WED., July 29th. Heavenly Father, I will cut the cords of flesh-consciousness, body-consciousness, hunger, pleasure, pain and all bodily and mental discomforts. I know that I am the same Life that shines in all souls.

THURS., July 30th. I have the creative power of Spirit. I am in contact with Infinite Intelligence, which will guide me and solve any and all problems.

FRI., July 31st. Today and every day I will hold on to the quiet and peaceful after-effects of meditation. I will soar in the ark of silence over the peaks of the highest wisdom and roam in the land of endless beauty.

DAILY MEDITATIONS FOR AUGUST, 1942

By Paramhansa Yogananda

SAT., Aug. 1st. God is the most prized possession in my life. He sits in the temple of my conscience and whispers words of wisdom to me, showing me plainly the path to follow.

SUN., Aug. 2nd. I will feel myself in every atom of space. I will see God templed in every flower, in every blade of grass, in every thought of all human beings.

MON., Aug. 3rd. A balanced life, observing all the laws of nature and of God, and combining activity with calmness, brings happiness and fulfils man's natural destiny.

TUES., Aug. 4th. I know that as God's child I am perfect. I will recover that consciousness by wisdom and true understanding of the meaning of life and its problems.

WED., Aug. 5th. Beloved God, no moving picture of life is made up of only one player or one event; therefore, my part on the stage is very important, for without me the picture of life is incomplete.

THURS., Aug. 6th. As a house full of jewels cannot be seen in the dark, so the presence of God cannot be felt while the night of ignorance prevails.

FRI., Aug. 7th. If God is not conceived in such a way that we cannot do without Him in the performance of all our daily duties, then we have not felt any connection between God and life.

SAT., Aug. 8th. It is only by having ambition and crowning that ambition with the idea of service to others that we are helping ourselves when we help others.

SUN., Aug. 9th. Beloved God, with the spreading of the vital rays of the sun, I will spread the rays of hope in the hearts of the poor and forsaken, and light a new strength in the hearts of those who think that they are failures.

MON., Aug. 10th. When we realize that life is a joyous battle of duty and at the same time a passing dream, then we shall know that God is with us.

TUES., Aug. 11th. Life must be chiefly service. Without that ideal for all mankind, the intelligence which God has given us is not reaching out toward its goal.

WED., Aug. 12th. Resignation to God leads one to perform all work with a sense of privilege, gratitude and joy; privilege on our part, gratefulness to God, and joy for all. In resignation alone there is peace.

THURS., Aug. 13th. I will burn all mental and moral weaknesses in the fire of resolution, for until I let them go, I cannot see the flame of God.

FRI., Aug. 14th. Beloved Father, today I resolve to accomplish certain things and then will carry out my plan. First, I will see that my purpose is right, then all Thy powers will be with me.

SAT., Aug. 15th. I will judge no one save myself. No one can add to my happiness or detract from it unless I allow the thoughts and actions of others to affect me.

SUN., Aug. 16th. Beloved Father, I know that I have infinite opportunity to realize my soul's perfection. I will substitute the attachment for a material life for the love of Spirit. I realize that Spirit is in all.

MON., Aug. 17th. Today I will charge my mind with joy, detaching myself from all unpleasant experiences. I will practice that which develops body, mind and soul.

TUES., Aug. 18th. The dance of life and death is going on all the time, but I will free myself forever by salvaging my divine status. When I encounter the strong storms of trials, I will row across the river of life to the shores of God.

WED., Aug. 19th. As I work and create, I will remember that it is God who is working through me. He is the Master of the universe and I can contact Him through meditation.

THURS., Aug. 20th. Beloved God, I know that my thought will bring me either failure or success, whichever thought is the strongest. Therefore I will do my best and remember that God is helping me.

FRI., Aug. 21st. When trials come, I will strengthen my determination to overcome them. I will be kind to all and God will then endow me with His power and wisdom.

SAT., Aug. 22nd. Heavenly Father, I will use my will power and thought to accomplish little things first, then gradually go from them to greater things.

SUN., Aug. 23rd. Heavenly Father, all the pursuits of the material life offer only partial joy, even though crowned with fulfillment. In finding God I will find the reservoir of perennial, unending bliss.

MON., Aug. 24th. Through prayer and meditation, I can claim prosperity and can create at will what I need any time and anywhere. I will harness my will and activity to the right goal.

TUES., Aug. 25th. My path may be sunlit by opportunities or dreary with trials. I will do my best, then, out of the gloom of mysteries. The all-illuminating light of divine guidance will emblazon my path.

WED., Aug. 26th. All experiences are measured in terms of the cup of our receptivity. I will quicken my evolution by consciously condensing all my experiences by the power of concentration.

THURS., Aug. 27th. Dear Father, I will remember that the experiences of this life are in reality nothing but dream experiences. We are unaffected by death or anything else.

FRI., Aug. 28th. Heavenly Father, I know that I am the same life that shines in all souls. Since God's perfection is the only Reality, I will try to behold wisdom in ignorance, joy in sorrow, and health in weakness.

SAT., Aug. 29th. Today I will seek peace and happiness within myself. I will keep my castle of wisdom guarded by self-control, peace, and love.

SUN., Aug. 30th. Beloved God, the flowers are Thine, the stars are Thine, but Thou hast given me freedom to love Thee or reject Thee. I offer Thee my heart's pure love.

MON., Aug. 31st. What I lose in the world will not be a loss to my soul. When the storms of life gather, and the waves of trials buffet me, I will look to the pole-star of God's presence.

DAILY MEDITATIONS FOR SEPTEMBER, 1942

From "The Imitation of Christ" by Thomas A' Kempis

TUES., Sept. 1. Now I will speak again, O Lord, and will not be silent; I will say in the ears of my King Who is on high,—“O how great is the abundance of Thy Goodness, O Lord, which Thou hast laid up for them that fear Thee.”

WED., Sept. 2. Truly unspeakable is the sweetness of contemplating Thee, which Thou dost bestow on them that love Thee.

THURS., Sept. 3. By this, most of all, hast Thou shown me the sweetness of Thy love, that when I was not, Thou didst make me; that when I had wandered far from Thee; Thou didst bring me back again, that I might serve Thee, and didst command me to love Thee.

FRI., Sept. 4. O Spring of Love unceasing, what shall I say of Thee? How can I forget Thee Who hast condescended to remember me, even after that I was laid waste and had perished?

SAT., Sept. 5. Thou hast dealt with me mercifully beyond all expectation, and hast manifested grace and friendship beyond all desert.

SUN., Sept. 6. What shall I give Thee for these thousands of benefits? Would that I could serve Thee all the days of my life! Would that even for one day I could render Thee a worthy service! Truly Thou art worthy of all service, all honor, and of eternal praise.

MON., Sept. 7. Behold, all things are Thine which I have, and with which I serve Thee, and yet (strange contrast!) Thou servest me, rather than I Thee!

TUES., Sept. 8. Behold, Heaven and earth, which Thou hast made for the service of man, are ready and waiting daily to do Thy Will, whatsoever it may be.

WED., Sept. 9. But that which surpasses all is, that Thou Thyself hast deigned to serve man, and hast promised to give Thyself to him.

THURS., Sept. 10. Truly Thou art my Lord, and I am Thy poor servant, who am bound to serve Thee with all my strength, nor should I ever be weary of praising Thee.

FRI., Sept. 11. It is great honor and great glory to serve Thee, and to despise all things for Thy sake.

SAT., Sept. 12. For they shall have great grace who freely take upon themselves Thy most holy service; and they shall find the sweetness of consolation from the Holy Ghost, who for Thy love have cast away all the pleasures of the flesh.

SUN., Sept. 13. They shall experience great freedom of mind, who for Thy Name enter on the narrow way, and disregard all worldly anxieties.

MON., Sept. 14. This I wish, this I desire, and whatever is wanting to me, do Thou deign to supply.

TUES., Sept. 15. O pleasant and delightful service of God, which makes a man truly free and holy!

WED., Sept. 16. O service to be embraced and ever desired, which will gain the Supreme Good, and secure the joy which shall last for ever!

THURS., Sept. 17. Desires oftentimes inflame you, and make you impetuous; but consider whether you are moved more on account of God's honor or your own advantage.

FRI., Sept. 18. If you seek God's interest, you will be quite contented whatever may be the results He ordains; but, if there is some latent seeking of self, lo, this brings hindrance and vexation.

SAT., Sept. 19. Beware, therefore, that you lean not too readily upon some preconceived desire without having sought God's counsel; lest, perhaps, afterwards you repent of it, and begin to regret the course you have adopted, which at first pleased you, and for which you were zealous, as it seemed the best.

SUN., Sept. 20. Sometimes indeed you must use violence, and manfully fight against sensual desires, not regarding what the flesh likes or does not like; but making it rather your business to bring the unwilling flesh into subjection to the Spirit.

MON., Sept. 21. Even in good endeavors and desires it is necessary sometimes to employ restraint, lest through eagerness you incur distraction of mind; lest through an undisciplined manner you become a scandal to others; or again, lest by the opposition of others you suddenly are disturbed and fall.

TUES., Sept. 22. And so long ought the body to be chastised and compelled to remain in subjection, until it is ready to accept all things, and to learn to be content with a little, and to be pleased with what is plain and simple, and never to grumble at any inconvenience.

WED., Sept. 23. Behold, those who prosper in the world, as the smoke consumes away, retain no remembrance of their past joys. But, even whilst they are alive, they do not rest in them without bitterness, weariness, and fear.

THURS., Sept. 24. O how short, how false, how inordinate and base, are all worldly pleasures!

Nevertheless so inebriated and blind are worldly men that they have no understanding, but like dumb animals, for the sake of some passing delight of this corruptible life, they incur the death of the soul.

FRI., Sept. 25. For if you desire true delight, and to be plenteously comforted by God, behold, in the contempt of all worldly things, and in the cutting off of every vile gratification, shall be your blessing; and abundant consolation shall be rendered to you.

SAT., Sept. 26. But at first you shall not attain to these consolations without some sadness and laborious struggle. Ingrained habits will make resistance, but they can be overcome by the formation of better habits.

SUN., Sept. 27. The more you withdraw yourself from the consolations of creatures, so much the sweeter and more powerful shall be the consolations which you shall find in God, the Creator.

MON., Sept. 28. The flesh will complain, but by fervor of spirit it can be curbed.

TUES., Sept. 29. He who strives to withdraw himself from obedience, withdraws himself from grace; and he who seeks to enjoy things alone, forfeits the advantages which are in common.

WED., Sept. 30. There is no more troublesome, no worse enemy of the soul, than you yourself are to yourself, when you do not follow the guidance of the Spirit.

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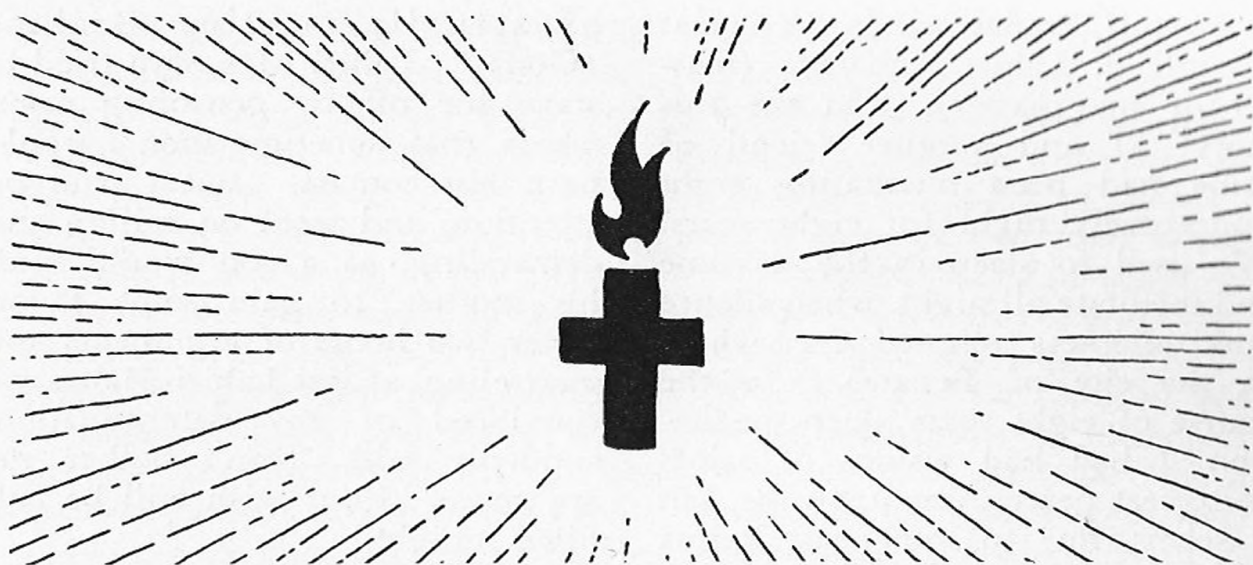
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Second Coming of Christ

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

Can a Spiritual Guru Lighten the Load of his Disciples' Bad Karma?

By PARAMHANSA YOGANANDA

He spake also this parable; A certain man had a fig tree planted in his vineyard; and he came and sought fruit thereon, and found none. Then said he unto the dresser of his vineyard, Behold, these three years I come seeking fruit on this fig tree, and find none: cut it down; why cumbereth it the ground?

And he answering said unto him, Lord, let it alone this year also, till I shall dig about it, and dung it. And if it bear fruit, well: and if not, then after that thou shalt cut it down.—Luke 13: 6-9.

In the above words, Jesus speaks of the power of a Guru-Preceptor who can intercede and help a misguided disciple from suffering the results of evil actions. The "vineyard" refers to the good disciples, the "fig tree" represents the sinner and the "dresser" represents the spiritual leader who "prunes" or disciplines his followers. The following true story illustrates how a real guru-preceptor who is in tune with God can intercede for a lagging disciple.

Swami Pranavananda, a great disciple of Lahiri Mahasaya (master of my master), told me this story: "I and another friend of mine had been meditating eight hours every night for eight years. We used to sleep in the daytime and meditate all night, when silence and quietness reigned everywhere in the city of Benares. In the course of eight years' deep meditation, I had had visions of saints and great peace came upon me, but it seems, due to some past karma of my past lives, there was a barrier between me and the final vision of God.

My Difficult Search

"Whenever I told my Guru-Preceptor, 'Master, I meditate practically all night but do not seem to succeed,' he repeatedly consoled me by saying, 'Meditate deeply; you have lots of past karma to overcome.' But after eight years of ever-increasingly deepening meditation on my part, during which I left no stone unturned in trying to contact God, I began to get mentally discouraged and inwardly felt tired.

"One night I made up my mind that as my Guru-Preceptor was consciously in touch with God, he could intercede on my behalf and ask God to forgive my past actions and manifest Himself to me. Armed with this determination, I went to Lahiri Mahasaya and said, 'Sir, tonight I have come to quarrel with you. I have done everything that you have told me and yet I have not made the final grade

of actually meeting Brahma (God).'" Lahiri Mahasaya tried to stave me off by consoling arguments, that sometime soon I would have His contact. But I paid no attention, and went on calling and demanding, as a son would with his mother, to gain some favor. After two hours of arguments and quarreling, at last Lahiri Mahasaya, convinced of my determination, suddenly said, 'Don't bother me any more. Your wish will be fulfilled tonight.'

"I went back to my home. As I was meditating deeply that same night, it happened. Brahma, the Cosmic Vision of the Infinite, manifested within me that night. As flowers fall when the fruit comes, so from that day I had not to meditate any more, for I had gained the object of meditation—the contact of Spirit, which has remained the same ever since that day, and will ever remain the same throughout eternity."

It must be remembered that the Swami who told me this story did not attain final emancipation just by eight years of meditation. He had meditated several lives before. But his final contact with the Infinite was obstructed due to some past evil actions. His Guru-Preceptor, Lahiri Mahasaya, interceded for this disciple and helped him to make the final grade.

Good Past Lives

All those that have started meditation in the path of God in this life have surely meditated on God in many of their past lives. Mil-

lions of people live in the world who, because of their past materialistic lives, never think of meditation now. Their unwillingness prevents them from seeking God. Their unwillingness is born of materialistic living of many lives.

Every one who has a great tendency in this life to know God ought to be very much encouraged to meditate more and more with deepest concentration, for if he does so, he will surely contact God.

No devotee just because of meditation can summon God to manifest within him. Every devotee must forsake metaphysical egoism which consists in thinking, "I have meditated so much and God must manifest Himself." With deep meditation there must be deep devotion and surrender to God. Surely then God becomes entrapped in the net of the devotee's unconditional devotion.

In the above story is illustrated the parable of Jesus, how a disciple with evil karma can find, by the help of a real guru-preceptor, ultimate emancipation.

And he was teaching in one of the synagogues on the sabbath. And, behold there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself. And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity. And he laid his hands on her: and immediately she was made straight, and glorified God.

And the ruler of the synagogue answered with indignation, because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the sabbath day. The Lord then answered him, and said, Thou hypocrite, doth not each one of you on the sabbath loose his ox or his ass from the stall, and lead him away to watering? And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day? And when he had said these things, all his adversaries were ashamed: and all the people rejoiced for all the glorious things that were done by him.—Luke 13: 10-17.

"Woman, through divine grace, your past karma is burnt up and you will be free from your infirmity." Jesus healed the woman by laying his hands over her. By this method, Jesus sent the positive healing cosmic energy through his right hand and the healing negative cosmic energy through his left hand. The cosmic energy entered the body of the woman and made the life force bring about the required repair in the body.

Life Force Has Power

The life force in the body has the absolute power to construct or destroy the body. But the life force can only perform according to the will of the bodily owner. Most people don't know that their will

can command the body to perform miraculous changes in it. When this human will becomes paralyzed or doesn't know its power over the life force in the body, the life force remains disobedient most of the time to the action of the will. When this will is paralyzed by disease, it must be stimulated by the strong will of a mighty healer. Then the paralyzed will of the patient becomes healed and, being stimulated by the healer's will, the life force in the patient's body becomes awakened to perform the desired healing in the patient.

And he went through the cities and villages, teaching, and journeying toward Jerusalem. Then said one unto him, Lord, are there a few that be saved? And he said unto them, Strive to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able.

When once the master of the house is risen up, and hath shut to the door, and ye begin to stand without, and to knock at the door, saying, Lord, Lord, open unto us; and he shall answer and say unto you, I know you not whence ye are:

Then shall ye begin to say, We have eaten and drunk in thy presence, and thou hast taught in our streets. But he shall say, I tell you, I know you not whence ye are; depart from me, all ye workers of iniquity. There shall be weeping and gnashing of teeth, when ye shall see Abraham, and Isaac, and Jacob, and all the prophets, in the kingdom of God, and you yourselves

thrust out. And they shall come from the east, and from the west, and from the north, and from the south, and shall sit down in the kingdom of God. And, behold, there are last which shall be first, and there are first which shall be last.—Luke 13: 22-30.

In response to the question, "Lord, are there few that be saved?" Jesus replied in the following way, "All those who strive to enter into the kingdom of cosmic consciousness, through the help of a guru-preceptor and the best technique taught by him, will find the straight gate of Self-realization to enter into the Infinite, for there would be many, I say unto you, who will try to seek the kingdom of God and enter in there by themselves, after ignoring the God-given Guru-Preceptor, like myself, sent to them. But they won't succeed because they ignore the divine messenger, the God-sent Guru-Preceptor.

Lost Opportunity

"When once the Master Guru-Preceptor is taken away from the earth, he has to shut the door of his teaching. Then if anybody comes and knocks at the door of prayer and says, "Lord Guru-Preceptor, open the divine door to me," then the Guru-Preceptor will reply, "You had the opportunity to receive me and you did not, and hence I cannot accept you." Then if those people again say, "Lord Guru-Preceptor, we ate and drank in your presence, you have taught

in our streets, and why shouldn't you respond to our prayers?" the inner voice of the praying devotee will say, "The Lord doesn't know you, you must depart, for you are a worker of iniquity."

All souls who want salvation must recognize the Guru messenger of God sent to them in response to their prayers. If they don't they won't find salvation by themselves in that life or in the astral world after death. But when they are reborn again, if they pray for a Guru and continue to meditate, God will send them a Guru messenger again for their redemption. Every devotee who ignores the divine messenger sent in response to his prayers has to undergo the punishment of not meeting another Guru-Preceptor in that earthly life and in the astral world after death.

"I prophesy that in future many devotees shall arise in the eastern part of the world, in the western part of the world, in the northern part of the world, and in the southern part of the world, and by their devotion they will meet right Guru-Preceptors and learn to meditate properly and place their consciousness in the cosmic consciousness of God the Father and behold, there will be many devotees among them, devotees from different parts of the world who will meditate to the last days of their lives and they shall be the first to enter into the kingdom of cosmic consciousness. But there will be many devotees among them who though they started meditating early in their

lives, still they were not regular in their meditation, and that is why after a long time in the end if they persist they will at last attain cosmic consciousness."

Must Follow Guru

In the above words, Jesus speaks of the paramount necessity of following a guru when he is once sent in response to the devotee's prayer. No one can even casually meet a Guru-Preceptor without possessing good karma. Therefore those devotees who ignore the Guru-Preceptor and then repent and desire to know God after the Guru is gone, may develop by persistency of meditation so much that after their death they may be close to heaven. Such a devotee has thus made some progress.

But that is all he can get; he will see many other prophets and devotees who followed their Guru present in heaven, but he won't be able to get in there. He will have to come back on earth to repent again and pray and meet the God-given Guru-Preceptor and find salvation through him.

Usually God Himself does not teach but He uses the speech, mind and consciousness of an advanced Guru-Preceptor to teach the seeking devotee. When God once sends a Guru-Preceptor in response to the disciple's innate craving, he must obey the Guru or he will not find salvation at least in one life or in the astral world after death. When once a disciple adopts a God-sent divine messenger or Guru, he cannot be changed in any incar-

nation. A true Guru and a true disciple form the divine pact that they will help each other through love, understanding, loyalty and meditation, until final emancipation in God is reached. It must be remembered that all those devotees who ignored a great Guru can have, after death, a glimpse of heaven, if they earn it through spiritual merit.

Jesus meant that those seekers who ignored Him in his earth life and yet persistently sought the kingdom of God and His contact, after Jesus was gone from the earth, after death, would be granted a glimpse of heaven where they would see Isaac, Jacob and all prophets lodged in the kingdom of cosmic consciousness. Only they won't be allowed to get in at that time.

However, it must be remembered, something is better than nothing, that all those devotees who have a glimpse of heaven would surely form within their souls a great desire to get into the kingdom of God. Such souls, when they are reborn, from their birth have extraordinary desires to know God. Such desire for God, when fed by prayer and good action and spiritual seeking, would attract unto them through God the right Guru-Preceptor who would show them the path of God.

In the above words, Jesus makes it very plain who can enter into the kingdom of God. He never said only a few or many could enter into the kingdom of God, but he said that those who are true seekers after truth attract unto them the

right Guru-Preceptor. If they follow that God-sent messenger, that would be the easiest door or straight gate to enter into cosmic consciousness. Therefore, it is evident that all seekers after the kingdom of God should pray deeply and seek until they find the right Guru-Preceptor who has God-contact and is sent in response to that devotee's prayers.

Hope of Heaven

Jesus in the above words also gives hope of heaven to all the prodigal children of God, in all of whom is hidden the potential image of God. In response to the question "Can only a few enter the kingdom of God?" Jesus does not limit the number or make heaven the monopoly of a few spiritual aristocrats. Instead, Jesus emphasizes that many God-seeking devotees — Christian, Hindu, Moslem, Jewish, and many kinds of devotees — will arise in the four corners of the earth. Only those will be really qualified by persisting in the divine path from the first time they started in it to the end, until salvation is reached. They will be the first or, comparatively quickly, will enter into the cosmic consciousness and the state of final emancipation. But all those devotees who start in the path of God but are irregular in following the divine path may take several incarnations (provided they are persistent) to attain cosmic consciousness and attain final emancipation.

That is what Jesus meant by the last shall be the first and many who

are first shall be last. All the devotees whose spiritual enthusiasm after entering the spiritual path is uniform and persistent to the end will be the first to attain cosmic consciousness. But those devotees who first enter the spiritual path and then become slow or irregular in traveling that path of meditation, might take more than one incarnation to at last enter cosmic consciousness and attain final emancipation.

It is wonderful to know that Jesus assures all truth-seekers that they will surely find God because they are made in His image, provided they give up their prodigal roaming in the land of ignorance and material consciousness. Through the help of a proper Guru-Preceptor one can retrace his footsteps by regular meditation back to the home of cosmic consciousness.

Salvation Delayed

Jesus tells us that only truth seekers who ignore the divine messenger sent in response to their prayers will find their salvation delayed. But all humans, even the greatest sinners, whenever they would understand the folly of their evil actions, will repent. All those who repent of their wickedness and strenuously try to follow the spiritual path will certainly meet the right Guru-Preceptor and reach the cosmic state of consciousness. In a competitive examination, many who come first to enter into it may be the last to pass, and many who are last to register may stand first in the examination, through earnest application.

According to Jesus, it isn't the time when a devotee enters the spiritual path that counts, but his persistency in the spiritual path, as the real cause for attaining the kingdom of God. Jesus distinctly says that devotees from east, west, north, south, by persistent seeking and the help of an exemplary soul or Guru-Preceptor, will finally be able to sit down or permanently place their consciousness in the kingdom of God or cosmic consciousness.

The same day there came certain of the Pharisees, saying unto him, Get thee out, and depart hence: for Herod will kill thee. And he said unto them, Go ye, and tell that fox, Behold, I cast out devils, and I do cures today and tomorrow, and the third day I shall be perfected. Nevertheless I must walk today, and tomorrow, and the day following: for it cannot be that a prophet perish out of Jerusalem.

O Jerusalem, Jerusalem, which killest the prophets, and stonest them that are sent unto thee; how often would I have gathered thy children together, as a hen doth gather her brood under her wings, and ye would not! Behold, your house is left unto you desolate; and verily I say unto you, Ye shall not see me, until the time come when ye shall say, Blessed is he that cometh in the name of the Lord.—Luke 13: 31-35.

"Go and tell that wicked Herod that I have come to cast out ignorance and devils during a certain

period of time of my life as ordained by the Heavenly Father and after that, but not before, I will be crucified. Then I will reach final perfection through the help of the Father, after three days of curing or working out my past karmas in the astral world. Now, however, in spite of the wicked Herod and all his powers, I will walk free today, tomorrow, the following day and so on until my time comes, for events cannot be otherwise than as the prophets foretold, of my body perishing in Jerusalem.

Like a Divine Mother

"O Jerusalem, O, people of Jerusalem, who kill the prophets and who stone those who are sent by God, how often I have gathered you all under my divine protection as a hen would protect her brood under her wings, but you did not like to be saved from the ravages of delusion. Remember, all of you will find your life's houses empty and desolate, unable to feel me as the Christ Consciousness in everything. Of truth I declare unto you, you will not see my body nor the Christ Consciousness in it until the time comes when you shall repent and meditate and expand your consciousness so that the Christ Consciousness, manifest in me for a first time, may manifest in you for a second time.

"When you realize and are able to manifest the Christ Consciousness in your consciousness, then in vision you may see me as Jesus, not before."

In the above words, Jesus dis-

tinctly shows his all-knowing nature. When people told him that Herod would kill him, Jesus replied that nothing could happen to him until the divinely ordained and karma-ordained time had arrived for his crucifixion and perfection on the third day.

When Jesus says, "On the third day I shall be perfected", it is distinctly evident that Jesus was both human and divine, and that by prayer and use of divine will he had to reach perfection.

All souls are potentially divine but as soon as they enter the flesh they suffer imperfection. It takes time for those souls to regain their perfection as they rise above the body's attachment through incarnations, and go back by meditation to Spirit. Those that are intensely desirous of going back to God can accomplish perfection in one life, provided they meditate deeply and can attain ecstasy (*samadhi*). If Jesus was completely divine he would not have said, "On the third day, I shall be perfected."

Jesus knew that he had to do the work of casting out ignorance from others, spreading wisdom, communing with God, and working out all his karma of the physical, astral and causal bodies, in the three days after crucifixion. Then his soul would attain complete unity with the Father.

Unity with God

Whenever Jesus said, "I and my Father are one", he meant he felt potentially and through his advanced wisdom his unity with God.

But he says here that he would irrevocably attain the consciousness of complete unity with the Father, after he had worked out all his karma in his earthly life and in the three days after crucifixion.

Jesus regretted that, although the people of Jerusalem had such a great opportunity to be saved, they did not care to listen to wisdom, and persecuted the prophets.

So Jesus said, "Jerusalem and people of the world who do not appreciate me, someday you will seek me and the Christ Consciousness in me, but you will not be able to find that, until you have repented of your material ways and attained spiritual development. The omnipresent Christ Consciousness which appeared in my body will remain unmanifested until devotees expand their consciousness and tune in with Christ Consciousness. The Christ Consciousness, first manifest in me in this age, must manifest a second time in the meditation-expanded consciousness of the devotee. Then and then only will the devotee be able to feel the Christ Consciousness as it is manifest in me, as well as have a vision of my body in which Christ Consciousness has been manifested."

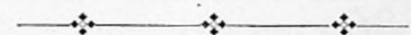
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REQUEST. Will each member or friend who writes to the S. R. F. headquarters or to Paramhansa Yogananda, please enclose a self-addressed envelope for reply? This thoughtful act will be much appreciated.

JULY, 1942

DIVINE BIRTH

All things are simply God to thee who seest only God in all things. Like one who long looks at the sun, he encounters the sun in whatever he afterwards looks at. If this is lacking, this looking for and seeing God in all and sundry, then thou lackest this divine birth.

If thou wilt find this noble birth, verily thou must quit the multitude and return to the starting-point, into the ground out of which thou art come. The powers of the soul and their words, these are the multitude: memory, understanding and will, these all diversify thee, therefore thou must leave them all: sensible perception, imagination and everything wherein thou findest thyself and hast thyself in view. Thereafter thou mayest find this birth, but believe me, not otherwise.—*Eckhart*.



WHO IS BLESSED?

Who is wise? He who loves God.

Who is wealthy? He who has laid by a rich store of devotion.

Who is happy? He who sees the divine grace operating in every occurrence.

Who is renowned? He who is a devotee in the eyes of God.

Who is learned? He who knows God and the world in their reality.

Who is a man of renunciation? He who entertains no desire or hankering in his mind.—*Kalyana-Kalpitaru*.

SCIENTIFIC DIGEST

MIND EXPERIMENT

Fresh evidence that the mind is the ruling source of both cause and effect has just been made of record by the *Journal* of the American Medical Association, which reports that a group of selected football players raised their endurance 200 per cent in three weeks, just by taking sugary tablets which they believed contained gelatin, but which didn't, and which had nothing that could possibly have any physical effect on them.

Other players were given sugary tablets which did contain the chemical, aminocetic acid, which, one school of thought maintained, does increase endurance. This group also improved 200 per cent, but they did not outdo the sugar tablet boys. The experiment was conducted under the direction of the Federal Food and Drug Administration.

The football players were led to believe that all the tablets contained gelatin. This was purposely done to determine what effect, if any, could be attributed to suggestion alone, under carefully controlled conditions.

All in the Mind

The work was pedaling bicycles. Each group pedaled 13 days without tablets and showed no appreciable improvement. Then tablets were given and after two or three weeks both groups went up

200 per cent. Then, still without the players knowing it, the tablets were switched, so that the gelatin boys got only sugar, and vice versa. The result was still the same.

"It is interesting to note," said the report, "that the work capacity of all subjects invariably increased when they received tablets with the suggestion that they would counteract fatigue."—*Chapin Hall*, in *The Los Angeles Times*.

THE STABLE EARTH

Dr. Edward Teller, professor of physics at George Washington University, assured the Columbia University Chapter of Sigma Xi that the sun on which our earth depends for maintenance of the status quo has not varied enough to melt any rocks on the earth in the last 2,000,000,000 years, and that in the last 500,000,000 years it has not varied beyond the limits which permit the orderly development of its life.

Dr. Hans Bethe, professor of physics at Cornell University, before the Brooklyn Institute of Arts and Sciences recently looked into the future in connection with the atomic-energy sources of heat in the sun. He predicted that this parent body of the solar system will remain in almost exactly its present state for about 10,000,000,000 years.

He added, with a mischievous glint in his eye, that he thought that probably would be sufficient for the nations of the earth to effect a settlement of their difficulties and settle down for a period of peace. If we have not achieved permanent peace in this 10,000,000,000-year period of stability which nature promises us it will not make much difference, because then, it is predicted, the sun will flare up like a dying ember and settle down to its next phase of existence as a white dwarf.—*John O'Neill in The New York Times.*

HEAVY ATOMS SHOW MECHANISM OF LIFE

Fundamental new knowledge of the mechanism by which the body keeps "the wick of life" burning at a steady flame, provided by a new "atomic searchlight" fashioned of five types of "tagged" atoms, was presented recently at a meeting of the American Chemical Society by Dr. David Rittenberg of the Columbia University School of Medicine.

Dr. Rittenberg received the \$1,000 Ely Lilly award in biological chemistry at the opening of the convention for his researches in which the twins, or isotopes, of hydrogen, carbon, nitrogen, oxygen and sulphur were introduced into the food of animals for tracing their course through the living body, making it possible for the first time to watch "the master chemist" at work.

The study was begun several years ago at Columbia by Profes-

sor Rudolf Schoenheimer, after Professor Harold C. Urey, Columbia Nobel Prize winner in chemistry, discovered the existence of a new type of hydrogen, with an atomic weight twice that of ordinary hydrogen.

Digestive Process Is Studied

Since hydrogen is one of the most important constituents of food as well as of the living body, Dr. Urey's discovery, followed by the concentration of the heavy hydrogen, made it possible to substitute the heavy hydrogen for the ordinary hydrogen in food substances and trace it through the body.

This work of Dr. Schoenheimer opened a new era in the study of the mechanism of living processes. Until the advent of heavy hydrogen it was not possible to study how the body utilized food. The heavy hydrogen serves as a tag for identification.

Since the discovery of heavy hydrogen, Dr. Urey, by the application of similar methods, has succeeded in concentrating heavy varieties of carbon, oxygen and nitrogen, which, with hydrogen, constitute "the big four" of life. Last year he concentrated the heavy variety of sulphur, an important constituent of several amino acids, building blocks of proteins.

With these five elements, Dr. Rittenberg stated, one can label not only every biologically important compound but even small parts of the molecule, so that when the chemist-in-the-body breaks up a

molecule the progress of its components can be traced.

Starting with the heavy isotope of hydrogen, Dr. Rittenberg, in collaboration with Dr. Schoenheimer, investigated the intermediary metabolism (utilization) of lipids, substances including fats.

These studies led to the general problem of how the living body breaks down and builds up proteins (protein metabolism), with the heavy isotopes of hydrogen and nitrogen (both constituents of proteins). The rapid interconversion and regeneration of proteins and their constituent amino acids have been studied, Dr. Rittenberg said.

Analytic Procedure Devised

As an offshoot of this work, he added, a new analytical procedure, known as "the isotope dilution method," was developed and applied to the analysis of proteins and fats. This new method of analyzing proteins, it was stated, opens the way for more accurate determinations of the structure of proteins, the most complex substances in nature, out of which she creates her living organisms.

Change Constant in Living Cell

The results of these studies so far indicate, Dr. Rittenberg stated, that "most, if not all, constituents of the living cell are in state of flux. The old elements are degraded, while new ones, identical in all respects, are re-synthesized from fragments of the older elements."

Further studies on this continual process of re-synthesizing new identical elements out of the fragments

of the old may shed new light on the process of aging, he said. The living organism, Dr. Rittenberg explained, is a mechanism which can convert chemical potential energy into useful work. This system is different from all others in that the mechanism and the fuel have the same gross composition. This fundamentally is the reason why the study of intermediary metabolism is experimentally so difficult.—*New York Times*.

—❖—❖—❖— ONLY BY LOVE

If by bathing daily God could be realized,
Sooner would I become an aquatic animal;
If by eating fruits and roots God could be known,
Sooner would I have the form of a monkey;
If by abandoning wives God could be realized,
Many would become eunuchs;
If by drinking milk God could be attained,
Many calves and children would know Him!
Mira is convinced that the Divine One
Can never be realized without Love.

—Mira Bai,
Mystic Princess of Rajputana.

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If you are able to free yourself from all bad habits and if you are able to do good because you want to do good and not because doing evil will bring you sorrow, then you are truly free.—*Yogananda*.

Questions and Answers

By Paramhansa Yogananda

Overcoming Selfishness

Question: "How can I avoid being self-centered?"—C. D.

Answer: When you are one with the Infinite, you don't know that there is ego (self); you only know that the wave of life could not work and dance without the ocean back of it. If you become too much attached to the things of this life, you will forget God. That is why we lose things, not to punish us—but to see if we love these little things more than the Infinite.

In order to develop in any way, you must first follow the universal spirit of Christ. That doesn't mean that you would have to be crucified in order to be like Christ, but all useless desires have to be crucified. Some people seek the gifts of God, but those who are wise seek God, who is the Giver of all gifts. Jesus taught us to be in the world, but not of the world. You may try to please people and after a while they forget you. Sometime a statue may be erected in your honor, but few will look at it and remember your good deeds.

Sociability must be developed,

but that doesn't mean that you need to know everyone personally and individually. You must invite the whole world to your heart. Christ Consciousness encompasses everything in its love. That consciousness was born in the body of Jesus, in the body of Krishna, in the body of Buddha. Until you have attained that consciousness, you cannot judge others.

You must be ready at all times to spread the light of friendly service over all creatures whom you happen to contact. This requires constant mental effort and preparedness; in other words, unselfishness. The sun shines equally on diamond and charcoal, but one has developed qualities which enable it to reflect the sunlight brilliantly, while the other absorbs all the sunlight. You must emulate the diamond in your dealings with people. Brightly reflect the light of God's love.

The Call of Friendship

God lives and breathes in all. We are Americans or other nationality for just a few years, but we are God's children forever. The soul cannot be confined within man-

made boundaries. Its nationality is Spirit; its country is Omnipresence.

To have friends, you must manifest friendliness. If you open the door to the magnetic power of friendship, a soul or souls of like vibrations will be attracted to you. The more friendly you become toward all, the greater will be the number of your real friends. Friendship is a manifestation of God's love for you, expressed through your friends.

First, you will have to love your family as you love yourself. The greatest impulse is to love oneself only, but as soon as you can love someone else more than yourself, you have advanced. If you love yourself more than anyone else, you have closed yourself in. You are then surrounded by your ego (self). You must resurrect that ego, then you will love your family, neighbors, country and the whole world as you love yourself. If you wish to develop, you must go through three stages. You must love your family more than yourself, your nation as you love your family, and the world as you love your nation.

True friendship consists in being mutually useful, in offering good cheer in distress, sympathy in sorrow, advice in trouble, and material help in times of real need. By being true to yourself and a true friend to others, you will gain the friendship of God. Once you make your love felt in the love for other people, it will expand until it becomes the One Love which flows through all hearts. If you fail to

be friendly, you are disregarding the divine law of self-expansion, by which alone your soul can grow into Spirit. Anyone who fails to inspire confidence in other hearts, who is unable to extend the kingdom of his love and friendliness into other soul territories, cannot hope to expand his consciousness into Cosmic Consciousness.

Reflect Divine Unity

Friendship is God's trumpet call, bidding the soul destroy the partitions which separate it from all other souls and from Him. True friendship unites two souls so completely that they reflect the unity of Spirit and its divine qualities. When divine friendship reigns supreme in the temple of your heart, your soul will merge with the vast Cosmic Soul, leaving far behind the confining bonds which separate it from all of God's animate and inanimate creation.

Our Highest Duty

Question: "What is my highest duty?"—Y. I.

Answer: Your highest duty is to God. His power is greater than the sunlight and all else put together. When death comes, your duty to the world will end immediately. That is what God wants to show you—that this world is only a playhouse wherein you were sent to play; but to forget your Heavenly Father will lead to misery.

God is the life behind the life, the sight behind your eyes, the taste behind your tongue, and the love behind your love. To realize

this to the fullest extent is Self-realization. Without God's power you can do nothing. If you always hold this thought, you cannot go wrong, because you will have purified the temple of your mind and soul with the vibrations of God.

The voice of the Infinite is strong and powerful, and when that power surcharges your body, all wrong vibrations vanish. When you feel that Eternal Power in every way is talking through your voice, through your silence, through demonstration, through your reason, then you know that you have something that will last beyond the grave.

You are not the Body

You think that you are the body, but you are not. Your consciousness is centered in the body, but when you are asleep, your consciousness is beyond this. Your love is mostly concentrated on your little body, but that love must be expanded to the kingdom of the Infinite. Since we are all limited, we must reclaim our kingdom by expanding our love. Think what a beautiful world this would be if all of us loved others as we love ourselves. Meditation is a sure way to prove that you are not the body but a child of God. We are the waves of the ocean, the waves of life, and at death we merge in the Ocean of God and then come out again as a wave in the next life.

Do not excuse yourself by saying that you are too busy to think of God. You must give up some of your useless pursuits and idle thoughts to make time for Him.

The world takes out of you all it can, and keeps you engaged with many worthless habits and unproductive activities. Day after day you wish to be different and make new resolutions, but you are being carried a prisoner, bound hand and foot by the cord of your habits woven by you through your environment. To eat, work, and die is not enough; the animal does the same.

Use your precious gift of reason and try to find God. You need not go into the forest where other, although different, temptations will assail you and perhaps conquer you. Your duty is in the world where your karma (action) has placed you to work out your salvation by serving your fellow-men. You can find God in the solitude of your own room when, in the early morning hours and at night before sleeping, you compose yourself for meditation and thought on the great divine principle that created you.

Be Determined to Know God

Mortal law is governed by the law of cause and effect, but you cannot get what you visualize until you know God. When you know Him, then the law of cause and effect is removed and you acclaim your divine birthright. Good actions without reference to God may bring good results according to the law of cause and effect applied to human actions, but they cannot produce the knowledge of God. If the sun tries to shine through a crystal, and you put your hand in front of the crystal, the sunshine

cannot penetrate it. So it is with God. His power is shining everywhere, but if you put forth your hand of restlessness, God's light cannot shine through clearly.

God will not reveal Himself to you unless your thoughts for Him in meditation and at other times are strong enough to blot out all unimportant distracting thoughts. You must determine today to know God and act on your desire by making every effort now to cultivate His friendship. It is not necessary to neglect your worldly duties. Perform them with the thought that you are realizing Him through them and that thus you are pleasing Him.

Only when we unite our souls with God shall we get back the birthright which we have lost. We only get prosperity and happiness according to the measure of our past actions and determination. Don't live as a slave, but as a king. The wave becomes the ocean and the ocean again becomes the wave. So, we become God and God becomes us. He is all there is in the universe that can keep us entertained evermore. All things else will tire us, except God alone!

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SEED THOUGHT

Time is but an image of that Unmade "Duration," which we call Eternity; wherefore as this sensible world was made according to that Eternal Exemplar or Pattern of the Intelligible World, so was Time made together with the world, as an imitation of Eternity. — *Timaeus* Locrus.

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NEWS OF THE CENTERS

HOLLYWOOD TEMPLE

The new Self-Realization Church of All Religions in Hollywood (see back cover of this issue of *Inner Culture*) will have its formal opening on Sunday, August 30th. Paramhansa Yogananda will conduct the 11 a.m. services, which will be followed by a social gathering to celebrate the happy occasion.

UNIVERSITY NEWS

The Mount Washington University offers Summer Session courses both at Encinitas and Los Angeles, through June and July. Paramhansa Yogananda will teach a truly inspiring class on the great Patanjali, exponent of Yoga, on Sundays at 1:15 to 2:45 p.m., alternately at Encinitas and Los Angeles. Sri Das and Lloyd Kennell will offer Sunday afternoon University classes in Philosophy, at Encinitas, and Bernard Cole will conduct a Yoga Physical Culture class there.

In Los Angeles, at Mt. Washington Estates, headquarters of the S.R.F., many interesting Summer Session features are offered, including week-day morning classes by Sri Das on Spiritual Interpretation of the Bible, Literature of India, Lives and Teachings of India's Saints, and Applied Psychology and Religion. Mrs. Lois Patterson

Downs will conduct an evening *Praecepta* class.

There will be group exercise and games, group meditation and supervised study periods; also evening travel movies with cultural studies of foreign lands.

Easterners and others who wish to visit Los Angeles for their vacation will find these unusual Summer School classes worth while, even if one cannot arrange to stay for the whole course. Please write to the Dean for further information.

SRI DAS VISITS EASTERN S. R. F. CENTERS

Sri Das writes: "Recently I took a trip covering about five thousand miles to visit the various Self-Realization Fellowship Centers throughout the country. I was thrilled to find such high interest among all of our students on the subject of 'Postwar Prophecies' by Paramhansa Yogananda, published in our last issue of *Inner Culture*. Everyone who read them was pleased with the prophecies, and a number of people subscribed to *Inner Culture* for their friends to give them the benefit of Paramhansaji's writings.

"I had the pleasure of visiting the S.R.F. Centers in New York, Philadelphia, Chicago, Cleveland, St. Paul, Minneapolis, Milwaukee, Indianapolis and Detroit.

"I found that members of all the Centers are very active in the furtherance of this movement, as they find their heart's desires fulfilled through the teachings of our beloved guru, Paramhansaji. Many students told me that through these instructions they are able to minimize the agitation of fears and worries which are so rampant today, and to awaken the spiritual consciousness to the higher vibration within and so radiate to others a state of calmness.

"I also found that many people who came to the lectures who were not our students, yet are greatly interested in our Hermitage, the hill-top paradise of Mount Washington, and also Mount Washington University. They long to come here to study and receive the spiritual vibration of Paramhansaji and to find peace, joy and upliftment within themselves.

"To the Centers, several students and friends, I want to express thanks for their very generous financial and material aid which helped so much to make this trip a reality and a success. I am looking forward to being with them again."

S. R. F. Ministers

The following persons are ordained ministers of Self-Realization Fellowship Church:

Swami Premananda
Miss Margaret Wood

Whosoever he be of you that forsaketh not all that he hath, he cannot be my disciple.—*St. Luke.*

HEALING SERVICE



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.

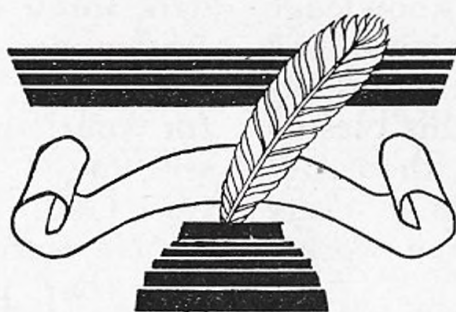
TITLE OF "PARAMHANSA"

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*. *Ji* 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.

Letters from S.R.F. Students



"I wish to say that I derive from the *Weekly Praecepta* and *Inner Culture* the spiritual enlightenment which I have always been seeking. They have opened the doors of happiness for me." — A. G. H., California.

"I have enjoyed using the Horn of Plenty Bank very much. Negative thoughts have become less and less. Worries are gone, and I am enjoying every minute of life. I thank you for your help." — A. W. D., Minn.

"I am receiving much good from the *Weekly Praecepta* and look forward to receive them from week to week. I am trying all the time to do my best to live up to your beautiful and beneficial Teachings." — N. S., Oregon.

"I find the study of your beautiful philosophy very inspiring and uplifting. Thank you for all the help and comfort you have given me." — B. M. J., Johannesburg, South Africa.

"I am thrilled upon receiving the *Weekly Praecepta* and each succeeding lesson becomes more interesting and enlightening." — A. S., California.

"I thank Paramhansa Yogananda and the Self-Realization Fellowship from the bottom of my heart for opening and revealing my inner self to me and showing me the power hidden there, revealing the power of God to me through the teachings which I have received from you." — L. W. G., Wisconsin.

"Pleasant memories still linger in my mind of my visit to Golden Lotus Temple of all Religions a few years ago and of your true Christian faith for all mankind, which helped me to find myself. When I thought I was lost, alone and friendless, it gave me strength and courage to face all my problems." — M. R., California.

"For forty years I have studied many branches of science, but nothing has given me so much inspiration as the OM lesson in your *Praeceptum* No. 28. Nothing can compare to your Teachings." — H. S., New York.

"I am gaining much from reading *Inner Culture*. If only more people read and studied it, this world would be a much better place in which to live." — W. J. Y., New Jersey.

"I enclose a money donation. I know that it will be used for a good purpose. The knowledge that I am gaining in physical and spiritual development is enough recompense for me. May this blessed check be multiplied a thousand-fold. I wish you success in every way for your humanitarian work."—C. W., *Ohio*.

"I have been greatly helped and know that I could not have gone on if it were not for the understanding that I have received from the study of the *Weekly Praecepta*. Thank you and may God bless your wonderful work for humanity."—M. C., *California*.

"I wish to thank Paramhansa Yogananda and the Self-Realization Fellowship for the many blessings I have received since becoming a student of the *Weekly Praecepta* and *Inner Culture*."—A. S., *Minnesota*.

"Thank you for the Horn of Plenty Bank. It helped me so much. I am deeply grateful, and I sincerely appreciate the fine results. I have work with good wages now. Will you please continue your prayers for me?"—N. C., *New York*.

"This is just a short note to tell you that a few months ago I sent in my husband's name and asked for help that he might secure a position that would take him to California, and believe me, here we are, and Mr. G. has a position which he likes and with more remuneration than he got in the East."—B. G., *Calif.*

"When your last letter was received I was still traveling in the dark forest of doubt and could not see my way out, but thanks to God, Paramhansa Yogananda and you, for your special prayers that you sent me, I shall never again mistrust God. My home was saved at the eleventh hour and I feel that it was your prayers that saved the situation. My apartments are all rented now after having vacancies all summer. Please continue your prayers for increased prosperity."—S. B., *New York*.

"The *Weekly Praecepta* have been doing me a great deal of good. I have had very definite demonstrations from the affirmations and from correct thinking. I am very grateful that I am feeling so well that I can go about my Heavenly Father's work."—E. S. N., *Montana*.

"The Horn of Plenty Bank with its daily prayer has been a great inspiration to help me realize abundance in God's love. I enclose a check, and wish you to please send me another Bank so I can continue my prayers. I am making progress in meditation."—M. C., *N. Y.*

"Thank you for your kind uplifting prayers, that helped my husband to recover from his operation so marvelously. I would like to add also that he is doing wonderfully well in overcoming the snuff and cigarette habit. May I ask your continued prayers for a while to give him more strength and power to carry on."—L. C. S., *Minn.*

"This is just a 'thank you' note to tell you that I arrived from South America without the least trouble. I asked if I should make the trip and we all put the issue in the hands of God. The leaving and preparing to leave were remarkable for the great smoothness of events leading to my departure. The dangerous voyage was safely accomplished. I am grateful to God and to you for making me feel that I had so far done the right thing."—P. W., *New York*.

"I am sending the savings from my Horn of Plenty Bank to be used to spread God's truth, which is surely needed at this time. The Bank has certainly helped us a great deal with our financial situation. My husband makes more than double the wages he did last year and that is only with God's help. We are all happy and well regardless of this war situation, because we know that God is everywhere."—J. M., *Calif.*

"My life on this plane of existence would be very limited and narrow if it were not for your wonderful teachings and inspiration put forth in the *Weekly Praecepta* and *Inner Culture*. I also very much appreciate the attention given me during the past three years of my *Praecepta* study."—C. C. N., *Washington, D. C.*

"I thank you for *Inner Culture*. It is a blessing to me every day. I cannot thank the Heavenly Father enough for it. Glory to His name."—W. N. D., *Ohio*.

"I have just received the first *Weekly Praeceptum* with its valuable lessons. For several days previous, a very vexatious problem had been intruding itself upon my attention in spite of my ineffective efforts to dismiss it from my mind. Troubled with this condition, I decided to drop everything and take up the study of the *Praeceptum* which had just arrived. I didn't get past page six before I started to laugh at myself and my seemingly vexing problem. As I expanded into the Cosmic Space around me, my problem became so very small as to seem ridiculous. This was too much for my sense of humor and I simply could not refrain from having a good chuckle. The relief from this burden alone has already meant very much to me."—C. F. G., *New York*.

"I wish to express my deep appreciation for your Monthly Messages. The last one was so full of inspiration that I read it to my Art classes. They seemed to catch the thought too. It was a happy day for us. I was so deeply impressed with the thoughts expressed that I wanted to share them with my students. This Message has brought about a state of introspection that I believe will help me solve the problems I meet and adjust the peculiar experiences which I encounter."—E. M. W., *Oklahoma*.

"I am a subscriber to *Inner Culture*, and read it every day. I find that it is priceless to me. I do not want to miss a single copy."—C. E. I., *Washington*.

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: CApitol 0212. Founded by Paramhansa Yogananda in 1925.

Free Public Lecture by Paramhansa Yogananda two Sundays in each month at 11 a.m. Take northbound "W" car, get off at Avenue 41, where autos will be waiting to take you up the hill to the Center.

Praecepta lesson class for beginners each Tuesday at 7 p.m., conducted by Mrs. F. F. Downs.

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

Hollywood, Calif.

Self-Realization Church of All Religions, 4860 Sunset Blvd., Hollywood, Calif. Phone NO. 18006. Formal Opening by Paramhansa Yogananda on August 30, 1942.

Encinitas, Calif.

GOLDEN LOTUS TEMPLE OF ALL RELIGIONS, (100 miles south of Los Angeles). Phone: Encinitas 4341. Sunday services at 11 a.m., conducted by Paramhansa Yogananda and eminent speakers. All welcome.

PRAECEPTA STUDY CLASS. Each Friday at 3 p.m., at the Temple, in charge of Mrs. Laura Rohner and Mr. Casmer Nickleber.

HERMITAGE. Visitors wishing to see the grounds and ocean view are wel-

come at the Yogoda Hermitage at Encinitas on Sundays between the hours of 3 and 5 p.m.

Fresno, Calif.

Conducting Teachers, Dr. George H. Sciaroni and Mrs. Doris Snyder, R. No. 3, Box 552. Meetings at Pacific Southwest Bldg., 1060 Fulton St., Room 1410, each Sunday at 8 p.m. Phone 2-5181.

Gardena, Calif.

Center meetings held each Tuesday 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.

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. Conducting Teacher, Mrs. Lloyd Briggs, 1740 Prospect Ave. Phone 27984.

Washington, D. C.

Swami Premananda, 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.

Miami, Florida

Conducting Teacher, Sister Kripa, The Professional Bldg., 216 N. E. 2nd Ave., Rm. 801. Associate Teacher, Mr. Fred Terry. Secretary, Mrs. Alice Bates. Meetings on Sundays and Thursdays at 8 p.m. Library. Phone 25305.

INNER CULTURE

Chicago, Ill.

Conducting Teacher, Mr. Walter Sherman. Treasurer, Miss Marie M. Schwarz, 360 N. Michigan Ave. Secretary, Miss Mary Havreberg. Meetings each Thursday at 8 p.m., 510 Fine Arts Bldg., 410 So. Michigan Ave.

Indianapolis, Ind.

Conducting Teacher, Sri Ranendra Kumar Das. 8 p.m. classes Tuesday conducted by Mrs. Chas. Hoffman and Friday by Miss M. Eckhardt. 38½ Pennsylvania Street, Penn. Bldg., Rm. 408; phone Riley 1064. Sunday services at 11 a.m. and 8 p.m. Lending Library.

***Des Moines, Iowa**

Conducting Teacher, Mrs. Marshall McCleary. Treasurer, Mr. Carl Bertelsen. Meetings each Thursday at 8 p.m. at 1315 E. Walnut St., Capitol Apts., Apt. 3. Phone 6-4202.

Boston, Mass.

First Self-Realization Fellowship Center in America, founded by Paramhansa Yogananda in 1920. Class meetings each Thursday at 8 p.m. 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.

***Detroit, Mich.**

Conducting Teacher, Mr. J. Oliver Black, 18094 Parkside. Meetings each Thursday at 8 p.m. at Hotel Tuller, Parlor D. Telephone: Mrs. Maude Emerson, Columbia 3737.

***Duluth, Minn.**

Meetings at the home of Mrs. M. McCool, 4223 McCulloch Ave. Secretary, Mrs. Jessica Wakefield, 2809 Minnesota Ave.

Minneapolis, Minn.

Meetings at Y.M.C.A. Bldg., Sundays at 8 p.m., open to the public. Class on Wednesdays at 8 p.m. President, Virginia Newhall. Leader, Mrs. G. Hirschfield. Assistant Leader, Mrs. Martin Peterson. Secretary, Mr. Fredrick B.

Storlie, 242 Security Bldg. Treasurer, Miss J. M. 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.

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. Conducting Teacher, Mr. John Fuerth, 804 W. 180th St., N. Y.

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.

Cincinnati, Ohio

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

***Cleveland, Ohio**

Chairman, Volta R. Hall, 7400 Brookpark Rd. Secretary, Miss Emma Grambs, 1935 Euclid Ave., Room 209. Treasurers, Dr. Eleanore Gordon, 2236 E. 105 St., and Miss Elizabeth Takacs, 11803 Buckeye Rd. Meetings on Thursdays at 8 p.m., 1935 Euclid Ave., Room 209.

***Philadelphia, Pa.**

Conducting Teacher, Miss Miriam Snaveley. Meetings every Friday at 8 p.m. at 5033 Locust St. Phone Granite 6160.

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. Conducting Teachers, Mrs. Margarethe Reichstein, 927 N. Marshall St., and Mr. Gage.

London, England

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

Johannesburg, South Africa

Representative, Mrs. Elizabeth Schulman, 153-A Victoria St., Rosettenville, Johannesburg.

Tukuma, Latvia, Europe

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

Ranchi (Bihar), 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.

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

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.

Calcutta, India

Self-Realization Fellowship (Yogoda Sat-Sanga Society) and the Students' Home. Secretary: S. Majumdar, B. A.; 165-A Vivekananda Road. Sailen Das Gupta, M. Sc., Superintendent.

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

Dakshineswar, Bengal

Yogoda Asram (Self-Realization Fellowship Hermitage) on the Ganges River near Calcutta. Swami Benoyananda in charge.

Accommodations for Western students and tourists.

Lakshmanpur, Bihar

Yogoda Sat-Sanga Vidyapith, School for Boys. Mr. G. C. Dey in charge.

Midnapore, India

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

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

Yogoda Sat-Sanga Ashram, Ghatal.

Puri and Serampore, India

Self-Realization Fellowship (Yogoda Sat-Sanga) at the Kararashram, Puri. Swami Sebananda in charge.

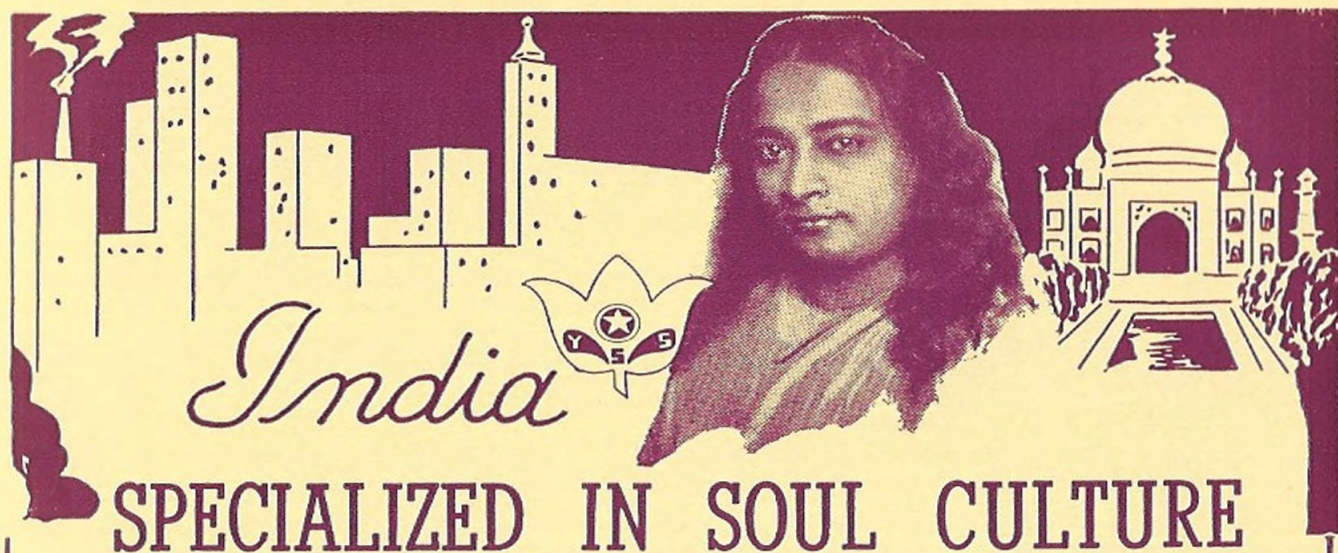
Yogoda Sat-Sanga, Gurudham Chatra, Serampore. Acharya Motilal Mukherji in charge.

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

PRAYER

"Lord, make me an instrument of peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

"O, Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love, for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life."—*St. Francis of Assisi.*



Each land makes its distinct contribution to world-culture. America has specialized in industrial expansion, England in political science, Germany in mechanical science. France in art, Italy in music, Japan in agricultural science. But INDIA FROM TIME IMMEMORIAL HAS SPECIALIZED IN THE SCIENCE OF THE SOUL. Learn from her masters the divine soul-unveiling teachings that have kept India's culture alive through millenniums of vicissitudes. The Self-Realization Fellowship of America and India will gladly send to every inquirer a copy of its enlightening booklet, inspired by Paramhansa Yogananda whose teachings are available to all sincere seekers in the western world.

FREE BOOK



SELF-REALIZATION FELLOWSHIP
Mt Washington Estates
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Hollywood Self-Realization Church of All Religions

By Paramhansa Yogananda

May all of you who have outstretched helping hands to co-operate in the building of this beautiful new Self-Realization Church of *All Religions* in Hollywood be greatly blessed by God, the masters and me. Those who wished to help and could not, may you also be blessed for the contribution of your good-will. All of you who wish to offer much needed help now or in the future, I bless also. To cooperate in God-reminding work is to cooperate consciously with God Himself.

When we walk in city lanes we are fenced in by walls, but when riding in an airplane all those barriers disappear; one undivided vastness greets our eyes. So as we walk in the city of theological beliefs our vision is walled in by dogmatic limitations. But now Self-Realization Fellowship offers the religionists of America and the world an opportunity to ride aloft in the airship of a Church of *All Religions* and to get the vision of vast brotherhood of all peoples, and oneness in the worship of our one Father, God.

If our Father is one, then, even though we may worship Him in different churches, why should we worship Him divided in spirit? Let us all worship Him in oneness of brotherly spirit in Churches of *All Religions*, founded for the purpose of realizing God, not through belief, but through our Self's experience, by true devotion and intense meditation.

While in Hollywood, plan to visit this most exquisite of all churchlets, glittering with gold domes and with stained glass windows with original decorations in gold. Attend the Sunday morning services, to be started on August 30th, beholding the beacon light of this Church of *All Religions* which will help remove the dark shadows of ignorant selfish division existing in many churches.

Here all true saints of all true religions and all true teachings will be honored equally, and Christian, Hindu, Jew, Jain or follower of any religion will be welcomed as children of our one Father-God. Here, besides divine services, the science and art of religion, yoga practices, and scientific step-by-step methods of actually contacting God and of harmoniously developing body, mind and soul will be taught.

This second "Church of All Religions" established in America (the first is the Golden Lotus Temple of All Religions at Encinitas) will be a place to include all denominations and religionists who worship one God. May it inspire men to name all their churches, not with dividing sectarian titles, but with unifying names like "Church of All Religions."