

# INNER CULTURE



EAST-WEST MAGAZINE



Realizing the Christ  
Presence

— ♦ —

Divine Protection

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

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# The Divine Incarnation

**S**UCH is the proclamation made in the Bible of the Hindus, the "Song of Songs":

"Whenever Truth is flouted, and untruth parades in the world, there comes a Divine Incarnation. To give succor to the righteous and upliftment to the weak, the Infinite incarnates Itself in successive cycles."

Two thousand years ago, there appeared a Divine Incarnation whose spirit still moves the millions of souls throughout the globe and will continue to do so until the end of time. Notwithstanding the vitality of His life and teachings, the world-mind as a whole has not tasted the meat thereof.

It is high time that all lovers of Truth should strive to realize the divine consciousness deep down in their hearts during this gay, merry season of Christmas. For this attainment, however, there is but one way, the way of "Guru-given" meditation. Enjoy whole-heartedly the various forms of this glad season, but fail not to meditate on the reality that is but partially expressed in the forms.

All this new turmoil in the world around us is perhaps the precursor of a new divine incarnation. Everywhere hungry hearts are looking for a world teacher to appear. Let all good souls combine their meditative forces in such a powerful way that out of the very heart-beat of God there will come down a New Christ.

Let not this Christmas pass away only in festivity. Add to this festive occasion an intense, concentrative, self-forgetting but God-filled meditation. While celebrating the Birth of Christ, regenerate within you a new man by awakening love for all and good-will to mankind.

—By Sri Nerode.





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## EAST-WEST MAGAZINE

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

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SALOME E. MARCKWARDT, Managing Editor.

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# Christmas Thoughts

THE Christmas season brings to our minds the thoughts of saints and sages, one of whom we worship at this time. It is because of the impetus given by these great men that we are able to break through the shell of misunderstanding and ignorance and see the road to the real life which sustains all.

Right here, let us reflect on the tremendous influence of contacting such men of realization as Swami Yogananda. In the beginning, it is impossible to realize how fortunate we are, but as time goes on, and by realization through meditation we wake up to the reality of the inner things, we can better appreciate their great wisdom and their great love for God's children. We shall be ever grateful to that Soul, who by his own calm, poised, God touched nature was able to pull us out of the mire of delusion long enough to give us a glimpse of what life really is.

After realizing the way to the Inner Life, by the urge given us in the glimpse of that Inner Life revealed by Preceptors, we begin to creep back from matter and delusion to the reality of Being, or Spirit. Because we get a glimpse of the Eternal through the aid of men of great realization, it will be impossible for us to remain content until we reach the Spirit. We are very fortunate in obtaining this touch of holy men, for after their touch, and even if we meditate only a little, no one can ever change our convictions of the necessity of knowing the kingdom within. The impressions made upon us will be present through every condition (or phase) of life and will hound us, so to speak, until we satisfy the pull or attracting force of Love, the Spirit.

Star of the East! When we say that, do we know it's reality. Do we know the joy that comes when Intuition shows it to us. And do we know its Bliss, which we become, as we struggle through its door to Christ Consciousness. It is only this Joy and Bliss that can stand amidst the storms of matter and delusion. It is this Joy and Bliss alone that can satisfy us and prove conclusively immortality to our consciousness.

To follow the example set by the lives of great souls is certainly to our advantage. Attaining God's contact by that path, all other things vanish as unrealities.

O, ring of gold  
Within, of nameless hue;  
O, door of Heaven,  
By which we all pass through  
Into that realm, God's kingdom bright—  
Eternal Bliss, Immortal Light.

—By Dr. M. W. Lewis.



# Realizing the Christ Presence

By S. Y.

**D**O NOT think of Christ as a helpless little baby, for, although He was the tiny baby Jesus, within His consciousness was omnipresent God. Otherwise how could He, when only a young boy, talk in a manner that startled even the wise men? While He had a little boy brain, behind it, and manifesting through it, was the Almighty spirit of God. The universal spirit of Christ Consciousness was with Him from the beginning.

That is the real reason why we celebrate His birthday—in order to remind ourselves of the divine qualities of Jesus, and to awaken ourselves to a realization of the enlightening, loving Christ Presence in our own consciousness. It is a pity that so many people forget entirely the real purpose of the Christmas celebration and lose themselves in the material side only of the joyous festivities.

Christ has been unknown to you because you have kept the gates of your devotion closed. Take this Christmas celebration seriously and through deep and sustained meditation invite the Christ to manifest Himself to you. Jesus himself said that to all those who received Him He would give the power to become the sons of God. Then why not make yourself ready to receive Him now? It is easier at this season than at any other time, for the whole world is filled with a spirit of good-will, love and peace. Even the entire cosmos celebrates this season of joy for the Light that permeates all space.

You must remember what Jesus was in reality. He was created a human being and went through all the struggles and suffering of a human being—but He came through victoriously. That is why He can be an example for us, an ideal toward which we may strive. If He could succeed—we may also.

We must live life unselfishly as He lived it and must continually practice

the one method for realizing the presence of that Almighty Grace within—the method of persistent meditation. You must go so deep within the great silence that you feel the one life which pervades all Creation. Then you will find the Christ Presence.

Christ must come in the cathedral of silence. Christ must be born in the cradle of each loving heart. So, instead of enjoying just the material aspects of this Christmas celebration, make your heart a cradle where Christ can be born again. You must prepare your consciousness.

Be sure that love and good-will go with your gifts, and be sure to recognize the spirit and the hand of the Father in those you receive. Give extra time to meditation for at least the week preceding Christmas, take several hours the day before, and be sure to meditate on Christmas morning. Accept this great gift which the Father meant for you. Do not let Jesus' living and His suffering be in vain. He came to bring you joy, and glory, and peace, and light. These He offers to you always but with especial tenderness and love at this holy season. Wake up and accept the gift of life.

Christ is the joy felt in meditation. Christ is the perception realized in the deepest hours of silence. Clear away all the bars of material desire and let Christ into your heart. Open the portals of devotion and meditate until the Christ child is born within you.

May you have a very merry Christmas and may you receive the greatest gift that any one can wish for you—the perception of the Christ spirit in your own heart. May you feel His presence on Christmas day and every day throughout the new year. Open your hands to receive the wonderful gift of Light—meditate. Meditate until you get results. The answer is sure if you persist. Love—serve—meditate.



# The Gift

TOM and Joe were friends. They had been for several years, and so it was most unfortunate that they were, as we used to say as children, "mad at each other." It had happened this way:

One day when they were both a little on edge, they disagreed. The ensuing argument was short but heated, and as a result neither spoke to the other if he could avoid it. Both felt justified in their feeling of righteous indignation. Both felt that the other was the one at fault, and both settled down to a sullen resistance to any attempt at reconciliation.

Apparently, the breach grew wider as the days went by. Whenever they were in the same room they felt the antagonism between them. It was becoming a strain that needed remedying.

Tom was a metaphysical student and knew that if he could rid his own emotions of the vibration of anger and rancor, the antagonism could be changed to friendship again. In fact, the friendship was still there, but smothered by the emotional and angry feelings that existed between them. However hard he tried, Tom could not get over the impression that they were both as far apart as ever, or perhaps farther. Meditation had not seemed to heal the breach. Things could not go on this way regardless of who was in the right.

Finally, Tom had an idea. He knew that he could solve the problem by action based upon the Divine Law of Love.

A day or two afterward, they met face to face. The feeling of wrath still existed, but they spoke, and immediately Tom said: "Joe, you are a stamp collector, aren't you?"

"Yes," Joe replied, half sullenly.

"Well, I have a couple of stamps from Rome that you may be interested in. I will bring them to you tomorrow."

"Thanks, Tom," said Joe, "I would like to have them."

Immediately, the sense of tension faded away. Both of them, if they would have acknowledged it, felt that the air had cleared and they were once more on a friendly basis.

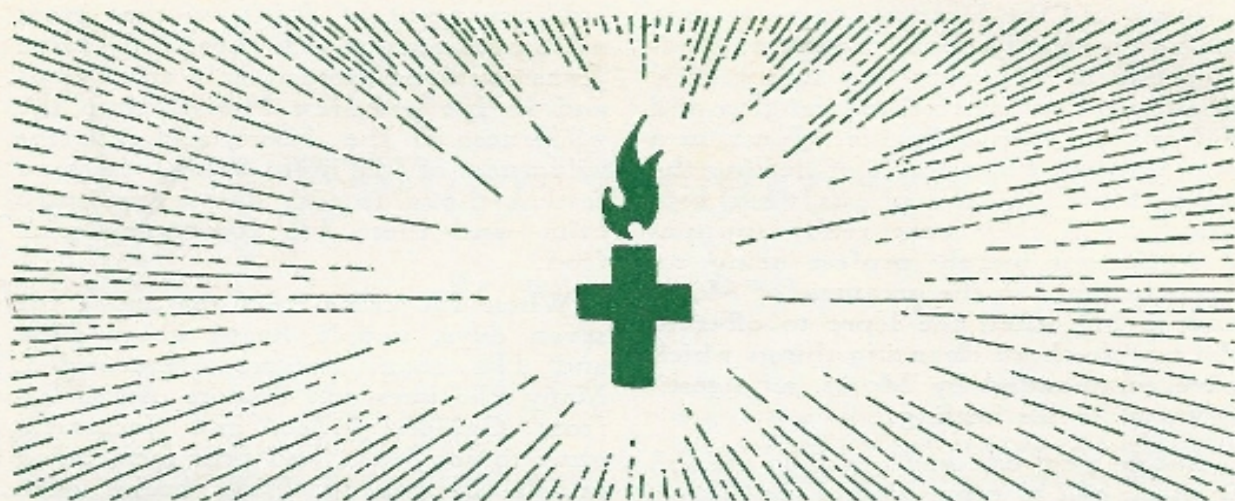
A few days later, Tom delivered the stamps to his friend. It took a few days for the complete feeling of friendship to be reestablished, but reestablished it was; and with it came an assurance that that friendship would be more difficult to break again. A greater understanding had grown into it which would better stand the test of disagreement. And a greater feeling of love permeated it, a love which was not expressed, but which existed deeply and definitely.

The analysis of the solution of this problem is simple and universal—the value of the gift was insignificant—the thought of Love behind it was the operating power; a Love which overlooks anger, righteous indignation, or misunderstanding; a Love which is all-powerful if we but turn to it and use it; a Love which awaits us constantly. We have only to acknowledge it, have faith in it, and be thankful for it. All our problems can be solved through its understanding and use. And what a joyous place the world will be when we consciously and constantly live, glowing in its Light and Power.

—By Frederick Wadley.







# The Second Coming of Christ

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

By S. Y.

*And when they had brought their ships to land, they forsook all, and followed him.*

*And it came to pass, when he was in a certain city, behold, there came a man full of leprosy to him, beseeching him, and kneeling down to him, worshipped him, and fell on his face, and besought him, saying, Lord if thou wilt, thou canst make me clean. And Jesus, moved with compassion, put forth his hand, and touched him, and saith unto him: I will; be thou clean.*

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

A LEPER worshipped Jesus and prayed to be healed. "I WILL," spoken by Jesus, signifies the human will tuned in with God's all-powerful will. Jesus, by the word "I," did not refer to the limited human ego, but He referred to His soul as unified with the Spirit. Human will is circumscribed by the body. It can do anything to the body; it can keep the body well or plunge it into the abyss, destroying it. The human will, by application, can work changes in the world in a limited way, but when the human will identifies itself with God's will in ecstatic meditation, then it becomes God's omnipresent will, able to work in all the channels of

force and the avenues of power which govern the universe. It is then that the devotee, with his magnified will, can work any change in his extended cosmic body of the universe, even as a man can will to work through all the nerves and muscles of his own body.

Jesus, being one with the omnipresent Father and cosmic energy, felt His presence in the body of the leper. And with His omnipresent will, which controlled cosmic energy, He willed the energy in the leper to change the leprous body into a healthy body.

The human body is condensed energy and the will of Jesus, being in control of all omnipresent energy, could effect the change from a leprous condensed energy, or leprous body, to a perfect condensed energy, or perfect body. He willed cosmic energy to clean out all imperfections and to rearrange the life vibrations and create atomic changes into a perfect body. The leper was healed, and Jesus said to him:

*See thou say nothing to any man: but go thy way, show thyself to the priest, and offer for thy cleansing those things which Moses commanded, for a testimony unto them.*

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



Jesus told the leper not to waste time telling everybody about the divine healing, but to tell only the hypocritical priests who commercialized religion and did not live it in daily life. Jesus, in a way, through His miracle of healing the leper, hinted to the priests what they could do if they were really spiritual and did not merely profess being so. Jesus believed in the greatness of Moses and so He asked the leper to offer to the temple those cleansing things which were commanded by Moses, as a testimony of God's healing.

*But he went out, and began to publish it much, and to blaze abroad the matter. And great multitudes came together to hear, and to be healed by him of their infirmities, insomuch that Jesus could no more openly enter into the city, but was without in desert places: and he withdrew himself into the wilderness, and prayed. And they came to him from every quarter. And again he entered into Capernaum for some days: and it was noised that he was in the house. And straightway many were gathered together, insomuch that there was no room to receive them, no, not so much as about the door: and he preached the word unto them.*

*And it came to pass on a certain day, as he was teaching, that there were Pharisees and doctors of the law sitting by, which were come out of every town of Galilee, and Judea, and Jerusalem: and the power of the Lord was present to heal them.*

*And, behold, men brought in a bed a man which was taken with a palsy; which was borne of four. And they sought means to bring him in, and to lay him before him. And when they could not find by what way they might bring him in, nigh unto him, because of the multitude, they went upon the housetop, and uncovered the roof where he was: and when they had broken it up, they let him down through the tiling with his couch wherein the sick of the palsy lay, into the midst before Jesus. When Jesus saw their faith, he said unto the sick of the palsy: "Son, be of good cheer: thy sins be forgiven thee."*

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

The healed leper became the best

publicity agent of Jesus, so that great multitudes sought to be healed by Him. Jesus could no more openly enter cities and so He withdrew Himself into the wilderness of the desert, and into the wilderness of His inner Being, where no restless thoughts ever dared to disturb Him—and there He communed with God.

When He came to Capernaum for seven days, people heard about Him and His room became overcrowded. Many Pharisees and doctors of the law from Galilee, Judea, and Jerusalem came to see Jesus, and four men, being unable to get to Him, broke open the roof of the house where He was and let down the man suffering with palsy. Jesus, seeing their faith, said unto the sick man: *Son, be of good cheer: thy sins be forgiven thee.*

Son, be delighted in Spirit, for thy sickness (which is due to some pre-natal and post-natal sins, consciously or unconsciously practiced by thee, but unknown to thee now, and which are forgiven by the mercy of God) is healed.

Every sinful action leaves a sinful seed or tendency in the brain, which later sprouts into some mental or physical calamity when the conditions of evil actions are favorable.

Just as a needle, when it strikes the grooves of a record, plays a certain song, so also, the needle of an evil action, when it touches a grooved evil tendency in the brain, brings forth the corresponding song of evil experience.

Every experience, good or bad, if intense, leaves a mental and physical record in the brain. This mental and grooved physical record in the brain can be played at any time by the suitable needle of specific association of ideas.

Divine men, like Jesus, can with will and cosmic energy burn from any man the mental and physical records of sin which keep on singing the fruition of sinful calamities. With the burning of the inner sinful records, the misery-producing songs of evil experience disappear also. This is what Jesus meant by "forgiveness of sins," when He healed the man stricken with palsy.





# Divine Protection

By SRI NERODE

**T**HERE is an invisible wall of divine protection enveloping us on all sides. It is unseen and consequently more potent than the visible protection that we receive. Look at the seed, in which the coming life is protected under the shell, and at the tree-life protected underneath its bark. The most delicate instruments of human thinking, the brain cells, are jealously guarded beneath the hard skull, while all breathing creatures are protected in the sea of air, and other different creatures are guarded in the envelope of the sea waters. When such is the case with omnipresent protection, how is it possible to think that the very life of the supreme creation of God, man, could be left unprotected in Nature? As we see and observe such a protective intelligence on all sides, how can we fail to detect the same watching care over our own lives?

There are etheric rings of divine protection around us, and as soon as we recognize the fact, they become active and potent for us. If we do not recognize them, they are impotent. It is up to each individual to recognize and accept them and, by so doing, make them a bulwark against mishaps and misfortunes.

Our greatest mistake in life is our foolish appropriation of things that do not belong to us. Our parents, our children, our friends, and our possessions do not actually belong to us. They belong to the One who created them, yet we unblushingly try to possess them as if we had made them for our own use and satisfaction.

It is essential to recognize that all that we have belongs to Him, and therefore it is His concern to protect our dear ones from the vicissitudes of life. This

recognition at once makes the etheric rings active and productive of healing. These etheric rings always surround us but are not used, for most people depend more upon their own limited resources than upon opening the channels of divine help.

One great trouble with humanity consists in the fact that, although an inherited bad habit of thinking, the human mind has not learned the art of dissociation. Man always identifies himself with all that is around him or with all that happens to him. Consequently, man, who is the unchanging, unconquerable soul-nomad, turns out to be a changing, sorrowing tool in the hands of ever-changeable circumstances. That is the root cause of trouble in the human family. True escape for man lies in regaining his freedom by mentally dissociating himself from what he has or sees around him. Half of human miseries will disappear like phantoms as soon as man realizes that God is the Cause of all things.

There is divine protection everywhere. God has endowed man with more red corpuscles than white ones. There is proportionately more will-power and mind-power than weakness and frailty in his mental make-up. We receive more sunshine and showers than drought and storm. There is more light than darkness, more beauty than ugliness, and more virtue than vice in the world. What man needs is a parching thirst to make him drink of the divine blessings with open eyes and open mind, instead of complaining about lack and want.

God protects those who want His protection. Half-hearted desire is not blessed with His care. There must be full-hearted, unconditional, surrendering, yet trusting, and strong desire to

*(Continued on Page 26)*



# Let Us Rejoice

**L**ET us make this Christmas a real celebration of the birth of the holy child by striving to realize the consciousness which He attained.

Let us make this celebration an uplifting and spiritual experience.

Let us not for a moment forget the One whose birthday is being commemorated while in our zeal we go about the joyful and exciting preparation of the happy festivities.

Let us use this occasion as a new impetus to start on the Christ path of truth and love.

Let us use it as an opportunity to express the universal Christ love for all people and all creatures—exalted and lowly, near and far, large and small, known and unknown.

Let us rejoice and give thanks for this wonderful gift of light and love from the Great Giver.

While we are remembering the physical birth of the baby Christ, let us realize His eternal loving Presence which is always with us no matter where we are or what we are doing.

Let us once more resolve to discipline ourselves—to control our bodies, our minds, and our emotions—and to strive ever toward Christ understanding.

Let us establish the Prince of Peace as our inner ruler so that we may meet our crosses and tests of life with power, victory and tranquility.

Let us meditate until we perceive the Christ in our own hearts.

Let us learn to love those who love us not.

Let us break all our mental boundaries of color, creed and nationality, and receive all—even our inanimate and animal brothers—in the endless, all-embracing arms of our Christ Consciousness. This will be a true and fitting celebration of the coming of the Christ to this earth.

Let us rejoice and give thanks.

Peace ❧ ❧ Joy ❧ ❧ Peace

—By S. Y.



# An End that Justified the Means

By STARR DAILY

**N**EVER before has any one told a Christmas story like this one. That is the pity of it. Had every mother in the world told every child in the world this story, Oh what a difference—but we'll not criticize the mothers here. We'll remember the season, and be charitable, tolerant and very, very tender toward the mothers of mankind.

This is a true story. It is true because it is Truth. It is a Christmas story only because it makes a slight reference to Christ Jesus and His birth. It happened not so long ago when a mother, desperately concerned about her wayward and wilful daughter, sought out a certain man and asked him for advice and consolation.

"I'm at the end of my wits and endurance," she said. "Before I see Mary go on like this I'd rather see her in her grave. I know that is a terrible thing for a mother to say. But what can I do. Of course, if I did anything rash, I'd take my own life too."

Noting her rising emotions, the man laid a calming hand over one of hers. "That wouldn't solve your problem," he told her softly. "Nor will giving way to emotion help you any." She grew quiet. "Now, tell me," he urged her, "all about it."

Her story was the story of millions of mothers and millions of sons and daughters. From the cradle days, she had lavished love upon her child. But it had not been the wise constructive love that makes a child conscious of its own responsibilities. She had lived her daughter's life completely until the girl was fourteen, and then Mary rebelled.

No one could blame the girl.

"I intended to make a lady out of her," the mother went on hopelessly.

"She's never had to put her hands in dish water, nor make a bed. I had an income then. That has all been wiped out in the depression. About a year ago I was compelled to seek work. I took over a small apartment house. Being unable to hire help, I've been forced to do all the work myself. It is more than I am physically able to accomplish."

"And the girl refuses to aid you?" the man asked.

"Not a hand will she turn," was the bitter reply.

"And what does she say when you ask her to help you?"

"She just jumps up and down in rage and abuses me with every vile word she can lay her tongue to. And if I remind her of all my sacrifices for her, she tells me that she didn't ask to be born; that she didn't have a thing to say about it; that she was just a victim to my own desires; and that she was forced into birth without her consent."

"Ah!" So that's the way the wind blows, eh?" The man leaned back and stroked his chin reflectively. "I wonder if I could have a short chat with this daughter of yours. I think it is just possible that I can put a little sense in that pretty head of hers."

And so it was arranged for him to see her—alone. Although he was sympathetic, the girl was obviously on the defensive. A half-sneer played at the corners of her bright red lips. Behind a pair of mascaraed lashes, her gray eyes snapped defiance. He smiled inwardly. "A lot of spirit in that little temple," he said under his breath. "Too bad it's had to be wasted through all these years. She waited for his critical words of her conduct—waited for the chance to hurl back his challenge. But he was far too wise to give her the open-



ing she sought. Instead he told her a story or two, quite in the manner her own father might have told them, had he lived to tell stories to his child. Watching closely, he saw the rebellious tension go out of her soul.

Casually and quite indirectly he referred to the story of Christ's birth. "You know," he said, "Jesus chose His Own mother, and being a wise man, He chose wisely. Mary made a wonderful mother for Him. And He knew she would long before He selected Her for the blessed event."

As he talked, the girl was as still as meditation. Eventually he paused at the end of his story.

"Do you really think Jesus chose His own mother?" she asked.

"Every soul revolving on the wheel of rebirth does that," he replied, in a tone carrying the convincing proof born of matter-of-factness.

"I had never thought of it that way," she said quietly.

"Not many have. And not all souls are as wise as Jesus was in selecting the mother to give them birth. If an unwise soul selects an unwise mother, then both must suffer a great deal while here in order to learn by their folly. But of course it is the mother who must pay the greatest price. And it seems a shame, too, and very unjust, since the mother has had no choice in the matter. Sometimes, to compensate for this, the child makes up for the mother's sacrifices in all manner of ways that warm

the mother's heart; that make her sacrifices really jewels that she would not barter for all the wealth of America."

And then he recounted many instances where children had made up for all the hardships that birth had thrust upon them. He told about our own Washington's mother, and Lincoln's, and of the mothers of many great women of the world.

They talked on and on. All restraint had gone down between them. They were pals. They were equals, and they were discussing, as far as the girl was concerned, the most important piece of philosophy in life.

When he rose to go, she took the hand he offered, but she uttered no words. She had been touched by one of those strange silences that have a language all their own. Nor did he disturb it with words of his own. Nor did he drop her hand quickly. He let his hand withdraw from hers slowly, until his finger-tips slid lightly from hers in a gesture that, without benefit of words, told her that he was her friend.

A few days later the mother called again to see him. This time her face was not drawn by weary lines of frustration and desperation. It was radiant with a great joy of gratitude.

"You could never believe," she told him childishly, "the change that has come over Mary. I don't know what on earth you did to her."

"It was nothing," he said, "that I did. You see, I only told her the truth about herself and you."







# Meditations for December



By S. E. M.

- Tues.  
Dec. 1** Discard pettiness from your life. Live with great ideas, commune with Beauty, listen only to Harmony, see only Truth, speak only Peace, Joy, Perfection.
- Wed.  
Dec. 2** After contacting God in meditation and making your statements of truth, go about your work, whatever it is, knowing that the Presence is with you, directing, giving you power, attracting to you the right people, things or ideas needed to bring forth that for which you have spoken the word.
- Thurs.  
Dec. 3** Whatever work you are doing is God's work. Do your part of thinking and acting gladly and to the best of your ability, and rest in the assurance that "God will bring it to pass." If you do your part, He will take care of the results. Remember that the law always works.
- Fri.  
Dec. 4** Every thought and every act brings its corresponding result. Wise people choose their thoughts and weigh their acts according to the results they desire.
- Sat.  
Dec. 5** So live that your life will always be an inspiration and an example to those who have not yet reached your stage of enlightenment.
- Sun.  
Dec. 6** As people see you radiate joy, health, peace, harmony, success and wisdom, they will be encouraged to seek understanding also. You are a living demonstration that real success and happiness can be attained. Yours is a sacred trust and duty. Keep ever in touch with the Christ and you will not violate it.
- Mon.  
Dec. 7** Life is continually calling to you to clear from your path all of the obstructions of wrong thoughts, feelings and actions so that It may flow through you freely to create the perfection you desire.
- Tues.  
Dec. 8** It is your business to be and to express divinity. It is through your smile and kindly, understanding act that others are able to see the living Christ.
- Wed.  
Dec. 9** Your thoughts, your words and your deeds are the power of God acting through you. You, of yourself, cannot perform a single movement. Then give the credit where it belongs, and be careful how you use this precious power which has been entrusted to you.
- Thurs.  
Dec. 10** The power of God cannot work through you to think great thoughts, to create great beauty, to perform great deeds, or to speak great words unless you prepare yourself and thus make it possible for it to do so.



**Fri.** Every choice of every day  
**Dec. 11** takes you either forward or backward, and every thought and emotion creates according to its own kind. Watch where your attention wanders and guard your thoughts and feelings so that they create only what you really desire. You must become consciously aware of what your mind and emotions are doing in order to control and direct them.

**Sat.** Every time you refrain  
**Dec. 12** from uttering the unkind or angry word which rises to your lips; every time you substitute thoughts and feelings of love, generosity, and kindness for hatred, envy and malice, you have taken a step forward in the control of the outer self, a step which leads toward your goal of perfect freedom and enlightenment.

**Sun.** Health, happiness and suc-  
**Dec. 13** cess are the natural states of man, and if there seems to be inharmony, weakness, or lack of any kind in your life, there is a cause for it which can be removed. It is possible to bring perfection into your life now if you will but wake up and make the intelligent effort required.

**Mon.** Life in its fullness is here  
**Dec. 14** now and where are you? Have you accepted Its great gift or have you so cluttered up your mind with wrong conceptions and attachments that you cannot see it? Wake up! Live completely now!

**Tues.** Do you recognize your  
**Dec. 15** good when it comes to you? Are you grateful enough and do you express gratitude and praise every day of your life both to God and to the human vehicles which he uses to bring it to you?

**Wed.** Have you cast overboard  
**Dec. 16** all the excess baggage of greed, pride, anger, envy, criticism, fear, prejudice, hate, failure, and selfishness so that you are free to carry only joy, peace, praise, beauty, harmony, health, and success on your journey through life?

**Thurs.** Have you so cleansed your  
**Dec. 17** mind and so lived with Truth that your very presence dis-

solves ugliness into beauty, sickness into health, sorrow into joy, disturbance into peace, and weakness into strength? This is possible for you to do if you will.

**Fri.** Your mind is an instru-  
**Dec. 18** ment for you to control and direct as you choose. See that you take care of it, for it is a precious and delicate tool with which you can create all the wonders and beauty of life. Guard it carefully against corruption and train it to precision and exactness. Be sure you know what you really want and then command your mind to do it. You can train it to obey your will.

**Sat.** With all of your giving at  
**Dec. 19** this season, give joy, and praise, and tenderness, and understanding. Help others to attain your great realization of Truth.

**Sun.** Would you follow the  
**Dec. 20** Christ? Then you must try to live life as He lived it. Every time you allow your heart to be filled with bitterness, hardness, resentment, pride, and greed, you are turning from Him. Remember His loving kindness, compassion, tenderness, forgiveness, and understanding.

**Mon.** The best thing you can do  
**Dec. 21** to help the world is to become enlightened yourself. It is much greater and more effective to BE the Truth than merely to talk about it.

**Tues.** If you would realize to the  
**Dec. 22** full this great adventure of life, give all that you are to it. Give all you have to your home; give all you have to your work; give all you have to your friendships and your relations to people. Somewhere along the road the Light will break and you will understand and be free.

**Wed.** Real friendship is imper-  
**Dec. 23** sonal and asks nothing in return. It gives as the rain falls, as the breeze blows, as the robin sings—simply because it IS.

**Thurs.** A real friend sees us al-  
**Dec. 24** ways as we were meant to be and, because he always expects the best from us, he helps us to realize our greatest potentialities. He



makes us feel that we are worthwhile and this gives us the courage to strive to make his vision come true. Interest, enthusiasm and confidence are a vital part of friendship.

**Fri.** What gift have you made to the world? How much  
**Dec. 25** have you loved? How much of beauty has come forth through you? How much have you helped others to bear their burdens? What has your life added to the sum total of usefulness, beauty, knowledge, love, joy, understanding, compassion, and friendship? You, who wish to receive so much, what have you given to life? The greatest gift the world has ever known is yours today. May it grow to perfection in your consciousness and be shared with the whole world.

**Sat.** Give more loving service,  
**Dec. 26** give more kindness, give more faith, give more loyalty, give more understanding, give more love, tenderness, forgiveness, wonder and reverence if you desire to realize the Christ in your life.

**Sun.** Try to so express the spirit of Christ in your home that  
**Dec. 27** everyone who enters it will feel the peace, joy and healing power which emanates from it.

**Mon.** Try to love as Christ loved; try to see with His  
**Dec. 28** understanding; try to act as He acted. Whenever you are in doubt as to what to think or do, try to pic-

ture how He would act in a similar situation.

**Tues.** Real friendship is one test  
**Dec. 29** of greatness. Friendship requires humbleness, enthusiasm, appreciation, understanding, trust, loyalty, patience, forgiveness and love which endures through all tests and contrary appearances.

**Wed.** As you increase your capacity to receive and use  
**Dec. 30** God power and love, as you develop your realization of truth and beauty, so does your life become interesting, effective and happy.

**Thurs.** On this last day of the  
**Dec. 31** year it is a good plan to take stock of yourself. Look back over the year just past and consider what you have accomplished and decide what habits you want to discard and what you want to take with you into the new year. Let there be no regrets and self-condemnation. Simply clarify your purpose and discard whatever does not further its end. Carry no burden of unhappy thoughts and blighting emotions to hamper your progress toward greater enlightenment and more permanent happiness. Pause to express gratitude for all the material and spiritual good which has come to you and for all the wonder and beauty you have experienced. Stand at the end of this year free of all negation, prejudice and ill-will, ready to be used as an instrument to carry out the Father's will—whatever that is for you.







# The Life God Gives Us

By FREDERICK H. WADLEY

**G**OD gives us our life. We have the privilege of doing with it as we see fit. While this may seem strange and incongruous, it is nevertheless true. A reasonable analysis of the facts will show that it is so.

No true student or person can help but admit that there is a Divine Power and that we are created by that Power. Mother Nature, which is a part of the Divine Power, never creates anything without also providing the needed sustenance and help for that creation to grow. The trees, the flowers, the birds, in their natural state have sunlight, earth, moisture, and everything they need to develop into that which they were created to be. Even a mother and a father supply their children with food, shelter, clothes, and the other requirements, so that their children may develop and become men and women. Jesus stated that the Divine Father provides everything which His children need, and in abundance.

What then causes us to wonder why we must work hard to obtain the so-called necessities of life? What causes us to fear that we will not be taken care of as all the others of God's creation are? The answer is—ourselves.

Many people say that they could be successful if only things were different. If they had another job, a better environment, or greater opportunities. It is difficult for them to realize that their present lives are the result of their own thinking, and only their thinking.

The acknowledgment and understanding of this condition is as necessary as our acknowledgment and understanding of a Divine Power.

True it is that present situations are the result of many incarnations of wrong thinking, but because we have

reasoned wrongly in the past is no excuse for not reasoning rightly now. Those of you who read these articles are on the road to right thinking because you are willing to make the effort to change your method of procedure and are seeking the way which leads to the life God has given us.

The life He originally gave us was laid out so that we would be happy, loving, complete, joyous, active, and helpful in every way. Our greed to create wrongly of ourselves, with its consequent failures, had developed within us a fear that what we do will not bring the right results. Then gradually we find that our faith has weakened and our doubts of success increase. This doubt then spreads to our spiritual relationship and we feel that we and God are separated. This separation is of our own creating because the Divine Power has surrounded us with forces and activities with which to make our lives sublime. If we will to do so.

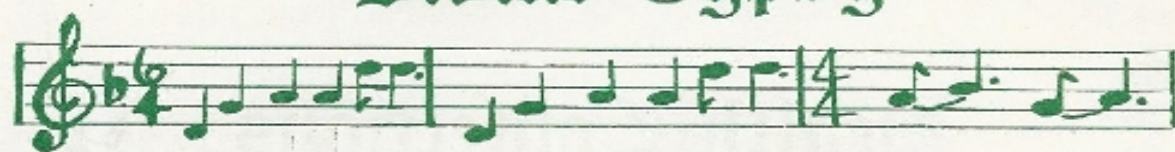
If we could eliminate from our beings all the wrong thoughts we think just as one would remove a cloak and cast it away, our troubles would instantly disappear. Our mentalities somehow seem to cling to these wrong ideas as though they were something good, when in reality they are the millstones around our necks which impede our progress. Seemingly, we must go through a purifying process to rid ourselves of this wrong thinking. And those who have arrived at the joyousness of living confirm that this is so.

How can we then destroy our wrong thoughts and substitute the right ones? There are many ways, but the quickest and most reliable is to apply ourselves to a definite procedure which we consistently follow. The first step comes

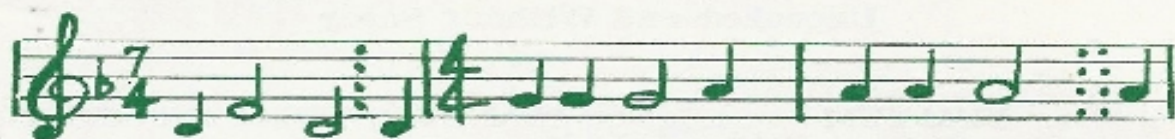
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## Divine Gypsy



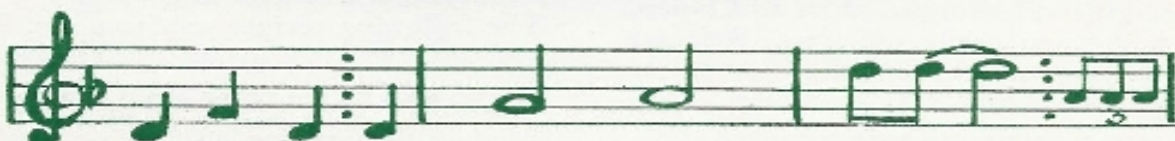
I will be a gyp-sy - I will be a gyp-sy Ro - am Ro - am



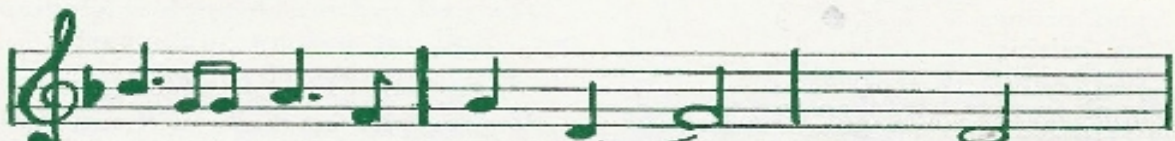
a - nd roam I'll sing a song that none has sung I'll



sing to the skies I'll sing to the wind I'll sing to my red

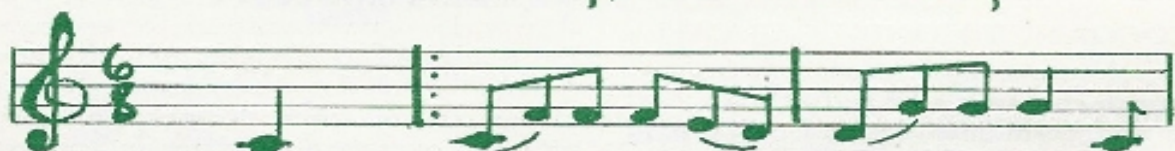


cl - ou - d I'll roam roam with OM I'll be the

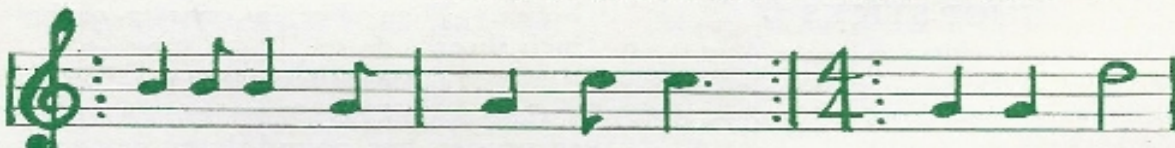


king of the land Through which I - - - roam.

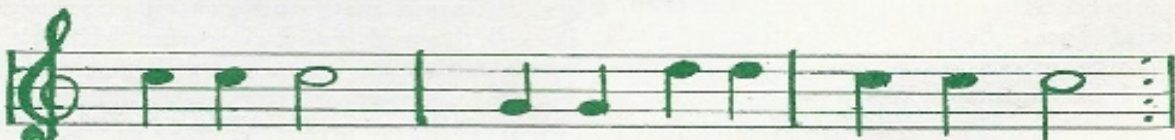
## No Birth, No Death



No bi-rth, no de-ath, no cast - have I



Fath-er, Moth-er have I none I am He



I am He Bless - ed Spir - it I am He.





# Health Confections

Uncooked and Without Sugar

## YUM-YUM

- 4 oz. figs.
- 4 oz. dates.
- 4 oz. raisins
- 4 oz. honey
- 2 walnuts
- 2 oz. pecans

Cut figs in pieces, mix dried fruits and nuts thoroughly together and run through food chopper, then add honey, blending it well into the mass. Roll out, cut into squares and wrap in waxed paper. (Mrs. Richter).

## UNCOOKED PLUM PUDDING

- 1 oz. each dried figs, pitted dates, and prunes
- 2 oz. raisins
- 1 oz. walnuts or pecans

Mix all in together, then run through food chopper.

Add 1/8 tsp. each cinnamon, nutmeg, and grated dried orange peel, working well into the mass, and form into pudding shape.

During the holidays these are nice wrapped in waxed paper and tied with Christmas ribbons.

(Mrs. Richter.)

## COCOANUT-HONEY CARAMEL

Work into candied or solidified honey as much cocoanut as it will contain. Roll out and form into squares. Wrap in waxed paper. (Mrs. Richter).

## CHOP-STICKS

- 3 lbs. seeded dates
- 1/4 lb. walnuts
- 1/4 lb. shredded cocoanut
- 1/2 lb. dried bananas

Cut the bananas in inch pieces, mix all ingredients well together and run through food chopper, using fine cutter. Roll into sticks 4 inches long, which should be wrapped in waxed paper.

(Mrs. Richter).

## PEANUT BUTTER CONFECTION.

- 1 lb. seeded dates.
- 1 tbs. peanut butter.

Put dates through food chopper, using fine cutter, and work into them the peanut butter. Roll out and cut into squares. (Mrs. Richter).

## HEALTH CONFECTIONS

The following recipes are from Dr. P. Lovell and are listed as laxative candies:

### COCOANUT-RAISIN CARAMEL

- 1 lb. seedless raisins
- 1/4 lb. shredded cocoanut

Mix well and run through food chopper. Roll out and cut into squares.

### STUFFED DATES

Remove pits carefully without mangling the dates. Fill with walnut or with pecan meats or cocoanut honey mixture.

Prunes may be treated the same way.

### FRUIT ROLL

Put through the grinder together raisins and unsulphured black figs that have been carefully washed. Roll out into a flat sheet. Put through the grinder separately dried peaches, pears or apricots. Put dates and prunes through together. Now, over the flat sheet, spread a layer of the peaches, then the pears or apricots, and over that, the dates and prunes mixed. Roll up. Let stand several hours. Then slice in quarter or half-inch slices.

### FRUIT CANDY

One pound dried, soaked but uncooked prunes, one pound dates, one pound black mission figs, one-half pound raisins, chopped nuts and grated cocoanut. Put all through food chopper. Mix with honey. Roll in cocoanut and put meats on top.

(Continued on Page 22)





# Diet and Health

By ELLEN EASTON, B. Sc.

## DINNER MENU.

Fruit cocktail  
Radishes, celery, ripe olives  
Cream of beet soup  
Tomato sandwich salad  
Vegetable pie with peanut butter crust or  
Roast nut meat with dressing (see Jan., 1936 issue).  
Glazed apples and sweet potatoes  
Buttered broccoli or spinach  
Date pudding  
Coffee substitute

## FRUIT COCKTAIL.

12 sections orange  
12 sections grapefruit  
12 cherries or grapes  
2 tablespoons lime juice  
2 tablespoons pineapple juice  
Combine, chill and serve.

## CREAM OF BEET SOUP.

1 cup finely chopped cooked beets  
1 tablespoon melted butter  
2 cups boiling savita, or vegex, stock,  
(boiling water and vegetable seasoning)  
 $\frac{1}{4}$  cup tomato soup  
1 small onion, finely chopped  
 $\frac{2}{3}$  cup evaporated milk  
Vegetized salt

Cook the onions in the butter until soft and yellow. Add stock to onion, then add remaining ingredients. Cover and simmer for 10 minutes.

## TOMATO SANDWICH SALAD

6 ripe tomatoes  
1 package cream cheese  
1 tablespoon chopped green pepper  
 $\frac{1}{2}$  teaspoon chopped onion  
Lettuce or cress

Peel, chill and cut the tomatoes in halves. Blend cheese, pepper and onion and spread the mixture between the tomato halves. Garnish with a sprig of

cress or parsley on top. Arrange on crisp lettuce or cress and serve with well seasoned French dressing.

## DIET AND HEALTH.

It is generally recognized that there is a very close relationship between right food and good health. Many modern doctors say that diet is the largest single factor in gaining and maintaining health. Sir William Osler, the great surgeon, says concerning the relation of eating to health, that "Ninety per cent of all conditions, outside of acute infection, contagious disease, and traumatism, are directly traceable to diet."

In order to function harmoniously and to have perfect health and efficiency, the body must contain the proper amount of all of the required elements. Normal nutrition and adequate elimination of waste enable the body to maintain a chemical balance.

## VEGETABLE PIE WITH PEANUT BUTTER CRUST.

12 small white cooked onions  
1 cup diced cooked celery  
2 cups cooked peas  
3 cooked carrots in small pieces  
1 cup cooked string beans  
3 tablespoons butter  
5 tablespoons whole wheat flour  
1 teaspoon vegetized salt  
 $\frac{1}{2}$  teaspoon paprika  
3 cups milk  
Smoein seasoning

Make white sauce with butter, milk, flour and seasoning, add vegetables and pour into a large baking dish. Cover with peanut butter crust.

## PEANUT BUTTER CRUST.

$1\frac{1}{2}$  cups whole wheat pastry flour  
3 teaspoons baking powder  
1 teaspoon vegetized salt  
4 tablespoons peanut butter  
 $\frac{1}{2}$  cup milk

(Continued on Page 24)



## Within the Heart

I sat me down upon the turf  
And gazed at sky above,  
Then strove to pierce the earth beneath  
To find a jeweled love.  
I looked to East, the rising sun,  
And asked my question there,  
Then yearned to Western setting sun,  
My soul could not despair.

I turned to North, I turned to South  
For a Divine Decree;  
The Cardinals converged their points  
Within the heart of me.  
Now there I go, for there I am,  
And here my Soul is Free,  
For jeweled blossoms that are mine  
Are not on yonder tree.

So let me turn to Self within,  
To GOD'S DIVINITY—  
For there's the spark that lights my  
world  
Within the heart of Me.

—By Charles N. Gaskin.

## Earthbound

Alone with the heart of the Almighty,  
A star in the shapeless void,  
My soul is struggling, free once more  
From all it once enjoyed.  
The Spirit and the Soul set free,  
Then shall I let the memory  
Of earth, with chains so leaden,  
Be closely wrapped about me still,  
And hold me from a higher Heaven?

—By Margaret Oliver.

## The Harp of God

My soul is but a single string  
On the golden harp of the Master.  
At the touch of His hand  
I vibrate with all in His grasp,  
Helping to create the Symphony Divine.

Yet, if alone and separated,  
I am lost indeed,  
Without power or tone.  
As one of many, held together  
On the Harp of Universal harmony,  
My vibrations help to fill  
The ether all about me,  
And sound the endless joy  
Of the Master Musician.

—By Margaret Oliver.

## God is Singing

God is singing to me every moment.  
While many fall asleep, I am awaking.

When many are thinking that they are  
approaching death,  
I feel myself awaking in many bodies—  
in many blossoms.

Just as after the sleep of ignorance of  
many lives,

I am awaking and feeling again my  
whole body of the Magic Universe.

—By S. Y.

No, there is nothing new under the  
sun, but it may be well to brush up on  
some of the old things.

—Exchange.

## The Decree of a Conquered Saturn to a Poet

Youth! With your Faith in Love alone,  
I cannot teach you Wisdom's stern, exacting Laws;  
You are too filled with charm and Love's sweet tone  
Of Music, so symbolic of the First Great Cause!  
Thus, you are innocent, and humble, true.  
And being so, I must before you pause,  
And bless the happy, lovely Dreams of you,  
And leave for others Life's grim tasks to do.


—By Charles H. Hubbard.





# The Mystic Life of Christ

By SRI RANENDRA KUMAR DAS

HE birth of Christ into this world has rightly been a day of rejoicing, for He brought with Him the Cosmic spiritual force which, even to this day, is still being infused into the life of mankind as an active principle. In fact, it resides within every living thing as "Indwelling Spirit." He is today, as He was two thousand years ago, still radiating His Divine influence in all directions and spiritualizing all things. He brings into being new impulses in all Creation. To infuse His love into every being, so that all can vibrate in Divine Harmony and man may have life and have it more abundantly, constantly requires the making of sacrifices.

This mystic Christ has been worshipped through all Ages and in all countries. In days of yore, people worshipped Him as a Sun-God and celebrated Christmas as a Sun Festival. The sun, being the symbol of the First Principle, it has been considered the ambassador of the Most High. So naturally the Divine Messengers, who came to purify the universe, to relieve man's burden, and to sacrifice themselves in the name of humanity, have rightly been compared with the Sun-God. In the same way, the yearly course of the sun has been compared with the life of the Avatars (Great Teachers).

In all histories, Christ is born at the winter solstice and is crucified at the spring equinox, at which time He conquers death and ascends unto Heaven. This is parallel with the life of the Sun-God also, who is always born at the winter solstice.

Beginning with midnight, the 24th of December is calculated as the shortest day of the year. At this time, the sun

passes into Virgo, which is the sign of the virgin, signifying service and chastity. The Celestial Virgo remains unchanged when the sun comes forth into the heavens, which accounts for the Immaculate Conception taking place at this time. It is the beginning on this earth of the birth of the Cosmic Christ, so pure and so powerful, rejuvenating the earth and bringing happiness and joy to all. It injects a new purifying force into man and instils within him a joyous outlook for the future. To the initiate, it opens a new vision. Therefore, during this period of the annual birth of the Christ Spirit, the earth rejoices and celebrates Christmas that it may pay homage to this Divine Force which is a means for the salvation of man. The Christ Power descends into matter and creates new energy and force within, whereby the entire universe is yearly purified. How could Christmas be aught but a day of great rejoicing!

Continuing the allegory of the Sun and Christ, we find after December 24th that the sun is less powerful. This has the same significance as the early days of the Christ Child in which He is still weak. The days are shorter and the nights are longer. However, the sun, through this period of danger and darkness, gradually grows more powerful until it enters the spring equinox, when the crucifixion of the Sun-God takes place. The date varies each year. The Sun-God continues to climb into the heavens until the summer solstice is reached. From then to the autumn solstice, the Sun-God is at his highest. He brings forth full power to the earth, nurtures the corn, ripens the fruits, and brings a harvest to man. The manifestation of this new power signifies the victory of the Sun-God over death by crucifixion



and its ascending triumphantly into Heaven.

In a similar manner, we find that Christ, in His early days, suffered many difficulties, but gradually conquered all of them, since He was the Divine Messenger. He experienced many initiations but, at last, realizes His Oneness with the Father Divine. He taught the people how to attain that same state and declared the coming of Heaven upon Earth. He preached, practiced, and lived a life of love, a life of sacrifice, a life of brotherliness, whereby He was able to purify His own blood and make it perfect in preparation for the final sacrifice through which a new spiritual force was ushered into this universe. Through His life and teaching, He attuned matter to a higher vibration and conquered its limitations. His life has by this time reached the autumn equinox.

The Crucifixion signifies that the World-Soul, or Christ, conscious that the earth was still passing through darkness, surrenders Himself upon the cross of matter so that He might shed His pure blood upon this earth as a final self-sacrifice for the generation of a new spiritual force. A Christ life is the storehouse of Cosmic energy. He thereby releases this Cosmic energy, which permeates the physical universe, lifting it up, purifying and investing it with new life, new vitality, and new energy.

May we remember that, as the burden placed upon the physical universe becomes too great through the sins of man, the Primeval Energy always sends forth a Christ to shed His blood so that the universe may be infused with strength and power to carry on. What infinite kindness, what infinite love, what infinite protection is ours.

Let us, during this Christmas season, meditate upon the yearly sacrifice of Christ for the benefit of mankind. Let us be more devout, more worshipful, and say with Paul: "In Him we live and move and have our Being."

At the approach of the spring equinox, the Great Christ, born at Christmas, is released and passes into the higher spiritual realm, reaching its highest

point at the summer solstice. The Resurrection takes place at the Easter season and is a time of rejoicing for the entire universe for the gift of a new life and light from Christ gained through the Crucifixion. He then ascends to the realm of the Heavenly Father, from which He prepares to descend again at Christmas time, bringing with Him the effulgent light of the Cosmic energy to later rejuvenate mankind.

The question may now arise in the mind: "How long shall this process of the birth and crucifixion of Christ continue?" We find the answer in the utterance of Jesus Christ when asked by Salome when the beginning of His Kingdom would be at hand. He answered thus: "When you shall have trampled under foot the garment of shame; when two shall be one; when that which is without shall be like that which is within; and when the male and the female shall be neither male nor female." Thus from His answer it is seen that, as long as mankind shall sin, as long as there shall be hypocrisy, as long as there shall be inharmony, just so long shall the annual sacrifice of the Christ continue.

Man's duty today shall be, then, to realize fully and feel the birth of Christ at the Christmas season just as it happened in days of yore. This birth, then, will take place within each heart. Each alone must conceive it, must feel it, and must realize it. It will then purify all hearts and raise all humanity from the domain of the material world into the domain of the spiritual realm. It will bring about the evolution of man from the flesh body to the spirit body. Then will there be the complete sacrifice of the Lord Christ within us, creating perfection. Then will there be the Kingdom of Love within. That which is within we shall see and shall manifest the same without. So we shall behold the Kingdom of Love and contribute toward its realization. Thus, in the midst of this chaotic world, when human beings are preying upon each other constantly and continue to burden the earth with their sins, shall the earth continue to experience the change of seasons, of heat and cold, of light and darkness.

Only out of a Christ Consciousness  
(Continued on Page 22)



# Scientific Digest



## Steam Engine Run Without Fuel

A "solar motor," driving a tiny steam engine with no fuel but the sun's rays, was hailed recently by delegates to the third World Power Conference as the key to an almost unlimited treasure house of energy. Demonstrated for the first time, the sun machine was developed during a lifetime research by Dr. C. G. Abbot, secretary of the Smithsonian Institution.

It was examined with intense interest by Cabinet Ministers, scientists, and industrialists, among 3000 delegates from fifty-two nations, who opened their sessions with a blunt warning that the end of some other power resources, particularly petroleum, is already in sight.

Although Dr. Abbot's demonstration machine turned an engine of only one-half horsepower, he declared that the same principle could easily be used on a vast scale. If oil and coal supplies fail, he predicted, sun motors might light the world's homes and drive its factories.

For more than a century scientists have been trying to harness sunbeams, but Dr. Abbot's device is said to be the first to operate with an efficiency comparable to other motors.

The basic design of the solar heater was relatively simple. Three curved metal mirrors focused the sun's rays on glass tubes containing a black liquid of special chemical composition. Heated to 400 degrees Fahrenheit by the concentrated beams, the fluid passed through a boiler which generated enough steam to run the small engine.

Dr. Abbot foresaw special usefulness for his invention in arid regions, where sunshine would be "on tap" at virtually all seasons. Inexpensive sun motors might be used, he said, for pumping ir-

rigation water, refrigeration, air conditioning, and cooking. His guests at the demonstration mentioned the possibility of giant installations in deserts, converting the sun's energy into electricity to serve distant cities.

Gano Dunn, president of the J. G. White Engineering Company, predicted that Dr. Abbot's machine "will enter the commercial field in a few years." Mr. Dunn said the device had been perfected to such a point that mirrors covering part of the surface of waters impounded by Hoover Dam "would develop power greater than the power given by the falling waters of the dam itself."

## Experiments in Making Gold

DREAMS of making gold, envisaged by alchemists through the Ages, have come true. So stated Dr. L. W. Chubb, director of research laboratories of the Westinghouse Electric and Manufacturing Company.

"Economically, however, synthetic gold is not now feasible because it requires the use of platinum and other elements more costly than the gold itself," he explained. "It does not seem unreasonable, however, to expect, some time in the distant future, a practical method of transmuting elemental material and also making use of the enormous store of atomic energy."

Fascinating adaptation of physical and scientific facts to modern industrialism was described by the speaker. Specimens of tempered copper, which are harder than the finest steel, and sheets of transparent material, which not only erase the glare of approaching automobile headlights but also eliminate the very light itself, were exhibited at a recent meeting.



## Health Confections

(Continued from Page 16)

### COCOANUT BALLS

Grind equal parts of figs, dates, raisins and nuts in food chopper. Mix well with a small amount of honey and lemon juice. Form into a loaf and slice, or into balls and roll in cocoanut.

### FRUIT NUT ROLL

One-half pound dried white figs, one-half pound dates, seeded, one-half pound seed raisins, walnuts or peanuts. Grind the above ingredients finely, add equal portions of walnuts or peanuts. Mix. Roll into loaf. Cover board with chopped or ground nuts, roll loaf in the nuts and cut in slices. A half pound of finely grated raw, tender carrots may be added to the mixture, if desired.

### NUT CANDY

One cup shredded cocoanut, two teaspoonfuls lemon juice, four tablespoonfuls peanut butter. Mix thoroughly. Roll into balls and put in a cool place to harden.

## The Mystic Life of Christ

(Continued from Page 20)

will there arise a new race, about which I shall write next month in my article: "The Vision of a New Race." This race, through the power of love, will lift the burden of the earth and cause its orbit and movement to change, and so counteract all sin. They will also wield a very great power over mankind through love, which will liberate the Christ.

Christ is within each one of us, and those who realize this and so live the life, will become a Christ and bring "Heaven on earth." So let us all utter this Christmas prayer: "Heavenly Father! We rejoice in Thy Name as the birth of Christ is within us. May we never interfere with the growth of Christ but lift ourselves up unto Him and realize our own Christhood. We thank Thee and we are grateful to Thee for Thy everlasting Kindness and Love."



## Vice and Virtue

Vice is a disguised witch,  
Charming for a while,  
Until it can beguile  
You to its destruction's den.

Virtue grows charming evermore,  
As you follow its ways more and more.  
Evil promises joy and gives you sorrow.  
Virtue makes you weep today, that you  
may weep no more tomorrow.

—By S. Y.





# At the Time of His Coming

THE clouds cease their onward sailing, and in joy tinge themselves with softest white and blue and gray, and patiently wait to greet Him.

The heavens send forth the silvery rain and sparkling dewdrops to freshen all, that they shall be prepared to greet Him.

At the hour of His coming, to express her unfathomable delight, the sky paints a rainbow of wondrous hue across her limitless expanse.

The earth spreads over her bosom a mantle of beauteous green, flowered with the lotus in white, red, gold, and blue, in worship to Him.

The mountains out of sheer gladness cover their towering peaks with a feathery robe of spotless snow and dot their slopes with marigolds, jasmine, the cypress, and the pine.

The rivers run merrily on, chasing their billowy crests to meet Him, and to again become holy.

The ocean comes as a goddess-queen, riding over the foamy waves to meet Him, Lord of the Day.

The trees in their unspeakable love and joy bring forth green leaves, ripe fruits, and scented flowers as their offering to the Lord of the Universe.

All Nature, pierced with love, throbs and thrills at the expectancy of meeting Him.

At that hour, the sun, moon and stars become as a molten liquid of love that pours itself upon the universe.

The breezes, mellowed by the southern wind, whisper to each other in words of ecstasy, the hour of His coming. The beasts of the field in mute praise stand in profound reverence, the birds chant their hymns of praise, the flowers unfold their delicate petals, the vines cling in close embrace to their mother support, in their outburst of love.

In the depths of the earth, in the depths of the sea, all forms look upward to behold His countenance.

The devotee, trembling with inexplicable joy, unfelt before, thrilling in heart and soul, becomes One with Him who came. A new love, a new rapture, a new joy enwraps the whole universe, vanquishing all sins and making all Whole, Divine, and Immortal.

—By Sri Ranendra Kumar Das.



## Diet and Health

(Continued from Page 17)

Sift dry ingredients, work in peanut butter and add milk to make soft dough. Toss lightly on board and roll out to fit baking dish. Cut slits in dough to let steam escape and place over the vegetables. Dot top with tiny bits of butter and bake in a hot oven for about 20 minutes.

### GLAZED APPLES AND SWEET POTATOES

3 tablespoons butter  
1½ cups sliced raw apples  
1 cup sliced cooked sweet potatoes  
4 tablespoons brown sugar  
1 tablespoon lemon juice  
¼ cup water  
½ teaspoon vegetized salt  
Brown apples and potatoes in melted butter, add rest of ingredients, and cook slowly for 10 minutes.

### DATE PUDDING.

3 eggs beaten separately  
1 cup brown sugar  
1 cup whole wheat bread crumbs  
½ cup milk  
1/3 cup flour  
1½ teaspoons baking powder  
1 teaspoon cinnamon  
¼ teaspoon cloves  
1/3 teaspoon salt  
1½ cups chopped dates  
½ cup chopped nuts  
1 teaspoon vanilla

Mix all ingredients, folding in beaten egg whites last, and fill greased individual custard cups or small pans. Place in pan of hot water and bake 30 minutes in moderate oven. Serve hot or cold with whipped cream or spice sauce.

### The Life God Gives Us

(Continued from Page 14)

through realizing that we are God's children and thus have a definite and

actual relationship to Him. We are a Divine Spark, which is part of the Divine Fire even as a drop is an absolute part of the ocean. Each drop contains all the elements which exist in the immense sea and is surrounded by all the power and material which also is the ocean. We are a portion of the Divine Power, or God, and have surrounding us all the activities which we need to build our world aright. Calmness attained through concentration exercises and spiritual upliftment acquired by regular meditation are essential to the realization of our at-one-ment with God. In other words—Self-Realization.

Today we are surrounded by a greater flood of spiritual vibration than the earth has experienced in many centuries. The opportunity is ours to open our mentalities and perceptive faculties so as to enrich our lives with these vibrations. We are the ones who decide whether we shall enjoy this spiritual help or pass it by. As we decide, so do we also determine how our lives are to be lived.

Forget the past, the trouble, the difficulties, and live in the all-embracing presence of God, in whom there is no failure, no fear, no worry, no want. Remember, God is far more interested in our welfare than we are ourselves sometimes. He has provided every means for our enjoyment of life. We have only to accept and use them. Not acceptance in the sense of resignation to present conditions, but acceptance of the conviction that God-in-us can conquer every fault and readjust every wrong condition.

The New Year comes upon us rapidly. We can seize each day as one in which to use and prove the God-life which is within us. It is the vital surging part of our feeling, our thinking, and our doing. And therein lies the understanding of all love, all joy, all happiness, all wisdom, and all supply.





# News from London

By C. RICHARD WRIGHT

Mr. Wright sends clippings from the London newspapers, and other reports of the Swami's lectures, as follows:

Swami Yogananda, founder-president of Yogoda Sat-Sanga Society (International Self-Realization Fellowship), with its Headquarters at Los Angeles, California, U. S. A., and Ranchi, India, returned to London after his extensive tour of India and the Continent of Europe.

During his stay in London, the Swami addressed two public meetings at Caxton Hall, Westminster, one on Sept. 22, and the other on Sept. 23. The subjects for the lectures were: "Removing Fatigue at Will" and "Highest Technique of God-Contact."

Kedarnath Das Gupta, founder and general secretary of the "World Fellowship of Faiths," who knows intimately of the Swami's work in America, and is at present in London, presided at the meetings. In introducing the Swami, he said: "The Swami first went to the United States 17 years ago as the delegate from India to the International Congress of Religious Liberals in Boston. The Americans were much interested in the message of the Mystic from the East, and as a result the first Yogoda Sat-Sanga Center was established in Boston."

The Boston work grew rapidly and the Swami often had to go on lecture tours throughout the length and breadth of that sub-continent, addressing clubs, churches, societies, civic organizations, radio audiences, newspaper men, and universities on his system.

The number of Self-Realization Fellowship students in America now runs into 150,000. By its non-sectarian message and simple technique of practical methods, harmonizing muscular with organic growth, this Teaching will, in the words of the late Luther Burbank, well-known scientist, "come as near to bringing the millennium as any system of human training in history."

A reporter on a London daily newspaper, the *Star*, describing the meetings, said: "I managed to squeeze into Caxton Hall before the overflow invaded the Press table. Hall, floor, and balconies were crammed. For an hour and a quarter attention was held with reverence. I have heard few equals of the Swami as an orator. There was not a syllable of rant or unintelligible metaphysics. His character acting of a socially-distracted lady trying to practice meditation as the Swami

ordered, would have brought down any house. At the end of the 75 minutes, the Swami, apparently not the least bit fatigued, left the hall to address the overflow meeting in another hall."

On the second day, the large auditorium of Caxton Hall was equally overcrowded and another overflow meeting had to be held in another hall, which was also filled to capacity. The Swami illustrated his lecture subject with practical demonstrations and held both audiences spell-bound. The London *Sunday Graphic* described the meeting as follows: "In yesterday's demonstration, the Swami proved that he can stop his heart beating for a brief period; can stop his pulse at will, or lower his blood pressure; can control his sense of touch or eliminate it entirely, and can switch the energy on or off from any part of his body."

The British National Council of the World Fellowship of Faiths organized a meeting on Sept. 29th, at Whitefield's Congregational Church, where the Swami spoke on "How Faith in Fellowship may Save Civilization." The audience was highly appreciative of his message.

And still more clippings:

Swami Yogananda, metaphysician, poet, and world teacher, last night spoke at 8 p.m. to a very enthusiastic audience in Caxton Hall. The crowd was so great that part of it had to be transferred to the Windsor House Hall, which was also filled to capacity, and the Swami lectured there at 9:30 p.m. after finishing his lecture in Caxton Hall.

The lectures were preceded by a Tagore song and Rev. A. Porter of the Congregational Church spoke very highly of the practicality of Swami Yogananda's work, which had materially benefited him. Among other things he said: "I took Swami's teachings twelve years ago and in a short time I learned more than I received from the two Universities which I attended."

Then the Swami was introduced by the famous organizer and founder of the "World Fellowship of Faiths," Kedarnath Das Gupta, in the following words:

"No other Oriental lecturer has ever before filled two halls, and spoken in two places, on the same night, in London. I must go to Windsor House to keep the people together until the Swami finishes his lecture here to you in Caxton Hall and then goes there to lecture. I now have the pleasure to introduce to you



the great teacher from India, Swami Yogananda."

Amidst cheers and applause, the Swami came and delivered his lecture, which was very much appreciated by the large and distinguished audience, and ended in continuous applause and cheers until the Swami retired."

More excerpts from newspapers. One reporter said:

"Paramount's newsreel lads were busy with Swami Yogananda when I called Grosvenor House to inquire into the Yoga way to health and happiness. Swami Yogananda, with long black hair over his shoulders, lit up the room with his courteous smile and impressive dignity. He said: 'I like the definiteness of the Western people. I have taken that from the West. Spirituality does not mean living in the clouds. Just as the Western people use physical mechanisms to make physical happiness, so the genuine Yogi Masters of India teach how to use mental mechanisms with a technique of concentration and meditation, in order to insure lasting happiness during all the ups and downs of life.'"

Mr. Wright adds: The classes grew so large we were obliged to seek larger accommodations, which surprised everyone, optimists and pessimists alike, for the lecture season was not in sway at the time.

### **Divine Protection**

*(Continued from Page 7)*

tune with His protective vibrations before results can be expected. As sure as heat ripens the fruits, so does earnest devotion ripen the desires.

Just as sure as I see the light-vibration, so do I see the protective vibrations of God all around us. They are often manifested in everyone's life, but most people call that protection acci-

dental. What happens as an accident can be made to happen as a matter-of-fact in life. What is accidental can be turned into something regularly occurring. What can happen once, can happen always.

Therefore, when we seek the cause of happy accidents in life, we come face to face with the divine protection. Trust in God begets trust in self, which in turn brings forth happy accidents one after another. Nothing in the universe is alien to any other thing in Creation. All things are akin to each other, linked in the string of the Divine Presence. The moment we train our understanding to be aware of this fact, we suddenly stumble upon a great and vast truth. We at once stumble into a mine of gold, endless in its scope and content, never again to go out of the sight of the divine bounty.

Therefore, train your understanding to be able to receive the deeper message in the happenings of life. Try to see through things rather than at them. There are hidden, etheric vibrations behind all material vibrations. Unless your eyes and understanding are able to detect these inner vibrations, you will not see His protective arms which embrace you on all sides.

Why suffer on the bed of matter and material delusions when the Spirit of God is peeping at you from the heart of every material thing and inviting you to trust in Him and to steer your ship in confidence to the port of attainment?

### **Letters of Appreciation**

Dear Sirs:

I am so thankful for the Lessons. They have taught me so much that I could not have otherwise realized. They are so inspirational and beautiful—the only way of knowing our loving Father, for which I am truly thankful.

Sincerely,

V. A.,

Victoria, B. C., Canada.

Dear Friends:

Regarding the benefits received since using the Bank, I would certainly like to tell you of all the progress I have

made, but am afraid I am not capable in this letter. I might mention that something which I have always longed for is at last materializing. My health is improving every day and I am very happy and proud to be a member of your great Organization. Thank you all for your help.

Sincerely,

F. S.,

Revelstoke, B. C., Canada.

Inclosed you will find \$5.00 for my Lessons. I want to tell you that the difficulty I had around me has cleared up,



thanks to the sincere help I received from you. I have come to the understanding in body, mind, and soul where any other course of study cannot help.

Mrs. John Brennan,  
Newport, Ky.

Dear Sir:

Although my period of study has been brief, I have gained much knowledge and comfort from the Teachings, and fully appreciate the value of the Fellowship.

Gratefully yours,

A. B.,

Vancouver, B. C., Canada.

I wish to express my sincere appreciation for the great help I have received through my Membership with the Self-Realization Fellowship.

Sincerely,

S. E.,

Glendale, Calif.

Dear Sir:

I feel greatly benefited from these Instructions.

Very truly,

A. P.,

Los Angeles, Calif.

I am enclosing a request for a Horn of Plenty Bank. I have had five or six banks and do not want to be without one. It is comforting to know that I am being remembered in the prayers of your workers. I have had spiritual and material benefit ever since applying for the first bank. I have felt more unselfish in sending the money at the completion of each bank, to the Mother Center for help in their work, than if I applied it toward my monthly dues or Inner Culture Magazine. It is only a small way of showing my appreciation.

Mrs. Dorothy Caperton,  
Louisville, Ky.

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# Instructions for Group Study

By ORPHA L. SAHLY  
(Director of Center Activities)

**P**EACE be with you. May the blessings of the Christ abide in your hearts this Christmas-tide.

Especially for the benefit of the new students of England and India, among whom study groups are being established, following the classes given by Swami Yogananda, the following Order of Study is being printed. We urge all newly appointed Conducting Teachers to communicate at once with the Director of Center Activities, Mount Washington Estates, Los Angeles, California, U. S. A., for further instructions. Any one desiring to help establish a Center will please write to the Director.

## ORDER OF STUDY

### 1. Opening Prayer.

### 2. Correct Posture and Breathing Exercise:

a. Sit erect, hands resting on thighs, palms upward.

b. Calm your mind, purging it of all thoughts, desires, worries, and cares; instantly mentally travel forward a million miles; backward a million miles; downward a million miles; upward a million miles—feel yourself as the boundless infinite, then remain calm.

c. Exhale quickly through mouth and nostrils; inhale through nostrils with mouth closed; hold breath while counting from 1 to 25, keeping the attention fixed upon the point between eyebrows; exhale slowly, emptying lungs. Repeat 3 times.

### 3. Prayer (to be repeated in unison):

"O Spirit, Saints of all religions, Spirit in our body temples, Jesus Christ, Supreme Master Babaji, Great Master Lahiri Mahasaya, Master Swami Sri Yukteswarji, Preceptor-Guru Swami Yogananda, I bow to you all. Free my life from all obstacles and give me material, mental, and spiritual development.

### 4. Reading Selected Material.

### 5. Healing Exercise and Affirmation (the following to be repeated by the class. Please keep your attention focused on medulla, body erect, relaxed and motionless):

"Make us little children, O Father, Even as Thy Kingdom contains such. We are Thy children, Thou art everywhere. Where'er Thou art, perfection's there. Thou art sitting in every altar cell; Thou art in all my body cells; They are whole, they are perfect; They are whole, they are perfect. Thou art everywhere. In my heart, in my brain, In my eyes, in my face, In my limbs and all, They are whole, for Thou art there. I am ill when so I think; I am well when so I think. I am Thy child,

Good or naughty I am Thy child. Let me feel Thy Loving thrill, Thy Loving thrill.

Let me feel Thy Healthy thrill; Let me feel Thy Wisdom's will; Let me feel Thy Wisdom's will.

### 6. Meditation (chant OM in unison, loudly at first, gradually decreasing to a whisper and finally to a silent, mental chant.)

### 7. Lesson of the Evening: Discussion of points.

### 8. Affirmation for Success and Wisdom:

Thou art knowledge  
And Thou dost know  
The cause and end of all things.  
I am Thy child,  
I want to know  
Life's true mystery,  
Life's true joyous duty.  
Thy knowledge in me shall show  
All things that Thou dost know—  
That Thou dost know.

### 9. Announcements.

### 10. Offertory: Affirm aloud, placing offering in right hand and covering with left: "Father, bless this offering that it may do the greatest work of establishing the temple of Self-Realization, the temple of God, in the souls of my fellowmen and in my soul."

### 11. Closing Benediction (repeat in unison):

"Father, bless me that I may perceive Thee in all joyous activities. Mayest Thou look at me and cheer me always while I am engaged in my duties. Let my every activity—waking, sleeping, dreaming—be lighted with Thy presence. May Thy Love shine forever on the altar of my devotion, and may I be able to awaken Thy Love in all hearts."

## IMPORTANT

Your life does not depend upon the success of this Center or its sustenance, but you may be assured that, if through your generous and willing support its life is prospered and preserved, and through your loyal and determined practice of its principles, precedent is established for the encouragement of others, your life will abound with love, peace, and security, such as you have never known before.



# Directory of Self-Realization Fellowship Centers

(Yogoda Sat-Sanga Society)

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## Puri, India

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

## Calcutta, India

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

## Tukumä, Latvia

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

## Los Angeles, Calif.

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

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

## \*Santa Barbara, Calif.

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

## Boston, Mass.

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

## \*Des Moines, Iowa

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

## \*Canton, Ohio

Sri Ranendra Kumar Das, Conducting Teacher. Miss Erna Coleman and Miss Mary Singer, secretaries; Mrs. J. E. Bowen, treasurer. Phone 23129. Meetings every Thursday evening at 8 p. m., also Sunday evening services at 8 p. m., at the Self-Realization Temple, 127 Clark Bldg., Suite 260, Second and Market Sts., Canton, Ohio.

## \*Akron, Ohio

Sri Ranendra Kumar Das, Conducting Teacher. Mrs. Le Veta English Davis, Secretary; phone, Walbridge 1407. Sunday morning services at 11 a. m. at 201 Everett Bldg., Self-Realization Temple.

## \*Dayton, Ohio

Conducting Teacher, Sri Ranendra Kumar Das; Secretary, Miss Mary Hottinger, Vandalia, Ohio. Mrs. Elma King, in charge of classes, 730 North Main St. Telephone Adams 2835. Meetings each Wednesday evening at 8 p.m. at the home of Mrs. Elma King.

## \*Cleveland, Ohio

Dr. M. P. Wherit, Conducting Teacher, 10609 Euclid Ave. Mrs. M. P. Wherit, secretary; Mrs. A. R. Brenne, treasurer, 1651 Clarence Ave. Meetings each Thursday evening at 8 p.m., at Allerton Hotel, Card Room, E. 13th St. and Chester Ave., Cleveland.

## Cincinnati, Ohio

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

## \*Topeka, Kansas

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

## Milwaukee, Wis.

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

## Denver, Colorado

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

## Minneapolis, Minn.

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

## Salt Lake City, Utah

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

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## \*Indianapolis, Indiana

R. K. Das, Conducting Teacher; Sunday School, 10:30 a.m. Sunday services held at 11 a.m. and 8 p.m. Thursday, 8 p.m.; new and advanced Yoga Philosophy Class Friday. Open class in applied Psychology, 8 p.m. Reading room and lending library open to the public daily from 10 a.m. to 4 p.m. Noon meditations at 12:15. All services are held at the following address: 38 1/2 N. Pennsylvania Street, Pennsylvania Building, Rooms 408-409, Indianapolis, Indiana.

## Washington, D. C.

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

## Miami, Florida

While in Miami, visit the Self-Realization Fellowship Center, 313 Venetian Arcade, Miami, Florida.

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





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December, 1936

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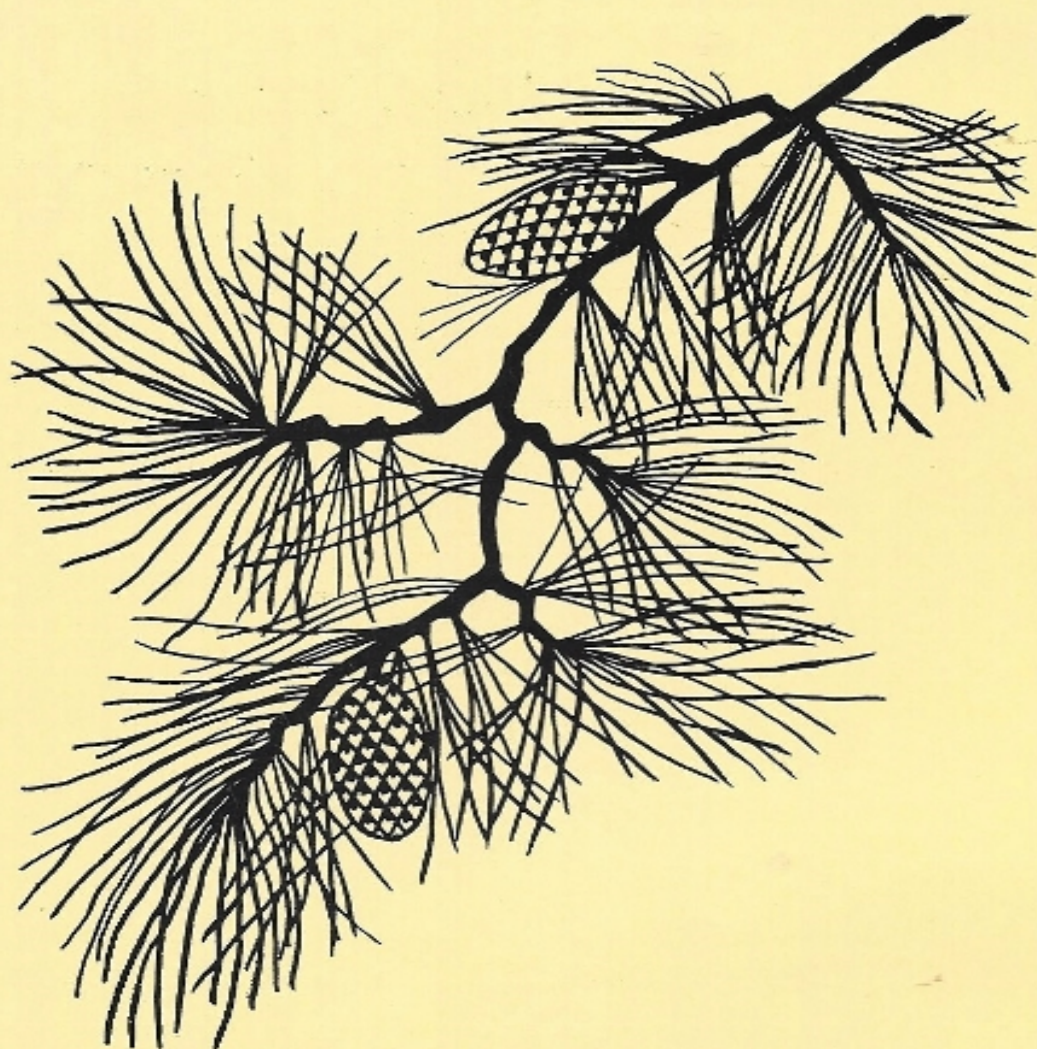
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S. Y.

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## This Christmas Morning

This Christmas morning we invoke the spirit of Jesus, the spirit of Christ to descend upon our consciousness and give us the realization of infinity. May the Christ, who is everywhere cradled in space, in the flowers, in the birds, in our hearts, in the stars—everywhere—may that Christ manifest Himself to us in our consciousness evermore. Heavenly Father, we thank Thee for sending us Thy glorious son, Jesus Christ, who has been a beacon light of spirituality to us. We bow to Jesus Christ, and may His spirit manifest within us this morning.

S. Y.