

# INNER CULTURE



EAST-WEST MAGAZINE



## The Second Coming of Christ

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## Realization or Liberation

February  
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Vol. IX No. 4

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

# A Word from Nature —The Sun

I MET the sun as he came out of the horizon's gate and began ploughing his way through the waves of amber clouds. I said to him: "Tell me, mighty Sun, if you have any message for me."

"Yes, my man," said the Sun, "be as bright and radiant as I am. Through aeons of years, since the birth of the atomic clusters, I have given my life, my light, and my love for the increasing good of the flourishing earth.

Lo! What resplendent joy is shot out of my humble heart through the barrenness of space. I freely scatter my joy over all, with no respect for birth, color, or creed. The aristocrats, or the plebeians, a tiny amœba, or a sea-monster, the little stars, or the huge planets, all receive equally a share of my loving gift.

So I want you, O man, to awaken your resplendent Self for your own happiness and for the happiness of others, and then outpour your endless love over the arid area of the needy earth. Make your love so irresistible that before its light all hatred and jealousy, meanness and greed, will be seared into nothingness."

—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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February, 1937

Page One

# Realization or Liberation

**R**REALIZATION means Liberation, because, as man raises himself above material creation by meditation, he passes out of its influence and its bondage and therefore is not fettered by unfulfilled desires of the heart. He finds full satisfaction in the fullness of the Spirit. He is also saved from all troubles; he is free; he knows himself as one with the Eternal Spirit.

As long as we identify ourselves with material creation, just so long will we feel want and pain, while our hearts' desires remain unsatisfied. Because of Ignorance we are led to believe that this material creation is the only thing that exists. It seems so real, while the other things of Life, the truly real things, seem so remote and intangible. As we remember, ignorance is a part of the force of Delusion, or Maya.

Ignorance has two properties, one of which is the darkening power which prevents us from grasping anything above material creation. This brings about the rule of Ego, or false self, or the identification of the self with the material body.

With Ego, or lower feeling, in command, the second property of Ignorance is readily understood, namely, an attraction or repulsion for certain objects. This attraction or repulsion continually supplies us with desires which, when fulfilled, produce pleasure, and when unfulfilled produce the opposite result, or pain. So there is no end to it, for when we find that the object of our desire does not satisfy us, then we seek another, and so on, never reaching the true satisfaction, because it lies not in outward things but within ourselves.

Now, we shall never be free from trouble and be fully satisfied until we are able to change the direction of the flow of consciousness, or Prana, from outward to inward. When we can direct all our organs inward, we can satisfy all the wants and desires of our hearts, for the seat of all satisfaction is in the Soul. We then reach contentment, or real Happiness—Bliss.

With the heart satisfied and contented, we shall be able to attain calmness by control of mind and breath, we shall be able to fix the attention upon whatever we wish, and shall be able to comprehend it fully, even to the first manifestation of Nature, Aum, and also our own Real Self.

With this realization, all the desires of the heart are fulfilled and our highest necessity is attained, namely, an Immortal, Ever-Conscious, Blissful Existence.

Darkness and Ignorance fly away, together with their children—trouble, pain, and suffering—and we have in their stead, True Freedom—Liberation.

—By Dr. M. W. Lewis.



# Spiritual Vibrations of Places

By S. Y.

## ENGLAND:

**T**HE English are conservative, definitely determined people, rather confined in ancestral habits and already formed opinions, and sincerely formal. But some of the English politicians in India, drunk with political power, are only hypocritically and externally sincere; they are hide-bound in political selfishness, preventing the recognition and union between the divine brotherhood of spiritual India and utilitarian England.

If the English people in India, instead of keeping aloof from India's spiritual culture and teaching, had tried to merge themselves with her spiritual ideals, as India has adopted England's good material ideals, they would have done away with the possibility of a world race-war between the racially criticized God-made brown Asiatics and the heaven-created white Western brothers.

Selfishness, whether individual, social, or political, is the womb of war. Europe, torn by political selfishness, is showing a very bad example to the world. Germany and Italy invite the oft-quoted, so-called backward yellow race, the oriental nation, Japan, to get ready to fight their own European brothers of France, Russia, and perhaps England.

England is already having rehearsals in the use of gas-proof masks for her people. Many of her offices are already made gas-proof. The newspaper boys of a country are the best informed about the general mental state of that country. One London newspaper boy, when accosted about politics remarked: "It

won't be long before bombs will be falling on crowded London streets. It won't be very pleasant hiding like rabbits in subways." We once met a few boys near the London wharf who, seeing that we came from America, inquired about Mae West, gangsters, Greta Garbo, and movie homes, and sighed when we parted, saying: "Gosh, we wish we could visit America."

The English people are well-dressed and well-groomed; men with swallow-tail coats and tall hats, and dress suits, are seen by the broods walking in the afternoon and evening on the streets of London.

Apart from all this, America's influence spiritually, through psychologists and health-food sponsors, has done its share in awakening the latent English spirituality and in bringing it to the surface. There are several thousand Mohammedan English converts. There are thousands of English people who were, and are now, definitely interested in the spiritual culture of India.

England is definitely turning to God. One of the Bishops of England praised Gandhi, but the Bishop of Canterbury was wrong to criticize the Duke of Windsor while he was in France, a self-imposed exile, but didn't dare to criticize him when he was in England as King Edward.

King Edward did not abdicate and renounce public service for private pleasure, or love of a woman, but he preferred the qualities of soul, true love, etc., in preference to the position of a puppet king. King Edward had visited the slums of England and severely criticized conditions there. He asked: "How

could England produce such slums?" He preferred freedom of thought, speech, and deed rather than be a sullen, mechanical man, renouncing the one love of his soul. He greatly disliked heartless political formalities. He renounced the throne, probably, because he would not be permitted to serve the public in the way he thought best, but would be controlled by political autocrats. King Edward has the sympathy of the whole world; he was busy cultivating sentiments of the heart while the world was busy partially in active or prospective war. He gave up the throne for love, at least that is what he feels now. It does not matter whether he is mistaken or right about Mrs. Simpson. It was wicked of many newspapers to criticize her. She is a clean soul and could not be blamed because she parted from two husbands who did not suit her standards of ideal matrimony. No one, however wise, can be sure before marriage whether his or her consort is going to be ideal.

England's greatest diplomatic mistake was perpetrated in not letting King Edward marry Mrs. Simpson, an American, and thereby cement the friendship of England and America. America, though a democratic country, being descended from the English people, has an innate love for titles, kings, and ceremonies. American aristocracy would have idolized the historical marriage between King Edward and an American lady of high birth.

The Church of England, by its bigotry and criticism of the Duke of

Windsor, has drawn the attention of the truly liberal loving people of England to the littleness of religion and to the magnanimity of the undaunted spirit of youth, symbolized in King Edward's wonderful character. King Edward could have married Mrs. Simpson and remained King, and disciplined Prime Minister Baldwin and the Bishop of Canterbury. Bernard Shaw, H. G. Wells, and all right minded people feel sympathy for King Edward and highly resent the Bishop of Canterbury's unholy wrath against ideal human nature.

King Edward, by renouncing the throne and clinging to love, is not indulging in selfish private pleasure, but he is showing the young people of the world how, for ideal love and true happiness, one should renounce material pomp, money, and power. His pledge of loyalty to the companion of his heart prevented him from being disloyal to his words, sentiments, and ideals. I would have respected the Bishop's opinions about the Duke of Windsor if he had dared to criticize him while he was still King. England's resentment of the bigotry of the Church shows that the English people are soulful and resent religious bigotry.

The English people are great for tenacity and conservatism, mixed with pride and aloofness, with a touch of religious bigotry, but with the tendency to real mental and spiritual freedom.

*(To be Continued)*

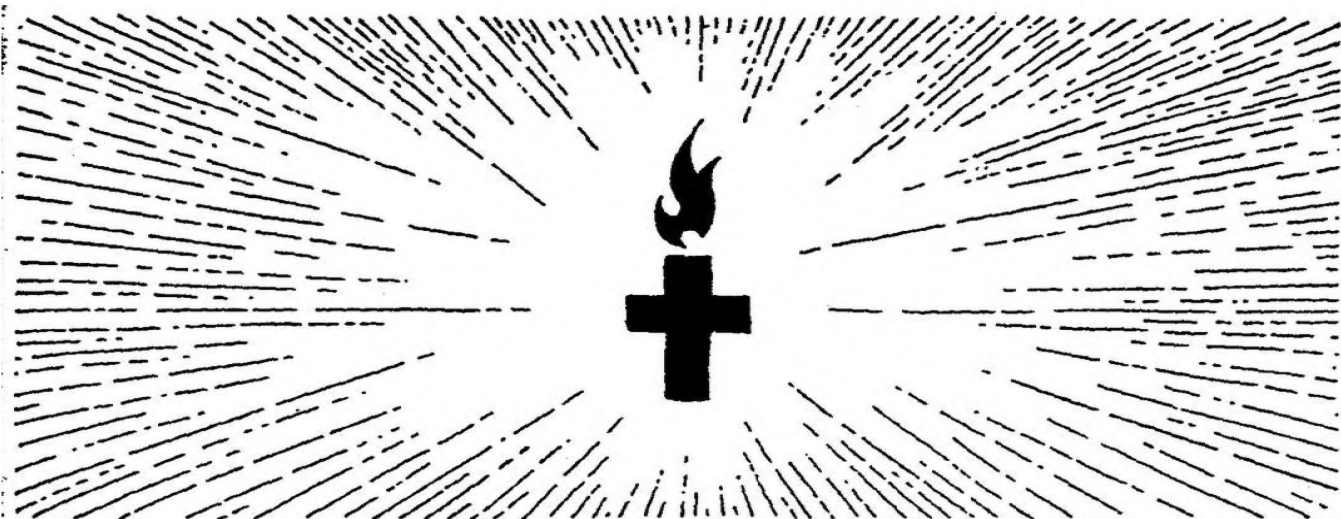
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## Thy Glory

Father, may Thy glory shine in every nook of our consciousness, in every temple of our love. Drive disease from our bodies; shake our minds free from weakness; destroy darkness evermore by the presence of Thy eternal flame. May Thy light of love forever illumine the altar of our hearts.

—S. Y.





# The Second Coming of Christ

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

By S. Y.

*And the Scribes and Pharisees began to reason in their hearts: why doth this man thus speak blasphemies? Who can forgive sins but God only? And immediately when Jesus perceived in his spirit that they so reasoned within themselves, He, knowing their thoughts, said unto them:*

*Why reason ye these things? Wherefore think ye evil in your hearts? Whether is it easier to say to the sick of the palsy: thy sins be forgiven thee, or to say, arise, and take up thy bed and walk? But that ye may know that the Son of Man hath power on earth to forgive sins, (He saith to the sick of the palsy,) I say unto thee, arise, and take up thy bed, and go thy way into thine house.*

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

THE human consciousness of the materially-minded people could not understand how God-identified Jesus could forgive the results of evil actions. When a glutton eats too much and suffers from acute indigestion, he cannot forgive or relieve the reactions of his greedy actions. If he follows the advice of a doctor, he can relieve himself of stomach trouble.

So, in the spiritual world, the psychologically sick person can be forgiven or freed from the painful results of his actions if he follows the advice of the real spiritual teacher to whom all spiritual errors must be disclosed (confession) for the sake of spiritual diagnosis and the finding and prescribing of the proper remedy. But the sinful priest, who needs to confess his own sins to superior priests, and who has not found forgiveness or relief from his own sins, cannot possibly forgive or relieve other error-makers from sin.

Sin consists of pursuing erroneous ways which lead to physical, mental, and spiritual unhappiness under the lure of happiness. Sin promises happiness and imparts unhappiness. Virtue promises no immediate happiness but positively, ultimately gives lasting happiness. Besides, the sons of God have power like God to relieve us from all the sufferings of our bodies, minds, and souls.

A spiritual and mental healing current can be offered invisibly to offset the effects of evil Karma, or actions, lodged in the brain cells. As acids can dissolve a record, so the mental and physiological grooves in the brain cells of an error-stricken individual can be

obliterated by the transmission of Life Force. Erroneous habits can be changed to good habits in individuals. God, who is the maker of souls, minds, and bodies, originally made human beings after the pattern of His Perfect Image, but they chose to desecrate and distort that divine image into a mortal image by the misuse of God-given independence. Ordinarily, human beings in general think that God alone, the Almighty Maker, can change an ignorance-distorted mortal man back to his original perfect divine state as God's perfect image, but materially-minded people fail to realize that the God-knowing saint is one with God. Jesus had often asserted the real truth: "I and my Father are One." And Jesus, being One with the Father, could do everything that God can do. That is why Jesus gave life to Lazarus.

Jesus, being present in the bodies of the doubting Scribes and Pharisees, felt their thoughts and replied to their doubting feelings. Jesus asked the doubting Pharisees: "Why are you concerned about my forgiving the sins of men? Why do you think it is evil to relieve people of their miseries by the

power of God acting through Me, or by My power given unto Me by God?"

Jesus signified his complete unity with God, and that He was free from all illusive egotism. Therefore, Jesus explained why He could say to the sick either, "Thy sins be forgiven thee by God, or, "Arise and take up thy bed and walk," or, "I (as the conscious reflection of the power and true image of the Heavenly Father) say unto thee, arise and take up thy bed and go thy way into thine house."

The ordinary person, not one with God in Self-Realization, even though humble, can have the undetected ego hiding in him, even if he humbly says to the sick, "Be healed by God's power." But the superman, who is one with God, does not feel his separating egotism even when he says, "I say unto thee, arise and be healed." Here "I" signifies the "God alone" which the true devotee feels within himself.

True devotees, true Gurus (Preceptors), never feel themselves to be preceptors, for they behold in themselves none other than the pure God. The Guru is the awakened God, awakening the sleeping God in the disciple.

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## God is the Transcendental Realization

God sayeth unto me: "O, Seeker,  
Where art thou seeking me?  
I am everywhere in thee.  
I am not in the Temple.  
I am not in the Mosque.  
I am not in the Church.  
I am not in the Holy Places.  
I am not in Religious Rites.  
I am not in Renunciation.  
I am not in any Form or Principle.  
If thou canst break these  
Mysteries of seeking Me out,  
I will be patient forthwith before  
Thy Sunny Vision, as I am the  
Breath of All Breaths."

—By Sri Bibhuti Bhusan Sarkar.



# The Laws of Prosperity and Success

By SRI RANENDRA KUMAR DAS

**I**T IS natural for all to want an abundance of all things. Jesus said: "I am come, that ye might have life and that ye might have it more abundantly." In this statement, Jesus was asking all people to have faith in the abundance of the Father. Also, faith that the Father will grant this to all who ask for it. This is not a blind faith, but a scientific and intuitive or spiritual perception of the great law that, Cause and Effect are Inseparable. When a person creates one, he receives the other as a result. It assures the individual that in complying with the spiritual laws, he is bound to be receptive to the unseen but mighty currents of spiritual energy that are emanating from the Father. Thus the Law of Faith is: "Thou shalt not consider physical appearances, which are but the shadow and outgrowth of spiritual changes, but thou shalt remember that when thou hast decreed a thing, it shall be established unto thee and, sooner than this shall fail, shall the universe itself be destroyed." So our constant affirmation must be: "I am one with the Infinite and Primal Abundance."

All causes of poverty lie in wrong thinking. "As a man thinketh in his heart, so is he." Right positive thinking makes a person one with the Divine creative power, and thus the individual creates conditions and shapes his destiny. In wrong negative thinking, he breaks the Divine connection. So we must first understand that we are under the guidance of the Eternal Father. God is absolute in this universe. We must lay aside our thoughts of worry, fear, and discord. Always hold a glad expectant

heart. There is nothing but good in this universe. We must always use this power of good. Sometimes we may not find it, due to our wrong thinking. Then, simply rest and be conscious of the presence of this power and new vigor will come to you. We must be in rhythm with the Creator of the universe.

Prosperity does not mean the mere possession of property. Prosperity is calm, poised adjustment between the works of the individual and the Divine Father. Success is not the accumulation of wealth merely. It is more. It is abundant love, wisdom, power, and substance. The person who becomes a spiritual magnet can draw into his life whatever he desires, whether it be an automobile, a house, property, or "what not." Christ said: "All mine is thine, and thine is mine."

Why is it then that man does not express and manifest the abundance which belongs to him and has always belonged to him? The reason for this is that he has been one of the millions of thoughtless talkers or wishers and has not tried to comprehend the real meaning of the laws of prosperity and success in his own mind. He must first know within himself just what he wants. It is an initial step to accomplishment.

Mind proper is composed of an inner mind and an outer mind, through both of which it functions. We receive messages from the outer mind which in turn stimulate the inner mind, unfolding the treasure that lies within. In the outer, as well as in the inner mind, God lies. Thus there is no reason that the outer universe should not stimulate us as well. But we must use our judgment

and reasoning power to interpret the meaning of the messages of the outer universe.

The beauty, bounty, and abundance of Nature should stimulate all, if those qualities are within and should make us realize the great treasure of Divine Wealth buried within.

To begin with, then, we must center our outer or objective minds upon whatever things, conditions, or states of consciousness that we wish. This can be likened, in a manner, to the mechanical action of a radio. When desiring a certain program that is broadcasted from a certain station, one must tune in with that particular station. It is the same radio that affords you the enjoyment of its various programs, but the tuning in with the proper radio waves is absolutely necessary in order to enjoy that particular program. We have within ourselves a mighty mechanism which is capable of serving us, working for us, and giving us the things that we want. The many types of things that we want are but like radios then. We must tune in with the proper station for the proper program. This hidden or buried power within lies in the inner or the subjective mind. It is God within us.

We can approach this power through the medium of the outer mind. In the same manner that we open the outer door of our house to enter the interior, similarly access to this interior power lies through the outer door of the objective mind. They are not two separate minds, but are two phases of the same mind, which is divided into two parts for the sake of systematic study and clearer comprehension.

To arouse this power within or make it a working factor in our lives, our desires must be sincere and strong and definite. Confidence must abide within us that we shall receive that for which we are seeking. Jesus Christ said: "According to your faith, be it unto you." "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." So, as we become confident of the things that we want and then contact the Divine Power, our

wishes will be fulfilled. But as long as our desires are weak, the objective mind oscillates to and fro, preventing contact with the subjective mind.

It must also be borne in mind that the man who seeks abundance by working at a vocation which he does not hold in high esteem and in which he is not finding joy and happiness, is working against his own best interests, irrespective of his accomplishments. One must never say: "I would like to be a musician, an orator, a painter, or an architect, but I am choosing another vocation because, in that field, I shall be able to earn a better living." Most probably in such a case there will be no great success in the new vocation chosen. Remember, you are a creator, a builder, a master, because you are Divine and you do possess the Will to succeed.

This "Will" to succeed can be demonstrated in our daily life through the medium of three laws, the first of which is "Imagination." Such imagination is not to be confused with day-dreaming, but is an intellectual realization of an individual's desire to express a perfect life, and it is entirely natural and easy for any individual to so do. He will imagine himself successful and prosperous, capable of doing anything and everything. He will never worry, never fear, but will always keep in mind his Oneness with the Father. "Never look at the visible supply; always see the limitless riches in Formless Substance and know that they are coming to you as fast as you can receive them and use them."

The second law in demonstrating the Will to succeed is to fix the natural thought and reasonableness of the prosperity so firmly in mind that the old beliefs and habits will not be able to block the path of success and prosperity. We must permeate and transform the subconscious mind with the realization of success. Our old habits and ideas are our main enemies. They constantly whisper that the law will not work, and we bring our own downfall. Christ said "In the world ye shall have tribulation but be of good cheer; I have overcome the world." Drown the voices of failure

(Continued on Page 26)



# Kali—Mother Divine

By OMAR C. GARRISON

**N**IGHT hangs like a great black jinni over Calcutta. Who released him from the corked-up blue bottle of the sky? The ever-latrant monotony of American jazz reaches us even out here on this secluded balcony of the city's most pretentious and most Westernized hotel. Our illustrious companion, Mr. Bahadur, sits across the table engrossed in a discussion of how India may safely assume self-rule. But I do not hear him. My thoughts fly on their own far courses and bring back the remembrance of the disappointments before the time of the coming of these thoughts. The moronic charivari from within wells up and drops dead suddenly. In the street below is another world.

In defiance and contradistinction to this breathless life of haste and noise above them, loose-robed figures file by like leisurely phantoms below. Tiny brown feet tread past and brilliant saris rustle against the darkness. And all at once I am remembering our walk to Kalighat and of the terrible but tender Mother, Kali-Ma.

"What? Oh, I beg your pardon! I was for the moment distracted. You were saying?"

Mr. Bahadur continues: "I said, let the West as a race, yes, as a ruling race, show one iota of unselfish love, one smallest mite of tolerant solicitation, and like Hanuman, the monkey-god, India will leap over the wall of political dissidence and racial incongruities, and will embrace her brother."

I cannot think of these things tonight. The enchanted, creepy half-light of the street, sensually magnetic, jars with the dissonant sounds of jazz music and

carefully chosen words. Life is warm and feeling and good, down there against the dusty earth. Up here it is a protracted nothingness which we try to fill with lofty philosophies and many words. This thought, the thought of my people, is vaguely disturbing; somewhere beneath the vestiture of rhetoric, alcohol, and vanity there is something real and living in them too; something moving unseen, but with the same full-pulsing vigor. But they are prisoners in their own minds. They dare not emerge, for out there in the street lurk evil things inimical to their fastidious ethos.

At last it is time to go. We politely outdo each other in our assertions of gratitude and the assurance that we have superbly enjoyed ourselves. But I am restive. I beg Dayanand to go with me for a long walk in the nocturne streets; he is Eastern, he will understand my mood and not intrude. So we walk and walk in the intimate darkness, my thoughts revolving around the core of a strange remembrance. We sit down by the river, and yet my thoughts are like small, nest-seeking birds. They become the words of my Guru:

"You have wondered why Kali is such an important goddess in India? But you must soon observe that this is because of Kali's peculiar nature. As you know, every God has a wife who is his shakti, or force; but with the exception of Kali, the others are forces of merely a potential kind, called into actualization only under particular necessity. Kali, on the other hand, who is the wife of Shiva, is the creator and mother of all things finite. To speak quite plainly, she is a great Indian ideal, for it is through her that the Absolute becomes manifest as Nature, and it is Kali, or the cosmic

*(Continued on Page 24)*

# The Truth is With the Dreamer

A POET\* wrote this line, but it is more practical and its verity is more clearly brought out by human history than most of the scorn of the short-sighted, materialistic, non-imaginative "Grad-Grinds" of all the ages.

Who has given most to the world? The so-called practical man or the dreamer? All men of action are dreamers, says James Huneker in his "Pathos of Distance." Looking back over human history, even in its assumedly materialistic development, we are impressed by the contributions of "thorists," "dreamers." In fact, almost without exception the great names in science, particularly in its branches of physics and chemistry, have dreamed dreams. Recall the reply of the great Faraday to the scoffer who referred to his discoveries in connection with the electric current as "the flimsiest theorizing of no practical value." "Some day," rejoined Faraday, "governments will tax this thing for revenue."

The dreamer dies, but his vision, in spite of opposition—even persecution—persists, until on another day it becomes a living reality. "The children raise monuments to those whom their fathers stoned."

"A dreamer lives forever, while a toiler dies in a day," sang John Boyle O'Reilly, in his beautiful poem, "The Cry of the Dreamer." How true! Show us some one who can light up the imagination of another and you have shown us some one who is in possession of something infinitely more powerful than gunpowder, something that gunpowder or any other man-made force is powerless to stop. Yes, the men who have most richly and powerfully endowed the ages that followed them with their influence have been dreamers.

Dreamers may not all be pleasant, but dreaming usually is comforting and pleasing. The poets believe so.

"A place of dream, the Holy Land,  
Hangs midway between Earth and Heaven."

In these words Harriet Prescott Spofford describes what to her is the "Holy Land," while Thomas Lowell Beddoes, in his "Dream Peddlary," asks us:

"If there were dreams to sell,  
Merry and sad to tell,  
And the crier rang his bell,  
What would you buy?"

—By Louis E. Van Norman

\*Florence Earle Coates, in "Dream the Great Dream."

# Meditations for February

By S. E. M.

**Mon. Feb. 1** Whatever you are intellectually and spiritually is not an accident of creation. Whatever others see in you of character, kindness, understanding, love and wisdom represents your real achievement, the extent to which you have attained Christhood. It is always possible to go on to complete realization and expression.

**Tues. Feb. 2** When you feel the weight of the world on your shoulders, when your problem seems beyond endurance and impossible of solution, get still inside. Mentally place the situation in the all-powerful divine hands with the one thought that you want only that which God wants for you, with the one desire that the divine plan for your life be realized no matter what the seeming outcome of this particular problem is.

**Wed. Feb. 3** Are you unable to think instantly of what you know when you most need to apply it because your emotions get in your way and envelop you in a fog of confusion? Poise, insight, and instant right decisions come only with constant practice—practice in control of thoughts and emotions.

**Thurs. Feb. 4** Learn to understand and control your emotions. Practice analyzing each situation and try to discriminate between the transient phases and the eternal essence in them.

**Fri. Feb. 5** Practice seeing every person and thing as spirit. Practice seeing the One Life and Power in operation no matter how ignorantly or foolishly it may seem to be applied. Look always for the central core of truth, for the eternal purpose in each situation, and try to see as God sees. Do not judge and condemn, but look for the divine plan, and lend yourself as a willing instrument to help it manifest.

**Sat. Feb. 6** All your good exists now. All that is now has always been. This includes the divine pattern for your life and all of the abundance, health, happiness, freedom, love and wholeness which are yours by divine right. They will manifest as soon as you actually realize this truth and demand them.

**Sun. Feb. 7** Every man is at all times free to do God's will. No matter what your position, or how much trouble you seem to be in, there is a right way out of it. Right where you are you can put yourself in tune with Infinite Intelligence and be divinely led to the next thing you should do. You never have to take more than one step at a time.

**Mon. Feb. 8** The same life, the same creative mind, the same energy flows through you as ever flowed through the greatest men in history. Are you making use of your priceless heritage or are you content to be mediocre and only half alive? You can be what you will to be, for all power, love and intelligence are at your command. Stop whining and complaining and begin building your life according to the perfect divine plan.



**Tues.**        The one unbroken, ever-re-  
**Feb. 9**        newing stream of life flows  
                 through you, bringing ener-  
                 gy, health, youth and inspiration. It is  
                 the eternal source of your existence. See  
                 that you put no obstacles of wrong  
                 thoughts—thoughts of weakness, failure,  
                 disease or old age—in its way.

**Wed.**        If you wish to succeed, you  
**Feb. 10**        must do more than pray and  
                 meditate. After you have put  
                 yourself in tune, after you have become  
                 receptive to divine guidance, then you  
                 must act. Infinite, Creative Intelligence  
                 works through your mind and your  
                 hands. Do your part and the results will  
                 be sure.

**Thurs.**        In order that you may be  
**Feb. 11**        free and at peace, all of your  
                 debts must be liquidated and  
                 all of your obligations must be wiped  
                 out. Make every effort to pay your  
                 money debts and, if you have wronged  
                 another in any way, do what you can to  
                 make retribution and also seek forgive-  
                 ness. You must free yourself from all  
                 sense of guilt; you must forgive your-  
                 self (give yourself the right ideas for  
                 the wrong) before you can realize one-  
                 ness with Infinite Love and Intelligence.  
                 Your willingness to pay and your efforts  
                 to do so will open up the way for you.

**Fri.**        The realization of the cen-  
**Feb. 12**        ter of power and peace with-  
                 in you enables you to main-  
                 tain poise and self-control under all cir-  
                 cumstances.

**Sat.**        You have strayed far in  
**Feb. 13**        consciousness from your spir-  
                 itual home and the journey  
                 back requires conscious, directed effort  
                 at first. You have become so lost in a  
                 maze of man-made dogma, prejudice  
                 and attachment to things that you have  
                 forgotten the presence of your Guide,  
                 and His voice-of-silence has become  
                 smothered in the confusion of uncon-  
                 trolled thoughts, emotions and sensa-  
                 tions.

**Sun.**        It is necessary to be able to  
**Feb. 14**        still your thoughts and emo-  
                 tions at will; to bring them  
                 consciously under your control before  
                 you can commune with the inner Pres-  
                 ence, and find there peace, guidance and

joy. This requires unflagging determina-  
tion and unending practice in concentra-  
tion and meditation.

**Mon.**        Potentially you have the  
**Feb. 15**        power to command all outer  
                 things and conditions. Set  
                 about now to realize fully and to express  
                 the Christ in you. There is no greater  
                 power in the universe than this invinci-  
                 ble, unfailing power of God, which can  
                 accomplish instantly all things to which  
                 it is directed.

**Tues.**        The goal of freedom from  
**Feb. 16**        misery, lack and failure, and  
                 of dominion over self, condi-  
                 tions and things is worth striving for.  
                 Such emancipation, peace and joy can  
                 be attained if you will but make the  
                 effort now.

**Wed.**        By keeping your thoughts  
**Feb. 17**        and feelings in tune with  
                 Christ Consciousness you au-  
                 tomatically raise the vibrations of your  
                 body and mind. You become like that,  
                 upon which your attention is fixed,  
                 therefore, it is wise to watch your mind  
                 and choose the mental pictures and  
                 thoughts which you allow it to focus  
                 upon.

**Thurs.**        The same life, the same  
**Feb. 18**        spirit, the same governing  
                 intelligence and animating  
                 energy flows through all creation. Con-  
                 sciously identify yourself with it. Only  
                 Life itself matters. Let go of all your  
                 pettiness, of all your foolish fears and  
                 confused thoughts, and become Life.  
                 Let It flow through you. Be It. Let  
                 It live you.

**Fri.**        If you have faith in the  
**Feb. 19**        Supreme Power, Love and  
                 Wisdom, live it. Think as  
                 the Master thought, speak as He spoke,  
                 and act as He acted. Expect only the  
                 wonder and beauty of life and see that  
                 you express only its loving understand-  
                 ing.

**Sat.**        No matter where you go  
**Feb. 20**        you always take yourself with  
                 you. The only way to get rid  
                 of your problems is to have perfection  
                 in your mind. This is the only place  
                 where you can realize health, success,  
                 beauty and peace. There is nothing real  
                 for you except that of which you are

aware in your consciousness. You hold the key to joyous and victorious life in your own hands.

**Sun.** Why do you go on depending for success and happiness on things and personalities which in their very nature are changeable and undependable? There is only one power which is unfailing, irresistible and changeless. Why not give all of your faith and love to the Presence and depend on Him to "bring it to pass?"

**Mon.** As you think about and picture the perfect life of the Christ, you ascend in consciousness. Watch your thoughts and feelings and refuse to admit any form of negation into your consciousness. Constantly picture perfection until you are completely identified with your Christhood.

**Tues.** Think — try to realize — what Life, I Am, Being, or the God-Self in you really means, and what dominion you actually possess if you but accept and exercise it. Meditate long and often on this concept if you would know your Christhood.

**Wed.** If you were to exert half the effort to attain understanding that you waste on acquiring an endless burden of things which you do not want, you could emancipate yourself from your problems, miseries and mistakes now. Why not make up your mind to spend this year "seeking God first?" Why not take Him

at His word and try trusting Him to "add all these things" which you have been struggling so hopelessly to acquire?

**Thurs.** All of your human methods have failed to bring you the health, success, love, companionship, peace and self-expression you have so much desired. Is it too much to ask you now to shift the emphasis and to give God one year of the life He has so freely given to you? You of yourself can do nothing. "Why not try God?"

**Fri.** Depend completely on Life to guide and sustain you and live as easily, effortlessly and spontaneously as the soft, silent snowflakes fall, as the flower opens its petals to the sun, as the breeze blows, the bird sings, the star shines, and the waves roll. Life is meant to be like that—full of wonder, beauty, glory, joy, freedom—without tension, failure or limitation. Why not clear your mind of negation and give it a chance?

**Sat.** Although good is omnipresent, it exists for you only as you are aware of and comprehend It. It is worth while to develop your capacity to recognize and appreciate It.

**Sun.** Life is health; Life is power; Life is success; Life is abundance; Life is love; Life is creative intelligence — **AND YOU ARE LIFE.**



# Song of Bramha

*Andantino*

*mp*

Brah - man - an - dam Pa - ra - ma - suk - ha - dam

*mp*

*cresc.* *mf*

Ka - ba - lam gyan - moor - teem

*mf*

*p* *cresc.*

Dan - dwa - tee - tum ga - ga - na - sa - dri - sham

*p*

*dim.* *p*

Tat - twa - ma - shya - di - lak - sham

*dim.* *p*



*mf*

A - kam - ni - tyum Bi - ma - la - mach - a - lam

*mf*

sar - ba - da - sak - - shi bhoo - tum

*pp* *cresc.*

Bha - wa - tee - tum tri - gu - na - ra - hi - tum

*pp*

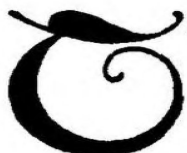
*dim.* *p*

sud - gu - rum - twum - na - ma - - mi

*dim.* *p*

# Spiritual Healing

By DR. ELISABETH HINCKLEY

HE student of the Spiritual Philosophy of Life should bear in mind the following facts:

*By analyzing this Body, know that it is made up of Divine Substance and nourished and sustained by it. Hence, it is ever Free, Perfect, and Whole.*

After giving treatment to yourself, you should imagine and know that the work is being done, or is already done, and then rest your mind on that vision. Dismiss both the idea of disease and its cure from your mind after treatment.

The best way you can consciously make yourself and others receptive to Spiritual treatment is to imagine that the treatment is working right now, or that it has already achieved the desired result.

Your body is made up of the finest of vibratory Divine Substance and it is responsive to your mental realization; your mental vibration rises to its highest pinnacle. The highest vibratory Substance is called "VRILL FORCE" by some mystics.

You should always bear in mind that beyond the organic plane, or biological plane, so-called disease germs do not exist, and when your mind reaches out beyond the biological plane, not only is its vibration raised, but the body itself is affected by that vibration.

*Realizing your Body as being made up of Divine Substance, hold it in the all-pervading Ray. Then imagine that this Cosmic Ray is not only passing through your body, cleansing and vitalizing it, but that it is also renewing and strengthening it.*

Whatever method of Healing you may use, you should bear in mind that you must deal with the Life Force. A lifeless body cannot receive any treatment. By conscious or subconscious channels you reach the Life Force, the differentiated aspect of the non-differentiated Spirit, and you release it from the domination of the negative, subconscious inhibitions. The released Life Force thus comes to dominate in its turn, the subconscious process.

**FAITH:** There are two kinds of faith—simple faith and illumined faith. Simple faith gives a quality to a thing, and accepts it without question. Illumined faith is based upon actual knowledge.

Faith brings peace to your mind, and thus your mind is brought in tune with the Universal Creative Law of Harmony and Peace, and a certain adjustment automatically takes place. Your body gives response to that adjustment.

A healing suggestion that you receive has no power of its own except the power you bestow upon it by mentally receiving it without question. This mental reception stirs up the Divine Energy through your mind and brings about a certain mental and physical change.

Spiritual healing does not require any mental or physical strain. You should imagine the Cosmic Ray as you imagine a flower or any useful article.

The metaphysical healer should always bear in mind that, after all, he heals the mind of its negative inhibitions. Otherwise, man as a Spiritual Manifestation is PERFECT and WHOLE.

# Diet and Health

By ELLEN EASTON, B. Sc.

## DINNER MENU

Potato and Watercress Soup  
Grapefruit and Orange Salad  
Lentils Spanish Style  
Beets with Apples  
Frozen Cinnamon Custard

### POTATO AND WATERCRESS SOUP

Vegetable Stock seasoned with Vegex  
3 or 4 potatoes  
1 bunch watercress, finely chopped  
4 egg yolks  
1 cup warm milk  
3 tablespoons grated cheese  
Vegetized salt  
1 tablespoon butter

Grate the uncooked potatoes, add them to the boiling stock and simmer for  $\frac{1}{2}$  hour. Five minutes before serving add the chopped cress. Put the slightly beaten egg yolks in the soup tureen, stir in the cup of warm milk and the butter and gradually stir in a few tablespoons of the hot soup. Pour in remainder of soup and sprinkle with grated cheese.

### LENTILS SPANISH STYLE

Soak lentils in cold water for 12 hours. Put them in a saucepan, cover them with cold salted water, bring to the boil and cook till tender. Drain and put the lentils in a frying pan with 1 or 2 chopped onions fried to a golden brown, 1 or 2 chopped tomatoes, a clove of garlic (optional), and season with smoein (smoked vegetable seasoning powder) mix all thoroughly, season with vegetized salt and cook 15 minutes. Sprinkle with chopped parsley and serve very hot.

### BEETS WITH APPLES

Peel and slice 4 small cooked beets and put them in a pan with 4 tablespoons butter, 1 minced onion, 4 finely

chopped sour apples, and season with vegetized salt and plenty of nutmeg. Simmer until reduced to a pulp.

### FROZEN CINNAMON CUSTARD

1 cup brown or raw sugar  
1 teaspoon cinnamon  
2 tablespoons whole wheat flour  
2 egg yolks  
1 pint milk  
2 egg whites  
1 cup cream, whipped  
1 teaspoon vanilla

Mix the sugar, flour and cinnamon, stir in the beaten egg yolks and the milk gradually. Cook until thick and smooth is a double boiler. Cool. Add the beaten egg whites and vanilla and fold in the whipped cream. Put in tray of an automatic refrigerator until frozen.

## DIET AND HEALTH

There are a great many reasons why people should control their emotions but we will deal here only with the effect of the so-called major emotions on the digestive processes.

According to Dr. McCollum of Johns Hopkins, "Fear, anger and pain tend greatly to interfere with the digestive processes, and may be the primary cause of profound digestive disturbances.

"It is not an uncommon experience for those who are subject to fits of temper to suffer from 'sick headache,' gas production and mental dullness following an exhibition of emotion in a 'temper spell.'"

It is important to have pleasant emotions and pleasant companions at meal time. Enjoyment of food puts the digestive system in condition to function properly and "pleasant conversation with agreeable company at the table leaves the digestive glands free to work without interference from the central nervous system."



# Observing Present Experience

By CHARLES N. GASKIN

**W**HEN we call to memory incidents of the past, or visualize prospects of the future, we are leaving unobserved, Reality, the Golden Present, which is all there is throughout Eternity. In the World of Thought, the young, in a general way, look to the future. The aged hold to memories of the past. The faded flower with falling petals cannot revert to the bud and blossom of yesterday, but could the bud and blossom hold the realization of its Spiritual Presence of intense activity without age or decay, its form would remain the same forever. But such is not the law of Nature, as physical forms are destined to continual change. Man, however, has the privilege of this great accomplishment, that of holding his physical and mental vehicles to the unchanging pattern of his Spiritual Self.

This perfect pattern must be brought down and made to dwell in consciousness, in the Reality of the Present—this is the secret. Concentrate the mind on the I AM, SPIRIT, which is the Real Self, wherein dwelleth Perfection, until it accepts and the body responds, for, "As a man thinketh in his heart, so is he."

"The blessed event," of Present Understanding is, that man can direct his mind so much more readily than ever before, according to our present knowledge, and contact that for which he has so long been striving. The shell that has held him in mental bondage throughout the Ages is being dissolved. The hatched chick tumbles forth from the parted shell into a new world, whose forces have been contributing to its

development all the time, and now it is free to enjoy that world. So is the mind of man, when released from the shell of mortal consciousness into the world of Spiritual Realization, which is an Ever-Present world with Ever-Present opportunity, but the shell of mortal consciousness must be dropped in order that we may live in this new understanding.

As we awaken into this Glorious Present, we should let the darkness of past experience slip into oblivion and the mirages of future events reveal themselves by their own light. In establishing our new status, let us call it the Present Positive; that is, Positive thinking in the Present—Now. By so doing, we have an incentive, a force and mode of action that is at once definite and achieving.

In the catalogue of consciousness we find many things which are but rubbish and fit only for a scrap-heap, such as: things we wish to do as soon as we have the time, or can muster the necessary energy, or when the spirit moves us, so we remain in a mental state that accomplishes little, but makes of the mental storehouse a chaos, that is at once a burden and a hindrance. Turn the consciousness to present experience, with Positive thinking, and the wheel begins to revolve in the right direction, that of accomplishment, clearing the mind of futile hopes, false pride, fear of failure, and the debris that obscures our view of Present Reality unto Perfection.

The Present Positive is ever in a state of progression, and the mind so gaged

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# The Problem of Immortality

By BRAHMACHARI JOTIN

*(Continued from Last Issue.)*

What is that reality then? That reality is intelligence, beauty and life. In all objects there is intelligence. Every object moves by the power of reason. Look at the heavenly bodies, how systematically they move. These cosmic phenomena are not a chance production out of chaos. The theory that cosmos came from chaos has been rightly discarded. There is system, reason, intelligence throughout the whole world. In some instances it is more fully manifested than in others. Everywhere it is manifested according to its requirement. The greater the demand for intelligence, the more it will be manifested. Therein lies the whole science of progress. In fact, matter, energy and intelligence are essentially the same reality. That reality is intelligence, consciousness. There is no difference between these three except in their different modes of manifestation. Intelligence is the reality. Will is its manifesting power. Energy is the objective vibration of will. Matter is the gross form of energy.

Every object manifests beauty. To each of us, things appear ugly or beautiful because each looks at them from a relative state of consciousness, with limited vision. But one who is able to realize beauty in its purest state finds all objects beautiful. Our idea of beauty is conditioned by external objects; it is relative. To us, today's beauty may be tomorrow's ugliness. Similarly, all things manifest life. Without life there could be no manifestation. Life is the power in all creation.

These three realities, intelligence, feeling (beauty) and life, constitute the underlying reality in all objects. No existence is possible without these three. They are called realities because they are universal and eternal. These three

principles are within all of us. Why do we act intelligently? Because the infinite intelligence is within us. Why do we love? Because infinite love is within us. What sustains life within us? It is the universal existence. These three constitute the soul. Soul is in all. Do you know there is soul in a piece of stone, in a grain of sand, in a flower, in a fruit, in animals and birds, as well as in you and me? Forget, once and for all, the belief that man alone possesses a soul. All have soul, the same soul that you and I have. Nothing can exist without soul. This soul is eternal, immortal. Nothing can ever destroy it.

"Know this, O Arjuna! that the whole universe is permeated by the imperishable One. None can destroy this imperishable reality." The eternal life is in you, in me, in all. But through force of age-long habit we perceive life only in its objectified state, in its limited manifestation. Therefore, we think life is finite. We are conscious of life only through an object in which it is manifested. We conceive of life by looking at a living object, such as, for instance, a plant or a human being. When I see a living human being I realize there is life. Today I am conscious of life in me, but I am conscious of it through my external being, my body, my senses. Our consciousness of life is arrested only by the objects in which it is present. In other words, we look at life through a limited medium, instead of realizing life itself. Hence, our conception that life is finite. Our eyes are not yet opened. The human mind is not yet disentangled from the senses so that we may realize life in its universal aspect. As long as we are in the consciousness of finitude, we fail to realize immortality. But the moment we free ourselves from sensory identification we realize eternity, immortality.

Calm your mind; rise above the thought of finitude; all objective consciousness will vanish; all that limits and objectifies life will be gone; and you shall realize pure life, eternal life, universal life, absolute existence. Attainment of immortality is the realization of that universal life independently of its objective manifestation. Man is that life.

Life is eternal reality. Our subjective consciousness of it is the proof. Consciousness of life does not depend upon the objective world. If it were so, then the death of one living object would have destroyed, at least partially, the consciousness of life. But it does not. Is our consciousness of life diminished by the death of anyone in the family? Certainly not. Similarly, if all objects were destroyed, our consciousness of life would remain unimpaired. Life itself is changeless, it is indestructible. Who can destroy life? Think of the millions and millions of men, women, children, and other creatures that have died. Has that destroyed life? No. Only the forms are changed. The finite container of life is broken. The shell is inert, but not the inner life. The body is dead, not the life that was within. Life is eternal. Forms have temporary existence. Soul never dies. Soul is eternal. That eternal soul is within you and within me. Yea, verily, you are that soul. I am that soul. To realize the soul is to realize immortality.

No man can truly believe that his soul is mortal. Yet no religion or belief can grant immortality to soul; it is already immortal. You cannot gain immortality; you can only realize it. Realize that you are immortal. No matter what erroneous conception man may have about soul, he must still believe that his soul does not die. This belief is intuitive. Those who cherish in their hearts the hope of eternal existence as finite beings, in reality believe in the immortality of soul. All religions believe in the immortality of soul. Without accepting this as the fundamental truth, religion has no value. Religion shows us the way to realize immortal soul. Desire for immortality is in all.

Immortality is a categorical fact in human life, but when we look at life from the finite standpoint, we cannot

realize its immortality. Realization can only be complete when we are out of finiteness. The bird sitting on the branch of the tree is concerned only with the branch, and not with the whole tree. When you attend a concert, if you should concentrate your attention, for example, on the harp alone, you could not comprehend or enjoy the harmony of the whole composition; you would have lost the whole value of the music if the harp should stop playing for a few measures. So it is with life; by concentrating on one aspect of manifestation of life, you lose sight of universal existence.

Soul and body are not forever identified. Although soul can exist independently of body, the body depends on soul for its existence. There are some who believe that body and soul must forever be together. They contend that soul cannot exist without body. Let these people think a little, and their ignorance will be dispelled. Take, for instance, a child. A child has a soul. Where was the soul of the child before it was born? Who created the soul of the child? Suppose we admit that it was created by God and was with God before it came into the body. Then soul did exist without a body. Let us assume that the child did not have any previous birth or death; that it has just started on the path of existence. Even in that case, we are forced to acknowledge that the soul of the child did exist without a body. If soul could exist without a body, then why will it not be able to exist independently again, hereafter?

Moreover, if we are to believe that soul cannot exist without a body, what has happened to all those who are dead? Where are their souls? Are their souls lying in graves, each with its respective body? If so, why are they dead at all? Death means the separation of soul from the body. If a person is dead, and yet we are to believe that his soul is in the body, then we must admit that soul is not the life-giving power, nor a living reality. You know the foolishness of such a contention, the absurdity of such a belief. Think again of a soul lying in darkness, stagnant, non-active, hidden, useless, encased in the grave with a dead body.

*(Continued on Page 22)*



# Scientific Digest

## Death in Middle Age

**M**ANY men between the ages of 45 and 60 die suddenly because they eat too much, said Dr. Harrison S. Martland of Newark, chief medical examiner of Essex County, N. J., addressing the closing session of the New York State Medical Society convention. Dr. Martland based his conclusions on 1,000 cases of sudden death.

"As we grow older, I believe we eat too many dairy products," he said. "I agree with Dr. Timothy Leary of Boston that we eat too many foods high in cholesterol content as we pass the 40 mark. By that I mean butter, eggs, cream, and other dairy foods."

Investigating his list, Dr. Martland found that the great majority of deaths occurred between 45 and 60 years of age, and that it was unusual for young adults or the very old to die unexpectedly.

He found that more than 80 per cent of the deaths were of males, and that deaths were due to the hardening of the coronary arteries and its sequelae in a large part of the cases. Many occurred in middle-aged men who were overweight and ate large meals, and in those where worry, fright, and emotional upset brought on complications.

Editor's Note: It certainly makes me feel good to see all these medical men turning their attention to diet. It won't be very long now before medicine will discard all its drugs, and fruit and vegetable markets will be doing the work that drugs were supposed to do.

—Reprint from Food Science Magazine.

## Device Which Reveals Secrets of the Body

**D**EVELOPMENT of a device which utilizes animal electricity to reveal secrets of the body was announced re-

cently by Yale scientists. The instrument, a vacuum tube microvoltmeter, may rival the microscope as a means of studying biological processes of life, reported the Yale authorities who have made thousands of measurements with it.

The instrument can measure bodily electrical charges as small as five one-millionths of a volt, indicating alterations in physiological activity before they can be detected by other methods now available.

Dr. Harold S. Burr, professor of anatomy; Dr. Cecil T. Lane of the physics department, and Dr. Leslie N. Nims of the physiology department developed the device. With it they have conducted experiments on a wide variety of animals, from fish to man, and have found that each species has a characteristic electrical pattern which changes whenever a minute variation in the living process occurs.

## Artificial Radio Activity

**A**CHEAP and safe artificial product soon may replace radium, expensive and dangerous element, in the treatment of certain diseases, Dr. William D. Harkins, University of Chicago chemist, said recently. Such common substances as sodium (constituent of table salt) may artificially be made radio active by bombarding them with neutrons, minute particles of the element neutron. Artificial radio activity also may be produced by uniting certain substances with helium nuclei or the nuclei of heavy hydrogen atoms.

"Artificial radio activity is comparatively short-lived," Dr. Harkins explained, "varying from a minute or two to a few years, depending upon the substance used. This gives it a tremendous advantage over radium, which

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## The Problem of Immortality

*(Continued from Page 20)*

If soul is to lie in such an abominable state for thousands of years, then what is the use of having a soul? What is the value of our moral and spiritual struggle? Of what use are love, kindness, sacrifice, service, wisdom, understanding, if they are to be buried in a grave? What has happened to those whose bodies are burnt or shattered? Where is the soul of such a body?

Soul does not lie in the grave with the lifeless body. When soul leaves the body, it is dead. Once the soul is out of the body, the body is like a worn-out garment. It is useless. Burn it in fire; bury it under the ground; it does not matter in the least to the soul. There was an ancient belief that soul lived under the ground after death. The abode of the dead was supposed to be beneath the earth. Such a belief was so childish and so contrary to spiritual truth, that men of realization have discarded it. Soul is ever free and independent. Soul can exist without a body. It did exist without a body. Soul is free from temporal conditions and special limitations. Soul is beyond time. It is deathless. Soul is above space. It is formless. Nothing can draw a boundary-line around the soul. It is free. It is eternal. It is Wisdom-Existence-Bliss Absolute.

Soul merely resides in the body for a little while. But in which part of the body does it reside? This question really arises from ignorance regarding the nature of the soul. Soul is everywhere. Life is everywhere. Does not life vibrate in every part of the body? Then how can we ask where life is located in the body? Yet soul is best perceived at the Sahasrara, the thousand-petalled lotus, the highest center of energy in the body. When our mind is established there, then it becomes calm and non-objective, and soul (consciousness-life-bliss) may thus be best realized while we are still in the body. Thus, a yogi realizes immortality even while he lives on earth.

Were all souls with God immediately prior to their coming into this life? Did they live with God? Did God make

them and send them to earth? If so, then why is there a wide gulf of difference between two beings? Why is one man spiritual while another is a dangerous criminal? Why does one love science, and another philosophy? Why is one inspired by music, and another by painting? Who has created them so different? Why has a just God made one blind, and another with perfect sight, one ugly and another beautiful? Who made the lame and the crippled? Are all these defects merely hereditary consequences? No. The law of heredity cannot explain the psychophysical defects of all new-born children. Then who sent an innocent child to go through such horrible suffering, and why? Could a just God do that? Can this be the work of a merciful heavenly Father? It is horrible even to think of. Let us not blame God, but rather ourselves. Do not blame God for His just law. Our actions are the causes, and our life is the result. Objective science has what is called "exceptions to a law." In philosophy there is no exception to its laws. The law of philosophy is universal. It must account for each individual life.

A child is not a baby insofar as its soul is concerned. The soul is old, very old. Many a time were we born before, and we shall all be born again. Some people are afraid to be born again. Weak and non-spiritual persons fear rebirth on earth. Why should we be afraid to come back on earth if we have learned to love God? Love God in all Mother, will you let your child die in a well into which he has fallen? Will you not go down and help him to live again? This world is like a well in which many are being drowned. Will you, mothers of the world, let your children be drowned while you save your own lives? Will you allow them to suffer agony while you seek comfort and joy? Lovers, will you leave your beloved behind to suffer? Will you not come down and take your beloved by the hand, to give shelter, joy, peace, encouragement and hope? Will you leave your beloved in darkness to stumble and be wounded, when you have the light that will show him the way? Then your love is false, a beastly selfishness, not love.

If you have loved God, you will love all. If you have a true desire to be born into the Kingdom of God, then you must welcome being born into the world of man. If you are ready to serve God, then you must be eager to serve man. Heaven is not for those who are selfish. Salvation is not realized by the weak and the cowardly as easily as by those who are brave in the love of God. Love of God gives us divine strength to withstand any and all adversities of life. Many of us do not desire to be born on earth again. But why? Because we are afraid to repeat the same life that we have lived. We dread to go through the same misery again. That is the reason for our abhorrence to rebirth on earth. But when we know the truth, we are not afraid to come back.

But we shall not have to go through the same ordeals of life if we come back to earth, provided we have developed spiritual realization within us now. Suppose your loved one has tortured you all this life. Naturally you do not want a repetition of the same unhappiness. But how can you attain your desire? By the realization of the Self you become spiritual. You manifest your divinity. Thus you will raise yourself to such a height that the ignorant and the selfish one will not be able to come anywhere near you. You will draw higher souls to yourself, and the other will seek his own level.

If, on the other hand, you desire to continue to walk together on life's journey, then sacrifice yourself for the sake of your loved one. Let your love inspire love in the beloved. Let your divinity awaken divinity in your life's companion. Be with your soul's partner life after life, until the love emanating from the soul of both finds perfect harmonious manifestation in oneness and joy.

By hating, you will never be able to get rid of anyone, because you are caus-

ing a relationship of mutual hatred, which acts as an attracting force. You will meet again and hate each other all the more. Even though you may be separated from one, you will draw another to you only to hate, and hatred will permeate and surround your life. Hate none. By being hateful and ugly to anyone, we give new and more powerful cause, which creates greater hatred within us and draws others of a hateful nature towards us.

Suppose all your life you have suffered from some sickness; you can avoid that in your future life by following these principles:

(1) By your will to be well. If you mentally affirm and strongly desire to be well, that impression will regulate and shape your next body.

(2) By serving others, especially those who are sick. By serving those who are sick, you create a vibration of good health in them. That vibration will bring the impression of good health in you and will give you good health in your next life. These are not fantastic thoughts. This is truth. By nursing a sick tree, you give the cause of good health in you. It radiates its good health, and that radiation goes in and through you. Then again, your desire to bring good health to your patient also helps you in securing a good body in your future life.

(3) By prayer. Suppose you have someone for whom you cannot do anything physically; you can still pray. Prayer is divine radiation. If you pray, your prayer will help your loved ones to be well in future lives. It will help you, too. Prayer is a mighty power.

(4) By charity. In giving health and comfort to others through charity and similar kindness, you prepare yourself to acquire a good body.

*(To be Continued)*





## Kali—Mother Divine

(Continued from Page 9)

process of Creation, that veils the Absolute from us. She is the eternal, moving soul of things, the force behind all realities. By identifying ourselves with her, we attain to complete emancipation. Lo, she is the mother of us all! She is tender and loving, the Everlasting Mother who suffers because of our pain. Says Shankaracharya:

'It is she with whom Shiva seeks shelter;  
Whose words are sweet,  
The Destructress of Ills,  
Ever and in all places pervading;  
Tender Creeper of Intelligence and Bliss!'

And how she wept, my son, at the great Deluge; how she longed to reach out her many arms and gather her children from darkness and despair! How she comes to us when no man is aware, softly, through the blue afterglows of sorrow, and calls our name. When the world of excruciating failures and painful apostasies presses too hard upon you, and when the bonds you have formed in illusion, burst, bringing you suffering, then, even then, lift up your arms through the darkness and soon you will feel an answering grip, and your hands will be caught in the infinite grasp of Kali-Ma, and you will know that you are no longer alone."

It was not unusual that my Guru was so moved by the ideal of divine motherhood. Most Hindus are. To the female aspect of God they devote themselves with a passionate love that is both beautiful and strong. One of my greatest surprises upon becoming intimate with Indian beliefs and ideals was to learn with what great respect they regard women.

Once Dayanand said to me: "If women of the West, through misinformation and ignorance of truth, pity their Eastern sisters of the purdah, let them save their sympathy, for the truth is that the women of India are better loved and respected than their sex of the West. The Hindu law-giver, Manu, said centuries ago: 'The mother exceedeth a

thousand fathers in the right to reverence and in the function of women.' And in the Kubjika Tantra we read: 'Whoever hath seen the feet of woman, let him worship them as his teacher.'

What is the secret of this respect, this apotheosis of womanhood in India? We do not have to look far for an explanation. India's women are content with the business of being wives and mothers. They have retained that beautiful, all-surpassing tenderness of perfect womanhood, of the holy Mother Kali. They possess that kind solicitation and desire to serve, which is woman's crowning attribute. Man has not changed greatly with the passing of Ages; he is still the child-at-heart human, longing at times to forsake the fevered activity and vicissitudes of life; and it is then more than ever that he appreciates the ineffable magic of woman's touch and sympathy.

Has our poet not sung: 'You came for a moment to my side and touched me with the great mystery of the woman that is in the heart of Creation.' We Hindus believe that a woman must be the high priestess of man's secret inner existence, wherein he seeks refuge from the gross indignities and cruel perfidies of the world. And in this role of compassion and sympathetic understanding, woman commands the love and respect of man more than she possibly can through all her intellectual and social achievements put together. The Indian woman is a mother; therein lies her glory."

The heaven-reflecting river moves on silently. The great white moon retreats behind a wimpled archipelago of clouds. And all at once, by a swift transmutation of thought into vision, I behold her—the Holy Mother. I see her stretch out her arms in longing and entreaty; hear her speak, her words like notes of music from the deep-throated silence of futurity. But you will not understand what I feel. The whole scene must seem overdrawn, fanciful. Yet, sitting in the placid East Indian night with my eyes closed to all foreign sights and turned inward upon myself, the image is real to me, more real than my own far-away hands. And her words

I shall remember; words that are important, strong, torrential.

"Call them unto me, with their exquisite beautiful aspirations, their light faces, their blossoming bodies. Lay them in the sweep of my arm's curve, against me. I am Kali, the iconoclast, destroying all, creating all; rejoicing in their tremulous shyness, in their hesitation, their glow. Bring them into my rendezvous, into the privacy of my sleeping place, into the mellow darkness, the purple glows of night. And I will show them sights, cities, tears, setting suns—devastation! I will make them behold the wordless freedom, the blissful awakening. I will confide in them the secret of etesian winds, dripping the indissoluble scents. Seat them beside me in the unclouded amber of dusk, under the fountain of champak, under the slopes where stars abide. There I will teach them the words of power, those lost words, those syllables of silence. There I will speak of the unimagined magic, of future mantra, credoes, priests. There I will sing, stitching with the words of song, garments of the man to come. Call them unto me."

Suddenly I emerge from the wilderness of selfish aims into the shoreless atmosphere of a new omnipresence, linking me to all life. You find such an experience exaggerated? It is not. In India, in the space of a moment, your life can resolve itself into a startling singleness; and your eye being single, your body is full of light. You look upon a village asleep in the stars, and a

strange familiarity stirs within you. You meet a gray-haired ancient on the dusty thoroughfare of Hindustan and, with one look from his benign eyes, you are ready to leave all and follow him to the ends of the earth. Why? I cannot tell, only that there arises within you suddenly the remembrance of a long-ago dream, and you believe in it. You are no longer uncertain, no longer without a purpose. With the bard of Shantiniketan, you realize that "When old words die out on the tongue, new melodies break forth from the heart."

## Observing Present Experience

*(Continued from Page 18)*

is a perfect projector for the kaleidoscope of life. Present Positive and Reality are one and the same thing. It is our focus that establishes us within its workableness. It may require quite an effort to rid ourselves of the shadows of past experience and the anticipation of failure in the future, unless we establish a whole-hearted interest in the Present.

Interest is the incentive to action. Build a solid wall between positive and negative thinking, and focus your mental spotlight upon present requirements and opportunity. "Now is the accepted time," says the Scripture. Gird up your loins and take the Present step. Do that good which the Present presents. Do it with interest and enthusiasm and the Present will carry you far to the accomplishment of much.



## The Laws of Prosperity and Success

(Continued from Page 8)

and sing triumphantly the song of success and prosperity. Think of prosperity, read of success, and never believe that poverty or failure exists.

The third law is to allow enough time for this new formula and theory to work out its program. Here one shall use the science of dynamic and formative spiritual thought. One can only do that when one has purged his conscious and subconscious mind of fear and hate and ignorance. The power of the old way of thinking is so great that it will need time to bring into realization the new point of view. At this point one must remember: "Victory comes to the man who can hold on five minutes longer than anyone else."

Thus, by applying these three laws, one will surely attract and attain prosperity and success at every stage in life. Ever remember, however, that all these gifts come from God, and as we make ourselves spiritual, so we shall accomplish these results. "Draw nigh unto God and He will draw nigh unto you."

## Scientific Digest

(Continued from Page 21)

goes on emitting rays for 2000 years and thus is deadly if taken into the body."

The synthetic product may cause a drop in the price of radium, now sold for about \$50,000 a gram, with a tax on that amount of nearly \$10,000. Sale of the precious element is restricted by the Belgian government, which owns mines in the Belgian Congo.

## Letters of Appreciation

*From early youth I was educated to become a surgeon. Following my academic and college training, I studied in a medical university and later graduated from the largest chiropractic school. I have now been practicing progressive Nature cure methods for sixteen years.*

*For the benefit of all sick folks, especially doctors and nurses, I want everyone to know that I have learned more practical health truth, instead of mere disease propaganda, from Swami Yogananda's Self-Realization Fellowship lessons in one year than I had learned from all other studies and schools combined.*

*JRO., Texas.*

Dear Sirs:

*My friends will forward to you an order for another 12 months Praecepta. I consider this one of my most precious Christmas gifts. I also pray for a better understanding mind and to be able to express more fully that which is in my heart. Since I have had the privilege of*

*reading and studying the wonderful works of S. Yogananda in this foreign country, it has given me inexpressible comfort and faith, something more beautiful than I can explain. It seems to be only a taste of what is to come. May God bless your good work, and the harvest of 1937 reap the richest fruits of your dreams.*

*A Merry Christmas to you all.*

*M. K., Berlin, Germany.*

Dear Friends:

*Your weekly Praecepta has been very helpful to me. I want you to know that I am very grateful for them. I like to read them over and over again and meditate upon them. They are throwing light upon things that once were so hard to understand. This teaching is like a "great light that shineth in darkness." I am giving to this Center my support; it is very little but given willingly and gladly. Thankful that someone is willing to come*



to this country of materialism with a message of truth.

Thanking you again for the help I am receiving, I am yours,

Very gratefully,

H. P., Washington, D. C.

Sir:

I have found great benefits in your Lessons. They are bringing real peace in my life. May God bless you all to bring the Second Coming of Christ in every heart.

Your student,

H. H., British Guiana, S. A.

Dear Sir:

The Lessons are proving a very marvelous help as well as a constant joy and stimulation.

Sincerely,

M. H., Ohio.

Gentlemen:

I am very glad indeed to have come in contact with your teaching. It seems very apt to refer to it as "the airplane route to the Infinite." I am very deeply in earnest about using it to the very fullest.

Again expressing my satisfaction in having come in contact with you, I am,

Very truly yours,

P. V. S., Mass.

Dear Sirs:

Happy New Year to all and everyone helping in the good work of Self-Realization.

It is impossible to say in words just what the process of Self-Realization is doing and will do for me. Needless to say, the three-fold goal of physical, mental, and spiritual development is something that everyone with life should ultimately attain.

Yours sincerely,

L. M., Canada.

Dear Friends:

I praise and thank God and you Divine workers for help I have received. God bless you.

Sincerely,

L. F., San Antonio, Texas.

Dear Friends:

The last day of this year, and I wish to thank you sincerely and most cordially for the spiritual delights I have received from the literature you have sent me. Especially I wish to thank you for the "Whispers from Eternity"—it is the most luscious food my spirit ever received. It intoxicates me with the beauty of God.

With my best wishes and deepest blessings for the New Year.

Yours truly,

V. B., New York.

Dear Friends:

I enjoy my *Weekly Praecepta* and also *Inner Culture Magazine*. Your letters are of great spiritual benefit to me. Anything I can do for the good of the Fellowship, I am ready to do, as I wish to serve. I want others to reap the good that I have already received in the short time that I have been one of you.

Yours in fellowship,

G. E., Oklahoma.

Dear Friends:

May God bless the Fellowship and my Guru, Swami Yogananda, for this glorious Study which I have sought for these many years past. Now I have nothing but a glorious life to look forward to.

Sincerely,

M. G., Louisiana.

## INDIA NUT STEAK

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Many people are enjoying this meat substitute and experiencing a general physical up-building. This new scientific food is delightfully different in flavor and is appetizing when served for breakfast, lunch, or dinner. It is a food that builds brains, muscles, and mind, invigorates the body—makes youth lasting. INDIA NUT STEAK is good for those who find themselves physically depleted. It has the best qualities of meat without its harmful effects. Order now. You will like it because of its nut-like flavor. **PRICE 65c 1-LB. CAN**



SELF-REALIZATION FELLOWSHIP

Mt. Washington Estates  
Los Angeles California

# Center News

By ORPHA L. SAHLY  
(Director of Center Activity)

## Ranchi, India

The Eastern Headquarters at Ranchi is now well established. The Praecepta is being printed there, and there are already many members. Guest rooms are ready for the accomodation of Western guests and devotees. Mr. and Mrs. Downs of Cincinnati, Ohio, were the first Western guests to enjoy the hospitality of the Ranchi Ashram. You may read their expression of appreciation of their visit in a letter by Lois Patterson Downs printed in the January, 1937, issue of the Inner Culture Magazine.

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## Mt. Washington, Los Angeles

Christmas at Mount Washington was a joyous and sacred occasion. As is the usual custom, the day of December 24 was spent in fasting and meditation, thus preparing the soul to herald the Presence of the Christ.

The return of our beloved Teacher and Guru from his eighteen months spiritual expedition through India, gave cause for deep rejoicing and gratitude, and we feel blessed indeed in his presence.

On Christmas day, 75 guests were assembled around the table in the lounge room at Mt. Washington. Flames crackled cheerily on the great hearth, and the softly gleaming Christmas tree shed its radiance on the scene. Many Center Leaders were among the guests, as well as members and friends from various parts of the country.

On Sunday, December 27, all guests and many Los Angeles members assembled for dedication services at the new Hermitage by the Sea, located at En-

cinitas, California, which was presented to Swami Yogananda as a Christmas present. Further description of this new Ashram will be found in the next issue of the magazine.

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## St. Louis

The sixth anniversary of the St. Louis Center was celebrated on the evening of December 6. An elaborate program was enjoyed. It included musical numbers, and a Seven-Color Play by the Yogoda Sunday School students. Temple delicacies were served, as also spiritual refreshments in the chanting of Divine songs and prayer.

A Christmas benefit Bazaar of India goods opened on December 10. Christmas services were held on the evening of December 24th in commemoration of the birth of Jesus, the Divine Healer.

New Year services were held on the evening of December 31, midnight.

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## Minneapolis

The Minneapolis Center held a Christmas Candle Light Service on the evening of December 20. On Sunday evening, December 27, a Vegetarian Supper was served, preceding the regular meeting.

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Sri Nerode will remain in Miami through the winter. In the Spring he expects to lecture and conduct classes in New York City, and establish a Center there.

Dr. Roman Ostoja has just completed a series of lectures and classes in Toledo, Ohio. It is possible that he may continue advanced class work in Toledo after the holiday season.

# Directory of Self-Realization Fellowship Centers

(Yogoda Sat-Sanga Society)

## Ranchi, India

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

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

## Puri, India

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

## Calcutta, India

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

## Tukumā, Latvija

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

## Los Angeles, Calif.

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.

Self-Realization Fellowship Center Meetings held each Thursday evening at 8 p.m. Mrs. Lloyd Briggs, Conducting Teacher. For further information write or telephone Mrs. Briggs. Address 1740 Prospect Ave. Telephone 27984.

## Boston, Mass.

Dr. M. W. Lewis, Conducting Teacher, 29 Edg-hill Road, Arlington, Mass. Meetings on the 1st and 3rd Monday evenings of each month, at 8:15 p. m., at 543 Boylston St., 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 R. K. Das, Conducting Teacher. Meetings every Thursday evening at 8 p.m., also Sunday evening services at 8 p.m., at the home of Mrs. J. E. Bowen, 821 Harriet Ave., N.W. Phone 23129. Miss Erna Coleman and Miss Mary Singer, secretaries. Mr. E. Davies, President of Board of Directors.

## \*Akron, Ohio

Sri Ranendra Kumar Das, Conducting Teacher. Mrs. Marie Jewel Ailes, assistant conducting teacher, 1016 N. Howard St. Miss Minnie Hardgraves, secretary, 2221 21st St., So., North Akron, Ohio. Meetings each Tuesday evening at 8 p.m. at 34 S. High St., Pythian Bldg., Room 201.

## \*Dayton, Ohio

Conducting Teacher, Sri Ranendra Kumar Das; Secretary, Miss Mary Hootinger, 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. Wherret, Conducting Teacher, 10609 Euclid Ave. Mrs. M. P. Wherret, 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 second and fourth 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, Conducting Teacher, 2732 Wisconsin Ave.; Mrs. Alta M. Redmond, Sec. and Treas., 1908 N. Kansas Ave., North Topeka.

## Milwaukee, Wis.

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

## Denver, Colorado

Friday weekly meetings in Room 303, Y.W.C.A. Building, 1545 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

Alyce Gubler in charge. Self-Realization Fellowship Center Meetings held every Sunday evening at 7 o'clock in the Newhouse Hotel.

## St. Louis, Mo.

U. Punditji, Conducting Teacher. Daily Meditation, 1:30 p.m., open to public. Sunday, 10:00 a.m., Self-Realization Fellowship Sunday School. Morning Services, 11:20 a.m. Evening services, 8 p.m. Each Friday at 8 p.m., Psychological Study and Question Class, free and open to all. The last Thursday of each month is observed as Guru's Night, and the "Higher Art of Realization" is practiced by the Initiated Group. The Center is open every day after 11:30 a.m. All are welcome to visit the library and Center at Room 840-842, Maryland Hotel, 9th and Pine Sts.

## \*Indianapolis, Indiana

Meetings, 38½ Pennsylvania St., Penn. Bldg., Rm. 408: Sunday services at 11 a.m. Class Friday evening at 8 p.m. Public cordially invited. Conducting Teacher, Sri. R. K. Das. Mr. Fred Wm. Renz, President of Board of Directors. Miss Meta Eckhart and Mrs. Chas. Hoffman, Mentors; others when announced. Lending library.

## Washington, D. C.

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

## \*Miami, Florida

Conducting Teacher, Mrs. Olga Lade. Services Sunday, 11 a.m., also at 8 p.m. on Sundays, Wednesdays, and Thursdays. Library open from 4 to 8 every day. 313 Venetian Arcade.

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





## Send for this **FREE BOOK!**

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

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## New and Inspiring Books on Self-Realization

by BRAHMACHARI JOTIN, of India

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

Realization of The Self .....	35c	Universal Truth—Our Belief .....	25c
Free Will and Divine Guidance .....	25c	The Religion of Man .....	25c
"Thine is The Glory" .....	25c	Chintamani—Thought-Jewels .....	35c
Prayers of Self-Realization .....		Paper, \$1.00; Cloth, \$1.50	

Any or all of these books will be sent postpaid in the United States upon receipt of the price. (Please do not send stamps.) Order your books from—

**SELF-REALIZATION FELLOWSHIP**  
Mt. Washington Estates  
Los Angeles, California

**SELF-REALIZATION FELLOWSHIP**  
1758 Columbia Road, N.W.  
Washington, D. C.

# The Horn of Plenty Bank

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

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

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

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

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

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

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

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

February, 1937

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

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

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

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

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

-----

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

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Street \_\_\_\_\_

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

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### Inspirational Books

#### on SELF-REALIZATION by

Sri Ranendra Kumar Das  
of India

The Books listed below are the works of Sri Ranendra Kumar Das, leader of the Indianapolis, Indiana, Center of Self-Realization Fellowship. They should be in your library.

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Part 1 .....	\$ .25	} \$ .60
Part 2 .....	.25	
Part 3 .....	.25	

#### ORIENTAL INTERPRETATION OF CHRIST .....

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#### LAW OF PROSPERITY AND SUCCESS .....

\$ .50

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# Prayer at Dawn

WITH the opening of the earliest dawn and the lotus buds, my Soul softly opens in prayer to receive Thy Light.

Bathe each petal of my mind with Thy radiant rays.

I saturate myself with the perfume of Thy Presence, and I wait to waft with the breeze the aroma of Thy message of love to all.

Bless me, that with the spreading dawn I may spread Thy love everywhere.

Bless me, that with the awakening dawn I may awaken all Souls with my own and bring them to Thee.

—By S. Y.