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I Am The Dreamer
Paramhansa Yogananda

It was I who dreamed
The cosmic dream.
I made chaotic visions of creation,
And fashioned nightmares
Of destruction
For to Me they are all dreams.

Good and evil,
Security and disaster,
Success and defeat,
Gloom and laughter,
An old man crushed
And a baby born,
An amorous youth
And a shell-torn soldier,
A freely swimming man
And a flame-burnt corpse,
All are My dreams.

Awake in Me
And you will find
Hopes and fears
Forever fled from mind.
Awake in Me to simply discover
It's sleep, dream of delusion,
That makes you suffer.

If you insist on dreaming,
You must groan,
Awake in Me
And nevermore moan.
I alone created this sweet,
Fearful dream,
It is not for man
To know the cosmic scheme,
But be like Me,
My son,
My image,
And you will understand
This mirage.
Nervousness -- Cause and Cure
By PARAMHANSA YOGANANDA

N

Nervousness is a malady which can be overcome by a specific medicine--calmness. The disturbance of mental equilibrium which results in nervous disorders is caused by continuous states of excitement or excessive stimulation of the senses. Indulgence in constant thoughts of fear, anger, melancholy, remorse, envy, sorrow, hatred, discontent or worry, and lack of the necessities for normal and happy living, such as tight food, proper exercise, fresh air, sunshine, agreeable work and a purpose in life, are the causes of all nervous diseases.

Any violent or persistent mental, emotional or physical excitement causes a disturbance of the balance in the flow of life force throughout the sensory-motor mechanism and the bulbs of the senses. It is as though we put a two-thousand volt current through a fifty-watt lamp. The lamp-wires would be burned out. In the same way, the nervous system cannot withstand the assault of intense, destructive thoughts and feelings.

Nervousness appears to many as a simple problem, but it is a deadly enemy, with far-reaching results. It is difficult to heal a man of any disease, so long as he suffers from nervousness. The unbalanced life force in his body makes it a tremendous task for him to concentrate or meditate deeply enough to acquire peace and wisdom. Nevertheless, nervousness can be easily cured by anyone who is willing to analyze his condition and remove the disintegrating emotions which are tearing him apart, day by day. Analysis and calmness in all situations of life will heal the most stubborn case.

Realization that all power to think, speak, feel and act comes from God, and that He is ever with us, inspiring and guiding us, brings an instant freedom from nervousness. Flashes of divine joy will come with this realization; sometimes a deep illumination will pervade the being, banishing the very conception of fear. The power of God sweeps in like an ocean, surging through the heart as a cleansing flood, removing all obstacles from our path. The delusion of matter, the consciousness of being only a mortal body, is overcome by contacting the sweet serenity of Spirit, attainable by daily meditation. The victim of nervousness must understand his case, and must reflect on those continual mistakes of thinking which are responsible for his maladjustment to life. When the nervous man once admits to himself that his disease is not mysterious in its cause, but the logical outcome of his own habits, he is already half cured.

The Nervous System

The nervous system is the telephonic outlet and inlet of the body, providing man with his response to outer and inner stimuli. Excitement dislocates the nervous balance, sending too much energy to some parts and depriving others of their normal share. This lack of proper distribution of nerve force is the sole cause of nervousness. The calm man, one who avoids excitement because he is not overly attached to his ego and is aware that God, and not he, is running this universe, is always able to meet any situation in life because his nerve force is equilibrated. This is the goal we must strive for and attain.

The nervous system supplies life current to the brain, heart and other parts of the body. It distributes energy to the five senses of sight, sound, touch, taste, and feeling. Nerves are our medium of contact with the outer world and the source of all our sensory reactions. How important it is, therefore, to keep the nerves in a state of perfect balance, not shocking one part of the body with too much energy and consequently limiting the supply to other regions. Not by restlessness or emotional reactions, but by calmness, by deep trust in God, we reach the yogis state of an equilibrated being.

The yogis have special techniques by which one can revive tissues burned out by nervousness, by sending life energy into nerves partially destroyed by mistreatment. Each cell and tissue in the nervous system is a living, intelligent structure. Life energy can always renew it.

Nervousness is of two kinds psychological and mechanical, or superficial and organic. The psychological or most common variety is due to mind excitement. This condition, long continued in, and accompanied by wrong diet and association with uninspiring people, causes the chronic or organic manifestations of nervous disease.

Choice of company is all-important. Tell me what kind of friends a man has and I will tell you what he is. Flatterers do not help us. We should seek the society of superior men -- those who tell us the truth and help us to improve ourselves. He is our best friend who humbly suggests how we may benefit our life by worth-while changes.

Brutal, harsh criticism is like hitting a man on the head with a hammer. The power of love is infinitely more effective. The gentle voice of suggestion can accomplish wonders, whereas crude faultfinding does not reach the desired goal. Only a perfected man should undertake to fully judge another. The effort spent in judging one's self is the only profitable analysis.

Seek Society of Sages

Association with calm, wise people is one of the quickest ways to banish nervousness and realize our innate divinity. When a criminal is put in the company of other criminals, he receives no benefits. On the eve of his departure from prison, the warden, out of his experience, thinks: "When will he be back?" Nervous people should stay away from those suffering from similar troubles. Too much sleep drugs the nerves, and too little sleep is hurtful to them. The diet should be simple, balanced and not too plentiful. But the best cure of nervousness is cultivation of calmness.

One who is naturally calm does not lose his sense of reason, justice or humor under any circumstances. He can always separate sentiment or wishful thinking from fact. He is not led astray by improbable schemes of unearned wealth or by the honeyed tongues of dishonest men. He does not poison his bodily tissues with anger or fear, which adversely affect circulation. It is a well-proven fact that the milk of

an angry mother can seriously poison her child. What more striking proof can we

ask for, that violent emotions will finally reduce the body to an ignominious wreck?

Poise is a beautiful thing. We should steer our life by a triangular guide: Calmness and Sweetness are the two sides; the base is Happiness. Every day, one should remind himself: "I am the prince of peace, sitting on the throne of poise." Whether one acts quickly or slowly, in solitude or the busy marts of men, his center should be peaceful, poised. Christ has given us the ideal. Everywhere, he demonstrated peace. He passed through every conceivable test without losing his poise.

The body is like a little bubble of energy in the cosmic sea. God is everywhere, controlling planets, galaxies; yet He is not disturbed. Though He is above this world, He is yet in this world. We must reflect His image and likeness. We must meditate often and hold on to the peaceful after-effects. We must send out thoughts of love, goodwill, harmony. In the temple of meditation, with the light of intuition burning on the altar, there is no restlessness, no nervous striving or searching. Man is truly home at last, in a sanctuary not made with hands.

"When I pray for aught
My prayer goes for naught;
When I pray for naught
I pray as I ought." --Eckhart.

Self- Surrender

By LALJIRAM SHUKLA

"O

Arjuna, the Lord dwells as the inherent Self in the hearts of all beings, who are mounted on the wheel of this body, causing them by His power of maya to revolve according to their actions.

"O Bharata, seek refuge in Him alone whole-heartedly. By His grace you will obtain supreme peace and the eternal abode." -Bhagavad Gita XVIII, 61-62.

So long as man goes on asserting his vain egotism, he can never be happy. As the intelligence of a man grows, his consciousness of power also grows; but at the same time he becomes painfully aware of the limitations of that power. Thus intelligence makes a man aware of his own greatness, but also makes him aware of his limitations. The consciousness of his limitations brings him more pain than the joy he gets by an awareness of his powers. Hence it is that genius suffers from pain most. But when man realizes his oneness with God, all pain leaves him. Happiness can never exist along with perpetual want. The egotistic self can never be happy. The assertion of one's individuality is at the same time a negation of our relationship with the cosmic life. Through such assertion we ignore the fact that we are merely tools in the Divine Hand. We can be happy only in so far as we act according to the nature of our true being--that is, in so far as we surrender ourselves to the will of God.

The egotistical individual, one who does not believe in divine dispensation, suffers from a thousand phobias. Recently the writer met an individual suffering from the obsession that he was going shortly to be hanged. The man was otherwise quite sane. He wanted to get rid of the fixation but the greater the effort he made to be free from it, the stronger did it become. He was worried all the time by the painful thought; it haunted him everywhere like an evil genius. One can be free from an evil genius; but who can free himself from his own evil thoughts! There was no way out. He was so miserable due to the oppressing thought that he wanted to commit suicide.

This is an abnormal case. But most of us who are called normal do suffer from

obsessions that oppress us throughout our lives. It is true that they leave us at times, but others take their place at once. We differ in this respect from the lunatics only in the degree of our abnormality and not in kind. The wisest among us seem to be caught in the mesh somehow. Are we not often oppressed by the thought that some evil is going to befall us, though as a matter of fact the evil may never come? We are afraid beyond measure of our own failures, of criticisms of our conduct by others, of misfortunes and what not. At times we become introspective and see the folly of our own thinking. We realize that, after all, the failures, the criticisms, and the misfortunes may never come, or—even if they do—we can bear them.

Nature Cures Us

By dwelling on negative thoughts we make our minds so weak that we find ourselves helpless in getting rid of the oppressing worries. It is only nature that cures us of our worries by bringing about a change in the environment and thus creating distractions to relieve us of our fixations. But such relief is only temporary. The mind is not made strong and we are relieved of one trouble only to get into another.

Often we invite actual misfortunes by dwelling on them. Thoughts actualize themselves into objective events if they are allowed to stay for long. Many a failure of life would not have come had we not thought of failures. But, after all, it is not the failures themselves that are so depressing as the thoughts of failure. The real pain of death lies in the thought of death.

The remedy to get rid of such a diseased state of mind lies in believing in the Eternal Mother and leaving oneself like a child to Her care.

When we rely on our own power for success, anxiety comes. For the power that really makes an individual succeed is the power of God.

In the Kenopanishad, the story of the various gods, Wind, Fire and Water, disputing among themselves as to who is the greatest, brings home beautifully the lesson of the impotence of the individual. All energy, all vitality comes from the One Source, and as long as we keep ourselves connected with that Source, so long are we strong. There is no power in any individual but that of God; there is no beauty in any creation but His.

These days psychic disorders are increasing. It is one of the chief characteristics of the present civilization that there is a larger number of mentally unhealthy persons in society today than ever before. Civilization has increased the demands of life, raised our standards of living. Our aspirations have been expanded, but the corresponding supply is not forthcoming. For one mouth that grabs the dainties, there are twenty in the world that go without the ordinary morsel. For one cleanly dressed gentleman riding in a motor, there are a hundred covered with dust, and an equally lame number working in smoky or dark dungeons. The latter have souls as living as the former; when the former are enjoying the high luxuries of life, the latter are feeling its pinches. It is natural that those who go in the cars should remain as unhappy as those who have to bear the dust raised by them. When there is a disturbance in the psychic atmosphere, it is bound to affect everyone.

Selfish Society

To what is it all due? It is because of man's being lost in matter. The joys of the flesh are all that we know. Materialism today is grinding down humanity. The rich are lost in their wealth, the poor in their misery. Neither is happy. While the poor suffer from physical pain, the rich suffer from mental pain. The favored men of the world, those in power, often deprive the poor masses of their only consolation in life—namely, religion. Now there is nothing to ease their

emotional tension. It must naturally result in general mental instability and derangement.

This mental derangement is bringing about social disorder also. Humanity is unhappy; the slave nations are unhappy because of their exploiters, the exploiters are unhappy because of mutual jealousy. The so-called wise men of the world want to bring about peace. They call conferences and make pacts. A host of propagandists go out to preach the values of peace. But how can there be peace without when there is no peace within? And obviously there can be no peace within when we have not found our souls.

The burden of materialism must be removed before humanity can have peace. Sham preaching of "Good Will" cannot do this, but only actual sacrifice in the service of the Lord. He alone will be saved who loses himself in Him. The present mental unrest is the symptom of a disease that is very deep-rooted. In our pride, we have forgotten the Great Life from which we emerge, in which we remain, to which we all go. We have tried to disconnect ourselves from the Source of Life. How then can we live? It is committing suicide.

The lesson that was taught by Sri Krishna several thousand years ago is the lesson of eternal life, of eternal joy. The same lesson has been repeated by other prophets and sages again and again in all lands. And the lesson is—the Ego is nothing, the Lord is everything. This is what in substance the Buddha said, this is what Jesus said, this is what Spinoza said—in fact, the saints and sages of all times have said the same thing. They have allowed the flesh to be crucified in order that the soul might be saved—they have given up their all to gain the love of God. -Kalyana Kalpataru.

"See, thou beloved soul,
Thou wast gone out from God;
But His love caught hold of thee again; And then came
The fulfilling of the promise."
—Jacob Boehme.

HEALING SERVICE

Divine prayer vibrations are sent out daily by Paramhansa Yogananda and a group of trained divine healers. Praecepta students, readers of INNER CULTURE, and friends of the Self-Realization Fellowship who desire help in solving problems of health, finance, or adjustment of personal and domestic relations. may avail themselves of this help by writing or telegraphing to Self-Realization Fellowship, Personal Problems Department, 38811 San Rafael Avenue, Los Angeles 31, California, stating their name and address and the nature of their difficulties.

RUBAIYAT OF OMAR KHAYYAM

Translated Into English Verse by Edward Fitzgerald

SPIRITUAL INTERPRETATION

BY PARAMHANSA YOGANANDA

QUATRAIN 73

Ah, Love!
Could thou and I
With Fate conspire
To grasp thin sorry
Scheme of Things entire,
Would not we
Shatter it to bits—

And then Remold it
Nearer to the Heart's Desire!

Spiritual Interpretation:

"The Power of Infinite Intelligent Divine Love, harnessed to the Cosmic Law, taking hold of the reins of sad creation, could shatter all existing earthly circumstances and remold the earth and its plans according to the innate ideal desire of the heart."

Applied to Daily Life:

The earth is a divine enigma—evil mixed with good, sorrow with joy, death with life. A sensitive person, helplessly suffering from the seeming vagaries of nature, often thinks of reshaping the earth according to his inner sense of justice and God-given conscience.

With love and law, which govern all life, we should attempt to change the sorry happenings of this earth, and try with all our might to make the world a brighter, warmer spot, in accordance with our heart's deep desire.

We may fail to quickly accomplish what we want, but that fact should not deter us from doing, even in a small measure, all we can to make the earth a better lodging-place. Man is made in God's image. The inner powers of God are potentially hidden within Him. He should bring these powers to the surface of his consciousness, using them to solve the purposely-made difficult enigma of life.

God has given man enough power to conquer all his trials. That is why He has made the tests and temptations of life difficult. No one should blame God when confronted with life's troubles, but should use the unlimited divine power sleeping in the mind to conquer the God-given obstacles which beset existence. In order to bring out the hidden powers of His children, God had to make this earth a seemingly sorry and knotty problem. Together, all sons of God will be able to transform the earth to a joyous state.

Each individual, each nation, each world civilization is playing 365 dramas in the year. All these various plays make the mundane theater very interesting. If the world were already perfect, with angelic beings in it, there would be no drama; the world existence would be uninteresting and unjustifiable. As everything is perfect in God, another perfect world apart from Him would be unnecessary. But God created His human children in His image, endowed them with free choice and intelligence, by which they could cast Him away or accept Him. He hopes that His children will discard the imperfections and earthly temptations and use their free choice to find Him. So He put His potentially perfect but outwardly deficient children on the struggle-beset earth, there to learn to salvage their inner divinity from beneath the debris of superficial limitations.

We should not rack our brains nor become disbelievers if we cannot understand all the paradoxical dramas of good and evil, of happiness and sorrow, of rich and poor, of sickness and health, of intelligence and stupidity, of wars and peace, of kindness and cruelty in nature.

If we enter a theater and understand the play's end from the beginning, it cannot be called a good show. A successful play has suspense, brings out our interest, bewilders or puzzles us, and ends with a great dramatic flourish.

Likewise, the drama of the cosmos is extremely complex and has some very good purpose to be revealed to us sometime, somewhere.

If we immediately understood the aim of this panoramic play, it would not speak well of the skill of the Cosmic Dramatist. The Divine Playwright has hidden the last act of His cosmic show behind the many gaudy screens of earth civilizations. In the last act, in the after-death state, the perfect man understands the purpose of His play. To all past and present souls, God will sometime suddenly lift the last veil and play the last part of the Cosmic Drama, revealing its mighty, noble end, long hidden behind many acts of tragedies and comedies.

Glossary:

1—Ah, Love! could thou and I with Fate conspire—Powerful Divine Love combined with the cosmic Law of Karma.

2—This sorry scheme of things entire—This sad schedule of death mixed with life, of sorrow mixed with laughter, throughout the cosmos.

3—Would not we shatter it to bits—Would not we combine our forces to destroy all undesirable happenings on the earth?

4—Remold it to the heart's desire—Pattern it after the secret world plan hidden in the divine core of our souls.

Wonderful Way

By SARAH SEAVER

N

ot that the place or the time matters-and yet it is recorded in my mind that it was on a summer vacation, many years ago, at a small inn in New Hampshire by the sea that I first read this sentence of Emerson:

"The way of life is wonderful;

It is by abandonment."

At the moment I was not especially impressed. Forgotten is the title of the book, and its contents, in which Emerson was quoted. Forgotten are the names and the faces of the other guests at the inn who dined and enjoyed the surf together. Forgotten are their expressed interests and fears, their various afflictions and limitations, their constant conversation (isn't it always constant?), and their hearts' loves, their sentences, if any, about God.

Forgotten who was our President at the time; forgotten the state of my health and finances; forgotten what year and the styles thereof, what the mode decreed for this outer picture of such paramount importance to the feminine heart.

Even forgotten today are the specific problems and perplexities, from which the light in this sentence: "The way of life is wonderful; it is by abandonment", has given me relief and surcease. Even forgotten the sentence! But at times of difficulty, of need, many times it has flashed back to me, like a picture of apples of gold in a frame of silver, and given me peace and comfort from an invisible realm.

In the daily grind, the pettiness we focus on seems to hold us and keep us in the mud, contemplating the difficulties of earthly things with which we blindly cope with mundane weapons and efforts. But anon, some circumstance, some chain of events, will bring out instantly from nothing, from nowhere, supernatural help.

So, once again, after I know not how long, this sentence has come again to my meditation, and opened up vistas of realization that the sentences of the mystics, and of the illumined, live eternally. There is within them the ageless

soul, God, life; they fit in any epoch, in any country, untouched by the boundaries of race, religion, government, science, art, life or death. They are the essence of the inner vision, and flow into any cup. With them, we march to the beat of another drum. They quicken within us areas that sleep while we think with the conscious mind. When those areas leap to recognition, it is as though we took hold of substance for the first time.

To the material mind, soul truths are illusive, intangible, but even the material scientists agree that there is no matter, no material universe. We touch the divine in such a mystical and unknown way, yet it encompasses us and sustains us, and gives us this vision and perception, that by its touch—it matters not on land or sea—we recall its deep familiarity. We have read it before. We have heard it before. We have known it before.

We know some basic power within us, unexpressed, something not of temporal values, judgments, decisions, is of more moment, more value to God and to ourselves, than any other force. If we are true to this vision, it will bear more fruit even in our world than if we do not dare to believe, to follow, to hope, and allow ourselves to be held down by the common consent. The divine IS, and man is divine. If there ever was or ever will be a divine power, it is now. How else would it get through from the past to the future? And if it is, we can find this region in ourselves, we can shift to it, in the most unexpected ways and places.

Inspirational Sentence

Emerson's sentence has held for me a childlike love and trust. It has been a secret thing—not that I meant it to be. Occasionally I have told it to some friend—but I saw only a passing interest. I have never read fully the books of Emerson. Our family had beautifully bound copies in the library, but with other studies—tend so many dishes to do, and meals to get—they were unread. I have driven many times through Concord and seen Emerson's home, and visited the cemetery there, and dreamed of what he stood for. As I look back, it was a shadow passing a shadow.

After many years what can we remember of details; what is worth remembering? If we could consciously live our today with less stress on the changing things, and with more love for that which is to be the eternal and is eternal even now!

After years have passed, it is not anything that appeals to the five senses that remains most vividly in my memory, but I have come to prize another faculty, that which detects the quality and character of real worth, the glorious quality of the eternal! Instead of discriminating after twenty years, why not sift as we go?

So meanly we live, so little we think of the divine. But the soul will transform any forbidding appearance. This force that is just beyond reach, that we dare not touch to bend to our ends— if we will just let it but BE, we would live more consciously with one hand ahold of the Infinite. We ought to walk consciously through things, even on a sentence —"The way of life is wonderful, It is by abandonment."

"Within the province of nature, man has no free-will to trifle with her laws. Only when man conquers nature by obedience, thus transcending her, can he exercise freewill to recreate nature in accordance with his genius."—G. P. Seth.

ADORATION

"Adoration is the attitude of mind well attuned in thankfulness and gratitude to the Infinite Source of all good. 'The days on which I failed to sing of Him are days on which I did not live,' cried a Tamil saint. 'The only boon I crave from

Thee,' implores Pralaya, 'is not to forget Thee, even though I be born as a worm or reptile.' The consciousness of God attained in adoration —places at our disposal the energies reserved for crises. A deep and abiding peace enters the heart. Prayer is the mighty invigorator of the human spirit. It is the most natural and the easiest means of drawing the mind away from sensuous objects and enabling it to reach God. It is the thirst for the Lord; the home-sickness of the soul."—M. S. Sarma.

BHAGAVAD GITA

Methods of Contacting the Higher Astral Angels who Supervise the Workings of Cosmic Law Underlying, all Human Destinies

By PARAMHANSA YOGANANDA

Chapter 111, Stanza 9

Literal Translation:

Worldly people are bound by activities different from those which are initiated for the purpose of Yajna; O Son of Kunti, being nonattached, therefore do thou work for Yajna or religious rites only.

Poetic Rendition:

Materially minded men are imprisoned by diverse activities which differ from divine duties. O offspring of Kunti, remaining aloof within, devote thyself to religious actions.

Spiritual Interpretation:

Worldly people perform actions with the desire to gain material happiness. Due to that inclination they are tied to the earth through incarnations. The sincere yogi, however, should perform those selfless good actions which will quicken his evolution.

Most people think they are practicing religious rites by performing ordinary ceremonies. That is better than worldly actions, but such rites produce no wisdom unless their purpose is understood.

The yogi withdraws his life from the sensory motor nerves and pours that energy into the bonfires of life gathered in the seven occult nerve centers. This is practicing Yajna, the real fire rite which the Hindu scriptures enjoin.

When the outward rite is done with the proper chanting and concentration —it produces some result even in worldly people and diverts their minds from material objects to the spiritual calmness within. But when such rites are habitually performed with absent-mindedness they produce little or no benefits.

The Fire Rite

When the yogi learns to switch off the life-current from the sensory motor nerves he finds his mind disconnected from the senses. This act of withdrawing life from the body and uniting that energy with the light of God is the real fire rite—burning the little life in the great fire of God, burning all human desire in the divine desire for God. Then the yogi takes his sense withdrawn mind and casts it into the fire of cosmic consciousness; realizing his own soul as something entirely different from the body, he casts that Self into the fire of Eternal Spirit.

The formal rite in India of pouring melted butter—a form of energy—in the fire is symbolical of uniting life-energy with cosmic energy. The esoteric fire rite of life —in which the bodily life is united with the cosmic life, and the human

mind and soul are united with the cosmic mind and Spirit—is composed of actions which should be performed by every spiritual aspirant. Of course the method should be learned from a true guru-preceptor. The followers of such spiritual actions do not remain tied to the earth, but are liberated. In the above stanza the Bhagavad Gita tells all people to practice such methods inwardly even if they also have to work in the world.

Yet, ordinary people who work in the factory of life with only their desires as tools, and without any spiritual training, reap mostly sorrow; just as an untrained mechanic who tries to handle an intricate piece of machinery gets hurt. So the Gita advises all to perform the soul-redeeming activities of meditation, devotion, divine love; helping others and attaining moral culture, as the purifying spiritual fire rite in which all mortal blemishes are burned out.

In other words, the Gita emphasizes the necessity of activity as an inevitable condition of life; but it then explains that spiritual activity is the only way to happiness and that it should be performed in all states of human life—in business or in renunciation.

The Goal of Action

The Gita warns that it is foolish to work when actuated by selfish desires, which so often militate against the divine plan. To fulfill his self-created, ever-increasing desires, the worldly man has to reincarnate again and again until he is free. But the yogi who works to please God alone is free. He fulfills his divine mission on earth and becomes liberated soon after death. The Gita says that even the spiritual fire rite of burning ignorance in the flames of wisdom must be performed solely with the desire to please God, and not because of spiritual ambition. The divine man must perform right actions for God only, whereas the worldly man is inclined to perform wrong actions in obedience to the entangling, desire-creating, short-sighted ego.

Yajna means literally Vishnu, or cosmic fire, and consists of religious rites in which the soul offers to merge itself in the cosmic fire.

Chapter 111, Stanza 10

Literal Translation:

The Prajapati (Creator), along with Yajna (the fire of cosmic wisdom), having made mankind in the beginning, said, "By this shalt thou propagate; this will be the milch-cow of thy propensities."

Poetic Rendition:

The Creator formed all human creatures after the image of His illumination. He commanded, "This milch-cow of Divine Wisdom shall offer milk of happiness to all thy desires and thou shalt multiply thyself after the image of light in which thou wert made."

Spiritual Interpretation:

Expressing through the conscience in man, God said, "Ye shall develop and nourish thyself through the fountain of true discrimination within thee."

As the motherless child is nourished by the milk of the cow, so the devotee—orphaned without the contact of God—may feed all his mental powers with the milk of wisdom. Man may always direct himself through inner guidance, in every phase of his material, mental and spiritual life.

The yogi, during meditation, beholding the astral light and receiving spiritual perceptions, should not remain content with that inner joy but should ever follow the divine wisdom, poured out through intuition, to higher and higher

realms of spiritual advancement.

The meditating devotee beholds lights, supernatural beings and many spiritual manifestations, and is empowered with many miracles. The Bhagavad Gita, in this stanza, exhorts all devotees who seek the palace of highest emancipation not to be sidetracked nor tarry in the beautiful garden of miraculous powers and thus cease to aspire to the ultimate light of wisdom which alone can lead to the highest goal and quench all the accumulated desires of incarnations.

Chapter 111, Stanza 11

Literal Translation:

Prajapati (the Creator of praja or beings) said: "With this (fire offering), meditate on the devas (shining angels), and may the astral angels think of thee; thus communing with one another, thou shall receive the Supreme Good."

Poetic Rendition:

"First commune by meditation with cosmic agents who govern the worlds, and thus be eligible to unite with the Ultimate Spirit, Creator of all astral angels who supervise the workings of this ordered universe."

A literal interpretation of this stanza means that, through fire oblations and chants, one should invoke the astral beings, superior to man in the order of evolution, who carry on the cosmic functions. Thus, man will create good karma which will free his life from the hazards of sudden fruition of effects from unseen evil causes set in motion by him in the past.

Materially-minded people live their days in a wooden stupor, by the "sweat of their brows", like the mule which carries a huge bag of gold; this treasure is not only of no use to him, through his complete ignorance, but is the cause of his active suffering, through its weight. Worldly men, like the dumb animal, carry the heavy burden of material duties, suffering and fearing, but reaping little benefit from the onerous labors they perform. They only eat, sleep, earn and procreate, giving not a single thought to the spiritual government underlying human life. When misfortune visits such men, they call it ill-luck or accident. When good fortune arrives, they call it luck or chance. Few realize that their lives are governed by the effects of past actions (karma) and that they are subject to universal laws administered by higher beings.

The Gita therefore points out that, instead of leading an ignorant life, one should perform certain ,spiritual ceremonies, outlined by saints, to place one's self in harmony with high astral beings, thus bringing about a conscious control of life's happenings. The following of certain astrological injunctions, based on the mathematical or orderly nature of the unified cosmos —when such advice is received from Self-realized sages, and not from the superficial professional caster of horoscopes as help to invoke the blessings of astral beings. This salutary result comes about through the righteous observance of astral or unseen laws which govern the universal structure.

Hastening Man's Evolution

Contact with advanced astral beings elevates man, who may thus avoid the fructification of evil karma; misfortune can thus be greatly lessened, while the liberating effects of good actions are enhanced. Man and his astral preceptors in higher realms, by mutual communion can find great good and control destiny. Eventually, by constant contact with spiritual forces, the soul of man comes into harmony with the Supreme Creator. Organizer of all higher and lower beings. The worldly man, unable consciously to commune with astral beings, gains the same result by associating with earthly angels—true God-knowing saints and by

following their counsel.

Spiritual Interpretation:

A deeper interpretation of this stanza can only be understood by advanced yogis. It follows: Withdraw the life-force from the muscles, efferent and afferent nerves, heart and other centers, and unite it with the subtler nerve currents in the spine—the coccyx, sacral, lumbar, dorsal and cervical regions, where dwell, respectively, the five astral angels—Ganesh, god of success; goddess of power; the Creator, god of fire, Vishnu, god of preservation; Shiva, god of dissolution.

These five spinal deities sustain the human body and are diverse manifestations of One Spirit. The yogi should let the life current automatically flow from the lower spinal centers to the higher ones by mental pushes of concentration. He should never be unduly attracted to the beauty of one center, for thus he would remain locked there, unable to proceed to the medulla and the cranial or highest center.

The five spinal deities are called the temporary form of Spirit, as in time they are dissolved in the higher centers. After the yogi can direct his life-force to the throne of light occupied by each of the five temporary deities, he learns to withdraw the current and unite it in the medullary center and the Christ center, at the point between the two eyebrows—the single or spiritual eye where the Changeless Spirit dwells on the thousand-rayed throne in the cranium, the principal seat of the individualized Spirit, or soul.

In the astral withdrawal of life force, the yogi perceives his blue life current commingling with the variously colored currents in the five spinal centers, and is also cognizant of the different states of consciousness resident in and characteristic of each of them. In the astral withdrawal, the yogi is principally concentrated on visible lights and other phenomena.

The Spiritual Eye

But during a higher or spiritual withdrawal of mind from the body through the centers, the yogi, after experiencing the outstanding states of consciousness present in the five regions, then unites the current with the Christ Consciousness prevailing in the spiritual eye. The medullary center in the back of the head, and the divine center in the forehead, both contain Christ Consciousness and are its two poles. As they thus act in conjunction, they may be spoken of as one center.

The yogi who has reached his goal of the Christ center is then able to unite himself with Cosmic Consciousness, perceived in the brain as a starting-point. He then feels his mind united simultaneously in Christ Consciousness—present throughout all vibratory creation—and Cosmic Consciousness, which exists beyond the limits of any vibratory phenomena.

In the superior spiritual withdrawal, even though the yogi perceives lights and astral beings, he dissolves them in the different states of consciousness in the spine. He first unites his mind with semi, sub and super consciousness, in the three lower spinal centers: coccygeal, sacral, lumbar — then lifts his mind to unite it with the higher superconsciousness present in the dorsal and cervical regions. Then he unites himself with Christ and finally Cosmic Consciousness — with the Omnipresent Mind first in creation, then in the vibrationless realms beyond.

This interpretation, then, is the higher meaning of Stanza 11 in Chapter III of the Gita: The yogi should first commune with higher forms of consciousness in the spinal centers and thus become eligible to unite with the Higher Good. the

Spirit, in creation as Kutastha Chaitanya or Christ Consciousness, and beyond creation as Brahma Chaitanya or Cosmic Consciousness.

Unity Through Self Realization

By PARAMHANSA YOGANANDA

U

nity is the way that leads to the Infinite. By discord and diversity, the world is thrown into the boiling pot of sorrow, wars, and death. Uniting souls with Truth by ideal living is the way to peace and immortality. Through industrial and political selfishness, explosives of the feeling of race superiority, and by the excluding commercialism of dogma, entrenched religions have kept races divided and shattered by social, industrial, and religious wars, resulting in ignorance and mass misery.

A combination of the spiritually efficient qualities with the scientific materially-efficient qualities, as represented in the lives of great men, can offer us an art of living which will produce the highest type of people of all nationalities. Do not take only those principles which develop the physical at the expense of the spiritual phase of man's life, or vice versa, but also take those which equally and harmoniously develop the superman with his balanced physical and spiritual qualities.

True friendship is broad and inclusive. Selfish attachment to a single individual, excluding all others, inhibits the development of divine friendship. You must extend the boundaries of the glowing kingdom of your love, gradually including within them your family, your neighbors, your community, your country, all countries; in short, all living sentient creatures. Also be a cosmic friend, imbued with kindness and affection for all of God's Creation, scattering love everywhere.

How Science Helps

Science is directly helping man with material comforts through her golden inventions. The same science, indirectly, is helping man to be the reformer of dogmatic religions and to explain many miracles found in nature and spoken of in religion. Science shows how, by changing the vibration of a pound of water into ice, that solidified water, instead of mixing and sinking, can be made to float on top of the water. It suggests through the scientific imagination that perhaps Jesus controlled the psychological relation between matter and mind and thus changed the atomic vibration of His body, enabling Him to walk on water.

The Art of Right Living

It seems as if God is trying to evolve the art of right living by expressing His Truth through a combination of particular civilizations, mentalities, and nationalities. No nation is complete in itself. An absorption and collection of the best in all nationalities may supply us with the best information on the art of living. It is important to note that Jesus, and the Master Minds of India, not only attained the best in all civilizations since the earliest era to the present time, but they manifested the highest ideals embodied in all religions. Therefore, the art of right living can be found in the study of the best in all nationalities, plus the study of the individual lives of great Saints.

People build their aspirations and form their desires according to their pre-natal and post-natal influences. Heredity and national, social, and family characteristics, tastes, and habits mold the life of a child. Children, in the beginning of their lives, are about the same everywhere, but, as they grow older and the family and social characteristics begin to exercise their influence, it is then that individuals begin to reveal national and racial traits.

Meditation Plus Activity

Right meditation balanced with activity must be the cry of Christian, Hindu, and all religionists, as the only savior. The question of your redemption from the self created prison of ignorance must be settled directly by yourself with God. Follow fearlessly the Truth wherever you perceive it. Love your family and country deeply so that you may learn to love and serve people of all nations more, and learn to find God in all men of whatever race or religion. While honoring God in all man-made temples, learn to worship and contact Him in the temple of deepest silence. Practice meditation at least for one hour in the morning and one hour at night. Learn the highest methods of scientific concentration and meditation as taught by the great Hindu Masters. Do not be sidetracked to dogmatic untested religious beliefs, but try to find the one highway of Self Realization which leads quickly to God through the forests of belief and theology. The entire process of evolution in nature and man seems to suggest the necessity of removing the storm of ignorance in order to effect the union of delusion-projected waves of life with the One Ocean of Spirit.

DAILY MEDITATIONS

By Paramhansa Yogananda

When I am in deep prayer,
God speaks within me
Through the voice of peace.

I pray that the rivers of my desires, Meandering through
Many deserts of difficulties,
May merge in God.

King of my dreams,
Let me be a tiny star
In the blue vastness
Of Thy dream.

Flowers fade never to return,
But Jesus woke again
To declare His mastery over nature.

I will banish all delusions
And resurrect my soul
In the ever-reigning light
Of immortality.

Beloved Father,
I am waking and dreaming in Thee;
I am Thine all-protected,
Ever-happy Self.

Unite my evanescent life
With Thine imperishable life.
Blend my flickering happiness
Into Thine enduring,
Ever-new blessedness.

The Christ in me
Beholds the Christ in all.
The river of my peace
Flows through all minds.

Even as Jesus rose again,
So may I resurrect myself
From beneath the tomb
Of all bad habits into the freedom
Of Christ wisdom.

Beloved Father,
Awaken me,
That I may emerge
From the tomb of flesh
Into the consciousness
Of my cosmic being.

All the veils of my ignorance
Are burned in the light
Of my awakening in Christ.

O Father,
May my storm-tossed soul
Find the silver lining of Thy presence
Behind the clouds of my indifference.

Beloved God,
Thou dost hide behind
The walls of Thy brilliant cosmic rays. Open the portals,
That I may see Thee everywhere.

Bless me, O Father,
That I may perceive Thee
Through the windows of all activities.

I feel God's power

In every heart throb,
Every breath,
And every outburst of vital activity.

Divine Mother,
Protect the celestial
Kingdom of my mind
And let Thy banner of peace
Forever wave over the living soil
Of my soul.

I want to use my will,
But guide it, O Father,
For use in Thy golden paradise
Of all fulfillment.

Today I will break the cords of lethargy
And blaze my way
Through limitations and delusions.

O Father,
Teach me to recognize
The difference between
My soul's happiness
And the pleasures of the senses.

May the single eye of realization
Lead me to behold
The infinite presence of Christ.

No matter what happens,
I will do my best, with intense interest,
For I am doing all for God.

I am thankful for wealth
Beyond the reach of kings.
I have nothing,
Yet am the monarch
Of my own imperishable
Realm of peace.

O, Flower of Fragrance!
Send Thy breath of love
To cheer me always,

As I climb the spheres of realization
On my way to Thee.

Feed me evermore
With Thy life-sustaining spiritual rays,
O Divine Mother.

Command the lake of my kindness
Ever to remain undisturbed
By the storms
Of misery-making anger.

I know that even my enemy
Is still my brother,
And Thou lovest him
As Thou lovest me.

Whether I am awake or asleep,
Alert or dreaming,
God's all-protecting presence
Encircles me.

May the greedy flames
Of my many desires
Destroy their own dross
In the white heat of Thy wisdom.

The fire of my ambition
And of all my rainbow-dreams
Are for Thee O Father.

I will be a lighthouse of joy,
Guiding storm-tossed vessels of life
To the shores of safety.

I will drink the divine wine
Extracted from the vineyard
Of all life's little joys.

Repeating the Divine Name,
I will overcome all difficulties of life.

I buy everything but Thee, O Spirit.
Pray give me Thyself.

No duty is more important
Than my duty to God,
Since no duty is possible without Him.

Whatever treasures
Lie in the secret safe of my soul,
I bring to Thee, O Father.

Beloved God,
Teach me to heed Thy warning voice,
That I may give to Thee
My joyous song
Instead of helpless wails.

O Fountain of Bliss,
Make me feel that my heart
Is flooded by Thine omnipresent love.

Heal my nerves
And install in me
A new set of telephonic nerves.

Beloved God,
Make me transparent,
That Thy light may shine through me.

Bless me, O Father,
That I may heal
The shrapnel wounds of inharmony
In the flesh of circumstances.

My wings of desire for progress
Beat their way
Through life's somber skies,
Seeking to approach
The paradise of peace.

May I see that ignorance
Is the main root
Of the tree of ill-health

And the cause of all inefficiencies
And soul-blindness.

I will cure spiritual deafness
By listening to the chorus
Of noble qualities.

Bless me O Universal Mother,
That I dedicate my body and mind
To do Thy will.
Sanctify me,
That I give my soul to Thee alone.

I will be one with God
In the temple of daily silence,
Seeking those things
Which He wants to give me
For my good.

Beloved God,
Save me from anger,
Hasty action, destructive moods,
And misdirected activity.

Today I will make calmness
The preceptor
Of my thoughts and activities.

Heavenly Father,
I will forsake all false pleasures
And walk with Thee
In the garden of silence.

I will keep my consciousness free
So that
God's vast life
Can manifest through my little life.

Beloved God,
Transmute my flesh with Thy Spirit.

Today I will be guided
By my good habits

And by my inner wisdom,
Which comes from Thee.

O Father,
I will drink Thy blissful consciousness
From the little cups of my thoughts.

With the little taper of my love
I will read God's golden book,
Hidden within me.

O Father,
Thou art the Life behind my body
And the Wisdom behind my ignorance.

Break the walls of my love
And flood me
With Thine omnipresence,
O Spirit!

May knowledge of God's presence
In my heart
Make all tragedies and comedies of life
Seem like entertainment.

Lost hope is a fatal disease.
Today I will inspire some one
With hope.

I will lead a life of service.
Without that ideal,
The intelligence
Which God has given me
Is not reaching out toward its goal.

I will worship God in everything,
So that I may find
The answer to this life.

I will meditate regularly,
That the light of faith
May usher me
Into the immortal kingdom

Of my Heavenly Father.

May the seeds of my prayer
Remain in the soil of souls,
To become celestial blossoms
As well as abundance
Of all material things.

DAILY MEDITATIONS
By Sharon Oneil

O Lord,
Let Thy Spirit of Peace
Fill my heart with ever-new joy.

O Christ
With the opening
Of the chaste petals of dawn
May my soul be filled
With the perfume of Thy bliss.

O God
May the rising sun of wisdom
Bathe me with its rays
Of true understanding.

I greet this new day
With a consciousness
Of Thy Omnipotence, O God.

O Divine Mother,
May the rain drops of Thy mercy
Fall upon my heart and wash away
All doubt and fear.

O Christ,
Thy unfailing presence
Walks beside me,
Guiding and protecting me.

O Eternal Beloved,
I would forsake all else for Thee,
For without Thee there is nothing.

Let me but break
The bread of life with Thee,
O Christ,
And I will never more hunger.

O Divine Mother,
The fire of Thy forgiveness
Consumes all dross within my soul.

I am free, O God,
With the full comprehension
Of Thy freedom.

Speak to me, O Christ!
Each word is melody in my ears
And harmony to my soul.

O Bird of Love,
Bear me on Thy wings of inspiration
That I may soar with Thee
To heights unknown.

Fill my heart with true courage,
O God, that with the sword of love
I may slay the dragon of ignorance.

O Christ, I hear Thee,
Gently knocking
On the door of my heart.
Help me to open wide the portals,
That Thou mayest enter in.

O God,
Hire me that I may serve Thee
In whatever field of service
Thou dost choose.

O Lord,
Against the mighty
Winds of circumstance
Thou art my defense.

O King of the Universe,
Within the castle of Thy love
I live in peace.

Today I will know
That delights unnumbered
Will meet the eye
That is fixed on Thee, O God.

O Divine Father,
Within the storehouse
Of Thy unfailing supply
Is fulfillment for my every need.

O Divine Physician,
Heal my mind
That my body may manifest
Perfect health.

O Divine Intelligence,
Creator who madest me,
Rebuild every cell of my body
After Thy perfect pattern.

O God,
If storms must blow,
See that their clamor
Dims not
The whisperings of Thy voice.

O Divine Director,
In the midst of the drama of life.
See that I forget not
That it is but a play.

O Divine Mother,
Teach me to meet
Both joy and sorrow,
And in each remember Thee.

O God
Let not the beauties
Which I see along the path of life

Divert me from my Goal.

O Divine Artist,
Teach me to paint
Upon the canvas of my life
The beautiful, the good, the true.

O God.
Teach me to forget
Each unkind word
Before it passes through my lips.

O God,
Teach me to look beyond the form
And see that it is from Thy substance
That all things are made.

O Divine Musician,
Let each discordant note
That sounds upon
The harp strings of my life
Resolve itself into Thy harmony.

O Eternal Beloved of the Universe
Speak to me.
Let Thy words of love
Fill every part of my being with bliss.

SECOND COMING OF CHRIST

Steps Toward the Attaining of the Consciousness Which was in Christ Jesus
Christ Describes Heaven, Not as a Point of Space, but as Omnipresence
By PARAMHANSA YOGANANDA

Then came to him the mother of Zebedee's children with her sons, worshipping him, and desiring a certain thing of him. And he said unto her, What wilt thou? She saith unto him, Grant that there my two sons may sit, the one on thy right hand, and the other on thy left, in thy kingdom.

But Jesus answered and said, Ye know not what ye ask. Are ye able to drink of the cup that I shall drink of, and to be baptized with the baptism that I am baptized with? They say unto him. We are able.

And he saith unto them. Ye shall drink indeed of my cup, and be baptized with the baptism that I am baptized with: but to sit on my right hand, and on my left, is not mine to give, but it shall be given to them for whom it is Prepared of my Father. And when the ten heard it, they were moved with indignation against the two brethren.

But Jesus called them unto him and said, Ye know that the princes of the Gentiles exercise dominion over them, and they that are great exercise authority

upon them.

But it shall not be so among you: but whosoever will be great among you, let him be your minister.

And whosoever will be chief among you, let him be your servant: Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many. Matt. 20:20-28.

"You know not what a stupendous thing you are asking. Are you able to drink wisdom from the cup of cosmic consciousness that I shall drink of? Are you baptized with cosmic bliss, the baptism with which I am baptized?"

They said to him, "We are able." And Jesus replied, "You are worthy to drink wisdom from the same cup, and you will be baptized with the same cosmic bliss, the cosmic vibration of the Holy Ghost with which I am baptized. But to sit on my right hand or on my left hand at a point of space cannot be arranged by me, because the Heavenly Father enthrones all spiritualized souls in omnipresence."

Biblical scholars who profess to find no definition of heaven by Jesus in the Gospels do not understand the hidden sense of his words. In this passage, Christ rejects any notion of heaven as a limited locality, thus indicating its omnipresent nature.

When the disciples heard the request they were indignant against the two brothers, James and John. But Jesus called them to him and said to them, "You know which rulers are appointed to rule over the Gentiles and exercise lordship over them, and you know also the great rulers who exercise authority over the leaders who govern the Gentiles. But that kind of government, with higher officials ruling the lower ones, cannot be among you who are the children of God and are all equal in His eyes and made in His image.

"Anyone who wants to be great among you shall serve all and be the servant of all; and whosoever wants to be the supreme one in heaven's eyes, shall serve all, physically, mentally, morally, and spiritually. For the Christ consciousness in me came not to be served but to serve all, and to offer the example of divine light through sacrifice and ideal living, that others following the example may be redeemed and attain cosmic consciousness."

In the above words, Jesus emphasizes that all souls and all disciples of Christ teachings, who are able to attain the wisdom and bliss of Christ consciousness and the perception of the cosmic vibration, will be enthroned in the omnipresence of God, and will be equal, having attained the same eternal God. He also advises us that to be the greatest in divine eyes, one should be the least in material eyes, serving all in every way. Jesus points out that the Christ consciousness in him did not materialize on earth to gather the adoration of people, but to offer the highest service to them by demonstrating divine consciousness in acts of supreme physical, mental and spiritual sacrifice.

QUESTIONS AND ANSWERS

By PARAMHANSA YOGANANDA

OUR HIDDEN POWERS

Question: "How does the power of free choice help us?"

Answer: In the creation of human beings, God has given the key to freedom. Life is the result of design, the law of karma, and the power of free choice. Free choice can change the designs of God. It can do away with the law of karma (action) .

God is not subject to karma. We have the same power, as we are made in His image, so why be afraid? If we have a sick body, or a certain heredity, that does not matter, for we have the power to change it at will.

We Can Change All Nature

We can modify all the changes in nature. Although there is a design in our life according to the entire creation of this universe, we can change that design. That is why Jesus walked on the water and, that is why He permitted men to crucify Him— saying: "I will build this body temple again in three days."

That is why Jesus fed the crowd with five loaves of bread and two fishes. There are two other ways he could have satisfied them; first, by taking the crumbs and giving the men the thought that they were filled, or second, by materializing from nothing, bread sufficient to feed them.

Although man is subject to biological astrological and other laws, the life of Jesus shows that fully developed man has freedom to create a new design. Human life is partially designed; however, it can be changed by wisdom and will power. In infinite ways we can improve our body and the design of our life. Therefore, in human life we find God's greatest blessings.

When we are highly developed, we can do anything. Even without thinking of miracles we see that we have caused a lot of changes in this life, by inventions and discoveries in our outer environment. Man has unlimited power, even to change the seasons and the size

of the earth. We do not realize how much power we have. As children of God, we have accomplished many great works. We are made in the image of the Infinite Designer and hence are creating new designs all the time. Originally God created everything, but later He gave His children power to create according to certain laws.

Because we see only the outer design, we have lost sight of God; we observe that nature; His design, is creating everything imperfectly and therefore we think nothing perfect is behind it.

Remember the Lives of Saints

When in doubt, we must remember the life of saints. Being human beings endowed with power, why should we whine at old age AND disease and sorrow?

We should look after the body as best we can, but should not succumb to any fear or be entombed in ignorance. The body is not the whole man.

Of course there is more good in the world than evil, because God is the greatest power. When evil comes to us, we think that we cannot overcome it. We cannot escape the ravages of evil, but we can overcome its influence over our mind. God has given us power to know that nothing here can really hurt us. Life was not given to destroy us but to bring the infinite Immortality of God into our consciousness. Remember that.

Creation Bears Witness

All creation bears witness to the certainty of immortality. We can quicken our evolution because God has given us power to will and to reason in order to reach the highest rungs of wisdom and power and bliss.

IS GOD A MAGICIAN?

Question: "Why is God sometimes called a 'Divine Magician?'"

Answer: In this vast world, God, the Divine Magician, is showing us the phenomena of the world and all kinds of magic. We are His audience. We wonder about His vast creation. God's main purpose was that we, made in His image were to be entertained by His world of magic, but this entertainment has turned into tragedy because we do not understand the aim of the Divine Magician. When we see a human magician perform feats, the tricks seem to be real. Likewise, God has made the un realities of life seem real. This whole universe is a play of force, but we see it as solids, liquids and gases. Our attention has wandered from the

within to the without. If we turned within, we would, find out the truth of life. We have to watch behind the scenes to discover even the tricks of the human magician, as well as of God. Before we can tell other people that this world is all a delusion, we must first know that it is.

Difference Between Pleasure and Pain

Health and disease and pleasure and pain are the greatest trouble makers, because we have given them a reality they do not possess. Health is a likable thought, and disease is a very troublesome thought. If you smile when healthy and cry when in pain, that is acknowledging that you are being deceived. If it is possible to wake up from a dream and realize that it is only a thought, that the experience there of being a strong man was only a crystallization of thought, why can you not wake up from this dream of life and know that you should not be deceived by the qualities of psychological and physical experience? You are Spirit. You must be free from the limitations of opposite thoughts.

When you know that solids, liquids, body and mind are different thoughts then you become Spirit. Then solids will not resist you nor liquids drown you. You must test your thought to know how much is reality and how much is imagination.

The Law of Relativity

God uses the law of relativity to divert our attention, but we must realize that what seems to be real is false. He uses magic to entertain us. We do not know that it is entertainment now, because we behold it in suffering, but to the saints the whole universe is magic.

Apply the law of relativity in connection with sleeping and dreaming. You think that sleep is rest and oblivion, and that wakefulness is the true state, but sleep is really wakefulness and human wakefulness is a dream. When you fall asleep, what happens? There is no body, no relativity of mind, pleasure or pain, or relativity of physical experience, health or disease, life or death, solids, liquids, gases, or energy. In sleep, you experience peace. As soon as you wake up, the world-magic starts again. The first thing you realize is that you have a body; you feel its sensations; you experience hot and cold, and remember all things in your relation to the world; you are in the bag of delusion again.

Millions of tricks begin to haunt your memory, and you become a mortal being again, ascribing all the troubles of incarnations to yourself.

Sleep is a different world. In dream, a world like this is created, and when we wake up, we come into this worldly dream. From sleep we go into two dream delusions of our own making and the cosmic illusion of creation. Our subconscious mind creates dreams. More magic! When thought is concentrated, it becomes real. One thought is different from many thoughts, and many thoughts are different from concentrated thought. When we think of one thing, we have no delusion, but as soon as we begin to think of many things, delusion is created.

The Divine Magician shows us in the dreamland that our subconscious mind can create the magic that the Divine Magician has created in the world. God has given us nothing that shows more clearly that this whole creation is a magic of delusion than our ability to dream.

Converting Sensation into Thought

This realization will bring freedom. For instance, you will wake up from a dream in which you were cold, and know that you were not really cold. You must mentally resist sensation; then it will have no power. A dream is real only while you are in it. Things are not as they seem, but to say that things are false is wrong.

Thought has the power of materialization. Change your process of thought. There

is no other technique. In this short span of life, by the power of your thought, you can go faster than the airplane, faster than all animals, and be more powerful than any mechanism man has invented. You are made in God's image and He gave to you the indomitable power of thought.

Do not remain in this world of outer consciousness, but be one with the Divine Magician, and you will understand all His magic. Discrimination, converting all sensations into thoughts, comparison of the state of dreams and this Cosmic Dream, and rising from this Cosmic Dream into samadhi, or oneness with God through deep meditation, are the ways to remember that the Divine Magician is showing you His magic. All things in the world are only the workings of the relativity of mind. When you know this, you will be free forevermore.

THE TESTS OF GOD

Question: "How can we know when we have passed life's tests?"

Answer: This world is an imperfect place. It is only a school of tests. God tries us in every way to strengthen us, not to crush us. Ignorance slays us if we put all our faith in the body. Those who suffer to discover truth find immortal life. Suffer for what? That they may not suffer again. This life is a furnace of flame in which our souls are burned so that the steel of God's strength and wisdom may come forth.

The waves of the ocean change but the deep ocean itself does not change. Although the earth is a changeable place, the purpose of God is not to torture us but to make us realize that we are not the body but the indestructible Spirit. We deserve to suffer if we forget that Spirit is behind the body. Out of all troubles and disasters we must realize that we are the children of God. Behind this life, which is changeable and subject to death, there is an eternal, changeless life. The body is composed of nothing but chemicals which are put together to express the life back of it. Behind this life is the eternal life of God. The body is a test and a delusion, so be prepared for its trials. Rise above them.

We should not put all our eggs of happiness in this basket of flesh. We must not seek death, but take life as it comes and death as it comes. Death is really beautiful; if it were a bad thing, God would not let it happen to us. It is really freedom, an entry into another, higher life. We must utilize this life in order to realize the life beyond this one. Beyond this earth garden is the infinite land wherein we meet those whom we have thought lost. Although we must not seek death, when it comes we must know that it is the final examination for a great reward.

Let us fortify ourselves mentally and spiritually. Let Jesus be our Leader. If we follow Him, there will be no wars. He taught that all nations are made of one blood. God is with the people who work for peace by demonstrating in their own lives the Christ ideals.

Behind the pictures we see in the movies, we can observe the light flowing to produce those pictures. In the same way, the Light of God creates shadows of life and death and disaster on the screen of the earth. May all of us live in that Light and realize that behind the nightmare of this earth is the immortal wakefulness of God.

IS THIS LIFE THE END?

Question: "What have we to show that this life is not the end?"

Answer: If you speak of religion to some people, they will laugh at you, but others from their birth have sought the deeper truths. If this life is the end, why should we study religion at all? Why call on God? Why think of the prophets?

Why work for salvation? Why study the scriptures? Why should we bother at all about what God thinks of us? Why not live as we please, if this is the beginning and the end of our existence? If this life is the end, why did God give us the power of free choice and intelligence? We can choose between good and evil to a limited extent. We have some freedom, though not all. Our lives more or less are fixed as to how long we are going to live, and yet we hear of great saints living hundreds of years, and it is true. Do not try to question this drama of life which is written by God. You will not be able to understand it.

When a baby dies it has to have other chances to work out its destiny. The evolution of the free choice in man must have time. Why should a baby, just because it dies, go to heaven? If death can bring the reward, why make any effort? Because the soul and the consciousness and living intelligence are gone from the body at death, the existence of the soul is not disproved. Heaven is not the reward of death. We have to work for heaven. The seer in Revelations said, "He that overcometh shall go no more out." He who overcomes all mortal desires shall reincarnate no more.

MAKING LIFE WORTHWHILE

Question: "How can I make life worth living?"

Answer: The beginning and the end of life are shrouded in mystery. What is God? Why are we here? What is coming after this life? The answers will be given if you meditate deeply and regularly and follow the principles that are taught by Self-Realization Fellowship.

Things that we thought would bring happiness have often brought only sorrow, but one thing we know is that the purpose of life is to be happy, not selfishly happy, but a happiness that includes the joy of others. That happiness you will only find through contacting God. This is because we are made in the image of God. We are His children and can demand all good things from Him.

This Life is Only a Drama

Remember that life is only a drama. You may see terrible tragedies or amusing comedies, but remember that these are only wonderful pictures. This world is only a motion picture. You are not here to become mixed up with the movies and cry when there is a tragedy or smile when there is comedy. You must know that you are watching the movies of life and death but are apart from them. You must get away from the dance of the senses. You must wake up. You must not waste time. Soon the show will be over and where will you be then? It is time to cut through the silken threads of false sense pleasures and grow wings of immortality.

The divine intelligence in men and in the scriptures point to one thing: We must find the most prized thing in life, which is

God. True happiness comes from your own conscience. God sits in the temple of your conscience and whispers words of wisdom to you indicating what path you should follow. Stand aside from your daily life once in awhile. Every path is wrong if it stifles the demands of happiness. Do not be filled with useless desires. Give time whenever you can with all your concentration on God. Your Maker did not give you intelligence in order to just live and die. He meant you to find the answer to this life.

Put your mind on God and gradually you will receive little glimpses of light and your joy will be boundless. You will feel yourself in every atom of space. The light of God is evenly distributed to all souls but some souls reflect it more than others. Those who tune in with God reflect His light. Keep your evenness of mind and you will find God ever with you, a God who will talk to you through the

voice of men, a God whom you will see templated in every blade of grass, in every thought of human beings, and you will say: "I am free. I live in the body but I am not attached to it. I live in space, but I am not confined to it. My wings are the wings of light. I am the gossamer of Spirit."

Behind the moon is the greater Moon; behind the sun is the vitality of God; behind man is the divine intelligence. Why should you limit yourself? Why circumscribe yourself within the walls of a little family and forget the eternal link between you and the family of the cosmos? It is God just behind all things who gives them life.

Human Love Versus God's Love

If your earthly father loves you so much, remember that your Heavenly Father, who gave you your earthly father, loves you more. Your mother could never love you without the love of the Divine Mother behind her. The only one who can say, "I love you," is God, and He alone can keep that promise beyond the portals of the grave. When you think that your father or your mother loves you, remember that it is God's love that is playing hide-and-seek in your heart. He who worships human love sees only that, but he who worships God in everything will find the answer to this life. Open your eyes to the joy of meditation and you will find that the light of faith will usher you into the immortal kingdom of our one Father, who is waiting for you.

PERFECT HEALTH

Question: "Is it possible to have perfect health?"

Answer: "Perfect health is given by God. Disease is man-made. Diseases acquired from the past or created through transgressions of the laws in this life are the results of human error. God is harmony, and when man, made in His image, tries to lead an inharmonious life, he hurts himself. God wants His children to enjoy health and happiness, but they create disease and sorrow by breaking His laws. All diseases are the result of collisions of the brittle inharmonious life with the stone wall of divine harmony within. Peaceful actions tune in with God's peace as felt in the silence and the result is happiness. Wrong actions collide with universal law and produce unhappiness.

There are diseases which result from breaking hygienic laws and the consequent bacterial invasion.

Other maladies result from disobeying the mental laws of being, and the consequent attack of the mental bacteria of fear, anger, worry, greed, temptation, and lack of self-control. Ignorance is the mother of all physical, mental and spiritual disease. Abolish ignorance by contacting God and forthwith, body, mind and soul will be healed of all maladies.

The necessity for seeking a sure method of permanently curing all physical, mental, and spiritual ills becomes apparent. Permanent cure of all human troubles means the complete absence of any recurrence of physical diseases, born of bacteria or accidents, or from any mental or spiritual cause.

Medicines are Limited

No doubt some medicines have healing power, since God gave herbs and minerals power to affect

the body of man, but it must be remembered that medicine and doctors have limited power and often reveal their helplessness in cases of chronic diseases.

Human methods cannot guarantee permanent mental or physical cure.

What is that universal panacea which will destroy pain, accidents, and ignorance forever so that the body, mind, and soul may be the perfect image of Spirit? It is this: First convince the mind that all human methods of cure are limited in

their healing power and that only God's all-permeating, all-healing power is unlimited. While sitting in silence in the morning and evening, and whenever you have time during the day, mentally affirm: "Father, Thy unlimited and all healing power is in me. Manifest Thy light through the darkness of ignorance." To find God through meditation and silence, and not through imagination, is the only way to bring back your lost oneness with Him. It is good to pray after deep silence and stilling of all restless thoughts. Keep a calm bodily posture of concentration throughout meditation. Pray after calming the mind and switching off the life force and senses from the five-sense telephones of touch, taste, smell, hearing and sight.

Just as the mere thought of swallowing drugs does not heal a bodily disease, so the imaginary contact of God through blind prayers cannot produce the desired healing. As darkness cannot remain where light is, so; the light of God's perfect presence felt in the body must drive away the darkness of disease.

Few people realize this. They pray with disbelief in their hearts, or with a sense of hopelessness, thinking that God will not listen, or they pray and do not wait to find out within themselves whether or not their prayers have reached God.

When the ever-new, ever-increasing joy fills your silence, then you will know that you have contacted God and that He is answering through the receiving instrument of your soul. This God-contact may be accomplished through regular, intense, long-continued meditations. Instead of simply feeling that God is in the body, the soul, mind and body will then be perceived as the perfect manifestation of God Himself. It is after such realization that the body will remain permanently healed.

And this is death:
I understand it all.
New being waits me;
New perceptions must
Be born in me
Before I plunge therein;
Which last is Death's affair;
And while I speak
Minute by minute
He is filling me with power;
And while my foot
Is on the threshold
Of boundless life.
—Robert Browning

"We live
By the desire to live;
We live by choice;
By will, by thought, by virtue,
By the vivacity of the laws
Which we obey,
And obeying share their life."
—Emerson

TRIADS OF WISDOM

he three measuring-rods of every man: his God, his "devil", and his interest.
Three things unseemly in any man: unreasonable infatuation, hate without cause, and being unconcerned about everything.
Three things the understanding of which brings peace and tranquility: the propensity of nature, the claim of justice, and the speaking of truth.
Three things which bring justice: truth, reason, and mercy.
Three things which make for goodness: love, justice, and obedience.
Three things which God loves not: to behold fighting, to behold that which is odious, and to behold the pomp of pride.
Three things needed by a man who lacks education: to listen, to see, and to keep silent.
Three ways which search man's heart: the thing he does not know, the means he does not know, and the aspect he does not know.
The three foundations of happiness: efficient justice, known truth, and energetic compassion.
Three ways by which comes belief about everything: believing anything unless one knows otherwise, disbelieving everything unless one knows why and the witnesses are known, and believing whatsoever there is where the witnesses are dependable.
Three foundations of knowledge: reason, order, necessity.
For three reasons knowledge is sought: interest, beauty, and duty. Translated from the Welsh for "The Shrine of Wisdom" (London) from the Myvyrian Archaeology.

JUST BEYOND

Just beyond
The thin veil of mind
Thou art hiding.
Just beneath azure space
And change's race
Thou art speeding.
Just behind my love
And stars above
Thou art watching.
Just beneath nature's shroud
And vibrations loud
Thou art listening.
Just beyond all thoughts
In crowded brain-lots
Thou art resting.
—Yogananda

"A man has little cause to be afraid of anything provided he knows himself to be well intentioned; nor ought it to worry him at all if he cannot translate it into fact. Withal he is wrong to understate his virtue so long as he is certain of his good intention, since virtue, and good generally speaking, is vested in good will. There can no fault be found with thee if thou hast right good will."
—Eckhart.

SCIENCE DIGEST
STAR MAY CLARIFY BIRTH OF PLANETS

The elliptical-shaped star, the first non-round star ever seen, which was described in a report from Harvard's South African observatory, holds the promise of new information about cosmic evolution.

The South African director, Dr. J. S. Paraskevopoulos, suggested that the star may be an example of the cataclysm which creates planetary systems, which are earths like ours and the rest of the sun's family.

This observation comes on the heels of two of the most sensational astronomical discoveries ever made, both almost positive evidence of the existence of planets in far-off space, the first ever found. Both discoveries were made within the last year and lost in the war news.

The Harvard observation, while it does not yet necessarily mean that planets are being formed, fits in with other recent observations and theories which would make formation of planets fairly frequent, instead of, as thought until a few years ago, one of the rarest things in creation. In fact, now the possibility of so many other planets is visioned, there is a chance that somewhere there is another earth just like ours, even to the climate.

The two new planets have not been seen directly, but their presence was detected by the gravitational pulls they put on their parent stars, pulls which dragged those stars a little off their proper orbits. —Howard W. Blakeslee, Associated Press Science Editor.

GIANT CLOUDS SPEED AT 90,000 MILES PER HOUR

Tremendous winds are blowing through the heavens. Out in the seemingly eternally quiet, vacant realms between the stars there is a turbulence greater than anything known on earth. Terrific blasts are rushing across the starscape.

Gigantic clouds are sweeping through space, blotting out billions of stars as our storm clouds blot out the sun. We have long known about the existence of these clouds, but recently the astronomers have been able to demonstrate that they are moving with high velocities.

Dr. Walter S. Adams director of the Mt. Wilson Observatory, near Los Angeles, has been making measurements of the interstellar cloud masses in regions of the sky in or bordering on the Milky Way, that path of stars across the sky which indicates the plane of the disk-like structure of our local universe.

While many of the cloud masses in the heavens are made up mainly of hydrogen a gas so light that it is practically absent from the earth's atmosphere, the clouds recently studied have been found to be composed of a much heavier substance, calcium, a metal, Dr. Adams announces in a recent issue of the University of Chicago's Astrophysical Journal.

Calcium is a fairly common element on the earth, an ingredient of many rocks, and is an element essential to life. It is the chief constituent of our bones and gives them the rigidity and strength that enables them to bear the weight of the body and give it its shape. It is essential in other ways, too, in the body's chemical economy. We obtain it from milk and vegetables and, as far as money is concerned, it is probably the most expensive of the common essential elements, because it does not occur in foodstuffs in great amounts.

Clouds of Vast Extent

In the heavens, however; clouds of calcium of tremendous extent exist, according to the revelations of the sensitive spectroscopes at Mt. Wilson Observatory which tell the scientists not only the composition of the clouds, but their motions.

Heavy clouds of calcium vapor were found by Dr. Adams in the constellations Cygnus, Sagittarius and Orion. So extensive are these clouds that light, traveling at the rate of 186,000 miles a second, requires, he said, years to

pass through them. In one year light travels 6,000,000,000,000 miles, or about 65,000 times the distance from the sun to the earth.

These tremendous clouds, Dr. Adams finds, are moving at speeds as high as twenty-five miles a second. This is 1,500 miles a minute, or 90,000 miles an hour. This is 1,000 times faster than the winds of hurricanes that do so much damage when they move over the surface of the earth.

There is no uniformity in the distribution of these dust clouds throughout space. They are found most frequently in the Milky Way and in the region close to it.

In the direction of the constellation Sagittarius, says Dr. Adams, there are two clouds, one in front of the other. The cloud nearest the earth is traveling toward the stars of Sagittarius at the rate of 2.5 miles a second, and the farther cloud is moving away from the earth at more than thirteen miles a second.

Sagittarius is on a line with the center of our universe. No one has ever seen this center, as it is obscured by the clouds which Dr. Adams has been studying. These clouds are undoubtedly a most fortunate protecting screen for us. It is probable that there is at the center of our galaxy a great spherical cluster made up of billions of brilliant stars. Around this unseen cluster there is, in the region of Sagittarius, a greater density of stars than in any other part of the sky.

Observers state that in the high, clear parts of the tropics the light from the stars in Sagittarius is sufficient to enable one to read a newspaper outdoors on a moonless night.

Light of Surpassing Brilliancy

In the hidden regions of this constellation there is, if our galaxy has the same structure throughout as millions of other galaxies which it otherwise resembles, a ball-like center giving light of surpassing brilliance and intensity. It would undoubtedly shine in the night sky with greater brilliance than that with which our sun illuminates the day. The rays from this central nucleus, if they reached us, might not prove to be as beneficial to life as those we receive from the sun.

Rushing toward this center of the universe, and screening us from it, are the two cloud masses described by Dr. Adams. The one nearest the center is rushing toward it at the rate of almost 50,000 miles an hour, while the one farther away is moving at the slower speed of almost 10,000 miles an hour.

If we could see our galaxy from outer space, it would look like a whirlwind of stars with a brilliant center and trailing streams of stars surrounding it. —By John J. O'Neill, in "New York Herald Tribune."

X-RAY MACHINES IN PINCH OF SALT

In a pinch of common potassium salt, science can find combined X-ray machines and clocks, according to a discovery which came to light recently.

Atoms of the mineral potassium act as X-ray producing machines. From time to time a certain number of atoms hurl out such rays. Also, they change themselves into the rare element argon, which is found as a gas in the atmosphere.

This new discovery about potassium, a substance essential in diet for proper working of the human body, and abundant in the surface minerals of the earth, has been made by two English scientists, Professor F. C. Thompson and Dr. S. Rowlands of the University of Liverpool.

Scientists have known that potassium atoms change themselves from time to time into calcium atoms. When this happens each changing atom shoots off a tiny electron, the smallest particle of matter loaded with negative electricity.

But the British scientists have found a new property of potassium, that its granules also generate X-rays, and are themselves transformed-into argon. X-rays are known to the public as the form of visible light which penetrates otherwise opaque materials. These rays are used in making photographic shadow pictures of the human body to find out any buried bullets or other under-the-skin unusual developments.

But the X-ray producing property of the metal potassium is likely to be particularly interesting for geologists who study the age of the earth, and of its various rocks.

The rate at which potassium changes itself into argon, giving out X-rays, is extremely slow.

It takes 400,000,000 years for a given lump of the metal to be half changed into argon. Hence, in nature, the process of the transformation of one element into another has a peculiar interest as a timekeeper of the earth's own development.

Measurement of argon in rocks might be done, and help scientists in understanding how certain kinds of rocks were formed. -By Gobind Behari Lal, International New Service Science Editor.

"Whosoever by His mercy hath gained the birth in God, having relinquished the body's senses, knowing himself to be life and light, is made stable and immutable by God, and is filled with bliss."

—Hermes Trismegistus

Letters From S.R.F. Students

"I feel that I am getting my feet on the ground with a better understanding of life—the real life, through hearing the Sunday lectures given by Paramhansa Yogananda and Sri Das, attending Thursday classes, and studying the Weekly Praecepta. The three teachers at the San Diego Center each in his own way completes a trinity greatly needed, if my own experience is that of others, crying so terribly within for guidance and help to know the right path to follow. Precious are the moments spent by a newcomer at the Church of All Religions. I trust that I may grow in strength and integrity so that I, too, maybe considered one of the group."-F. M., California.

"I would not miss a copy of Inner Culture for anything. During my three years in bed, after a major operation, I have slept with Inner Culture under my pillow, and during sleepless nights I made a complete file of its subjects on card catalogues, while I am still a shut-in learning to walk again. The flesh is weak with exhaustion but the Spirit is still indomitable.

Paramhansaji's last letter confirms my knowledge that the Weekly Praecepta, faithfully practiced for 15 years, morning and night (since 1927) saved my life. Was never happier and more peaceful in my wonderful life."-E. F. H., Minn, "About two months ago, at the time I was given my first instruction in the exercises and meditations for morning and evening, I was very tired all the time, and left my duties to rest up for two days. Since then I have followed the lessons carefully twice a day. Now, if I fail to do my work at night my sleep is restless and disturbed by dreams of daily life. The morning finds me tired and with all the old feelings of soreness and fatigue. I have failed twice in the mornings to practice, and each time I felt so let-down that I went in a quiet

room alone and practiced your teachings in the Weekly Praecepta and Inner Culture, then returned to my work feeling fit. I can say definitely that the practice of these principles is well worth all my devotion. As a physical healer and builder, and for quick vitalization, the teaching has no equal."-B. W.

"I just completed the 'gathering in' of my Horn of Plenty Bank. Certainly all you told me about demonstrating abundance is true. I always find everything I need, just touching my hands whenever I want it."-M. H. T', England.

"This letter includes great thanks for setting my feet on the path that will eventually lead to spiritual attainment.

"This sudden unexpected trip to California to see my husband is God's goodness bestowed upon me. I thank you for your prayers. I have had so many good things happen and have been guided so mysteriously aright in many events. My husband has felt a great protection during the hard struggle of the past few months in the southwestern Pacific."-M. S., Calif.

"I wish to thank you for your prayers and the help which they have given to me. Our financial troubles have disappeared completely. My eyes are better and I know that in time they will be completely healed."-D. B., Calif.

Easter Message

By Paramhansa Yogananda

Divine Father, we pray unto Thee fervently that Thou wilt bestow unto the world the birth of peace and a new brotherhood, cradled in the heart of war-torn nations, even as Thou hast given unto us an ever-new hope of attaining eternal life, in the resurrection of Jesus Christ.

The cries of the wounded and the muffled sorrows of the dead—forcibly thrown into the astral world, without being able to finish their earthly desires—calls for Thy speedy sympathy to so inwardly convert the minds and hearts of the leaders of nations that they cease from war before complete destruction of all their wealth and peoples is accomplished.

May the nations of the world be fully awakened to Thy Beloved Son Jesus' exemplary life. On this Easter may Christ be resurrected in the soul of all nations to inspire in them the ways of quickly securing permanent peace and security, and prevent further bloodshed among Thy children.