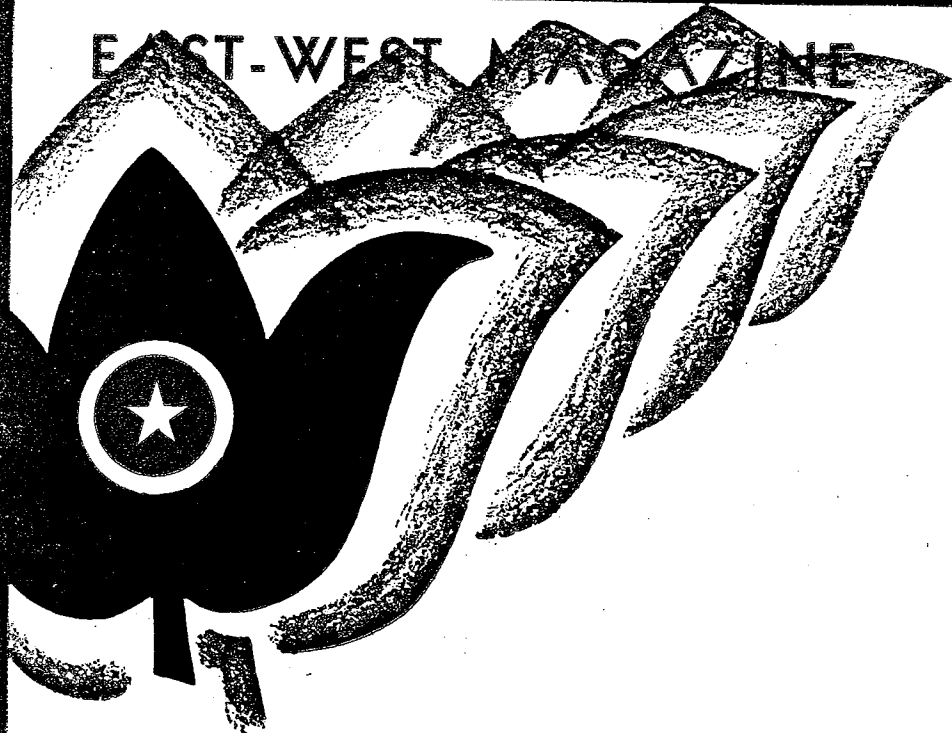


INNER CULTURE



EAST-WEST MAGAZINE



The Cosmic Dream-Idol



Mental and Spiritual Freedom

Voice of Life

LIFE hurled me into a rapidly flowing river of experience. At last she has brought me to rest in a place of beauty and quiet depths. Here, no resistless current sweeps me headlong from bank to boulder. The lush-green leaves whisper, "Peace, peace." The mellow sunlight bids me rest. The deep waters murmur a wordless melody. All Nature conjoins to soothe the weary traveler.—"Peace, rest."

Within my storm-bruised Self the restless thoughts nestle like drowsy birds. Lashed nerves cease their apprehensive quiver. Silence, like an angel's wing, enfolds my Being in enchanted respite; while the hand of Time itself is stilled.—"Peace, peace."

As my senses become thus hushed in the murmurous quietude, my ear becomes attuned to a deeper voice; a voice throbbing behind the music of the river, of the trees, of the sunlight. It is the Voice of Life!—Gentle, urgent, resistless in its rhythmic call.

What is her message? Her command? Quietened, alert, chastened by the waves of experience, I listen. No more blind beating against the current of Destiny; no more seeking ways of escape in the ever-widening maze of my own creation. Pliant now, awakened to Life's need of her own fulfillment in the ultimate expression through the plasticity of Man to her molding, I stand an eager recipient of the wisdom imparted.

For Man, to reach his high estate—that Dream of God which was born with Earth's first breath—must heed the tide of that breath. Within the secret chamber of his heart is reflected the image of that Dream. There, written in wordless wisdom on tablets of stainless purity, the ageless knowledge awaits the revealing eyes of the god-man whose form within Man's own, measure to measure, awakens to boundlessness when released by the secret spring in Man's yearning search for Truth.

May I translate Life's message for others to read? Can the falcon be confined to the humming-bird's nest? Can the light of the sun be caged in the seamless basket?

No written or spoken language can imprison in words the immortality of Truth. Each man must read the sacred script for himself. Each man must awaken his god-self that the fullness of Truth may be revealed to him in its flawless purity through eyes undimmed by veils of human frailty. Only as he himself becomes cleansed in the crystal stream, can he bear its message in action direct and true. As clear, sparkling water can spray forth only from a fountain-head that is pure at its source, so Man may, from his god-head of guileless wisdom, express the Living Word.

In humility and joy I raise my hands in acceptance of Life's sacred mission. As my feet are laved in the rising tide of her boundless and horizonless sea, I step forward to immerse myself in her service. To my ear is wafted a melody of haunting beauty:

Who seeks his life shall lose it;
Who loses it shall reign.
Truth's gift of Light Supernal
Seeks him who seeks no gain.

—By Orpha L. Sahly.

INNER CULTURE

EAST-WEST MAGAZINE

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

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SALOME E. MARCKWARDT, Managing Editor.

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July, 1935

Page One

Each in His Separate Star

By LOUISE ELIZABETH COLVIN

(Continued from Last Issue.)

IN an earlier issue the story of Theocrite was presented without embellishment, in the plain garment of prose. But let the imagination of the poet clothe it and it becomes a work of art. And when the poetic genius of Robert Browning takes up the legend, it brings forth his beautiful poem: "The Boy and the Angel."

Morning, evening, noon, and night,
"Praise God," sang Theocrite.

Then to his poor trade he turned,
By which the daily meal was earned.

Hard he labored, long and well;
O'er his work the boy's curls fell:

But even, at each period,
He stopped and sang, "Praise God."

Then back again his curls he threw,
And cheerful turned to work anew.

Said Blaise, the listening monk: "Well
done;
I doubt not thou art heard, my son:

As well as if thy voice today
Were praising God, the Pope's great
way.

This Easter Day, the Pope at Rome
Praises God from Peter's dome."

Said Theocrite: "Would God that I
Might praise Him that great way, and
die!"

Night passed, day shone,
And Theocrite was gone.

With God a day endures always,
A thousand years are but a day.

God said in Heaven: "Nor day nor
night
Now brings the voice of my delight."

Then Gabriel, like a rainbow's birth,
Spread his wings and sank to earth;
Entered in flesh, the empty cell,
Lived there, and played the craftsman
well:

And morning, evening, noon, and night,
Praised God in place of Theocrite.

And from a boy, to youth, he grew:
The man put off the stripling's hue:

The man matured and fell away
Into the season of decay:

And ever o'er the trade he bent,
And ever lived on earth content.

(He did God's will; to him, all one
If on the earth or in the sun.)

God said: "A praise is in mine ear;
There is no doubt in it, no fear:

So sing old worlds, and so
New worlds that from my footstool go.

Clearer loves sound other ways:
I miss my little human praise."

Then forth sprang Gabriel's wings, off
fell

The flesh disguise, remained the cell.

'Twas Easter Day: he flew to Rome,
And paused above Saint Peter's dome.

In the tiring-room close by
The great outer gallery,

With his holy vestments dight,
Stood the new Pope, Theocrite:

And all his past career
Came back upon him clear,

(Continued on Page 24)

The Cosmic Dream-Idol

By S. Y.

(Reprint from "Whispers from Eternity")

THE Spirit, the Silent One, who remained hidden behind dream space as an invisible, tore away the veil of Eternity and appeared as a Visible Cosmic Dream-Idol of Finitude. In the boundless Temple of Space, in the shrine of Cosmic Dreams, the Idol of Finitude rests or moves slowly or dances with His millions of feet of motion and life. Every day, when with closed eyes I seek to grasp Infinity, until my brain aches from the strain . . . I open my spiritual eyes and fly my mind-architect far away into the region of Eternity, and there build for myself a measureless temple of space, a Sanctuary of Silence; and there I place my Cosmic Dream-Idol of Finitude, my Idol with starry eyes, blue skiey body; bejeweled with moons, decorated with garlands of the milky way, blossoms of light, and wearing on His head a golden crown of jeweled rays.

I behold Him in the Cosmic Temple, His ever-busy hands working through the electrical forces and through the millions of hands of all living creatures. I behold this, my Great Idol, walking through fifteen hundred million pairs of feet. I hear His footsteps in the Temple. And in the Temple Choir, even the moth and the glow-worm fold their wings in devotion, and tiny-eyed lights fold their palms of rays together, along with mine, to worship Him. The temples, mosques, viharas, all sing in choruses of harmony only, offering unto my Idol of Finitude the different songs of multitudinous teachings.

The many called to the One through the lisping prayers of conscience, theology, and intuition—and my Idol of Finitude responded. He was Invisible; He became Visible. He was One and

He became many. He found that the many children of phenomena, especially His Human children, became entangled in their self-woven nets of delusion, and were unable to release themselves by their misused reason from the pits of illusion, dug by themselves. So He took pity and became the Father to protect the little helpless child; and then again He stabbed His Heart and let the blood of His Most Precious Heart's Love flow earthward; and He clothed the blood clot of His Love with a Divine form, and it became the Mother—Divine Love became Mother Love.

The Divine Mother Love in the human mother became the unconditional lover of the baby, so that, even if the baby should become a criminal, forsaken by all the world—still it could go to this miniature incarnated Divine Mother, the earthly mother, and find ready forgiveness, tender sympathy, and wise assistance to find a way out of the error.

He became the baby, to keep the cold, reasoning Fatherly Love balanced and expanded by the unconditional love of the mother. He gave the Motherly Divine Love to soften the cold, calculating love of the Father. He became the baby so that He might keep the protecting and surrendering love together, unified to express the Divine, unconditional love in the baby. He unified the Father and Mother in body, mind, and Soul—surrendering love, to express unconditionally His Divine Love in their Souls, as well as in the abandonment or union of body, mind, and Soul.

He became the lover in order to give love, to teach and express unconditional, unselfish love; and He became the beloved to receive love and to appreciate unselfish love and to rouse unconditional love in the lover. He be-

came the teacher to warn Himself with love, thus warning Himself as the erroneous many. But when the many heeded not the voice of their One Cosmic Lover, they hurt themselves. And as often as they hurt themselves, He admonished visibly, vocally, tangibly, through the Father, and shed Soul-softening, protesting and loving tears through the Mother's or the Beloved's eyes.

He was not satisfied to become the protecting parents, so He appeared as Immortal Life, to destroy death. He became the baby to unite the parents in greater, unselfish, divine love felt in the child. He became the minister of wisdom in each temple of conscience to give secret, silent sermons to erring Souls. He was not contented to render help through the family instincts, so He appears as the unlimited number of friends, to offer continuously fresh added help to all individuals.

He throbbed as health to eject sickness. He smiled in the minds of men and women to destroy the intruder, sorrow. He became the light to shut out darkness in which many of His children stumble. He became the golden sun to give vitality, and he spread the silver rays of the moon as salve to soothe the fever-parched body of man. He sang as the nightingale in the halls of Nature, that His children may be induced to sing the spontaneous songs of the heart to Him. He peeped through the beauty-window of the bluebell to give His children a glimpse of His Beauty—that they might run after Him.

He spread Himself as fragrance to lure the mind to seek His Undying Fragrance hidden behind the ignorance-corked bottles of the human senses. He visited as determination in the hearts of the weak that they might awaken the all-freeing, all-accomplishing Cosmic Will sleeping in their Souls. He became love in all hearts, so that through the doors of their little loves they might escape forever and find protection in His Omnipresent Land of Love.

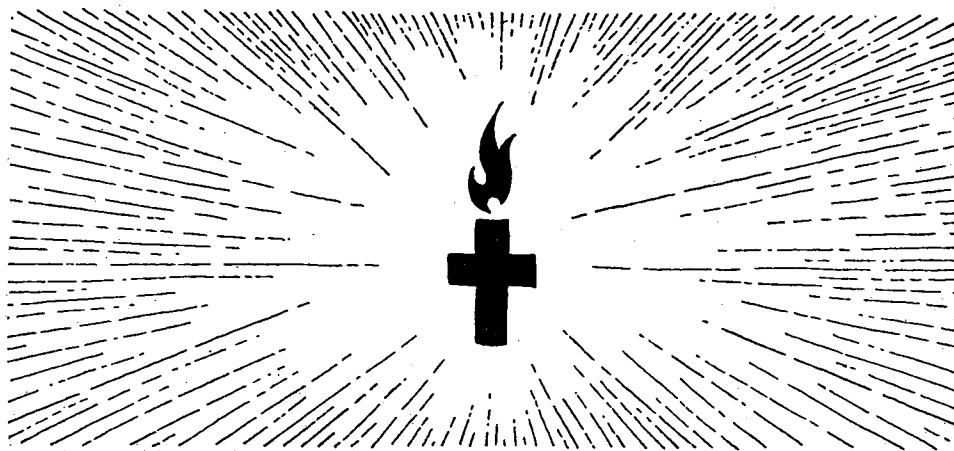
He sowed the Soul-seeds on the soil of larger love, and they grew into petals, all joined together on the stem of family love. Now, when the petals of

Souls exuded the fragrance of one family-love, they began to fall away through separation or death. The Divine Love and the fragrance of family love was harvested on the petals of Souls. Blown by the wind of Omnipresent Love, the progeny pollen of these Souls migrated and fell on the wider soil of social, patriotic, and international love; and then they became bigger and brighter flowers, emanating volumes of sweeter fragrance of social, patriotic, and international love. At last, from these were born larger living seeds. These better and more vital Soul-seeds no longer were satisfied to grow on soil with boundaries; so God planted them in the garden of Infinitude, and there they all bloomed as His Immortelle of Infinite Love, the One Flower from all flowers, forever knitted in the heart of His Omnipresence, ever-fragrant, with ever-new, everlasting joy.

When I lost my earthly mother, I sought her two black eyes in the stars—until they twinkled black eyes everywhere. But they were not those eyes that I had lost. There were many black eyes that sought to mother me, but they were not those eyes that I loved. I pulled the Divine Mother's veil of Silence within me very hard, and I asked Her: "Why art Thou so cruel? Why didst Thou take away my beloved earthly mother? Why dost Thou deny her to my heart's gaze?" She replied: "Little child, it was I who became your mother. Many times have I nursed thee. Sometimes it was as a mother nightingale, sometimes as a deer in the forest. I have suckled thee through many breasts. The last mother whom you loved so dearly was I, and now I have broken that little form, because your love was becoming too locked up and clogged within the boundaries of a little motherly breast. I broke those boundaries so that thy released love might flood through all mothers and feel my One Vast Love in all hearts. I broke the little form of your mother, that you might seek Me, your same mother, in the form of Infinitude, and in the form of the Infinite Cosmic Idol of Finitude."

In the chain of Universes, I beheld

(Continued on Page 26)



The Second Coming of Christ

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

By S. Y.

Chapter IX

"Blessed are the Merciful: for they shall obtain mercy."

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

MERCY is a sort of fatherly heartache for the deficiency in child souls. The wise alone can be really merciful, for they look upon all wrongdoers as children who deserve sympathy, forgiveness, help, and guidance. Mercy is useless unless the fatherly heartache melts and expresses itself in offering forgiveness and actual spiritual help in eliminating the error in an individual. The morally weak but willing-to-be good, the real sinner, (the greatest transgressor against his own happiness) and the spiritually ignorant, should obtain merciful help from the wise. Besides these, the physically decrepit and the mentally and spiritually weak all need merciful help from souls that are capable of rendering merciful help.

Mercy denotes the capacity for being helpful. Therefore, only developed or qualified souls can be practically and mercifully useful. Souls who continu-

ously develop themselves in every way and mercifully feel the lack of all-round development in others, surely will melt the heart of God with compassionate sympathy and obtain His unending and helpful mercy. In other words, you must be merciful to yourself by making yourself spiritually qualified, and must also be merciful to other deluded children of God if you want to receive divine mercy.

"BLESSED ARE THE PURE IN HEART: FOR THEY SHALL SEE GOD." ("Walks and Words of Jesus," by Rev. M. N. Olmsted).

Purity of the intellect gives one the power of correct reasoning, but purity of the heart gives one the contact of God. Of course, pure wisdom and divine understanding are identical. Intellectuality is a quality of the power of reason, and wisdom is the redeeming quality of the soul. Intellectuality is confined to developing the power of human reason, which can interpret the data offered by the senses. Wisdom signifies the all-seeing power of the soul, which not only truly interprets phenomena as presented by the senses,

but interprets the pneuma, the substance or cause, which lies screened behind the vision of the senses.

Purity signifies wisdom-guided actions or the adjusting of human actions to the sacred soul qualities of love, mercy, service, self-control, self-discipline, conscience, and intuition.

The pure-eyed quality of wisdom must be combined with the feeling of the heart. Wisdom shows the righteous path and the heart desires and loves to follow that path. That is, all wisdom-guided pure qualities must be whole-heartedly (not intellectually or theoretically) followed.

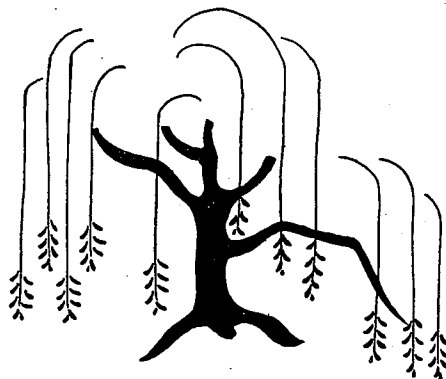
After attaining purity and wisdom, one can perceive God, who is a combination of supreme wisdom and supreme love. When pure wisdom is combined with pure divine love for all Beings, then one can see or become One with God. Physically we see through our eyes, but spiritual seeing is performed by the all-seeing, all-feeling eyes of intuition. When one's heart and soul are filled with wisdom and divine love, then intuition develops. This developed intuition reveals to the true devotee the true God as the union of wisdom and divine love.

"BLESSED ARE THE PEACE-MAKERS: FOR THEY SHALL BE CALLED THE CHILDREN OF GOD."

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

Those who make peace in the factory of meditation are the children of God. He is the first-born-peace in the Temple of Silence. God is the first peace felt in meditation. God first manifests Himself as peace to one who meditates. Hence, those who regularly meditate are the makers or worshippers of Peace-God, and therefore, they are His true children. Those who worship God as the peace of meditation are the ones who truly know and feel the nature of God.

Such devotees, who feel God as peace, always want the Peace-God to be manifest in their home, in society, in the neighborhood, in the nation, and in all nationalities and races. So, anyone who brings peace to an inharmonious family has established God there. Anyone who removes the misunderstanding between souls has united them in God's peace. Anyone who, forsaking national greed and selfishness, works to establish peace amidst warring nations, is establishing God in the heart of nations. Anyone who stirs up strife among brother nations under the guise of patriotism is a traitor—a faithless child of God. Anyone who keeps family members, neighbors, and friends fighting through fostering falsehoods and gossip, is also a maker of disturbance and helps to oust God from the temple of harmony.



Mental and Spiritual Freedom

By S. Y.

BHAGAVAD GITA

Chapter II Stanza VIII

ENGLISH TRANSLATION

I behold nothing to do away with this inner affliction which pounds my senses, even if I were to receive a matchless and prosperous kingdom over this world and become lord and master over the astral dieties.

LITERAL SPIRITUAL TRANSLATION

I see nothing in my spiritual vision by which I can get away from this haunting mental affliction consisting of my feeling of commiseration for the neglected relatives of sense pleasures. I feel that, even if I gained lordship over the world or over the entire astral subtlety, I could not get rid of this hampering destructive sorrow resulting from the relinquishing of the sense attachments.

ELABORATE SPIRITUAL INTERPRETATION

It is natural for every one to feel the haunting influence of sense habits. No matter how bad a habit is, it is hard to get rid of it. When a person sincerely tries repeatedly to get rid of a bad habit and does not succeed, he naturally becomes despondent and tries to eschew courageous thoughts.

Bad habits almost paralyze the will and make the individual helpless. He says to himself: "What is the use of trying? It can't be done." All bad habits are very audacious, monopolizing, confining, and limiting in their behavior toward human beings. The bad person, becoming engrossed in the enslaving after-effect of sense pleasures,

thinks: "What is the use of trying to have self-control at all? When I fail to exercise self-control, I am so completely engrossed in the senses that I dare not ever think of loosening their grip over me."

In this sense-enslaved state, the individual becomes so overpowered by the influence of the senses that he begins to think: "Even if I were to become lord and master over this world and all the subtle astral forces, still I would not be able to do without the sense pleasures."

Some people think that they cannot give up even a little sleep for the higher bliss in meditation. Some think that they could never give up living on the sex plane, even if they received the ever-new bliss of Eternal God. Others could never give up family, friends, fame, or name, or any portion of material success in order to acquire the more lasting bliss in God.

The mental slavery to a sense habit is the result of a daily repetition of the specific act which gives birth to a particular habit. By attentively thinking about something every day, that thing becomes a part of an individual's consciousness. When a habit becomes a part of one's thought, it becomes "second nature." This "second nature," consisting of habits, is very powerful and convinces one that he can never get rid of his own nature, even if he were to receive the whole world of superior pleasures in exchange. This state is termed by metaphysicians as the "habit-identified state," or "body-identified state."

The soul should not, through false

sympathy, feel sorry for the bodily pleasures with which it becomes identified. Sense pleasures are only felt to be pleasurable in the imagination of the soul. The soul can be happy only with its own nature of bliss, second sight, wisdom, and so forth. It can never be contented by imagining itself to be happy when the senses are happy.

A mother may get away from the sensation of hunger a few times by fasting during a food shortage in a besieged city by saying: "I am happy if my starving child eats." A few times the mother may really feel her hunger appeased by feeling the satisfaction of her child, but, if she continued to go without food, she would find that her hunger was satisfied only in fancy and not in reality.

Likewise, sense identification is very delusive, inasmuch as it makes the soul believe that it is contented with sense indulgences only in mind and imagination. In time, when the identification of the soul with a sense pleasure wears off, it loses the glamor of this pseudo-pleasure and tries to find pleasure in something else. In this way the soul is duped into seeking the will-o'-the-wisp of many sense pleasures while thinking them all to be his own pleasures.

This way, after losing pleasure after pleasure, the soul begins to feel that it has been trying to be happy by satisfying the insatiable senses. After this discovery, the soul tries to find the real pleasures in meditation, in silence, in wisdom, in service, in contentment, and in self-control, and not in a restless pursuit of desires, noisy actions, ignorant behavior, and in sense slavery. When the soul finds out that sense happiness is not its own happiness, then it really wishes to get rid of its parasitical so-called sense relatives who show much sympathy and yet continuously practice deception.

The senses keep the soul so engrossed in them that it fails to distinguish between its own real pleasures and the pseudo-pleasures of the senses, often mistaking the sense pleasures for soul pleasures. This is a pity, for most peo-

ple think that sense pleasure is their own, and thus they cannot separate sense pleasures from soul pleasures. Such people go on catering to the sense demands, and thus involve themselves in ever-growing dissatisfaction, disillusionment, and suffocating acute affliction.

The devotee, inclined toward sense pleasures, also thinks that even if he should receive a body free from the three-fold evils, he could not give up his attachment to sense pleasures. The three-fold evils are: (1) the influences of past and pre-natal actions (Karma). Unless the pre-natal seeds of action lodged in the brain are roasted by the fire of wisdom, it is difficult to reap the fruits of newly-initiated actions; that is, if one has a tendency toward physical weakness, carried from a past life, and tries to be very healthy in this life, he will not get enough results from his newly-initiated actions to bring health, unless he destroys the pre-natal seeds of ill health tendencies lodged in the brain. (2) The evil tendencies, or sense attachment, which fills the soul with insatiable, torturing desire, but never satisfies. All sense attachments cause temporary satisfaction to the sense involved, at the cost of untold misery to the soul. (3) The ravages and bodily disturbances due to the disorder of heat, respiration, pancreatic troubles, and colds.

When the body is free from the above three-fold disturbances, then it is spoken of as free from enemies. This state of the body, without the three-fold inner enemies, can be attained only by practicing the eight-fold Yoga of posture, doing away with breath, or Pranayam, self-discipline, meditation, ecstasy, and so forth. When, through Yoga, the body becomes ripe with wisdom and spiritual power, and invulnerable to physical maladies, then this state is what is meant by gaining spiritual prosperity on earth.

The "earth" stands for the perishable body and its prosperity signifies its freedom from the above three-fold troubles. This stanza depicts the depth of material attachment, in which the devotee

(Continued on Page 24)

Human Faith Without Judgment

"Whatsoever ye ask, believing, ye shall receive."

JESUS could say that with authority, because He was more than Jesus. He was also the Christ. He not only had the authority to say it; He had the capacity to prove it.

It is the business of us lesser lights to work toward the attainment of this capacity. Merely repeating the matchless epigrams of Jesus will produce little in consciousness of a fruitful nature. But if one will take a single epigram from His endless list of them, and think much upon it, it will produce in time a Soul impulse. For the epigrams of Jesús were all seed thoughts, to be planted in the minds of others, and to be watered with concentration and fertilized with meditation until the seed burst, put forth a shoot, and in due season a ripened harvest.

Our faith in things doesn't always work. And that is a blessing, because very often we pin our faith to things the result of which would not be good for us. My wife recently invested a hundred dollars in an oil well. She had the utmost faith in the thing. But what good did her faith do? The whole deal was a fake, just a crooked scheme to get money from the weak and gullible. It has taught her to use judgment in such matters, and that faith is too precious a quality to be misused on get-rich-quick ventures.

In all mental and spiritual science there is a "plus" that accompanies human faith, an unreckonable factor that prohibits the use of snap judgment and dogmatic conclusions.

In our recent chain letter epidemic we were told not to break faith with our friend, but to keep the chain unbroken. This is a decided misuse of faith, and thousands who kept faith with their friends on the chain had that faith sadly disappointed.

When Jesus said, "Whatsoever ye ask, believing, ye shall receive," he spoke a truth. But one could spend a lifetime thinking about such an amazing statement. And if one, by meditating much upon it, could actually build into one's consciousness the capacity for proving it to be true, one would have the secret to the whole riddle of life and the universe, just as He had it.

By taking things for granted, however, does not build the proving ground for faith, nor does it increase one's capacity for receiving faith. On the other hand, by taking things for granted, one throws oneself open for all manner of painful mistakes, disappointments, and disillusionments. One may even lose what true faith one has gained by following such a course.

It is as easy to work up a false faith as it is a false face.

We should seek always to increase our capacity for exercising faith. But until we have acquired that faith that was also in Christ Jesus, we should also be sensible, and place our faith with judgment, discernment, and a great and rugged sanity.

—By Starr Daily.

Social Credit Is Necessary Money Reform

Economist Says Failure of Administration to
Raise Prices was Fortunate

By **J. CRATE LARKIN**
Vice President, The Larkin Company

THE present Administration has recognized, both implicitly and explicitly, that the monetary problem is the heart of the modern economic problem.

The platform on which Mr. Roosevelt was elected declares that the depression was due to the "indefensible expansion and contraction of credit for private profit at public expense." More than one thousand members at the convention ratified this statement without a dissenting vote.

Further, the Administration reformers have, through many measures and many declarations, stated that the root difficulty was in lack of mass purchasing power.

"A Fortunate Failure"

Their attempts to deal with this effect have been superficial. They have devalued the dollar. By this devaluation they increased the price of gold from \$20.67 an ounce to \$35.00. The price of gold rose 69 per cent.

The attempt was to raise all other prices by 69 per cent. Fortunately this attempt failed. All other prices rose, on the average, by only 28 per cent, and there is strong evidence to show that this was due to such influences as crop shortages, deliberately brought about, the effect of drouth, curtailment of acreage, the suspension of the Sherman Anti-Trust act permitting the codes to establish monopolistic prices, and only to a slight extent to the devaluation of the dollar.

This was because the gold dollar no

longer circulates as money. It is used only in the settlement of international trade balances. Its price, therefore, only affects products entering export trade, and this trade has dwindled to about six per cent of our total trade.

Had the policy as planned been successful, it would only have increased the cost of living to the masses of consumers at precisely the time when their wages, salaries, and dividends were at a minimum. The desired inflation would have been aborted, followed by another crash.

Other Attempts Fruitless

The Administration's other attempts to boost purchasing power by means of the NRA, AAA, CWA, PWA, FERA, and other alphabetically designated schemes, have been fruitless. Millions of men were hired and then discharged.

The attempt at credit expansion by lending hundreds of millions to bolster up the banks has resulted in continued credit contraction, with a total of 160 million dollars less in bank loans and deposits, as of October 5, 1934, than when Mr. Roosevelt came into the Presidency.

It has already been demonstrated that gold-buying, monetization of silver, control of speculation, and so on, are all adjustments within an essentially unsound financial system. They cannot remedy the trouble.

The practical proposals for monetary reform now coming into prominence, because most fundamentally sound, are known as Social Credit.

(Continued on Page 27)

Meditations for July

By S. E. M.

Mon. All your good exists now. All that is now has always been.
July 1. This includes the divine pattern for your life and all of the abundance, health, happiness, freedom, love and wholeness which are yours by divine right. They will manifest as soon as you actually realize this truth and demand them.

Tues. Since only perfect, positive ideas are in Divine Mind, why
July 2. do you allow false, negative ones to register in your mind? If you want health, success and happiness, then see these qualities in your life and refuse to recognize anything else.

Wed. The best thing you can do to help the world is to become
July 3. enlightened yourself. It is much greater and more effective to be the Truth than merely to talk about it.

Thurs. Every man is at all times free to do God's will. No matter
July 4. what your position, or how much trouble you seem to be in, there is a right way out of it. Right where you are you can put yourself in tune with Infinite Intelligence and be divinely led to the next thing you should do. You never have to take more than one step at a time.

Fri. The same life, the same creative mind, the same energy flows
July 5. through you as ever flowed through the greatest men in history. Are you making use of your wonderful heritage or are you content to be mediocre and only half alive? You can be what you will to be, for all power, love and intelligence, are at your command. Stop whining and complaining and begin building your life according to the perfect, divine plan.

Sat. We live in a sea of thought, as fish live in water. Every
July 6. thought of every human being vibrates in this vast ocean and affects the individuals who are sensitive to or in tune with them. We are responsible for our thoughts and must be exceedingly careful about sending out vibrations of fear, depression and failure, for they may furnish the final push over the brink of despair, of some poor, struggling soul. It is our privilege to increase the brilliancy and beauty of this thought atmosphere by releasing happy, creative, positive ideas. It is our privilege to tune in at any time with the healing and harmonious vibrations of the great and holy ones of all ages.

Sun. If you wish to succeed, you must do more than pray and
July 7. meditate. After you have put yourself in tune, after you have become receptive to divine guidance, then you must act. Infinite, Creative Intelligence works through your mind and your hands. Do your part and the results will be sure.

Mon. Do you consciously extract
July 8. all of the value from your experiences? Do you know that no unhappy experience can touch the real you, but that most situations bring you a lesson to be learned or information which will lead you to understanding, if you will but keep yourself calm and awake to their significance?

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

Wed. The real you is complete
July 10. and perfect. Nothing can change or harm it. The greater the realization of this truth, the more completely do you manifest perfection, happiness and success on the physical plane.

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

Fri. You are greater than your
July 12. environment. Within you are the power and the wisdom to deal with any problem.

Sat. The realization of the center
July 13. of power and peace within you enables you to maintain poise and self-control under all circumstances.

Sun. I recognize the presence of
July 14. the Eternal One in other men and therefore I can rejoice in their success and happiness without the slightest trace of envy. I know that He loves and cares for me too and that, through His power, what

others have been able to accomplish, I can do—and more.

Mon. The divine law is that
July 15. everything which is received must be paid for in some way. The stream of life must be kept flowing freely and any greed or attempt at hoarding of any kind must bring disastrous consequences. Therefore, I give gladly and generously of my time, my efforts, my loving interest, my goods and my money, knowing that the law will take care of me.

Tues. I know that I can never be
July 16. really alone and forsaken, for divine love and guidance are always near. As I meditate and develop an ever-increasing faith and confidence, I am more and more aware of the Holy Presence.

Wed. If God can swing the
July 17. planets through space in such exact rhythm that their positions can be calculated to the second, years ahead, do you think He cannot bring your good to you when it is needed? Can you imagine the sun limping up in the heavens a couple of hours late some morning? As surely as you know that can never happen, know that you are also looked after with infinite care. God is never too late.

Thurs. Your body is made of
July 18. divine substance; the One Life and Energy flows through it; it is permeated with Spirit. You have been given a perfect instrument or machine to work with. See that you govern it perfectly and keep it in perfect order.

Fri. Get out of your mind the
July 19. idea that misery, sickness, or failure have to endure one moment longer than you allow. You can command your mind and your conditions. Get in harmony with spiritual law and live victoriously, radiantly, happily. Let go of that which you do not want and claim that which you desire.

Sat. Life may be a glorious ad-
July 20. venture on the way to perfect understanding. It may be intensely interesting and exciting. There is so much of beauty and wonder in

every day if you will but open your eyes and become aware of it.

Sun. The life in you is God in you. The power by which
July 21. you move is God's power. The air you breathe is God. The mind you use is God's mind. Your whole body is condensed spirit. The life of God is omnipresent—it is both within and without you. It is impossible for you to be in reality anything but a perfect being living a peaceful, secure and radiant existence.

Mon. The ideas which you hold
July 22. habitually are the ones which manifest in your life. Good results do not come from thinking a true, constructive thought during meditation and then counteracting it with negative thoughts and actions all through the day. Get the rubbish cleared out of your mind and think only the thoughts which will make your life what you want it to be.

Tues. Nothing outside can dis-
July 23 turb or cause you to lose the center of power within you. Practice retiring to this inner shrine of silence where you will find perfect peace, perfect wisdom and perfect joy. From here you can draw the energy and understanding to master any situation.

Wed. The love of God enfolds
July 24. you and His power sustains you. Go on your way in quietness and confidence. There is nothing for you to fear, for the light of the Christ will reveal the way to you.

Thurs. What you cease to think
July 25. about ceases to exist for you, and what you hold in mind is real and near to you. You are free to remove from your mind all destructive thoughts and you are equally free

to fill it with thoughts and pictures of beauty, health, abundance, friendship and whatever else you desire.

Fri. God in you is your life.
July 26. This life is abundant, full of energy, vitality and joy. It can never be weary or depleted, and you can always draw on this, your eternal source, for sufficient power and energy to meet any emergency and to live your daily existence with radiant vitality.

Sat. How can you be sad when
July 27. you realize the presence of Infinite Love and Joy within you, and when you recognize that same Presence in everything you see?

Sun. Faith increases with under-
July 28. standing. Learn about the law and then "prove the Lord" in your own experience. You do not need to accept the word of another. You can know for yourself.

Mon. Thoughts of Truth are
July 29. thoughts of love, health, abundance, joy and peace. Such thoughts make your body a fit temple for the living God and make your words and deeds carry His light and wisdom to all the souls you contact.

Tues. No person or thing has
July 30. power over you. There is nothing for you to fear. You are a divine child and have the spiritual power to master any situation. The divine Presence is in you and about you and nothing can resist the power of God.

Wed. Now are you a child of
July 31. God. Now are you illumined with the light of the Christ. This light penetrates your whole being. Take all of your problems to the light of Wisdom within you and trust it to show you the solution.

A pure, simple, and steadfast spirit is not distracted, though it be employed in many works, for it doeth all for the honor of God, and being at rest within, seeketh not itself in anything it doeth.

—Thomas á Kempis

Scientific Digest

Wrist Coolers

CALIFORNIANS living on the Coast, who seldom suffer from heat, might not be interested, but those living inland will hail with delight the result of study by Purdue University physicists. They have developed a miniature refrigerator, in which is placed a tiny globule of dry ice. This can be strapped to the wrist and it is said that the evaporation of the ice causes an invisible gas which has the same effect as ice water on the wrists. This cools the blood. The refrigerator is carefully insulated so that none of the dry ice touches the skin.

Curative Effect of Music Upon Children

More and more is being learned about the influence of music upon children. With the intention of increasing the use of music in treating extremely emotional children, studies of the psychological effects from various tones and chords are being made. Good music is being prescribed as a help in producing refreshing sleep.

George D. Scott, of New York City, says: "The consciousness of rhythm, and of harmony, is formed through the cooperation of the labyrinth of the internal ear, of the cerebellum, of the spinal cord, and of the medulla oblongata with the cortical portion of the brain."

Perhaps it will be easier to understand the statement contained in the Bible: "When the evil spirit was upon Saul, then David took a harp and played with his hands. So Saul was refreshed and was well, and the evil spirit departed from him."

A French physician reports an instance in which a girl, who was seriously ill with a high fever, showed startling improvement after a harp had been played for forty minutes at her bedside.

Dr. Scott recalls that Voltaire was of the opinion that many persons attended the opera in order to better digest their dinners.

Treating Tired Nerves

A SELF-MADE rest-cure is now available to all who are suffering from tired nerves. "The green cure," as it is called, takes its name from that beneficent color recommended by doctors and Nature as most soothing to worn-out nerves. The reason for selecting the color green for this purpose is not hard to find. Look about and see how green predominates in Nature's color scheme and soothes the eyes.

The materials for the cure can be kept in a coat box and used over and over again. They consist of one pair of pale green bed sheets and a matching pillow-case, one green bed throw, two or more simple green vases, one large bunch of huckleberry green, and ten yards of unbleached muslin (102-inch width).

The cure, which is taken in the bedroom, must have a fresh background. Move all the pieces of furniture except the bed and a generous bedside table with books and a chest of drawers, into a corner. Cover them with the muslin and pretend they have disappeared in the Chinese manner of stage-setting.

Sweep all equipment from the chest or dressing table into the top drawer and decorate it instead with the two vases of shining dark green huckleberry leaves. Make up the bed with the green bed-linen. Don the simplest of green crepe pajamas and go to bed.

Now the green cure becomes a study in relaxed inactivity. Eat lightly—green vegetables and milk—which will revitalize as well as carry out the color scheme. Two days of unbroken rest under this regime are prescribed to restore frayed nerves to normal health.

Inner Culture

Mystic Christ

By SRI NERODE

TRUTH is one. Truth is Cosmic. Truth is impersonal. Truth is no respecter of nationality or creed. It is the essence of things. It is the indwelling God in the heart of all appearances. It is the background of all existences. It is the only thing that endures; all the rest pass away with the passing of time. It is the only reality; all else is unreal.

Truth is the breath of God that breathes life into the hearts of all living things. According to the degree of Truth in us, we really live. Truth is life, while untruth is death. In truthful life there is the gift of God. In the life of Truth, there is the substance of perennial peace and bliss.

Truth is not a visible phenomena to be observed by the human senses. It is a matter of perception and finer sensitivity. To comprehend Truth, one must comprehend Reality. To know Reality, one must have a mystical Soul.

Christ is One. Christ is universal. Yet, His philosophy has given rise to hundreds of creeds and millions of interpretations. Sometimes they are as different from one another as Buddhism is different from the Mohammedan religion. Why so? We do not have to go far to seek the Truth. It is as potent as the sunshine.

As a diamond has many facets, so has Christ. One can look at Him from any angle and exploit His glory partially. But to see Him in His Cosmical Whole, one has to be cosmical and universal in one's spirit and outlook. Man, however endowed with a godly and unselfish Soul, forever swings toward his selfish ego and its machinations. By so doing, in spite of his high ideas, he falls far short of his ideals. It is human as well as universal.

However, there are some sturdy and heroic Souls who fearlessly and unself-

ishly dare to transcend the territory of the credal beliefs and adventure into the realm of Christ and the Universal. Rather than representing just a phase of His teachings, they represent Him in His fullness. They try to present Him in His Cosmical Beauty so that men, women, and children in all lands may perceive His Omnipresent glory and be illuminated and blessed. Christ is Truth incarnate. Why sacrifice Christ, the Universal, and His Cosmic Truth for the sake of certain phases of His eternal teachings? It requires a mystical Soul to touch the universal Truth in heart, not merely in the intellect. The moment we look into the mystical side of Christ, we get His complete view and full stature. For this reason we must know the mystical Christ, rather than the Christ over whose teachings His own followers are wholly at variance.

The main reason why Christ, the Master's followers, are so opposite in their outlook is this: They do not carry their love for and faith in Christ beyond their intellect and finite interests. These two factors always gravitate to the world rather than toward the Christ viewpoint. On this account they do not look into the inner workings of the Master's life, heart, and mind; the only thing they do is to stress here and there a few of His actions or words, and then settle down complacently in their narrow grooves. That is what they are doing everywhere. It is true of the old as well as of the new groups of Christ disciples. Merely for this reason, in spite of such a marvelous material progress, men are behaving little better than a pack of wolves. It is the fault of the teachers and ministers more than that of the scientists and politicians. The former do not furnish the lead before the lat-

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Practical Plans for Peace

The World Peace Federation Organized by
Francis Lederer

TO the students and members of the Self-Realization Fellowship, the attainment of Peace—World Peace—has always been concordant with our ideals and purposes. Just as inwardly we seek to manifest peace in our Spiritual existence, outwardly we seek to express peace in an harmonious adjustment of our relations with one another. What is possible for the individual is also possible for individuals as a group, nation—the great mass of humanity as a whole.

In this hour, when the world is shadowed by unrest, mistrust, and threats of war, when collective humanity struggles with the negative forces of doubt, what a pity the realization of the value of Spiritual communion has not yet been universally recognized as the most potent factor in the establishment of the universal understanding of the Brotherhood of Man. As the Swami has so often said: "Too much attention has been concentrated upon the differences among men and not enough thought has been given to the common factor of life which makes us fundamentally brothers."

If more time and thought were devoted toward bringing about an understanding by all nations of this vital point, those factors which produce wars would cease to exist. If we recognize all men as brothers, caught in the web of life, each playing his part on the world's stage for his allotted time, our "patriotism" would be tempered with tolerance, mercy, and justice, and instead of spending our energies and resources in wars of aggression, our attention would be directed toward the elimination of those human-made problems which have created those disturb-

ing differences which fundamentally do not exist. Instead of furthering the work of destruction, we would be engaged in constructive activity for the general good of ourselves as a whole.

If we appreciated our "brotherhood," no longer would we be conscious of belonging only to the United States of America, or to Germany, or France, India, England, China, Italy, Hungary, or any of the great powers that make up our present civilization, but we would be conscious only of belonging to the "United Peoples of the World." We would recognize then, that we owe our allegiance not to a material ruler, but to the Spiritual head of our Universe, whose material expression is, in truth, you and me and all mankind; that we owe our loyalty not to a silken symbol of a flag, but to each other.

When you have reached the point of understanding when you know what has caused one Soul to be born in a black body, another in a white body, another in a yellow body, and yet another in a brown body, then, and only then, will you be in a position to postulate on the matter of racial superiority. We know men by their deeds, and their deeds are the result of the Soul's operation within the body. Collectively, this same Soul Force is in operation within the body of nations, and nations, like men, can be characterized by the temperament they express.

It is only too apparent that the great unrest in the world today is the result of the lack of Spiritual consciousness among the nations, but underneath this great unrest are forces in operation, such as the Self - Realization Fellowship, which, in time, will awaken the world to a higher consciousness than has ever

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Diet and Health

By ELLEN EASTON, B. S.

BALANCED DINNER MENU

Italian soup (see recipe, Nov., 1933, issue)

Cucumber and Cress Salad
Cheese and Tomato Souffle
Buttered Asparagus
Baked Potatoes
Maple Berry Delight

CHEESE AND TOMATO SOUFFLE

Mix 3 C warm whole wheat cereal
1 C grated cheese, 1 egg beaten separately,
1½ C strained tomato juice. Bake in a buttered pan for fifteen or twenty minutes in a slow oven.

MAPLE BERRY DELIGHT

Cook until thick the beaten yolks of 2 eggs and 1 C real maple syrup. Whip ½ pint of cream and add to above mixture after it has been thoroughly chilled. Keep on ice and just before serving add juice of ½ lemon and 2 C of berries. Serve in parfait glasses.

CARROT WALNUT LOAF

1 c finely grated raw carrots
1 tbsp chopped onion
3 tbsp finely grated cheese
2 tbsp butter melted
½ c chopped walnuts
1 c dry whole wheat bread crumbs
Mix in thoroughly each ingredient in order given. Shape into loaf. Bake 45 minutes in buttered casserole. Moderate oven.

HEALTH

We now come to a discussion of the lungs as organs of elimination. In order to burn up completely the food which is taken into the body, we must have an adequate supply of oxygen.

July, 1935

If we do not take in enough oxygen, some of the food is left unburned and decays, thus causing many disorders. Therefore, it is plain to be seen that we need strong lungs and plenty of fresh air. Exercise to develop the chest muscles and to stimulate deep breathing should be taken every day. Brisk walking, swimming, tennis, and so forth, are very good.

DIET

In the May issue we considered alkalizing foods and in June we mentioned the mineral elements necessary for maintaining a healthy body. (Later we shall discuss vitamins). Now we shall consider the mineral salts separately, but first we shall name the ones which are particularly helpful in the alkalizing process. These are: potassium, sodium, calcium, magnesium, iron, and manganese.

Potassium is one of the most essential elements in an alkalizing diet. It is stimulating, energizing, and helps stir up the circulation. Potassium has a laxative action, it speeds up the healing of cuts and injuries, it promotes restful sleep, and normalizes skin function. "It is very active in the liver, spleen, brain and nervous system, and in the formation of red blood corpuscles."

Foods containing a high percentage of potassium are: tomatoes, lettuce, celery, rhubarb, turnips, dandelions, cabbage, watercress, Romaine lettuce, chard, cucumbers, cauliflower, beets, eggplant, radishes, parsnips, green lima beans, parsley, figs, prunes, peaches, coconut and almonds.

It is vanity to wish to live long and not to care to live well.

—Thomas á Kempis

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The Dog

By JOSEPH T. WILSON

WHEN He that is the Lord from Heaven became joined unto him who is of the Earth, earthy, the Great Ones, they who under the One preside over the Earth and shape the destiny of Man, held council. To their wisdom it was known that the Lord must for a time be crucified; and as the prudent husbandman lays out his work upon the vineyard committed to his care, how best to cultivate the soil and prune and train the vines in a manner whereby the fruit may be abundant and the sunlight ample for the ripening thereof in due season, so did they, the Great Ones, plan their labors in the garden of human Souls.

And they deemed it needful, above all else, to place before the race of men a pattern of love, in constancy and purity resembling that of the Father Himself, but limited to the powers of comprehension of the emotion-tossed ones and of subdued brightness, tolerable to their matter-darkened vision. For so only might they be able to bring the sunlight of God's love into the obscurity of carnal mind, illuminating somewhat the darkness thereof and strengthening it by slow degrees, until at length it should be able to bear the glory of the Christ.

To this end, therefore, they fashioned a creature of earth, in form inferior to him whom it should serve. To it they gave all desires of the flesh, that there might be sympathy between it and man. A laughing countenance they gave it, to charm away grief and care; a quick intelligence, that it might speedily learn to serve and understand the mood and temper of him to whom it was sent; a nature without guile, to rebuke its master's hypocrisy and exemplify to him the virtue of candor; and a heart of love so enduring that neglect and cruelty alike should fail to tarnish the brightness of its constancy or chill the ardor of its warmth. The creature so fashioned and endowed, they gave to man to be his plaything, servant, friend; to lighten his labors and receive caresses and abuse from his hands; to be pampered, tortured, loved, and hated, according to his whim; to run before him or follow at his heels through all the ways of life, fighting his battles, licking his wounds; a light of love to his Soul, when the darkness of his deeds should have cut him off from his kind; a testimony of righteousness when folly should have apportioned to him the bitterness of self-loathing.



The Soul of India

By JAMES M. WARNACK

(Printed in Los Angeles Times, July 28, 1931.)

HAVING been privileged to meet, in Los Angeles, many typical representatives of various races, I have come to the conclusion that it is possible to know something about the soul of a people without visiting the country. Recently I have become acquainted with more than a score of interesting Indians, or, as they are commonly called in America, Hindus. However, the latter term, as ordinarily used, is somewhat misleading because Hinduism is a religion, and a native of India is not necessarily a Hindu, any more than a member of the Hebrew race is, of necessity, a Jew. It may be true that the majority of Indians who come to America are Hindus, but many of them are also Mohammedans and followers of other religions.

The Indians that I have met (both high and low caste) convince me of the truth of all that I have read, from authoritative sources, concerning this great branch of the Aryan race. In this brief article, we shall omit all reference to the history, topography, politics, social customs, and educational achievements of India, and confine ourselves to a discussion of the soul of India. In speaking of the "soul" of an individual or a people, one usually implies the highest and best of which a person or race is capable, or at least the trend of mind in the direction of the highest ideals of the subject under discussion.

How, then, shall we define the soul of India? In one word—it is religion. Not religion as, perhaps, the Christian would define that word, nor as adherents of other religions might define it, but still religion in the most universal sense of the term. For what is religion but the attempt, on the part of man, to

discover and identify himself with the highest and best within and beyond him? If that definition be satisfactory, then the Hindu is the most religious person in the world.

Hinduism embraces many complex religio-philosophical systems and concepts evolved from the ancient Vedic worship of a Supreme Being. While Hinduism is, apparently, polytheistic in form, (or rather, Hedonistic, as Max Muller puts it) it holds fast to the idea of the unity of life, including the identity of matter and spirit, postulating one supreme consciousness and power in which the "many" appear only as a dramatic illusion, the one Reality lying back of and manifesting through all phenomena.

Thousands of years before the early Christians promulgated the doctrine of a triune Deity, the Indian sages taught that the great Spirit (Brahman) manifests as a trinity composed of Brahma, the creator, Vishnu, the preserver, and Siva, the destroyer who, in destroying, transmutes the original elements into new and fairer forms. Concerning idol worship in India, as well as in several other Oriental countries, the average Occidental has an erroneous idea. I am informed that "God-makers" often spend many weeks manufacturing deities but that, after the images have been blessed by the priests and duly worshipped as symbols of God, they are burned or thrown into the rivers or the sea.

As the ideal of Japan is self-control; as the outstanding characteristic of England is the desire to achieve perfect government, and as the main objective of America seems to be achievement in mechanical and commercial realms, so the predominant motive of India is

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God's Mother

By DR. FALADAH BATE

IN the creation of life on earth, God gave of His own divine Being, creating man in His image. In the expansion and preservation of man's life here below He observed through His infinite compassion and wisdom that the man He so created could not long endure nor consummate the responsibilities of the scheme of life alone; that there was need of one whose composite nature was near to divinity; one whose feet might tread the earth beside that of man, but whose heart must ever remain in the heart of God, warmed with His love and soothed by the breath of His infinite tenderness.

Beholding His Creation; beholding the man in whom He had placed the white light of intelligence and the will to conquer and achieve great works upon the face of the earth, God found it essential to create another whose duties and responsibilities lay not upon the earth but in the fulfillment of the purpose of Creation—the flow of life upon the earth; one who served the will of God in the consummation of a scheme of things of such magnitude that man is mystified, confounded, and appalled by the vastness of its scope and the diversity of its multifarious ramifications.

In contemplating the essential nature of this Being, God perceived that from His rare storehouse of the materials of Creation He must choose the finest; those whose texture was as the petals of flowers; whose perfume intoxicated the heart and mind of man; whose strength and courage and dauntlessness were artfully concealed behind a filmy veil of loveliness. This Being must be a paradox, endowed with virtues not apparent in man, whose frailty and delicacy belied the sturdiness and the power to endure that is woven into every fiber of her Being.

She must be possessed, not of cold reason that calculates from the material things at hand, but of Divine intuition that knows without recourse to reason or calculation; intuition that guides her through delicate periods, when not only her own but another life depends upon her ability to attune her thoughts and acts with the life-giving forces of Nature.

Her hands must be strong enough to perform the endless daily tasks that constitute the maintenance of a home, yet gentle and softly caressing in the nurturing of new life that God entrusts to her watchful care.

Though life throbs through her veins, and romance and the lure of worldly pleasures beckon, she must forsake these for the sacred duties that hold her fast within the portals of her home, where the coming generation will be nurtured into full-bloomed maturity; finding solace, joy, and contentment in the fulfillment of her mission on earth and the expression of the urge to feel the warm breath of new life at her breast.

Though she must love life—feel the compelling urge from within to preserve life—thrill at the prospects of the joy of living life at its fullest, she must not think of her own life when danger imperils the lives of those who have nursed at her bosom. She must feel no fear or terror, except the fear and terror that surges through her Being and tears at her heart—nay, her very Soul—when destruction for one of her brood is at hand; then her life must be cast into the balance against fate, with no other thought than that a life must be preserved at the hazard of her own life.

She must glory in the glory that comes to those whom she has bred and guided through the years; yet she must

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Life's Messenger

One morning I walked up the hill with
a friend;
On reaching the summit, we sought the
cool shade
Of a towering oak, and sat down on the
grass
To talk of the wonders around us displayed.

We talked of philosophy, science, and
art—
And quoted from wonderful books we
had read;
We spoke of Eternity, beauty, and
Truth,
And echoed the words that the Sages
have said.

A lark came and sang in the tree overhead;
We listened in joy to the heavenly
bird,
And, when he took wing, we arose with
a smile—
And walked down the hill without saying
a word.

—By James M. Warnack.

"Capital"

Restless, restless, tossing, tossing,
There's a price upon his head;
And the specters of the children
Make him in his dreams afraid
As they march in slow procession
Roundabout, and round his bed.
Begging, praying, calling, reaching,
Empty bony hands for bread.

Bending, bending, see the fathers
Footsore, weary, seeking work,
Peering into shadowy byways
Where the wolves of hunger lurk.
See the mothers shriveling, shriveling,
White-faced babies at their breasts,
Withering as down-trodden blossoms,
Frightened birds without a nest.

Hear the rumbling, see the crumbling
Of a nation's god of greed;
Hear the chanting at the planting
Of a Universal Seed.
See old dogmas furl their banners,
See Truth take her final stand
At the head of Federation,
In the heart and home of man.

—By Anne Walker Doughty.

The Tree Spirit

Once I sat on the door stone as the moon rose o'er the sea,
Shim'ring through the branches of a dear old pepper tree;
To the tree it lent a halo like the saints and angels wear,
And what think you I saw then, as I sat dreaming there?

A form stepped out quite grandly from the great heart of the tree;
All shadowy, sweet, and beautiful, it smiled and bowed to me,
Seeming to bless a little child on a door stone in the night,
Then soft within its tree-house form it vanished from my sight.

Now, when the dear old pepper tree bends lacy branches down,
Or lifts them up so lovingly, birds nesting in its crown,
I know it is a goddess or a Dryad in disguise,
And all trees seem as Kings and Queens, beneficent and wise.

—By Julia Brown Calvert.

God's Mother

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be staunch, steadfast, loyal, patient, understanding, and forgiving when weakness creeps in and the dark shadows of disgrace and oblivion stalk their lives. Whether hers be saints or sinners; whether they be endowed with precious talents, or consigned to a life of mediocrity; whether their countenances attract the praise of the world or cause it to shudder with repulsion, she must perceive the pure gold that glows within and glory in that which the world eschews.

It is perceived that God must create a Being of truly Divine virtues to walk beside man in his works and conquests. Yet there is more that must be woven into her Being before her duties are fully consummated.

When, after years of struggle, sacrifice, and privation she can look upon the shining faces of her brood and behold their virtues with glowing pride; when the years of tender, patient nurturing and watchfulness have etched deep into her heart the story of each life's growth and unfoldment; when nothing seems so precious as the dear ones about her, and nothing gives such joy as their cares and confidences and love; when at last life seems to have grown more sunny and mellow and carefree, and the richness of the reward or contentment that comes from work well done—the reward for uncomplaining and patient years of service which lies in the warmth of the love that flows from heart to heart in an understanding that only the intimacy of the home instills; when life seems complete and the only paradise on earth is the fireside with the music of youthful voices near.

When all of these are expressed in the smile of contentment that wreathes her radiant countenance, this Being whom God created as the helpmeet of man must find the courage within her

heart to deny herself the joy that has been earned through years of toil. She must graciously bow to the urge that each of her offspring must one day feel to go out into the world, wherever destiny calls, to seek a mate and carve a place in the world of affairs, leaving her but memories to fill the long hours when the house is quiet and the flames burn low in the fireplace around which so many joyous hours were spent, and around which voices—phantom voices, voices of laughter and tears—recall yesterday, and yesteryear.

God could not come upon the earth and walk beside the man He had created. But he perceived that the one who walked beside him must be endowed with godly virtues. He perceived that though the works and conquests of man would take him to the far corners of the earth in the pursuit of new worlds to conquer, he could not pray for success and hope for its fulfillment unless there was one by his side to give him love, solace, and encouragement, and give to the world new lives to carry on when time had stilled the glow of conquest in the restless bosom of men. Man leaves behind him the story of his achievements in stone and iron. Mothers leave behind them the stories of their achievements in the manhood of posterity—in the preservation of the race through mothers and men.

When God created mothers, He gave generously of His own Divine Being. He gave generously of his love, His compassion, His patience, His wisdom, His understanding, His tenderness, His courage, His constancy, His graciousness, His selflessness, and devotion. He gave to man an helpmeet. He gave to the world—to the tender, helpless, warm life of infancy and the nurturing years of youth—a mother, a steadfast friend; a Being whose heart beats to the rhythm of the Infinite; whose Soul rests deep in the bosom of God, and whose benevolence shall not be unheralded in the hall of fame of Eternity.



Mussolini's Definition of Goodness

„**T**O BE good does not mean to be weak, for goodness can exist together with the greatest strength of mind and the most rigid fulfillment of duty. Goodness is a question not only of temperament but also of education and, in the years of maturity, it is the result of a vision of the world in which optimism outweighs pessimism, for goodness cannot be skeptical; it must have faith.

To be "good" means to do good without talking about it and without hope of recompense either human or Divine. To remain "good" all one's life—that is the measure of the true greatness of a Soul! To remain good in spite of all; that is, in spite of traps laid for good faith by charlatans; in spite of ingratitude and forgetfulness; in spite of the cynicism of the worldly—that is a height of moral perfection to which few can attain and where few can remain. A good man never asks if it is worth while; he always thinks it is worth while; to help the unfortunate even if undeserving; to dry tears, even if they be not innocent; to give aid to the poor, hope to the desperate, consolation to the dying—all this means being one with humanity, body and Soul; it means weaving a web of sympathy with powerful threads which bind men together and make them better."

Gardening for the Unemployed

VARIOUS cities report success in putting their unemployed to work in growing foodstuffs. The idea is not to add to over-production, but to give the unemployed something to do and something to eat. Although there is dire poverty in the country, rural folk can still eat, which is more than can be said for many out-of-work city inhabitants. The hard-hit steel communities in Indiana have nearly 44,000 family gardens under cultivation on donated land. Cleveland has about 3,000 gardens. It is reported that Memphis, Tenn., has appropriated \$10,000 for such gardens, the citizens donating

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seeds, and penal institutions offering to can the surplus. Certain members of the American Legion in Nebraska have gone back to the hoe. The Red Cross in Birmingham, Ala., has launched more than 100 Community Gardens. The State of Georgia is grubbing fields under a county-manager plan.

"Our strength grows out of our weakness. Not until we are pricked and stung and sorely shot at, awakens the indignation which arms itself with secret forces. A great man is always willing to be little. While he sits on the cushion of advantages, he goes to sleep. When he is pushed, tormented, defeated, he has a chance to learn something; he has been put on his wits, on his manhood; he has gained facts; is cured of the insanity of conceit; has got moderation and real skill."—Emerson on "Compensation."

"When you come to 'the end of things' in some part of your life, or even, as it sometimes seems in all parts of your life, there is only one thing to do and that is—begin again. Nothing that expresses failure is ever final."—E. C. Wilson in "Adventures in Prosperity."

Peace Lies Within

Peace lies within the Soul;
It begs to be released, if we can bring ourselves
To hear the constant wave of harmony that beats within,
As though impatient to be heard and recognized.
The Soul sways to the rhythm of thought
As the body to the tune of some stringed instrument.
Our very heart beats echo rhythmically:
Peace! Peace! Peace! Peace!
If we will think it—live it—speak it,
It will stand out like an aura made to guide us.
We may radiate peace as the sun its warmth,
And the glow of it will be felt by all
Who pass within our radius.

—By Katherine Maurine Haaff.

Each in His Separate Star

(Continued from Page 2)

Since when, a boy, he plied his trade,
Till on his life the sickness weighed:

And in his cell, when death drew near,
An angel in a dream brought cheer;

And rising from the sickness drear
He grew a priest, and now stood here.

To the East with praise he turned,
And on his sight the angel burned.

"I bore thee from thy craftsman's cell,
And set thee here; I did not well.

Vainly I left my angel's sphere,
Vain was thy dream of many a year.

Thy voice's praise seemed weak; it
dropped—
Creation's chorus stopped!

Go back and praise again
The early way—while I remain.

With that weak voice of our disdain,
Take up Creation's pausing strain.

Back to the cell and poor employ:
Become the craftsman and the boy!"

Theocrite grew old at home;
A new Pope dwelt in Peter's Dome.

One vanished as the other died:
They sought God side by side.

How beautifully does this poem accentuate the thought that each one has his place to fill in the world and that completeness cannot be fully realized until each has performed his appointed task. Prince or plowboy, Pope or craftsman—all are equally acceptable in God's sight so long as the heart is pure and the actions motivated by honesty and selflessness.

(To be Continued)

Mental and Spiritual Freedom

(Continued from Page 8)

even likes to reject the idea of a disease-free body and the control over atomic vibrations through the knowledge of contacting the Cosmic Vibration of "Aum" in meditation.

In the mentally-depraved state, the devotee prefers to keep his love for sense pleasures and is ready to abhor even the idea of the attainment of divine bliss. Unless this state is quickly removed by deeper meditation, the devotee is sure to fall from grace and lose himself in the marshes of delusion.

When a good thing is abhorred and an evil thing is mentally craved, then the individual possessing such thoughts is in a dangerous state because he is quite likely to plunge into material indulgences and become utterly oblivious to spiritual aspirations.

The Soul of India

(Continued from Page 19)

the urge to "know the Self." The average Hindu is not, primarily, a man of action, nor even of aggressive thought, but when it comes to meditation on spiritual things, contemplation of the "unseen," he probably has no equal on earth.

In Germany and Russia, every child can discourse more or less intelligently on politics and government. In America, the boy of fifteen feels himself to be behind the times if he cannot construct a radio set and drive an automobile. In India, the average boy and girl, and even the most illiterate Sudra, is willing and able to talk to a stranger for hours on religious or philosophical topics, or is equally willing to sit in silence for hours meditating on the mysteries of life and on the Spirit back of all things. With the Hindu, to "know the Self" means more than to know the body and mind; it means to become identified with that which Emerson called "the Oversoul."



The Swami Sails for India

AT midnight on June 9th, Swami Yogananda sailed from New York on the first visit to his homeland in fifteen years. He expects to travel by automobile over the British Isles and Europe — lecturing in many places—before reaching India. At the time of going to press, he is in London.

Just before leaving Los Angeles, he lectured before a huge and enthusiastic audience. The meeting was followed by a farewell banquet for about four hundred students and friends. Among the guests of honor were Mayor and Mrs. Frank L. Shaw, Judge and Mrs. Carlos Hardy, Mr. Sid Grauman and Mother, and Dr. George Liebling.

Below is a reprint from the special banquet program and menu:

FAREWELL MESSAGE

In devotion and appreciation profound, for your noble and unselfish inspiration over the past precious fourteen years, we tender you, Master and

Guruji, Swami Yogananda, this memorable Farewell Dinner. Our Soul's gratitude and prayers go with you on your triumphal journey to imbibe of the Supreme Love and Inspiration of the Great Masters of India, even as we have imbibed so freely and refreshingly of your love and inspiration during these glorious fourteen years. Our Meditation and Inspiration will not decrease in your absence, but will be even more intense than ever, and will be mute evidence of our anxious moments while awaiting your return. America needs you and salutes you for the untold services you have rendered.

We wish you every success as you personally preach the message all over Europe and India, and bring back the memoirs of your Masters and the great Saints from our beloved sacred soil of India.

Pronam to our Guruji, we remain,
Your Grateful Students of Self-Realization Fellowship, and Members of the Los Angeles Headquarters.

Tell Me, O Host of Angels!

Tell me, O Hosts of Angels,
Who move through the infinite sky
More free than the wind in the tree-tops
above,
Or meteors flashing by—

Does each day bring a startling discovery;

Do you marvel at all you find;
Are the realms of heaven as vast and great

As the realms of the human mind?

As you pass through the shining ether,
And walk on the bright light's beams,
Can you see as much in all of space
As a dreamer sees in his dreams?

—By Virginia Thornton.

Mystic Christ

(Continued from Page 15)

ter, in the path of Christ. When scientists meet together they are one and impersonal; whereas, when teachers and ministers meet together they are divided and personal. Therefore, the world needs the Mystical Christ.

The recorded words and actions of Jesus do not represent even the infinitesimal part of His Perfect Life. Carlyle said something to the effect that our uttered words do not represent even a part of what we are. How much more it is applicable to Christ! Words and actions are the expression of the inner character of man; the inner character in its turn is an effect of human thinking and human behavior. Divine Jesus is divinely human and humanly Divine. Therein lies the effectiveness of His Divine Character. Besides Divine dispensation, what other elements enter into the formation, maintenance, or rather expression of His Divine Personality? If we can discover those mystic elements, we discover a common ground for all humanity to follow Christ in His fullness instead of narrowing down His Divine Personality into individual ideas and concepts. Rather, broaden your concept and ideas to the extent of His concepts and ideas, instead of squeezing His concepts into your narrow outlook.

The Cosmic Dream-Idol

(Continued from Page 4)

the luminous spine of my Cosmic Idol. Around it was built His Vast Blue Body of Eternity. Tiny sands, crystal drops of blue brine and my tears, the tissue of stones, flowers, and my flesh, air, earth, clouds, space, time, and life: all of these I had often viewed as existing apart and engaged in perpetual strife. Now, with the vision of my Cosmic Idol, I suddenly found all these diverse created things were but His living cells, and in them I saw the flow of His one ever-living blood of Life. There was no death possible, for in this blood I saw the continual birth of His new cells of Life.

My Cosmic Idol, made after our pat-

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tern, indulges in many moods, even as do we. I beheld His smile on the lips of the lotus, His rays of smiles in the light of all faces. I caught Him laughing with the moon at the folly and pride of delusion-intoxicated, truth-forgetful civilizations. I saw Him angry with the storm, uprooting trees, and then shedding repenting tears of rain on the earth's lap. I saw His sad face in the cloudlets and in the mists of the earth. I felt Him sorrowing in sad hearts and coaxing them to smile with the smiles of His Omnipresent Beauty.

My Cosmic Idol broke His vow of silence, and came out of His invisible home to lure us with the assumed laughter and cries of His Nature-moods, to make us forget our dream-sorrows and divert our truant footsteps homeward in His Bosom of Eternal Joy.

Flying in the plane of fancy, everywhere, in all things, I saw the seal of His Intelligence. In the silent Cosmic Symphony of all vibrations, I heard His Voice, directing the orchestra of all Creation.

I dreamt that He was the Fountain of Joy, percolating through the joys of all human hearts and all the pores in the soil of Omnipresence. I beheld Him as the Ocean of Immortality, heaving with the sighs of change.

I gazed in ecstasy at His skill as He showed me His Cosmic Motion Pictures on the screens of human consciousness. I spied the glimmering fountain of creation, of time, of space, of immortality, of duality, of life, of love, of all forms of consciousness, and of ever-new Bliss . . . playing over the limitless gardens of His Unfading Memory.

A Prayer

O God, give me strong words, right words.

Give me wisdom to fashion the phrase.

Give me love and pure understanding

To write and sing ever Thy praise.

—By L. P. Downs.

Seldom can the heart be lonely,

If it seek a lonelier still,

Self-forgetting—seeking only

Emptier cups with love to fill.

—Anonymous.

Inner Culture

Social Credit is Necessary Money Reform

(Continued from Page 10)

Move Started in 1918

The world leader of the Social Credit movement is Major C. H. Douglas, Scottish engineer. As far back as 1918, prior to the discovery by political administrations and economists that the defect of finance is a defect of mass purchasing power, Major Douglas proclaimed it.

He diagnosed it as a defect in the issuance of credit, privately owned, and created only on condition of debt. His solution lay in monetizing existing real wealth for the benefit of every citizen.

Major Douglas had been a student of mathematics at Cambridge University. He became chief engineer of the British Westinghouse Co. in India. He engaged in engineering projects in Canada and South Africa. During the war, as assistant manager of the Royal Aircraft factory at Farnborough, he made a special study, as a costing expert, of the payments made by the great British Aircraft program.

He found that these payments, issued by the public and private factories producing aircraft, encountered a time-lag on their way into the pockets of people who brought goods for individual consumption for themselves and their families.

Would Eliminate Time-Lag

The repercussions of this discovery have been heard around the world. In Great Britain, Australia, New Zealand, Canada, British South Africa, in every country of Continental Europe, and in the United States, have sprung up informed groups that are spreading the gospel of the "new economics."

The kernel of the teaching of this movement is that the time-lag of payments made by industry as purchasing power to workers and investors, rich and poor, can be overcome by assertion of the sovereign power of the people to issue compensatory credit, in the measure of unused capacity to produce wanted goods and services.

In its immediate utility to mankind, which, since the beginning of the industrial revolution, a century and a half ago, has struggled with a defective financial system based on the notions of scarcity, this discovery by Douglas overmatches in importance the discovery that the earth is round instead of flat.

That discovery resulted in the disclosure of a new continent and of the riches of Golconda of California, and the Yukon. But the discovery by Douglas is of a new world of financial as well as material plenty for the masses.

*Reprinted from the Buffalo Times
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Garden of the Infinite

In the Garden of the Infinite there are flowers that bloom in endless profusion, flowers so wondrously beautiful that even the angels adore them; all so sublimely spun and rich in color; all so heavy with fragrance: blood-red roses of bliss, lilies of love, carnations of compassion, orchids of tenderness and mercy, and many other exquisite blooms of heaven; but there is none so sweet and ravishing—none so delicately wrought, gorgeously tinted, and celestially perfumed, as the full-blown (Spirit-drenched) blossom of Self-Realization.

—By Lew Richmond.

Practical Plans for Peace

(Continued from Page 16)

before been realized. Another of these forces is the plan proposed by Francis Lederer to obtain World Peace. This movement, called the "World Peace Federation," aims to outlaw war by a nation-wide popular vote throughout the entire world.

This is to be accomplished in the following way:

1. The World Peace Federation is putting on record all those opposed to the settlement of international disputes by means of war; through establishment of branch offices in every country.

2. A sufficiently large number of people on record will enable the Federation to approach simultaneously the governments of all countries, in the name of their people, with the request for a nation-wide popular vote on the question of war. (This is not a plebiscite to be taken in case of war, but in times of peace.)

3. The result of this vote to become an amendment to all constitutions, making it imperative for governments to settle international differences by means other than war.

If you are opposed to war, and believe that you should have the right to vote on this vital issue, the "World Peace Federation" gives you the only means of expression by which governments are informed of the will of the people. The "World Peace Federation" has no affiliation with any political groups whatsoever. Its policy is strictly within the constitutional laws of all countries.

One of the world's foremost philosophers said: "The world can never make any progress as long as the people of today thoughtlessly imitate what gen-

erations before us have done." Modern civilization has done away with many institutions once considered indispensable, and has replaced them with better ones. Why not do away with war, which, of all means of settling international difficulties, is the most obsolete?

WORLD PEACE IS POSSIBLE

President Roosevelt, on the occasion of the seventy-seventh birthday of ex-President Wilson, expressed his opinion on war with the following words: "The blame for the danger to world peace lies not in the world's population, but in the political leaders of that population. Throughout the centuries, wars were made by governments, but I tell these governments that the men and women they serve are so far in advance of their leadership that we could have a world accord on world peace immediately if the people of the world could speak for themselves. I wonder whether some day the people themselves will not prevent the governments from making war."

To give the people of the world this chance—to speak for themselves—is the precise objective of the "World Peace Federation."

If you wish to add your signature to this movement, please fill in the form below and mail it in to the address of the "World Peace Federation," 6715 Hollywood Blvd., Los Angeles, Calif. (No contribution of money is asked.)

TO THE "WORLD PEACE FEDERATION," INC.

6715 Hollywood Blvd.,
Los Angeles, Calif.

I am in accord with the aim of the "World Peace Federation" to outlaw war by nation-wide popular vote in every country.

Name _____
Street _____ City _____
Citizenship _____ State _____



Special Notice

During the absence of Swami Yogananda from America, all letters should be addressed to "Personal Secretary of Swami Yogananda," 3880 San Rafael Avenue, Los Angeles, Calif. It will not be possible to forward any letters to him until he returns to this country. The secretary will be very glad to answer your letters and give any information desired.

All checks sent in for any purpose (including donations for building the Temple in India) should be made payable to the Self-Realization Fellowship Church.

CHANGE YOUR ADDRESS?

The Post Office Department does not forward magazines without extra postage, so in order to assure the magazine being sent to the Addressee, be sure to add postage before remailing.

The Manager of Inner Culture Magazine will appreciate your sending in changes of address not later than the 10th of the month. We cannot be responsible for the loss of copies due to the subscriber's failure to notify us in time of a new address.

The Horn of Plenty Bank

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

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

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

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

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

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

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

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

July, 1935

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

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

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

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

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

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

Name _____

Street _____

City _____ State _____

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WHISPERS FROM ETERNITY

Third Enlarged Edition just off the press. A profound book of sacred, scientific prayer demands. There are also a number of illuminating, soul-reviving articles and poems. This new edition contains many new, inspiring, spiritual truths written just before Swami Yogananda left for India.

This immortal book shows how to obtain tangible response from God. It stimulates thought and holds illuminating moments for any reader. It is a most inspiring, profound and helpful book.

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Please order at once for the edition is limited. 265 pages. Cloth \$2.50. Paper \$1.50, Postpaid.

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METAPHYSICAL MEDITATIONS

Everyone has trouble today in finding the time and the method to meditate. True meditation is only possible when you understand the proper way. Meditation brings that Spiritual Beneficence which causes Peace, Happiness, and Love to reign in your life. You must learn to meditate on the solution to your problem, shutting off all extraneous thought.

Meditation makes possible the complete understanding of the All-Good. It teaches you the correct and most efficient method of contacting God.

METAPHYSICAL MEDITATIONS contains many practical suggestions for correct meditation. It teaches how to overcome Fear, Anger, and Worry, and shows how to achieve Joy, Hope, Wisdom, Peace, and Understanding.

You will find it a storehouse of help for your problems, and a sure, beautiful guide to Meditation. It contains 88 pages, and sells for the unusually low price of only 50c. Order it today from the address below.

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NUT MEAT LOAF IS DELICIOUS!

BETTER THAN REAL MEAT LOAF DELICIOUS-TASTY

India Nut Meat Loaf is better for you, and more delicious than real meat loaf. It is free of meat poisons, and it is just as nourishing as meat. India Nut Meat is made of the finest, selected nuts, prepared in spotless kitchens, under the most exacting conditions. It has a very high nutritional value, so abundant in nuts. Buy a can today and try these delicious recipes:

NUT MEAT LOAF

To a 1-lb. can of Nut Meat well mashed, add $\frac{1}{2}$ teaspoonful of powdered sage, 1 medium-sized onion, and 1 green bell pepper chopped fine or grated, and 2 well beaten eggs. Also add 1 cupful of cooked tomatoes, or 1 small can of tomato puree, and 2 slices of bread, crumbled fine. Put in a baking dish; cover with a thin layer of bread crumbs and plenty of butter. Cover and bake in a medium hot oven, 350 F., for 45 minutes. Serve with tomato sauce or gravy.

NUT MEAT STEAK

Cut Nut Meat into slices and fry in butter or other fat until nicely browned on both sides.

SELF-REALIZATION FELLOWSHIP
Mt. Washington Estates, Los Angeles, Calif.
Dept. IC

H E L P !

us reach the persons to whom we would like to send our fascinating book: "Highest Achievements Through Self-Realization," going into detail regarding the aims and purposes of Self-Realization Fellowship. You can aid us by sending us the names of five spiritually-minded persons. Use the lines below.

SELF-REALIZATION FELLOWSHIP

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Directory of Self-Realization Fellowship Church Centers

(Yogoda Sat-Sanga Society)

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

Tukum, Latvia

Mr. Harry Dikman, president; Liela iela No. 20. K. Shuberg, treasurer; J. Vessel, secretary.

Los Angeles, Calif.

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

Self-Realization Fellowship Center, 711 West Seventeenth Street. K. R. Samras, M. A., Ph. D., Leader-in-Charge. Services held every Sunday at 11 a.m. Phone: CAPITOL 9531. Other speakers when announced.

*Santa Barbara

Mrs. Lloyd Briggs, Leader. Self-Realization Fellowship Center meetings held each Thursday evening at 8 p.m. at 701½ Anacapa St. Telephone 27338.

San Diego, Calif.

Elsie Rae Nachant, Resident Leader, 1030 23rd Street. Phone Main 8858. Open meditation class every Friday at 7:30 p.m.

*Portland, Oregon

Self-Realization Fellowship Center, 215 Alderway Building; Harriet Mercer in charge; Sunday services at 11 a.m. and 8 p.m. Classes Tuesday and Friday at 8 p.m. and Thursday at 2 p.m. Reading Room and Lending Library open daily from 9:30 a.m. to 9 p.m.; Saturday from 9:30 a.m. to 3 p.m.

Boston, Mass.

Dr. M. W. Lewis, Conducting Teacher, 29 Edghill Road, Arlington, Mass. Monday weekly meetings, 543 Boylston Street, Boston, Mass.

Buffalo, N. Y.

Anna Krantz, Sec., 18 Goulding Ave. Sunday public meetings and Wednesday classes held at 475 Franklin St., Room 9. (Copies of Inner Culture Magazine may be obtained at news stands in Hotel Lafayette, White Building and Ellicott Square Building, and from Mrs. Sutly's Art Store on Tonawanda Street, and the Unity Rooms in the Hotel Statler.)

*Des Moines, Iowa

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

Cincinnati, Ohio

R. K. Das, Conducting Teacher, 2917 Sanders St. Phone: University 1631 J. Meetings held in Parlor A, Sinton St. Nicholas Hotel, Sunday evenings at 8 p.m. Classes Monday evenings only. Mrs. Ada Huggins, Sec., 2618 Norwood Ave., Norwood, Ohio. Phone: Me. 1721.

*Milwaukee, Wis.

Meditation and Class Meeting will be held Thursday evenings at 8 p.m. at the residence of Mr. Robert H. Meyer, 3055 N. 14th Street. All other meetings will also be held at this address.

*Topeka, Kansas

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

Denver, Colorado

Frederick Wadley, Conducting Teacher, 3428 East Colfax Avenue A. Miss Dorothy J. Ladwig, Acting Sec., 1536 Willow St. Friday weekly meetings held in the Y.W.C.A. Building, 1545 Tremont Place, at 8 p.m.

Minneapolis, Minn.

Sunday evening services held at 8 p.m. in Pioneer Hall, street floor, Lumber Exchange Building, 5th St. and Hennepin Ave. On Wednesdays, at 8 p.m., all Self-Realization Fellowship students meet for practice of the Self-Realization Fellowship Courses at the home of Mrs. Elisabeth Backus, 2201 East Lake of Isles Blvd. Self-Realization Fellowship Course No. 1 is taught by Miss Ednah F. Hall, who also conducts reading groups who meet at 2121 Bryant Ave., South. Phone: Kenwood 4513. Noon Meditations every week day at the Self-Realization Center, 433 Lumber Exchange Building, at 12:15 to 1 p.m.

*Kansas City, Mo.

The meeting place of the Self-Realization Fellowship Society is at St. Paul's House, 4010 Walnut Street. For time of meeting telephone Lillian Fuller, Cavalier Hotel. Phone, Logan 6710.

Salt Lake City, Utah

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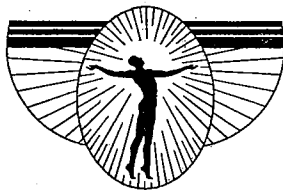
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O INFINITE SPIRIT, I shall worship Thee as finite, today. O Cosmic Silence, I shall hear Thy unheard voice through the murmur of brooks, the song of nightingales, the sound of blown conchshells, the beat of oceans, and the hum of vibrations.

India-wise, in the Cosmic temple of my mind, in ceremony I shall worship Thee, my Idol of Finitude. I shall behold in reverence Thy Face, glowing red with vital power in the sun, and bestowing soothing moonbeam-glances to dispel my gloom.

I shall no more call Thee unseen, for during my worship I shall look straight through Thy infinite, starry Eyes into Thy Mystic Heart. With Thy Breath of the heaving wind I shall mix my borrowed breath. My wordless chants of yearning for Thee will sing in cadence with my heart-throbs. I shall feel Thy Heart-throb in all hearts. I shall watch Thy Working Hands in the law of gravitation and in all other forces. In the feet of all living creatures I shall hear Thy Footsteps.

In my worship, I shall behold Thy vast, skiey Body, adorned with the dark, twinkling veil of night, or the pale light of dawn, or the grey twilight. O my Cosmic Idol, garlanded with the stringed beads of the Milky-Way, diademed with the rainbow, wearing diamonds of glittering planets, I bow to Thee.

The pores of the sky sweat with Thy life, and Thy blood runs through Thy veins of rivers, streams, streamlets, and the blood-cells of men. No more as unseen shall I worship Thee, but as my seen, Cosmic-bodied Idol.

The temple-bells of Nature's harmony, the drum-beats of sea-roars, the myriad candles of minds and chants of all churches, devotion-flowers from the Garden of Souls, and the incense of loves—are all assembled by me for Thy worship, O Visible Idol of my Soul.

With opened eyes and the eye of my mind, I shall behold Thee, my Living Idol of Nature-God, and worship Thee with vocal or mental chants, with a bouquet of devotion, activity, and wisdom, with the language of love, heart-whispers, tearless tears of meditation, and silent sobs of intuition.

—By S. Y.