



Self-Realization

MAGAZINE

FOUNDED IN 1925 BY PARAMAHANSA YOGANANDA



AMBASSADOR OF INDIA VISITS SELF-REALIZATION HEADQUARTERS

Mrinalini Mata (*left*) welcomes Ambassador Braj Kumar Nehru and his wife to SRF headquarters, Los Angeles, November 9, 1963

October - December 1963

25¢



Courtesy of the Metropolitan Museum of Art,
The Cloisters Collection, 1954

ANNUNCIATION TO THE SHEPHERDS

Illustration by Pol de Limbourg and his brothers in a Book of Hours
made for Jean, Duke of Berry, in 1413, in Chantilly, France

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Paramahansa Yogananda, founder. Sri Daya Mata, president.

Second-class postage paid at Los Angeles, California.

Issued quarterly. Single copy, 25¢. Subscriptions: 1½ years, \$1.50 (6 issues); 3 years, \$2.50 (12 issues). No extra charge for foreign postage.

Subscribers will please send notification of a change of address one month in advance. (Post Office does not forward magazines to a new address unless subscriber arranges with P.O. for that service.)



Statue of St. Francis near ivy-clad chapel (*left*), SRF Lake Shrine, Pacific Palisades, Calif. Across the water is Golden Lotus Gateway of Gandhi World Peace Memorial dedicated in 1950 by Paramahansa Yogananda.

Wisdom of Paramahansa Yogananda

EXTRACTS FROM HIS TALKS TO STUDENTS

Let us hold the thought that we are surrounded by the peace of God, that we lay ourselves down on a couch of peace in the castle of the Lord's presence within us and without us.

The true devotee is never satisfied until he has attained the Final Goal. He perseveres in meditation until something really happens, until his soul life begins to stir, until he feels the awareness of God within him. The sincere seeker is not discouraged if God doesn't respond at once; he says, "That is all right; I will go on meditating and seeking You until You do answer me." He practices yoga with intensity until he wins victory.

A candle cannot remain alight in a wind. Similarly, the candle of awareness of God's presence cannot burn where there is a breath of restlessness. Men who are wasting time in oversleeping, in wrong actions, and in forgetfulness of the Lord are abusing the privilege of being His children.

God will surely ask you when you arrive in the astral world if you have done the task that was entrusted to you. God wants man to be different from His animal creatures. Do not waste a single day. You must find Him.

The scientific techniques for finding God are India's greatest gift to the world. The entire arrangement of this universe has one aim: that man may discover the secret Intelligence which is hiding behind everything. Until we have found It we will never be happy.

So much time is wasted. If you just take a little time at night to meditate you will see that God will answer you. Everyone becomes your friend. There is nothing you renounce for Him that you don't get back thousandfold. But you should not seek the Lord for any gift or reward; seek Him just for Himself. Then His response is mathematically certain.

Only when you are resolute in your determination to find the Father does He come out from His hiding place behind the skies, behind the throb of your heart, behind your feelings. Say to Him:

"Lord, it doesn't matter what happens. I love You just the same. I am not trying to show my merit to You, because I know I am the weakest of all. But, Father, You know You made me Your child and You have to come to me." The Lord is won over by that kind of devotion. Then He comes when you least expect Him.

The person who would know God must learn to rise above the consciousness of the body and of matter. By practicing the great yoga methods developed by India's sages you can banish all limitations of consciousness. Then you will feel your identity with the Lord.

When you seek God, make even a short meditation so intense that it will seem you have spent hours with Him. You will then feel reluctant to end the period of divine communion.

Love the Lord so deeply that you don't think about time at all. If you reflect on the number of hours that you are going to spend in meditation on Him, subconsciously your time-obsessed mind will continually fight your good intention.

Just lose yourself in love for God. Over and over pray to Him: "Lord, reveal Thyself, reveal Thyself!"

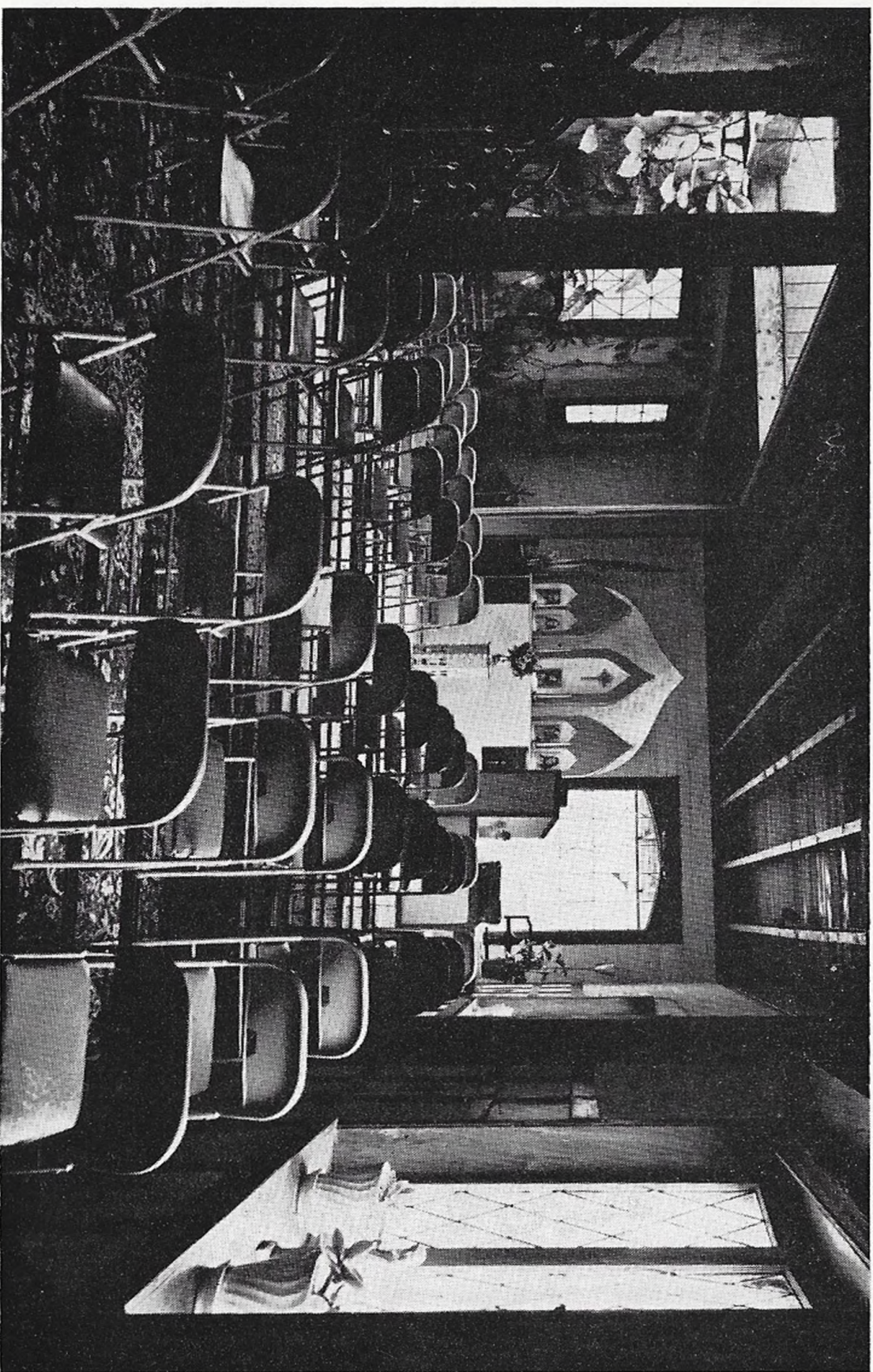
Every night, before going to bed, meditate until you find that your mind has gone beyond the static of thoughts. Yet even that is not enough. After interiorizing your mind, then pour out your devotion. Surrender yourself completely to God.

If you keep on, suddenly all thoughts will be gone and a great joy will come upon you. Many persons give up before they reach that state — millions of devotees don't even know of it. And beyond that state is an even greater joy.

If you think you can live happily, forgetting God, you are mistaken. Because you shall weep again and again until you realize that the Lord is the only Reality. And you are His image. You can never find happiness in anything else because nothing except God is whole and perfect.

Use your intelligence to find God. Why do you need to be reminded that you came here alone and that in a few years or a few decades you will not be here? Men tend to think: "I am fine now and nothing will happen to me." But tomorrow they may be gone.

I come not to talk to you of unimportant things but to awaken your spiritual consciousness. Now — not tomorrow, but tonight! Don't fall asleep until you have meditated and felt, in some manner, response from God.



Chapel interior, Self-Realization Fellowship Lake Shrine, Pacific Palisades, California. On brick pedestal under window at left is a bust of Paramahansa Yogananda, who dedicated this church in 1950. Chinese rug on floor was given to him by SRF students. Through window at far end of chapel worshippers can see sparkling fresh-water lake.



Arch of Golden Lotus Tower frames entrance to Self-Realization Fellowship Church, Hollywood, California, founded in 1942 by Paramahansa Yogananda

A SPIRITUAL INTERPRETATION OF THE *BHAGAVAD - GITA*

(India's greatest scripture, a part of the "Mahabharata" epic)

By PARAMAHANSA YOGANANDA



Chapter XV, Stanza 8

When the Lord (as the jiva) acquires a body He brings with Him the mind and the senses. When He leaves that body, He takes them and goes, even as the wind wafts away scents from their seats (in flowers).

The *jiva* (individualized soul) is here called "the Lord" to emphasize the point made in the preceding stanza: that the *jiva* is an eternal part of God Himself. By divine power alone are the bodies of men obtained, maintained, and abandoned.

The Subtle Body, Linga Sharira

Stanza 8 refers to the subtle or astral body, *linga sharira*, the abode of the mind, sense perceptions, and other life principles. The subtle body of each man accompanies the *jiva* in its rounds of reincarnation, endowing each new physical form with life and intelligence. With the departure at death of the *linga sharira* the body reverts to its natural state of inert matter.

Chapter XV, Stanza 9

Presiding over the mind and the senses of sight, hearing, touch, taste, and smell, He enjoys the sensory world.

The Bible says: "O Lord . . . thou hast created all things, and for thy pleasure they are and were created."* The Hindu scriptures also tell us that the creation of man and the universe is only God's *lila*, play or creative sport. The Lord as the *jivas* experiences the delights of the world that He made.

Chapter XV, Stanza 10

The deluded do not perceive Him staying or departing or experiencing the world of the gunas. Those whose eye of wisdom is open see Him.

An ordinary man looks no farther than surface appearances and hence sees no underlying divine significance in his life. He does not know whence he came, why he is here, or whither he is going. Mystery behind and death ahead! Still he imagines that no deep investigation of life is necessary.

By meditation on God, man's "single eye" of wisdom is opened. He sees the Infinite in the seemingly finite and realizes that the Lord is the only Doer, the sole Power.

Right Realization Stops Reincarnation

It is man's mortal attitude that is the cause of reincarnation. As soon as the devotee understands by inner experience that life is a dream drama of God's, he ceases to reincarnate. He has learned the final lesson of life.

Chapter XV, Stanza 11

The yogis striving for liberation see Him existing in themselves; but those who are unpurified and undisciplined are unable to perceive Him even when they struggle to do so.

Those of unabated zeal, who ignore sense temptations and who continually practice yoga in a humble spirit, behold the Lord as the Indweller. But men who merely read scriptures as a hope of emanci-

*Rev. 4:11.

pation, who do not try to follow the moral rules, and who practice yoga methods without deep interest and devotion will not receive the spiritual benefits they expect. Many students of yoga perform their exercises in a haphazard way; then wonder why they do not "get anywhere" and why they fail to feel communion with the Infinite even after apparently serious meditation.

The Scientific Way to Salvation

The technique of salvation is eightfold, as outlined by Patanjali. Emancipation is attained by strict adherence to prescribed scriptural rules of conduct and by progressing through the various stages of yoga, as follows:

THE EIGHTFOLD PATH OF YOGA

1) *yama*: moral conduct; noninjury to others, truthfulness, non-stealing, continence, and noncovetousness.

2) *niyama*: purity of body and mind, contentment in all circumstances, self-discipline, self-study (contemplation), and devotion to God and Guru.

3) *asana*: right posture; the spinal column must be held straight, and the body firm in a comfortable position for meditation.

4) *pranayama*: life-force (*prana*) control.

5) *pratyahara*: the power of interiorizing one's mind by disconnecting it from the sense telephones, switching off at will the messages from the nerve currents.

6) *dharana*: meditation in which the devotee is able to fasten his interiorized mind on the *Aum*-God sound. (The sense-enslaved man does not own, or control, his mind; so he cannot concentrate on the *Aum*-God as the Holy Ghost or Cosmic Vibratory Sound. The yogi with a disciplined and interiorized mind is able to offer it to the Lord; none other is able to make that offering.)

7) *dhyana*: cosmic consciousness; endless spherical expansion of blissful awareness; perception of God as the Cosmic *Aum* reverberating throughout the whole of the universe.

8) *samadhi*: oneness of the individualized soul and the Cosmic Spirit.

A Spiritual Opportunity for Young Men and Women



Young SRF students of high spiritual ideals and harmonious temperament who are single and free of worldly commitments, and who would like an active, purposeful life in an SRF spiritual community, are invited to send for a free descriptive booklet, *Give Me thy Heart*. It outlines the history, aims, ideals, and rules of the monastic Self-Realization Order of Self-Realization Fellowship, and lists the requirements for entry.

The pioneering movement founded by the great master Paramahansa Yogananda offers a variety of opportunities to apply present skills and to learn new ones in the highest type of service: for God alone. Most important, life in an SRF ashram provides ample periods for meditation and offers priceless spiritual training that hastens the divine progress of those who are receptive and devoted.

Send for a copy of *Give Me thy Heart*, and feel free to write to us if you have any questions after reading it. There is no obligation; no one will write or telephone you about this matter unless you yourself request further information and advice. Please address your inquiry to:

SELF-REALIZATION FELLOWSHIP

Personnel Department

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The Perfect Christ Consciousness

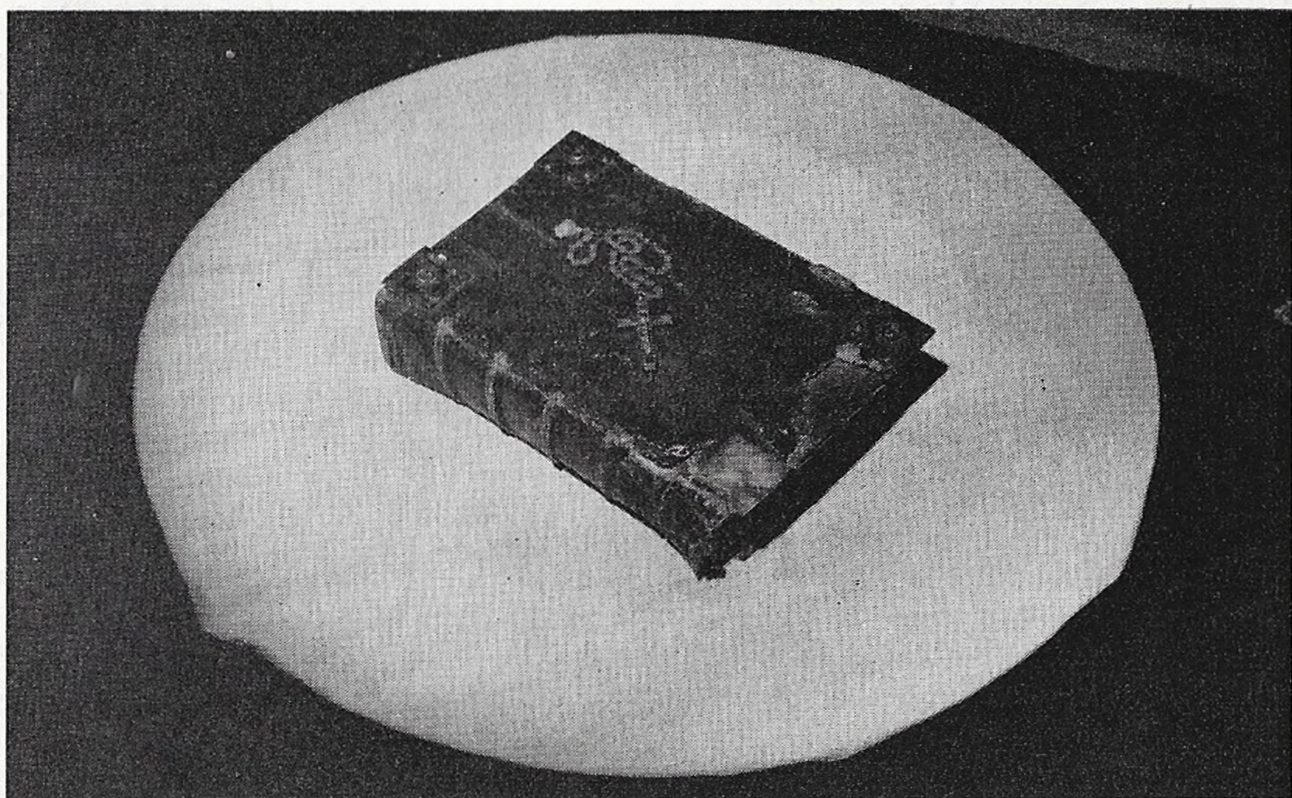
By PARAMAHANSA YOGANANDA

You should understand what Jesus was in reality. He was human and he fought and struggled and won. That is why he is an eternal ideal for mankind. You must expand your mind beyond the body, the world — everything — so that you feel all creation pervaded by one Life. Then you will know Christ.

When his perfect consciousness descends on you, you lose your ego. That "I" must be demolished. In humbleness you find a beautiful valley in which the waters of Divinity gather to inundate all ignorance and misery.

The ordinary child cries, and is satisfied when the mother gives it a toy to play with; but to the "naughty" child who cries constantly, refusing toys, the mother herself comes.

So, if you want the gift of Christ Consciousness you must be like the naughty child. Throw away all other desires and cry only for God. Kill the parasites of desires; destroy them in a fire of divine aspiration. When you have that burning flame and zeal, that ardor by which you prove to God that you want Him more than playthings, then He will come.



Seventeenth-century German Bible, dedicated to Martin Luther; in Yogananda Museum, SRF Lake Shrine, Pacific Palisades, California



A section of the main building of Self-Realization Fellowship international headquarters on Mount Washington, Los Angeles, California

The Perfect Christ Consciousness

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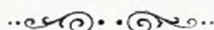


Self-Realization Fellowship headquarters, Los Angeles, Christmas week, 1962, showing "tree" of lights on rooftop



Soybean field occupying $\frac{1}{4}$ acre at YSS headquarters, Ranchi, India. A guest house and a school building appear in background.

News of SRF Centers



Ambassador of India Visits SRF Headquarters

The Ambassador of India, Mr. Braj Kumar Nehru, and Mme. Nehru visited Self-Realization Fellowship headquarters in Los Angeles on November 9th. The distinguished guests were received by the resident renunciants in traditional Indian fashion, with large flower garlands and a shower of rose petals. Sri Mrinalini Mata gave a brief speech of welcome.

After a tour of the grounds and the principal buildings, Ambassador and Mme. Nehru were escorted to the reception room in the main building. They were served *lhasi* (a refreshing Indian drink made with yoghurt and sweetened lime juice) and *sandesh* (an Indian sweetmeat).

At the visitors' request, Mrinalini Mata described some of the SRF-YSS activities initiated in America and India by the founder, Paramahansa Yogananda. Ambassador and Mme. Nehru expressed pleasure in hearing also many anecdotes about the life of Paramahansaji. They visited the rooms once occupied by him. These have been kept exactly as they were in his lifetime and are now a shrine.

SRF received the following gracious letter, dated Nov. 13th, from Mme. Nehru: "It was so nice to meet you all. We have been wanting to visit with the Self-Realization Fellowship for a long time. The warmth with which we were received touched our hearts. The peace and quiet of your surroundings are phenomena to be greatly admired in the midst of the hustle-bustle of a metropolis."

Memorial Services for President Kennedy

In India Sri Daya Mata read with grief the news of President Kennedy's death. She cabled SRF to hold Memorial Services. These were held on November 25th at the Self-Realization Fellowship headquarters in Los Angeles, the chapel at the Lake Shrine in Pacific Palisades, and the SRF Churches in Hollywood and San Diego. SRF also wrote a letter of deep sympathy to Mrs. John F. Kennedy, and a letter of good wishes to our new President, Mr. Lyndon B. Johnson.

The designs of the Infinite Father are often obscure to our finite eyes, but we have faith that the tragic death of President Kennedy

will serve a high purpose and will help to unify the nation in ways of righteousness.

Among Mr. Kennedy's many speeches, perhaps these words from his Inaugural Address will be longest remembered: "Ask not what your country can do for you; ask what you can do for your country." This exhortation reminds us of Manu, ancient Hindu lawgiver, who advised men to be concerned not with their rights but with their duties.

On the day of his death Mr. Kennedy had intended to give a talk in Dallas. The concluding words of that speech are inspiring:

"We in our country, in this generation, are — by destiny rather than choice — the watchmen on the walls of world freedom. We ask therefore that we may be worthy of our power and responsibility; that we may exercise our strength with wisdom and restraint; and that we may achieve in our time and for all time the ancient vision of 'peace on earth, good will toward men.' That must always be our goal; and the righteousness of our cause must always underlie our strength. Or, as was written long ago: 'Except the Lord keep the city, the watchman waketh but in vain.' "

Scientific Healing Affirmations

By PARAMAHANSA YOGANANDA

Pocket edition of this inspiring book, with attractive cover in blue and white. Three illustrations in halftone.

Part I contains chapters on "Theory of Healing," "Why Affirmations Work," "Life Energy Causes the Cure," "Healing Body, Mind, and Soul," "The Nature of Creation," and "Technique of Affirmation." Part II contains the Healing Affirmations in large type, followed by an index.

Paper, 76 pp., 75¢

(If for California delivery, please add 4% sales tax)

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Mme. Galli-Curci, "Coloratura of Celestial Choice"

Mme. Amelita Galli-Curci, 81, died on November 26th in La Jolla, California. She met Paramahansa Yogananda in New York in 1926. She wrote: "The teachings of Yogananda give to life a purpose, joy, happiness, and bliss. They are the science of living and are applicable to all our daily problems and activities." In 1929 she wrote a Foreword to his book, *Whispers from Eternity*.

Paramahansaji often visited the diva and her husband, the late Homer Samuels, at "Sul Monte," their peaceful home in the Catskill Mountains in New York. In 1948 she assisted Yoganandaji at the dedicatory service for the Golden Lotus Tower at the SRF colony in Encinitas, California.

After her retirement from the world of opera, she turned to painting to express her creative spirit. "All art is one," she said.

An obituary in the *Los Angeles Times* stated that Mme. Galli-Curci was "considered by many to be the greatest coloratura soprano who ever lived." Paramahansa Yogananda would have agreed. At "Sul Monte" he wrote a poem about her:

By the flower-fringed lawn I was strolling;
A song came wafting.
 "Is it a nightingale or a fairy voice?"
Nay, coloratura of celestial choice!
I listened and listened.
When I had thought the song was best,
That the voice had passed a final test,
 Came whistling a deeper mystic note
 Straight from her Soul, the Spirit remote.



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