

Self-Realization

MAGAZINE



Founded in 1925 by PARAMAHANSA YOGANANDA



SELF-REALIZATION FELLOWSHIP STUDENTS TOUR SRF HEADQUARTERS DURING TRIENNIAL CONVOCATION IN LOS ANGELES

One of several groups that attended an Open House at Mt. Washington Center on August 1st. Brahmachari Leland (*facing group*) tells history of SRF headquarters and its founder, Paramahansa Yogananda. In background is a corner of building that houses SRF printing and mailing facilities.

Healing of Body, Mind, and Soul

SEPT. - OCT. 1960

25¢



A garlanded, life-size photograph of Paramahansa Yogananda (*center*), mounted on a specially constructed, fully opened "lotus" near the water's edge at SRF Lake Shrine, Los Angeles. This picture was taken at sundown on last day of Triennial Self-Realization Fellowship Convocation.

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September - October 1960

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Bro. Kriyananda, vice-president of SRF; Mr. J. M. Cuaron, Yogacharya of Mexico City SRF Center; Sister Dayamata, president of SRF; Mr. J. Oliver Black, Yogacharya of Detroit SRF Center; and an SRF student, in lobby of Assistance League Playhouse, Hollywood. They were attending a "gala premiere" of *In His Footsteps*, a motion picture taken by Sisters Dayamata and Mataji of sites in India important in the life of Yoganandaji.



Hundreds of SRF students raptly watch the film, which was shown in two installments, on August 2nd and 3rd.

Meditation - the Transcendental Way to God

By PARAMAHANSA YOGANANDA

A talk given at Mt. Washington Center on Nov. 11, 1934



No one ever has any ill effects from meditation. It cannot hurt you. Some people imagine that if they meditate they will go into the Infinite and never come back to earth. It is not so easy to enter the Infinite! Unless you know the way, you can't go out of the body; and if you know the way out of the physical form you shall be given knowledge of the way back into it.

Why not inquire what is behind the darkness when you close your eyes? That is the place to explore. "And the light shineth in darkness; and the darkness comprehended it not." (*St. John 1:5.*) Vast lights and cosmic forces are moving there. Make a little effort and discover what it is all about.

I don't want to give you words that inspire you only temporarily; I want to shoot star shells of wisdom straight into your darkness, so that when they drop there you may see for yourself the truth of what I am saying.

The Two Paths: Service and Meditation

There are two approaches to God-realization: the outer way and the inner or transcendental way. The outer way is to love and serve mankind; the transcendental way is by deep meditation. When many devotees follow these two paths there will arise a true United States of the World, with God and His love as man's Director and Guide.

You yourself must travel to the kingdom of heaven; it will not be sent to you by special delivery. We have to struggle on our way alone. From this day make a resolution in your heart to seek God. Do not be proud of your race or color; all men are His children.

Be proud only of the fact that you are a child of God! Correct your mortal attitude; take away the coverings of ignorance and find the light of Reality. Behold the Life that is behind all. Look within yourself. Remember, eternity is everywhere. You can speed your mind through eternity; by the power of mind you can go farther than the farthest star. The searchlight of mind is fully equipped to throw its superconscious rays into the innermost heart of Truth. Use it to do so.

You are punishing the soul by keeping it buried and slumbering in matter, life after life frightened by suffering and death. Realize that you are the soul. Unite your heart's feeling with reason. Cast off all mortal limitations and plunge again and again into deep meditation until you realize your Self as the soul.

The transcendental way is to reason until, by eliminating all the things you are not, you discover That which you are. Thus: "I am not the breath; I am not the body, neither bones nor flesh. I am not the mind nor the feelings. I am That which is behind the breath, body, mind, and feelings." When you go beyond — excluding everything, knowing that you are not the mind or the body, and yet you exist — That is what you are. You are That in which is rooted everything in the universe.

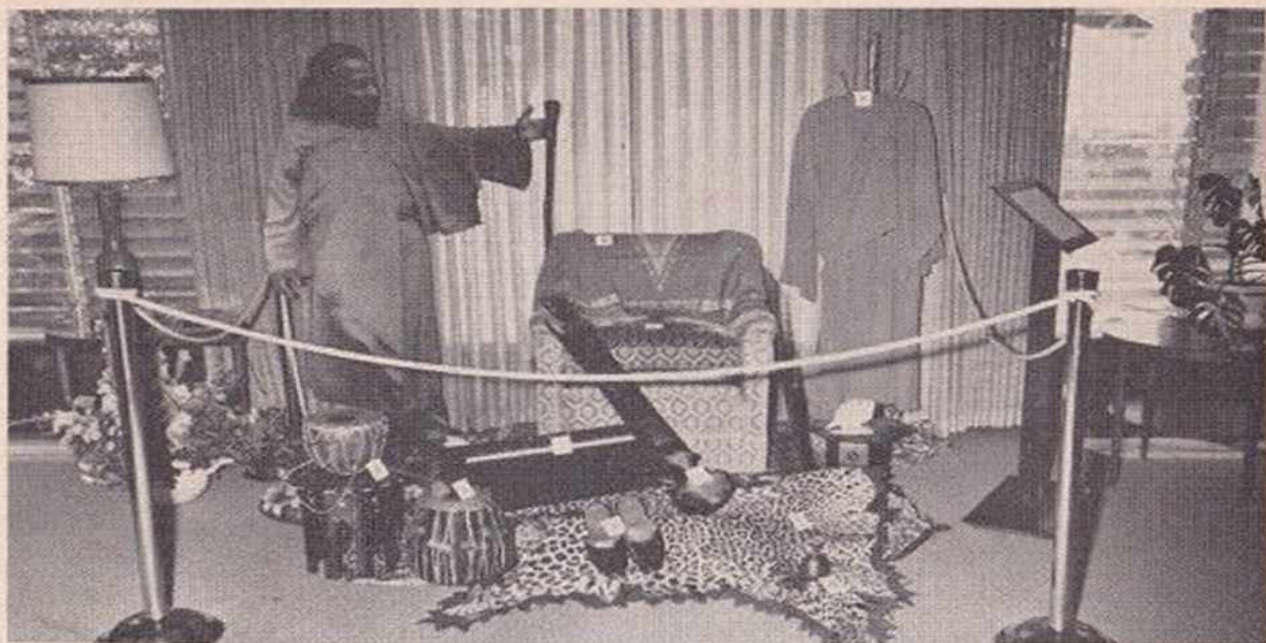
Skyfuls of Eternal Bliss will be Opened

It is a joyous experience, a splendid light, and all the worlds seem like a vast bed of joy and bliss. Banish the spiritual ignorance that makes you think this mortal life is real. Have these beautiful experiences for yourself in eternal *samadhi*, in God. Auroras of light, skyfuls of eternal bliss will be opened to you.

All great teachers declare that beneath this body is the immortal soul that sustains all. He who knows his soul knows this truth: "I am beyond everything finite; I now see that the Spirit, alone in space with Its ever-new joy, has expressed Itself as the vast body of Nature. I am the stars, I am the waves, I am the Life of all; I am the laughter within all hearts, I am the smile on the faces of flowers and in each soul. I am the wisdom and power that sustains all creation."

Realize that! My words may remain vibrating within you; but if you sleep on, you will not know it. But if you awaken from slumber, you will be conscious that the words I have spoken are ever vibrating within your soul. Meditate. Learn this liberating lesson. Wait no more. I came here not to entertain you with worldly festivities but to arouse your sleeping memory of immortality. I suffer for you, and will do everything to help you realize that illumination is within.

Free yourself forever!



(ABOVE) Mounted life-size photo of Paramahansa Yogananda, with his *danda* (staff) in hand, stands beside his meditation chair. On leopardskin are some of his personal effects: several musical instruments, a pair of slippers, a conch, and a bell. A swami robe hangs on rack.

(BELOW) Brahmacharini Erika (left, wearing *rudraksha beads*) tells about the display to visitors at Open House, Mt. Washington Center.



TREASURES FROM INDIA ON DISPLAY

Treasures from India displayed on Open House Day, August 1st, at SRF headquarters. (*On table, from left*) Painted dishes, and bowl and cups of gold-painted papier-mâché, from Kashmir; intricately carved ivory figurine of Lord Krishna; gold-embroidered picture of Taj Mahal, from Agra; carved ivory miniature of the Taj, from Delhi; round Kashmirian plate.

On floor (*foreground*) enameled drinking cup; dark painted tray from Kashmir; gold-embroidered picture of peacock, from Agra; jeweled box from Tibet; ivory-inlaid box; and round marble plaque with picture of Taj Mahal inlaid in mother-of-pearl, from Delhi. Articles are displayed on gold-embroidered silk sari from Benares.

Sister Dayamata's Travel Notes



Sister Dayamata, president of Self-Realization Fellowship (SRF) and Yogoda Sat-Sanga Society (YSS), recently spent sixteen months in traveling, mostly in India, beloved homeland of Paramahansa Yogananda, Guru-Founder of SRF and YSS. This section of Sister Dayamata's travel notes tells of her visit to Greece. Sister Dayamata was accompanied by Sisters Mataji and Revati.

October 20, 1959

Beloved Ones:

We are in flight now, high above the world — about 20,000 feet. Below us is the beautiful blue Aegean Sea, so still that not a ripple can be seen; but here and there on its bosom are little white dots — ships — looking like tiny toys. Over on my right a cluster of billowy white clouds floats through a sun-drenched sky. Oh, this is indeed a wondrous world the Lord has made! But, as our Guru Yoganandaji often said, though God created a beautiful dream-world for man, man has sometimes made a nightmare of it by his greed, selfishness, hatred, and small-mindedness. From up here, where one's consciousness automatically expands, it seems that the trouble lies in man's limiting the scope of his considerations merely to his immediate family, his community, and that small portion of earth he calls his country. Because to millions of men these interests are paramount, there are many wars and, in their wake, poverty and suffering.

Troubles come to shake man out of mental ruts, to force him to think in broader, more universal terms: all men are our own family; we have all sprung from a common parent — God. We should learn, too, to respect the customs and viewpoints of others — our brothers living in distant parts of the world. Their attitudes and ways of life have evolved out of the opportunities or restrictions of varying climates and environments. We should not expect that everyone think and behave alike. We should learn to understand and respect one another's differences. There is no other way to bring peace on earth.

Arrival at Athens, Ancient Capital of Greece

Now we are over flat, barren land, the Attic plain. Coming into view in the distance is ancient Athens — capital city of the Greeks, the residence of the King, and the educational and scientific center of Greece. As we arrive in the city our attention is attracted by two hills — barren, rocky, imposing. Atop one of them, surrounded by a fortresslike wall, stands the Acropolis, the storied stronghold of Attica and today one of the most important and beautiful sites in Greece. On the very summit of the other hill — Lycabettus (Hagios Georgios) — is the little church of St. George.

Inspiration From the Ancient Greek Sages

That part of Greece we are seeing today is as modern as any city in America; but my mind travels back through the centuries to those great men of its earlier civilization, which contributed so much to Western culture. "Thought for thought's sake" began in the Western world with the ancient Greeks. Modern atomic science can be traced back to Democritus (460-360 B.C.); Hippocrates (460-377 B.C.) was the Father of Medicine; Aristarchus (circa 270 B.C.) was the first Westerner to consider the sun to be the center of our planetary system. Aristotle (384-322 B.C.) was the first Western philosopher with "encyclopedic knowledge." He taught logic, ethics, politics, psychology, mathematics, astronomy, geography, botany, and zoology. The names of these subjects are all of Greek origin. Socrates (470-399 B.C.) was a man of God who believed, as we do, in transmigration of the soul, and in the law of karma or universal cause and effect. Here in the homeland of Socrates, seeing the very jail where he took the fatal drink of hemlock, I seem to be completely under his spell — in sympathetic attunement with this man who lived and died for Truth, even as Christ did centuries later. Socrates' mission was to preach logic; Christ's mission was to demonstrate love.

The humble Socrates did not seek to instruct others. His aim, he said, was to be like "a midwife, to bring others' thoughts to birth, to stimulate others to think and to criticize themselves."

October 22, 1959

Today we are going to see a part of the Athens of Socrates' time, and also some of its important modern buildings. We first view the Academy of Science, which is devoted to the study of both science and literature. On each side of the portico of the building is an Ionic column supporting a statue: on one side Athena, goddess of wisdom, and on the other, Apollo, god of light and music. Next to the Academy is the University of Athens; and beyond, the National Library.



Sister Dayamata in carriage at head of procession through streets of Simla, India; to attend reception in her honor, April 14, 1959, at YSS Center

We drive by the old Royal Palace, now Parliament. We see here the Royal Guards dressed in traditional Greek uniform: red cap with a long, dark blue tassel; embroidered jacket with slit sleeves; stockings of white wool worn under a short white pleated skirt; and shoes of red leather with large blue pompons on the toes. Mataji stops and takes pictures, while the guards try to look nonchalant as they stare straight ahead.

We Visit the Olympic Stadium

We then drive to see the Olympic, or Panathenaic, Stadium, where the athletic games are held. It seats 50,000 persons. Originally built of blue-veined Pentelic marble, between 330 B.C. and A.D. 143, the stadium was rebuilt — again entirely of marble — at the end of the 19th century. A beautiful setting for sports, it was the site in 1896 of the first modern Olympic Games.

Leaving the city of Athens, we drive to Mt. Hymettus (3,369 ft.), which is treeless. Our driver tells us that during the last war the people had to cut down all the trees for firewood. When peace came, the youths of Athens were encouraged by the government to plant small seedlings over the hills; these are now healthy young pines standing about four feet high.

An 11th-Century Byzantine Monastery on Mt. Hymettus

The road is good, but narrow, and we stop every now and then to allow the passing of a car going in the opposite direction. At the summit of the mountain we behold the most lovely of Byzantine monasteries, Kaesariani. Built in the 11th century, it now stands silent and alone; 130 years have passed since the last monk lived here. The walls of the church itself are covered with beautiful paintings depicting Christ and various events in his glorious life. We are told that sections of the building were once part of the old temple built in the sixth century B.C. and dedicated to Aphrodite, goddess of beauty. How peaceful and quiet it is in this lovely ancient church!

At Kaesariani we also see the old press with which the monks squeezed oil from olives picked from nearby trees; and the large refectory and kitchen, where cooking was done on an open fireplace in the center of the room.

Mount Athos — Ancient Ascetic Stronghold

We do not visit Athos, the holy mountain of Greece, but while in Athens we learn much about it. An autonomous monastic district on one of three parallel peninsulas, the holy mountain is the spiritual center of orthodoxy. Hermits settled here early in the history of Christianity; in the tenth century the first monastery was built. Today twenty monasteries are still standing; a few thousand monks remain here, living either in monasteries or in the mountain caves. These ascetics do not engage in study or social service but devote themselves wholly to "liturgy and prayer, mysticism and contemplation."

The sacred mountain has been a theocratic monastic republic since 1920, governed by a Holy Synod. No women, children, or female animals are permitted to enter. The paths leading over the holy mountain may be used only by male pedestrians and mules.

The monastery of St. Denis (sometimes called Dhionisiou) "rises out of rocks like a stronghold of asceticism." This monastery was founded in the fourteenth century. The gates are closed from sundown to dawn; lay monks look after the cattle. Here the monks live a community life and fast much. Attendance at church services is compulsory for eight hours out of the daily twenty-four. The monks are summoned to prayer by the beating of a cedarwood beam known as the *semantron*. This creates a toneless sound that reminds the monks of the "inevitable transitoriness of this earthly life." At mealtimes, one monk reads from the Holy Scriptures while his brethren eat bread and bean soup. Their drink is wine, made on the premises. The hermits living in the caves of Mt. Athos allow their hair and beards to

(Continued on page 47)

Thought Seeds

By PARAMAHANSA YOGANANDA



Nurtured in the soil of consciousness by daily meditation, watered with showers of the heart's devotion, may these thought seeds blossom into divine realizations.



I will drive away all despondency in order to make a mighty effort to feel God by meditation, until He finally appears.



I will try to perform only dutiful, noble actions to please God.



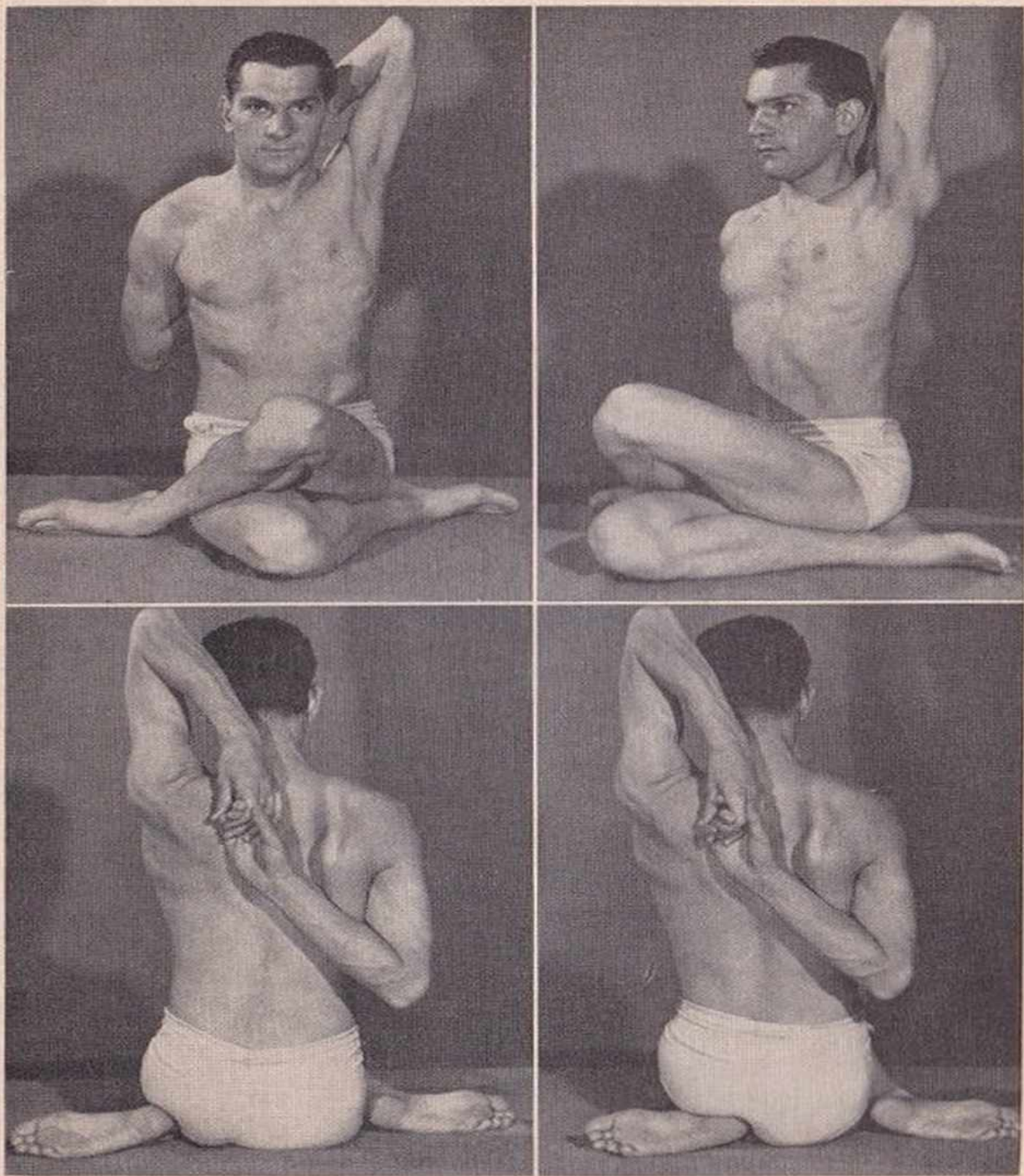
I will be calmly active, actively calm. I will not become lazy and mentally ossified. Nor will I be overactive, able to earn money but unable to enjoy life. I will meditate regularly to maintain true balance.



I am protected behind the battlements of my good conscience. I have burned my past. I am interested only in today.



Bless me, O God, that I may find Thee in the temple of each thought and activity. Finding Thee within, I shall find Thee without, in all people and all conditions.



GOMUKHASANA — THE BRACING-UP POSE

(TOP) Front and side views illustrate position of legs and arms, and show straightness of spine achieved in this pose.

(BOTTOM) Views of back showing handclasp and disposition of the feet in regular pose (*left*) and in variation (*right*) described on page 15.

Yoga Postures for Health

By B. TESNIÈRE, M.D., and BRAHMACHARI LELAND

GOMUKHASANA — THE BRACING-UP POSE

In the science of yoga great importance is attached to proper posture. An erect spine is an essential condition for developing physical health and mental harmony and for achieving spiritual progress. In India, correct posture is the first step in the spiritual training of yogis. Beginners must practice sitting upright for months before they are permitted to receive any further lessons.

Westerners, accustomed to leaning against the back of a chair when seated, find it difficult to learn to sit erect. Their back muscles are not strong enough to hold the spine straight for a long period of time. Exercises are needed, therefore, to build efficient muscles. *Gomukhasana*, the Bracing-Up Pose, is a remarkable yogic exercise for straightening the back* and for perfecting posture.

Gomukhasana is a composite of three Sanskrit words: *go* (cow), *mukha* (face), and *asana* (pose). The name *Gomukhasana* is very old, being first mentioned in the *Vedas*;† it was applied to this posture because, in this position, the legs resemble the forepart of a cow's face.

Technique for Assuming Gomukhasana

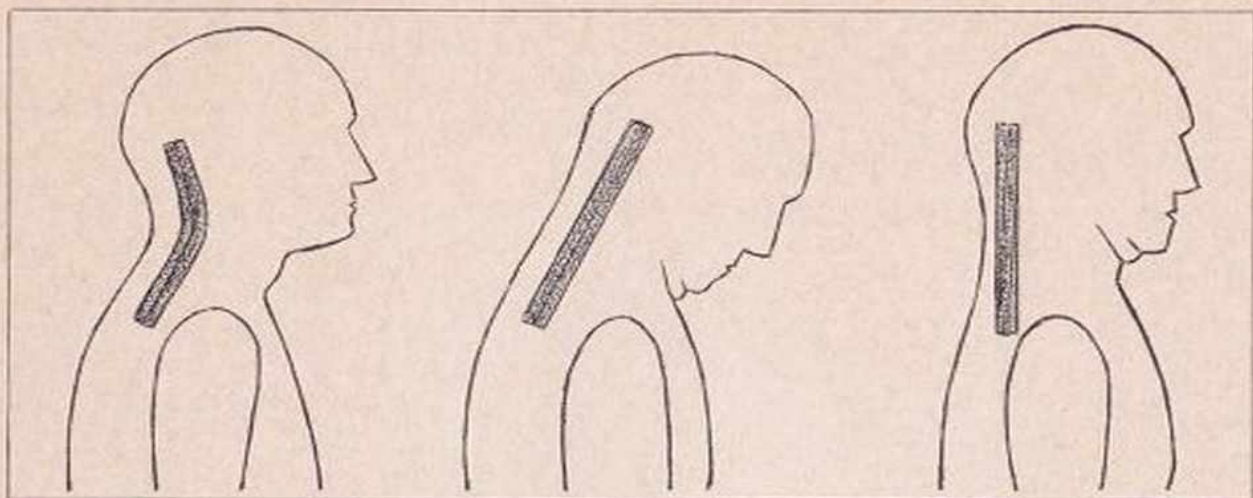
(1) *Position of the legs.* Sit on the floor with knees drawn up in front of the torso. Place the left knee on the floor with the left heel against the outside of the right buttock. Then place the right knee exactly over the left one and the right heel on the floor close beside the left buttock. Adjust your balance.

(2) *Position of the arms.* Place the left hand behind the back with palms out and fingers pointing upward. Raise the right arm and reach down behind the back with the right hand, fingers pointing downward. Catch hold of the left-hand fingers with the fingers of the right hand. Now press the joined fingers against the spine, in the region between the shoulder blades.

(3) *Position of the spine.* Straighten the spine in the following manner. First bend the neck forward until the chin touches the chest. The skin under the chin folds up, forming a "double chin." Then

**Bhujangasana*, the Cobra Pose, is also a wonderful straightening-up exercise. (*Self-Realization Magazine*, November 1958).

†*Trishikhi Brahmana* (36), *Sandilya* (3:3), and *Darsana* (3:3,4) *Upanishads*.



An excellent method for straightening the spine in the cervical region

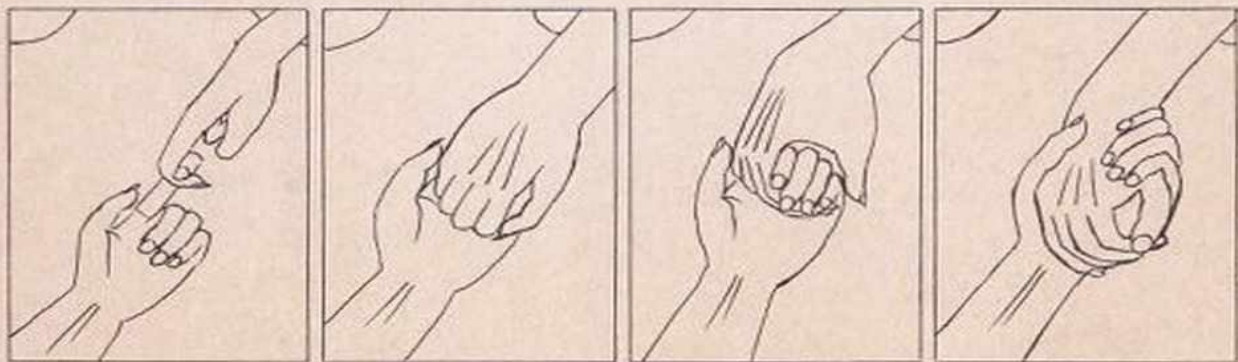
raise the head up until it is vertical and the gaze is straight ahead, *all the while keeping the double chin*. This is one of the best methods to straighten the spine. *Keep the spine straight* throughout the pose, feeling the tension of the back muscles in between the shoulder blades.

(4) *Breathing and timing*. Breathing is normal throughout the pose. Abdominal breathing may be easier in the beginning. Sit in the pose for one minute. Then reverse the position of the arms and legs and sit another minute in the new position.

Hints for Success

Persons whose bodies are stout, heavily built, or stiff will find it difficult to perform *Gomukhasana*. Those whose bodies are lean and pliable will be able to do the pose easily.

If the fingers do not meet, hold a handkerchief by one corner



Steps in achieving full grip in *Gomukhasana*

in the right hand and grasp the opposite corner with the left hand. By pulling on the cloth, gradually shorten the distance between the hands. When the index fingers meet, pull on them until you catch the middle finger in the grip. Gradually you will be able to make all four fingers meet. Some people succeed in grasping the entire hand.

One soon notices that the grip is easier to achieve on one side than on the other. This is common; it merely indicates that one needs more practice in whichever position is harder to do, in order to develop arms, shoulders, and chest in a balanced way.

The position of the legs also requires some attention. In the beginning the buttocks muscles may resist the noticeable pull they receive during the pose, but these muscles limber up with practice.

Variations of the Bracing-Up Pose

The many variations of *Gomukhasana* may be classified under three headings.

(1) *Position of the legs.* Instead of sitting directly on the floor, one may sit on one ankle or even on both ankles (crossing them under the buttocks). The latter variation is described in Tantric texts.

One may also do the pose while kneeling or standing, or even while walking.

(2) *Position of the arms.* The upraised elbow, instead of being held by the side of the head, is placed directly behind it. When straightening up the spine with the arm in this position, counteract the movement by pushing against the head with the elbow. This *resistance exercise* noticeably strengthens the muscles of the back.

(3) *Position of the spine.* Instead of being straightened out vertically, the spine may be bent forward, backward, or sideways. These spinal variations were practiced by the ancient Egyptians in a kneeling position.

Straightens the Spine

Gomukhasana is a remarkable exercise for proper body posture and alignment. As one may see by the photos, the practitioner keeps the spine erect, the head straight, the shoulders back, and the abdomen in. The finger grip behind the back acts somewhat like a bowstring, counteracting any tendency of the dorsal spine to slump forward. (See page 12.)

Faulty posture of the back, according to one theory, is due to the weakness of the muscles located between the shoulder blades. These muscles comprise not only spinal muscles but also the other

(Continued on page 43)

A SPIRITUAL INTERPRETATION OF THE *BHAGAVAD - GITA*

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

By PARAMAHANSA YOGANANDA



Continuation of commentary on Chapter XIII, Stanza 2

Without conscious intelligent guidance by the soul and by the ego, modified by prenatal karma, the body could not grow from a microscopic germ into a symmetrical human form. The normal body shows the presence of intelligent design by the proper growth of eyes, ears, nose, head, limbs, and organs. Without this inner guidance the human form might develop into a monstrosity; *e.g.*, the hands and feet might grow disproportionately, perhaps spreading out like the limbs of a tree.

The body grows from a microscopic germ into a full-sized human form by cellular multiplication. Though the nervous, epithelial, muscular, and osseous tissues of the body are highly differentiated, all are made from the same substance: small cellular particles. It is the soul that commands certain cells to be soft brain tissue or elastic skin tissue or strong muscular tissue or hard bone tissue.

As bricks could not arrange themselves into a house without the aid of an intelligent builder, so the original sperm and ovum cells could not multiply themselves into a characteristically human habitation without the supervision of Intelligence. Merely through good food

chemicals, human cells could not dispose themselves to form tendons, nerve tissues, bones, and different organs, nor install the sense telephonic system to serve all parts of the wonderfully intricate physical mansion for the soul.

Hence it is evident that all the tissues, made of cells, have been intelligently constructed into the human body. As the roof of a house could not be supported without walls or beams, so the bone-rafters of the body are provided to prevent it from rolling around like a jellyfish. As a cement room is made of small particles of cement, so the human body is constructed of small particles of organized cells. Analyzed further, the cells are understood to be made of even smaller particles: atoms, composed of electrons, protons, neutrons, positrons, and mesons, whirling in the relatively immense space within each atom. The proportionate structure of the atom is often compared to that of a solar system.

Man's Body is a 150-Pound Atom

From this standpoint it is seen that the human body is a product of minute atoms and subtle forces. Scientists say that if the *space* in the atoms of a physical body weighing 150 pounds could be removed, the constituent atoms of the body would be condensed into a single invisible particle that would still weigh 150 pounds.

Physicists no longer define a "body" as matter but as an electromagnetic wave. Why then does the body appear as solid flesh instead of being invisible like an atom? The answer is that the soul commands the atoms to assume the appearance of flesh; even as a moving-picture beam projects on the screen, by the intelligent design of the film producer, a seemingly substantial replica of the human body. Through a mental film of the physical form and by electroatomic energy, the soul produces a material human body, real not only to man's sight and hearing but to his smell, taste, and touch.

By further analysis the yogis of India found that the electroatomic body of man is made of finer, intelligent lifetrans that are condensations of the thought-trans of God. The structure of man and of all creation is a result of the vibrations of the Divine Mind. The Bible says: "God said, Let there be light: and there was light." (*Genesis 1:3.*) That is, the Lord's consciousness intelligently wove light (vibrations of thought and life force) to form the phenomenal world of minerals, vegetation, animals, and mankind. According to the yogi, therefore, the human body is made of the relativities of God's thought.

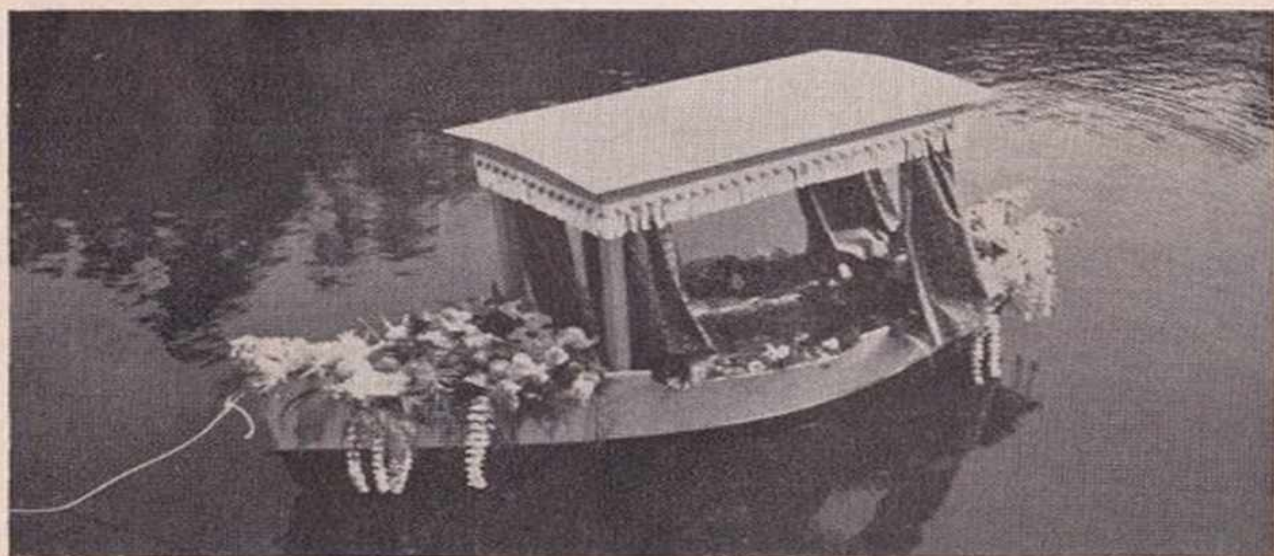
The following illustration will show how man can vibrate his unruffled consciousness into thought particles and produce the image of a dream man or a dream world in exact detailed duplication of a living man or of the world itself. A determined person can make the following experiment successfully.

If he lies down on the bed when he is very sleepy and analyzes his sleep state, he will find the sensations of bed, body, breath, and thoughts dissolving into the one peaceful perception of drowsiness. He should consciously keep perceiving this peaceful state of semiconscious sleep, wherein all sensations and restless thoughts are dissolved. In this state he will find his pure consciousness very powerful and plastic, ready to be molded into the image of a visualized body or of any other visualized object.

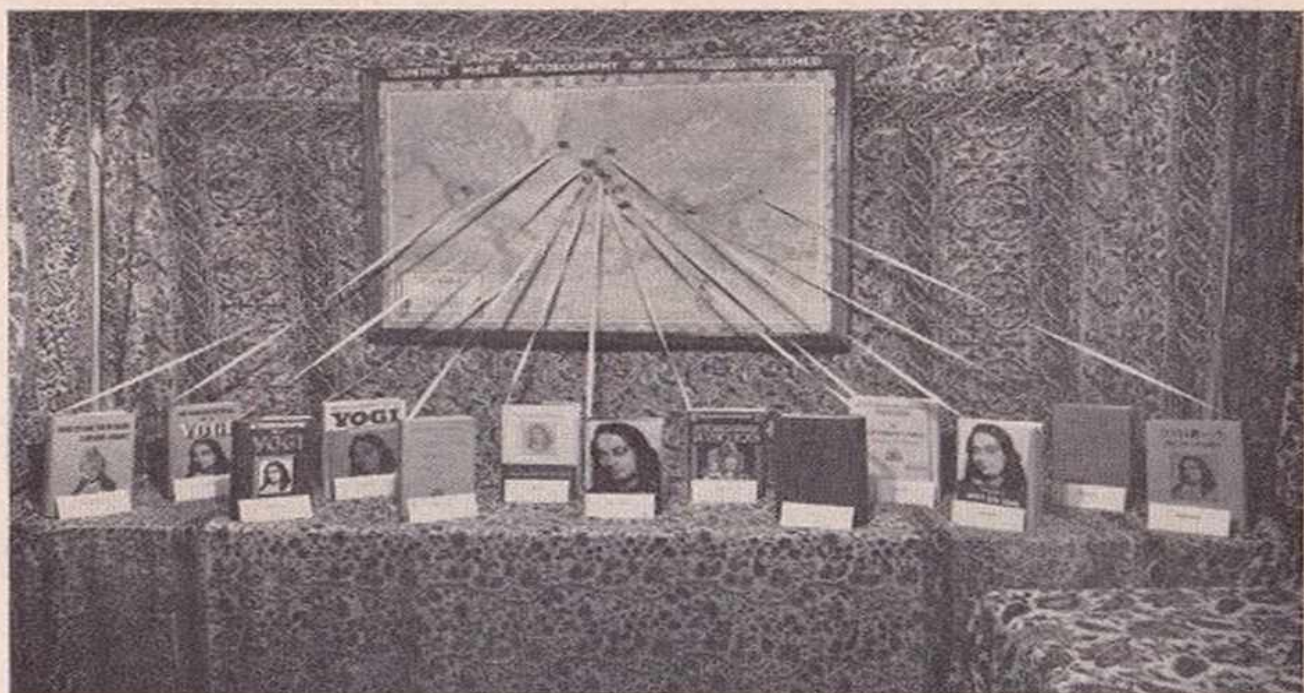
The Infinite Power of Thought

Thought in the restless state loses its potency. When it is concentrated, it can mold an idea into an actual dream image. If the man who is consciously enjoying the semiconscious state of sleep passively, with calm concentration visualizes the image of a man or any other object, he will then be able to materialize that specific visualization into a specific dream image. In this way the experimenter, by concentration and visualization, can materialize a complex thought-pattern of a man into the complex image of a man.

Similarly, by dissolution of restless thoughts and by consolidation of attention on a mental replica of the world, with sun or moon and stars, a man can produce a dream image of a sunlit or moonlit world.



One of the quaint sights at SRF Lake Shrine on the Day of Fellowship, Aug. 6th, was this six-foot flower boat, patterned after boats on Dal Lake in Kashmir. The tiny craft are used for vending flowers and fruit and occasionally as ferries to take passengers to and from the large residential river boats. Two SRF boats, one carrying flowers, the other fruit, were moored near the "Kashmir Houseboat" at SRF Lake Shrine (*see back cover*).



Display at SRF Convocation of thirteen editions of *Autobiography of a Yogi*. Each country where an edition has been published is marked on world map with a tiny paper reproduction of its flag. Editions shown are (left to right) Icelandic, American, British, Spanish, French, Dutch, German, Italian, Arabic, Greek, Swedish, Bengali, and Japanese.

A dreamer in the land of sleep can view a whole world made of the different elements, manifesting various forms of light, forest fires, bursts of atomic bombs, and all the sensory-motor experiences of the objective world. Man endowed with mind can create a dream replica of anything in creation. Even as God by His mind power materializes His consciousness into the cosmic-dream world, so man, made in His image, can also materialize ideas into a miniature dream world.

When a person sleeps peacefully, or remains calm without perceiving any thoughts or sensations, he then has within him, as one, the three elements of consciousness: knower, knowing, and known. When he awakens, his consciousness is divided into three factors — the perceiving physical ego, its perceptions, and its objects of perception (the human body and the world). Similarly, when a man dreams he divides his consciousness triply, as the dreaming ego, the dream consciousness, and the dream objects. In dreamland, the dream consciousness of man, by the law of relativity, can create a complete replica of a human being that thinks, feels, and engages in actions.

In the dream, the dreamer is aware of ego consciousness and of every process of subconscious experience, as well as of sensations of cold or heat; pleasure or pain; perception of the weather — rainy, hot, cold, or snowy; perception of painful diseases; perception of babies born or men dying; and sensory perceptions of earth, water, fire, and air.

The dreamer can perceive his physical ego as the doer of all the actions of his dream body. Or he can dissolve his dream ego into a perception of the blessed soul by dream ecstasy; or by higher dream ecstasy can feel his soul to be one with the ineffable Spirit. Likewise, the dreaming ego is able to perceive, will, feel, and reason; it can be aware of fear, anger, love, and tranquillity; and of sensations of sight, hearing, smell, taste, and touch.

The dreaming ego can experience all the complex processes of thought or emotions or sensations. It can feel the objectified dream world as made of the elements of earth, water, fire, and air. The dreamer can see colors with his dream eyes, hear music with his dream ears, smell fragrances with his dream nose, and taste food with his dream mouth.

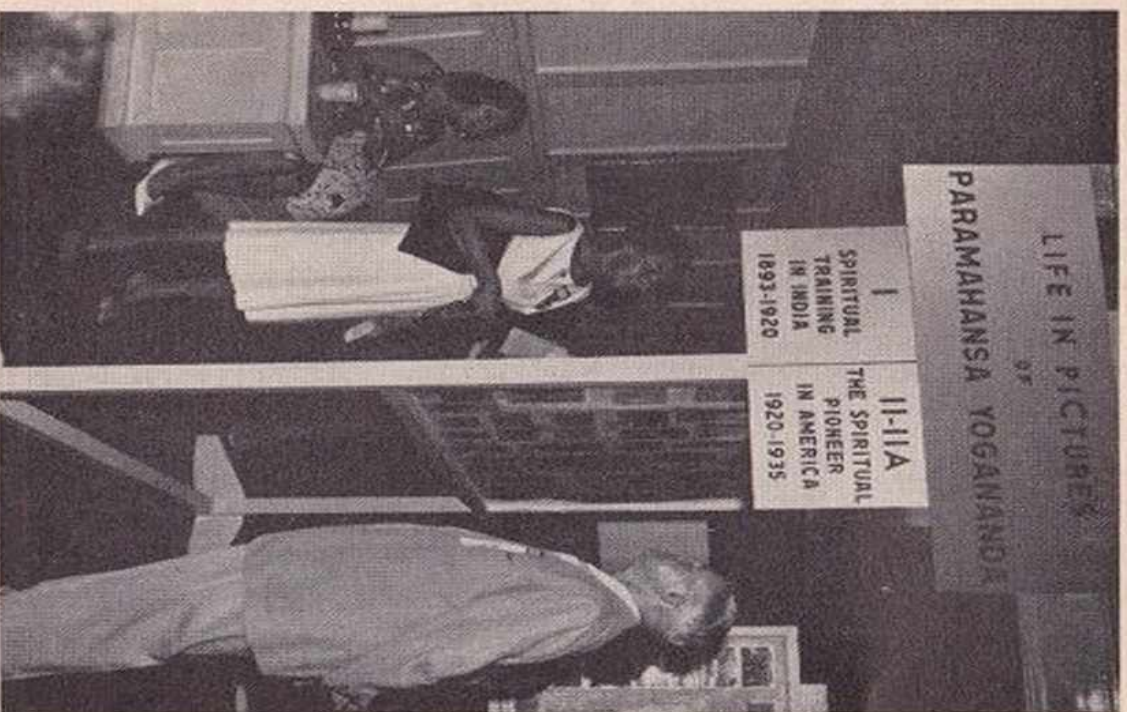
Man the Creator in the Land of Dreams

He can embrace dream friends with his dream arms; he can walk with his dream feet on the dream earth; he can see dream smoke coming from a dream fire; he can swim with his dream solid body in a dream lake; he can feel the cool or warm dream breeze blowing on his dream face; he can enjoy the changes of dream winter, summer, spring, or autumn. He can experience the poverty or prosperity in the world. He can perceive the manifestations of peace in happy countries. He can see the flashing of shellfire and the ravages of world wars.

In a few seconds a dreamer can make world tours by dream planes or dream ships. In the dreamland he can experience births and rebirths. If he is spiritually advanced he is able to see also the projection of astral persons and worlds.

But when the dreamer wakes up he realizes that all his dream experiences were made of the relativities of his one consciousness, materialized by the power of mind into visible dream images. Similarly, a man may perceive this world as dream experiences of the subjective ego. A Self-realized saint sees the universe as manifestations of life as suggested by the omnipresent Spirit.

The processes of mind, the perceptions of sensations and sense objects, and of the objectified dream body in the material world of solid, liquid, and gaseous substances — all are dreams of God introduced into man's consciousness.



SRF students intently study picture displays at Mt. Washington Center on Open House Day of SRF Triennial Convocation



Bro. Kriyananda chanting before showing of Sr. Dayamata's travel films of India, at Assistance League Playhouse, Los Angeles, Aug. 2nd .



Opening day of Triennial SRF Convocation, Aug. 1st. (UPPER) Registration at SRF Book House, India Center, Hollywood; a welcoming greeting from Sister Mukti (*near flag*) at entrance of SRF headquarters. (LOWER) Guests waiting their turn to visit Paramahansa Yogananda's rooms, now a shrine; Sister Uma (*left*) serves refreshments to an SRF student in main hall at Mt. Washington Center.

The SRF Triennial Convocation



The Triennial Convocation of Self-Realization Fellowship students, held in Los Angeles from August 1st through August 7th, left the hosts as well as the guests with many joyful memories.

In his poem *God! God! God!* Paramahansa Yogananda wrote:

In waking, eating, working, dreaming, sleeping,
Serving, meditating, chanting, divinely loving,
My soul constantly hums, unheard by any:
God! God! God!

The week of Convocation provided an opportunity for many Self-Realizationists to follow this ideal in the harmonious environment provided by our beloved Guru Yoganandaji and in the uplifting companionship of others of similar spiritual aspirations. From near and far—from most states in America and from ten foreign countries: Germany, Norway, Sweden, New Zealand, Canada, Argentina, Brazil, Chile, Colombia, and Mexico—devotees made pilgrimage to Los Angeles.

Open House Day at Mt. Washington Center

Hundreds of students arrived on August 1st for Open House Day. The delegation from Mexico and South America was so large that it was put in charge of one of the Spanish-speaking SRF renunciants.

The visitors were brought to Mt. Washington by car from SRF India Center in Hollywood, stopping en route at Forest Lawn Memorial-Park, where they meditated at the crypt of the blessed Guru-Founder of SRF, Paramahansa Yogananda.

Arriving at the Mother Center, the pilgrim-devotees were escorted on a tour of the main buildings: the Rajasi Janakananda Ashram for monks of the Order; their office and refectory; the Publications Building, containing various printing machines and mailing equipment; and finally the headquarters building. Here the visitors were served refreshments and shown about the library, where personal effects of Paramahansa Yogananda were on display.

In one section of the main lobby the life and work of Yoganandaji was depicted in pictures mounted on large boards. Another at-

tractive display consisted of articles from various countries visited in 1958-1959 by Sister Dayamata, SRF president. These included gifts from Sri Shankaracharya Bharati Krishna Tirtha of Gowardhan Math, Puri: silver figures of Lord Shiva and Sri Krishna, a pair of *sannyasi* slippers, and a shawl worn by His Holiness; gifts from the great Bengali saint, Ananda Moyi Ma: a meditation shawl, a fan, *rudraksha* beads, and a tiffin carrier; a china cup used by Lahiri Mahasaya, given to SRF by his grandson Satya Charan Lahiri; a piece of cloth from the bed of Lahiri Mahasaya, given to SRF by another grandson, Abhoy Charan Lahiri; a Kashmir shawl from Indira Devi, the Maharani of Cooch Behar; an orange sari threaded with gold, from Sri Prabhas C. Ghosh, YSS vice-president; and a handsome *rajgir* leopard skin from Sri B. N. Dubey of YSS Yogoda Math, Dakshineswar.

Highlights of the day were the visit to the simple third-floor apartment of Paramahansa Yoganandaji, now preserved as a shrine, and the opportunity to meditate awhile in the first-floor Mt. Washington Chapel, where he conducted services for many years.

In the evening Convocation participants were officially welcomed in SRF India Hall, Hollywood, by the Self-Realization Fellowship president, Sister Dayamata, and by the vice-president, Brother Kriya-



First group to arrive at Mt. Washington Center on Aug. 1st, opening day of Triennial Convocation, visits Rajasi Janakananda Ashram



SRF students gaze out over the Pacific Ocean or walk about the grounds of SRF Hermitage, Encinitas, during Pilgrimage Tour, one of the special events of the SRF Triennial Convocation. Two students at far right are coming out of Paramahansa Yogananda's study, where he wrote many chapters of *Autobiography of a Yogi*.

nanda. He introduced to the students the ministers who would teach the twelve classes scheduled for the following three days. A film of Paramahansaji, taken in 1950 at the dedication of SRF Lake Shrine, was then shown.

Brother Kriyananda, Brother Anandamoy, Brother Bhaktananda, and Brahmachari Leland conducted the classes. In the mornings the SRF techniques (Recharging Exercises, *Hong-Sau* Concentration, and *Om* meditation) were explained, and in the afternoons lectures were given on "Yoga Health Practices," "Yoga Teachings in the Bible," "The Importance of Loving God," "SRF Way of Life," and "The Sacred Path of *Kriya Yoga* Discipleship."

Films of Sister Dayamata's Indian Travels

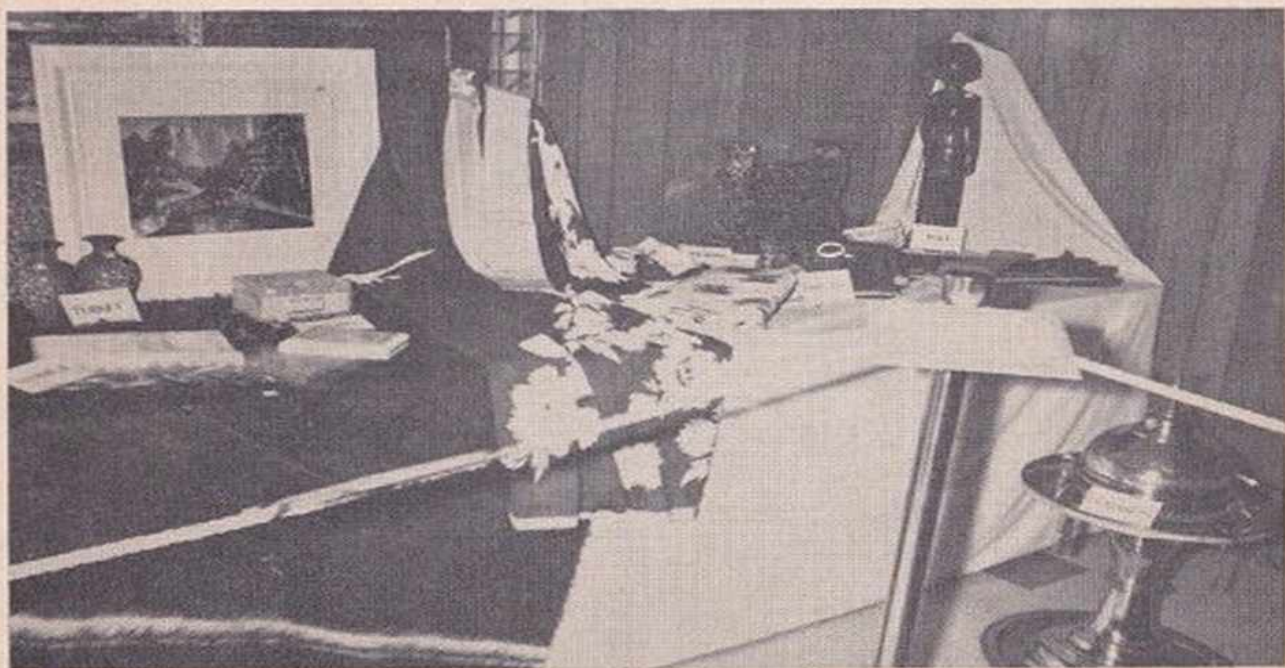
On the evenings of August 2nd and 3rd, motion pictures of India were shown at the Assistance League Playhouse in Hollywood. These had been filmed in color by Sister Mataji as she and Sister Dayamata visited the various places in India where Yoganandaji once lived and taught and communed with God; hence the film's title, *In His Footsteps*. SRF devotees at the Mt. Washington Center had assisted with

the editing of the film, and in addition had performed an extraordinary feat in taping separately a running commentary and musical background that synchronized perfectly with the silent film.

Yogacharya J. Oliver Black Speaks at Service

Mr. J. Oliver Black, Yogacharya of the Detroit SRF Center, gave an illuminating talk on "The Guru-Disciple Relationship" at the Thursday evening service in SRF Church in Hollywood. Yogacharya Oliver has presided over the flourishing SRF Center in Detroit for eighteen years, and delivers inspiring SRF radio broadcasts weekly over station CKLW.

Students were happy to have an opportunity during the Convocation to greet Mrs. Mildred Lewis, widow of the beloved late vice-president of SRF, Dr. M. W. Lewis. Doctor's classes and meditation services had been an inspiring part of the program in previous years. Many copies were sold during the Convocation of the memorial booklet, *The Life Story of Dr. M. W. Lewis*.



A corner of the exhibit of arts and crafts of countries visited by Sister Dayamata in 1958-59, displayed on Open House Day, Aug. 1st, Mt. Washington Center. Among the articles: two bead-encrusted vases from Turkey, a box and book covered in mother-of-pearl from Jordan; a framed picture and a kimono from Japan, a musical instrument and a statuette of carved teakwood from Bali, and a brass brazier (*on floor*) from Lebanon.



A group of SRF students view the large Heidelberg cylinder press in SRF Publications Building; Open House Day, August 1st, SRF headquarters

Kriya Yoga Initiation at Mt. Washington Center

A *Kriya Yoga* Initiation, conducted by Sister Dayamata, was given to eligible SRF students on Friday evening at Mt. Washington Center. A Rose Ceremony, held simultaneously at India Center in Hollywood, was attended by many students who had received *Kriya Yoga* in previous years and by new students not yet eligible for *Kriya*.

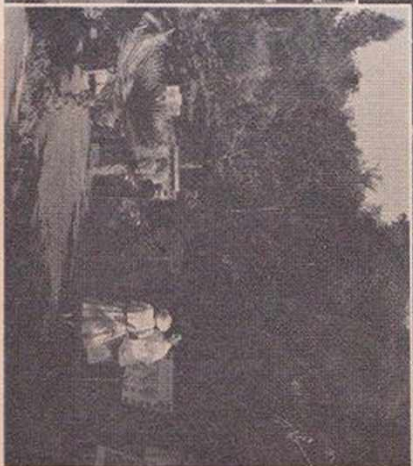
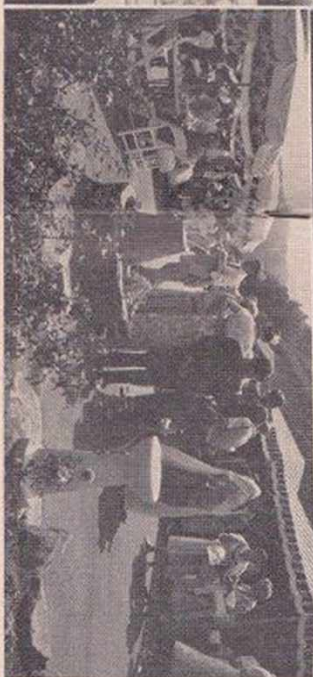
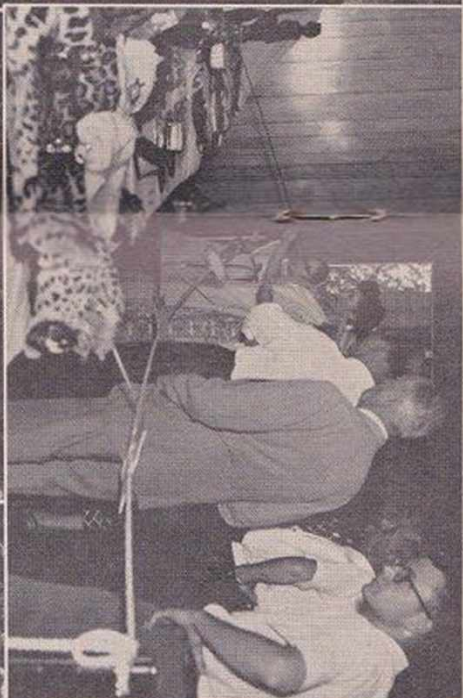
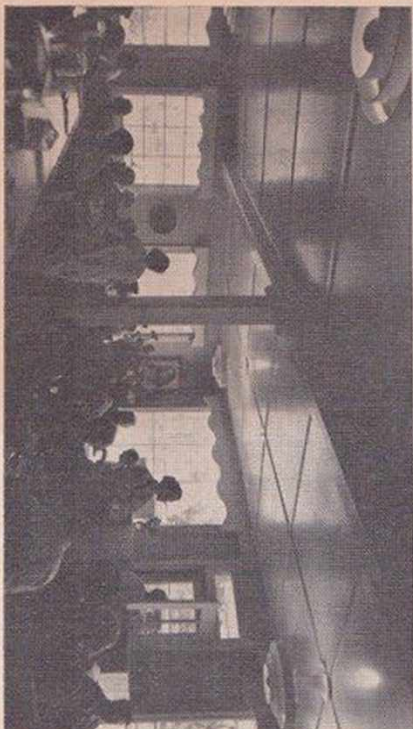
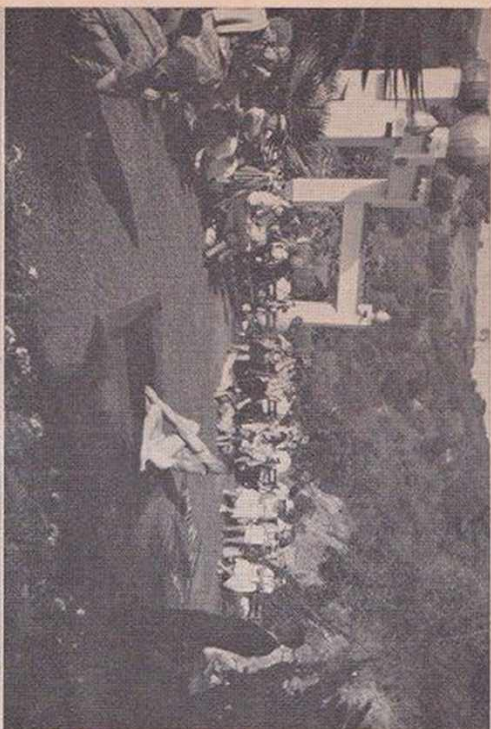
Day of Fellowship at SRF Lake Shrine

On the following day Convocation participants enjoyed an afternoon at SRF Lake Shrine, where they found much to interest, entertain, and inspire. On an upper terrace pictorial exhibits, mounted on easels, depicted the life and work of Paramahansa Yogananda and the growth of the SRF movement in the years since his *maha-samadhi* in 1952. On another terrace expert students gave exhibitions of yoga asanas.

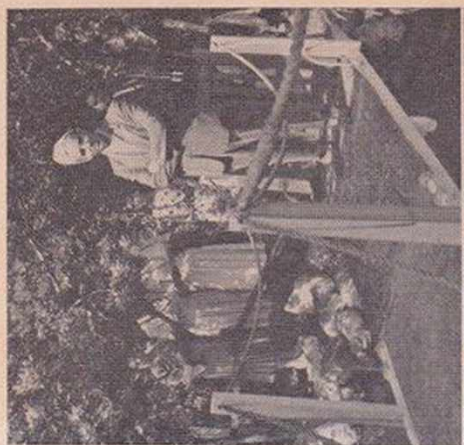
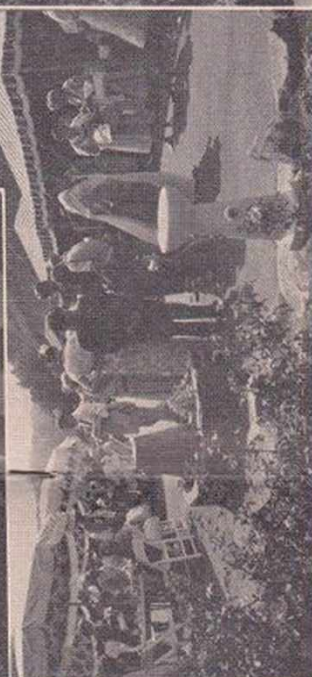
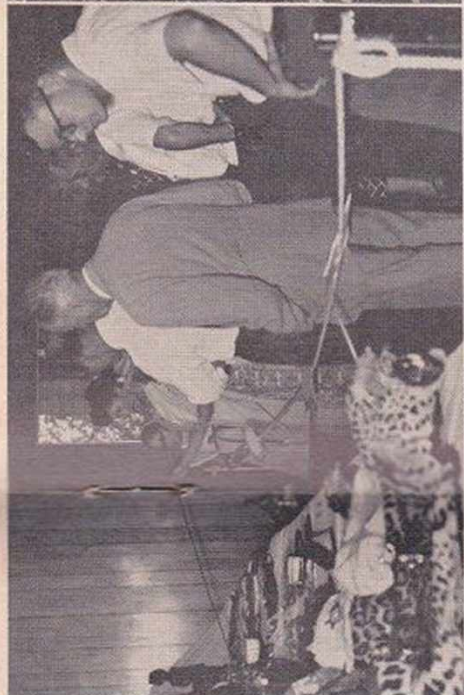
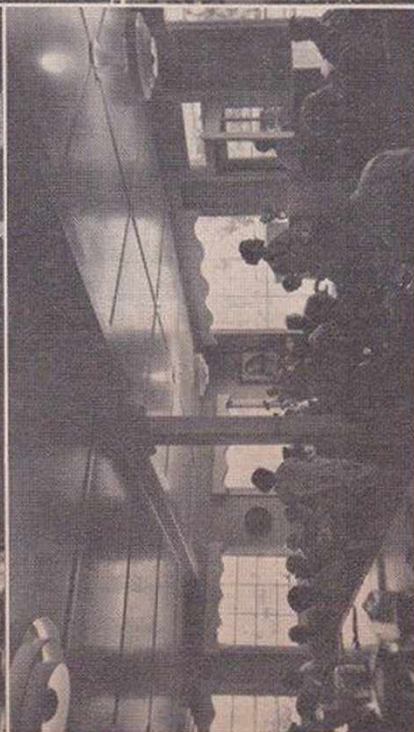
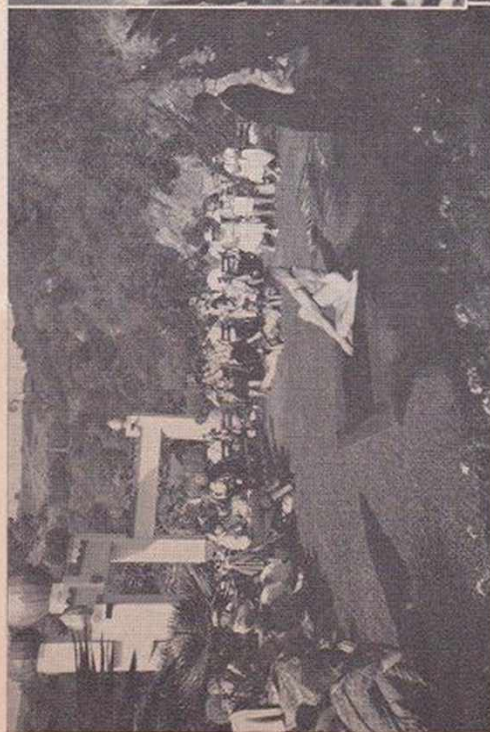
It is the custom for devotees in India, at auspicious times and in auspicious places, to place, with a prayer, a lighted candle in a

(Continued on page 30)

SCENES AT SELF-REALIZATION FELLOWSHIP CONVOCATION IN AUGUST. (Captions on page 31)



SCENES AT SELF-REALIZATION FELLOWSHIP CONVOCATION IN AUGUST. (Captions on page 31)



(Continued from page 27)

little flower boat upon the holy river Ganges. SRF students observed a similar practice at the Lake Shrine, setting adrift tiny boats about ten inches long bearing a few blossoms and a lighted candle.

The Mississippi-style houseboat had been transformed into a "Kashmir Houseboat," laden with treasure from India. Here saris, ivory work, and brassware could be purchased, and spiritual treasures in the form of books by Paramahansa Yogananda. Thirteen editions of his *Autobiography of a Yogi*, published in various countries, were on display. In the spirit of Indian hospitality, light refreshments — rose tea and "Himalayan crunch" — were served to all who came aboard.

Students who were strolling about the grounds could stop at a shady spot and listen to a bearded "sadhu" telling stories about the sacred life of Paramahansa Yogananda, and various tales from the scriptures. Under a tree near the main path, another "sadhu" was



SRF students performing recharging exercises during one of the Convocation classes at SRF India Center. Stained-glass dome (lower right) is part of SRF Church. (Building across street is Kaiser Foundation Hospital.)

reading aloud continuously from the *Bhagavad-Gita* for all those who paused to listen to its words of eternal solace.

At the conclusion of the festivities on this Day of Fellowship, students gathered on the spacious lawn near the Gandhi World Peace Memorial to meditate, to chant to the Cosmic Beloved, and to hear a talk by Sister Dayamata. At the close of her short speech Brother Kriyananda chanted the *Brahmanandam* ("Hymn to Spirit"). As he sang, a large, specially constructed lotus flower on the dais slowly opened, revealing a mounted photographic image of Yoganandaji, the beloved Guru of all SRF students. At this moment Master's voice was heard speaking, through a recording of one of his talks many years ago. His words, impregnated with the God-realization symbolized by the opened lotus flower, shed their fragrant blessing on all. After a period of chanting and meditation, the students formed a silent procession, filing past the picture of Yoganandaji to make a farewell *pro-nam* (reverential Hindu greeting).

Pilgrimage to Encinitas

Early in the morning of the following day, a hundred students, in two buses and in private cars, motored to the SRF World Brotherhood Colony in Encinitas. Here they divided into two groups for a tour of the colony. After luncheon at the Cafe, the pilgrims walked to the SRF Retreat nearby, where they were shown around by the Retreat director, Mr. James J. Slavos. They met with Brother Kriyananda in the Retreat Chapel for chanting and meditation. →

CAPTIONS FOR PICTURES ON PAGES 28-29

Scenes from SRF Convocation at Los Angeles in August. (*Top row, from left*) Asana demonstration, SRF Lake Shrine; foreign arts and crafts display, Mount Washington Center; Kashmirian-hatted "steward" on gangplank of "Kashmir Houseboat," SRF Lake Shrine.

(*Center row*) Students in one of the twelve classes held at SRF India Center, Hollywood; Sister Dayamata, SRF president, arriving for the Day of Fellowship at SRF Lake Shrine; a "sadhu" (*extreme left*) reads from the *Bhagavad-Gita* while "disciple" and visitors listen, SRF Lake Shrine.

(*Bottom row*) Students at lunch, SRF Cafe, Encinitas; gay canopies and umbrellas of refreshment area, SRF Lake Shrine; students viewing easel displays picturing SRF activities at home and abroad, SRF Lake Shrine.

The group next went to the SRF Hermitage, seeing on the way the nuns' ashram, the orchards, the produce packing shed, and the monks' ashram. At the Hermitage they were greeted by Brother Bhaktananda and Sister Sraddha. After seeing the main hall the devotees went one by one to Yoganandaji's rooms for a moment of meditation, passing through his study to the lawn on a bluff overlooking the ocean. After a tour of the Hermitage grounds, the guests were taken back to Los Angeles.

It was a Convocation of great harmony, permeated by the deep enthusiasm and devotion of all participants. "Never before have I seen so many joyous faces—so many happy people together," said one of the SRF students who was attending a Convocation for the first time. The true inner joy that is given to all devoted disciples of the SRF Masters was the greatest blessing the devotees could take home from this Convocation and into their everyday lives.



An SRF "sadhu" enthralls listeners with stories about the holy life of Paramahansa Yogananda. The occasion was the Day of Fellowship, an SRF Convocation event at SRF Lake Shrine, August 6th.

News of SRF Centers

Los Angeles, California

Ministers Leave for SRF Work in Europe and India

Brother Kriyananda, vice-president of SRF, and Brother Anandamoy, SRF minister, departed by plane on September 26th for Europe, where they will conduct classes in SRF teachings and give *Kriya Yoga* initiation to eligible SRF students. After jointly conducting a meeting at the London SRF Center they will go separate ways. Brother Kriyananda will conduct meetings in the French language during visits to Paris, Geneva, Milan, Florence, Rome, and Catania in Sicily. He will go on from Europe to India, where he will remain for some time to assist with the work of Yogoda Sat-Sanga Society (as SRF is known in India).

Brother Anandamoy will conduct meetings in the German language during visits to Hamburg, Berlin, Hanover, Cologne, Nuremberg, Frankfurt, Stuttgart, Munich, Vienna, and Zurich. Afterward, he will hold meetings in the English language in Amsterdam and London. Brother Anandamoy will then return to Los Angeles via New York, where from December 4th through December 10th he will give classes and conduct a *Kriya Yoga* initiation for eligible SRF members.



Brothers Anandamoy and Kriyananda emplaning for Europe, Sept. 26th

(All SRF students in the eastern U.S.A. will be notified regarding time and place.)

A farewell banquet was held at SRF Mt. Washington Center for Brothers Kriyananda and Anandamoy on September 20th, and lay disciples of the Los Angeles area held a banquet for them the following evening.

The Mother Center plans to send a minister to Europe each year. Sister Dayamata, president

of SRF, hopes to visit major cities in Europe during the autumn of 1961. She is leaving on October 10th of this year to visit SRF Centers in Mexico.

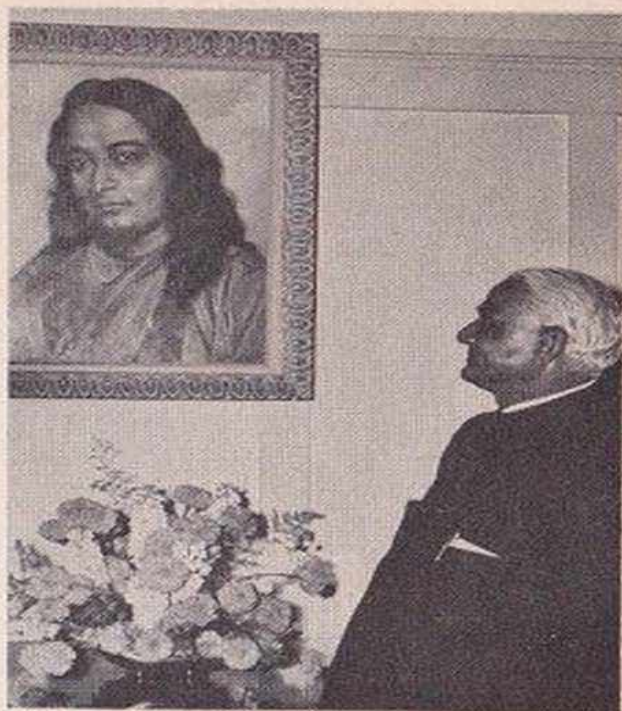
*Distinguished Educationalist
Visits Mt. Washington Center*

Mr. R. R. Diwakar, a distinguished educationalist and author, a former Minister of Information in the Government of India, and now editor of the leading Kanar-ese daily, *Samyukta Karnatak*, on September 19th visited SRF headquarters, where he had dinner with Sister Dayamata. His stay in Los Angeles was sponsored by the World Affairs Council.

Mr. Diwakar was a member of the Constituent Assembly that drafted the present Constitution of India and also served as Governor of the State of Bihar. He is the joint editor, with Mr. K. M. Munshi, of the popular Book University Series published by *Bharatiya Vidya Bhavan* in Bombay, India.

He came to the United States as a guest of the State Department, and is planning a documentary film on the life of Mahatma Gandhi. (In 1920 he associated himself with India's freedom movement under Gandhi, and spent ten years in prison.)

Among his numerous interests in coming to the United States was a desire to visit Centers where Yoga and Vedanta studies are being carried on. He had already



Mr. R. R. Diwakar

visited the YSS (SRF) Ashram and School in Ranchi, Bihar, and was deeply impressed with the work of its founder, Paramahansa Yogananda, in India and America. Some years ago, in India, he read *Autobiography of a Yogi* by Paramahansa Yogananda.

Mr. R. R. Diwakar specially requested that the photograph of himself (*on this page*), be taken near the portrait of Yoganandaji.

Talk With Scientists

At the request of a discussion group of professors doing special work this summer at North American Aviation, Inc., Los Angeles, Brahmachari Ernest of Mt. Washington Center talked with them

on August 30th on the subjects of Yoga and the SRF work. Present were Dr. Thomas Boehme, Dr. Waxell, Dr. Baumhind, and Dr. M. Gilder, all of whom are university professors of mathematics or physics.

Yogacharya Cuaron Makes South American Tour

Yogacharya J. M. Cuaron returned to Mexico in mid-July after a three-month visit to SRF groups in the Spanish- and Portuguese-speaking countries of South America and the West Indies.

Altogether Yogacharya Cuaron visited twenty-one SRF centers

and meditation groups in Colombia, Ecuador, Peru, Chile, Argentina, Uruguay, Paraguay, Brazil, Venezuela, Puerto Rico, and Cuba. He gave *Kriya Yoga* initiation to 700 SRF devotees, and spoke before many persons at other services. The largest initiation took place at the Buenos Aires SRF Center in Argentina, where 148 devotees received the *Kriya Yoga* technique.

He felt that his trip was deeply blessed by Master. Yogacharya Cuaron missed by only four days the catastrophic earthquake in Chile. Twice he entered revolution-racked countries but was able to complete his journey safely without incident.



These dolls, most of them clad in colorful Indian saris, were dressed by ten members of SRF Church, Hollywood, for sale at Convocation



Yogacharya J. M. Cuaron of the Mexico City SRF Center with some of the 700 students he initiated in *Kriya Yoga* during a recent three-month tour of South America, the West Indies, and Cuba

(LEFT, FROM TOP) Group at Mar Del Plata, Argentina; Mr. Cuaron (*left*) beside painting of SRF Gurus by Sra. Frey Rodriguez (*right*), Rio de Janeiro, Brazil; group at Cali, Colombia; and at Rio de Janeiro

(RIGHT, FROM TOP) Latin-American students at Mt. Washington Center during 1960 Convocation; *Kriya Yogis* at Asuncion, Paraguay; at Cordoba, Argentina; and at Curitiba, Brazil

Letters From SRF Students

"The days at the Convocation are a wonderful memory to me — it was a beautiful occasion for all of us. I had so wanted to see pictures and more pictures of Master — and there they were, arranged at eye level on big boards for us to gaze upon at one time.

"Won't you please show at the next Convocation the motion picture, *In His Footsteps*? It was so beautiful to visit in this way all the places connected with Master's life. Always I had wanted to visit India; now, on your magic carpet of pictures, I have been there and felt her spiritual beauty. . . . It is refreshing to find people like yourselves that not only preach their religion but *live it daily*." — *H.T., Salem, Oregon.*

"The hospitality and graciousness shown to all of us during the recent Convocation was so warm and in keeping with the Master's teachings that we absorbed it like deep-sea sponges. Mt. Washington, India Center, Pacific Palisades Shrine, and Encinitas were very beautiful — elegant in their charming simplicity. Everything was immaculate, even in the print shop and the kitchens; not a paper or a pan out of place. The grounds of all the centers were like gardens of Eden. And all traces of effort were absent from those wonderfully happy faces you all are blessed with.

"Every moment of the week was well planned: the lectures and meditations; the trips to Forest Lawn, Pacific Palisades, and Encinitas; the asana demonstrations; and all the other events — too numerous to mention — were helpful and inspirational. The unusual food and the fruit drinks appealed to me greatly. The chanting was unique and fascinating; I had no idea chanting could be so beautiful. Brother Kriyananda's melodious voice rang in my ears for days afterward.

"The young ministers' talks were interesting and helpful, as were the stories of the disciples' personal experiences with the Master. What a saint he was! I hated to have the Convocation end. And Sister Dayamata — I just can't find words to describe how she inspired me during her talks. The *Kriya* Initiation conducted by her will be vivid in my memory forever." — *O.M., Tacoma, Washington.*

"I will never forget the wonderful, inspirational week spent at the Convocation in Los Angeles. Since then I have been putting to good use the knowledge I gained. All the various techniques for exercises and meditations are of great benefit to me." — *M.A., Encinitas, California.*

"I thought the Convocation was organized and run exceptionally well. The finale, which included Master's likeness in the lotus blossom

and a record of one of his addresses, was a beautiful and fitting climax to a wonderful week." — *J.W., Jackson Heights, N.Y.*

"Everything about the Convocation was perfection. The teachers gave much useful information. Even more important to me was the inspiration by example that each of the renunciants gave in his own way." — *B.J., Redondo Beach, Calif.*

"The issue of *Self-Realization Magazine* about Dr. Lewis was inspiring. I read it every day and each time I find something that helps me." — *G.G., Montreal, Canada.*

"I have rarely experienced such tears of joy as when I read the life of Dr. Lewis in *Self-Realization Magazine*. It is rewarding to see a Westerner so blessed not only by the *Kriya Yoga* technique but also by the guidance of the Master Yoganandaji." — *G.H., St. Paul, Minn.*

"I greatly enjoy *Self-Realization Magazine*, particularly the interpretation by Paramahansa Yogananda of the *Bhagavad-Gita*. Reading it is my nightly inspiration." — *I.J., Syracuse, N.Y.*

"Sister Dayamata writes such interesting articles on her wonderful trip abroad! Her way of writing makes me feel that I am right there with her." — *L.C., Wilmington, Delaware.*

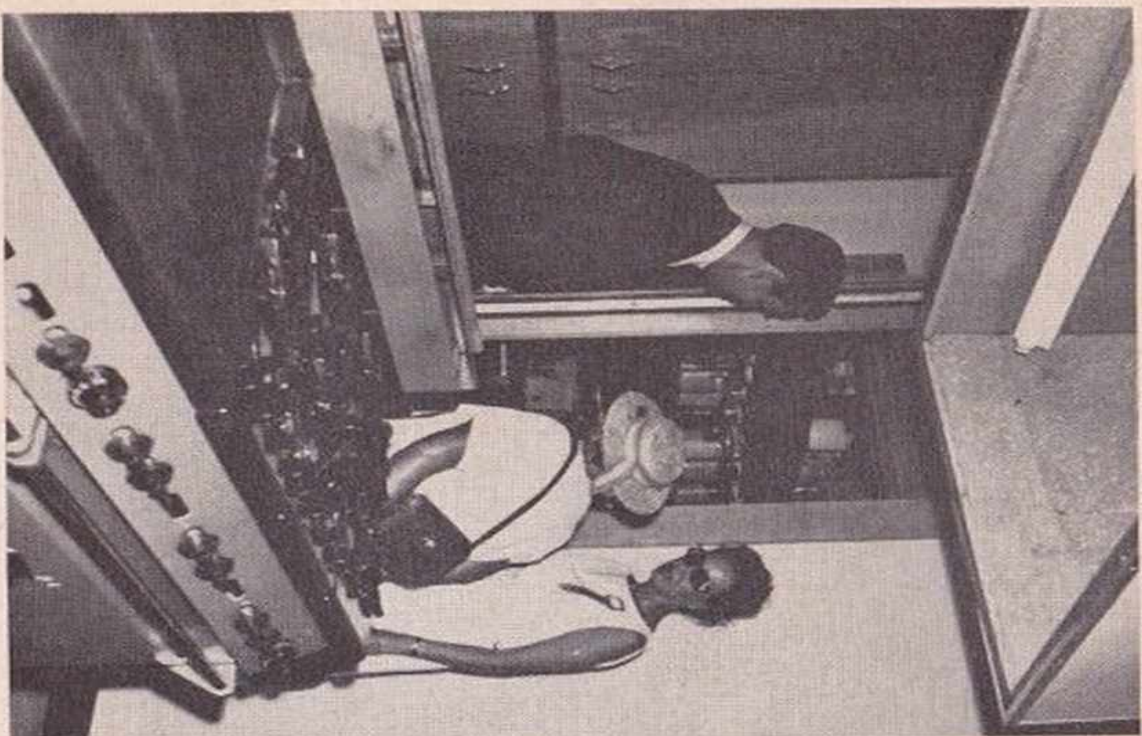
"The teachings of our beloved Gurudeva Paramahansa Yogananda have transformed my life so completely that I don't recognize myself as the woman I was before. All has changed: life, senses, actions, reactions, thoughts, everything! It is like living in a different world, full of love, joy, and understanding." — *M.C., Havana, Cuba.*

"The Lessons are filled with the breath of God and the goodness of man. Would that the whole world could partake of this treasure; if it did, surely goodness and mercy would follow men through the years." — *J.F., Brookville, Ohio.*

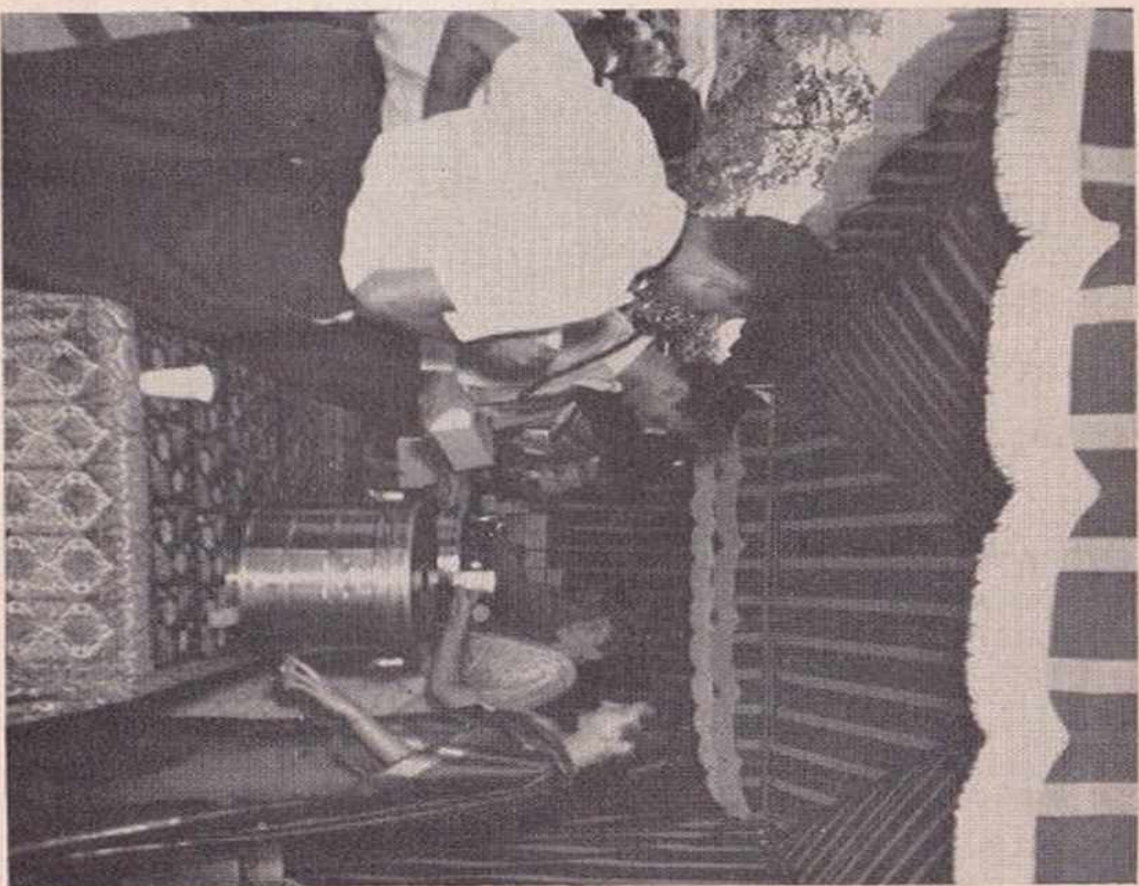
"If the Lessons were sold for the price they are really worth to mankind, all the money in the world couldn't buy them; their wisdom and beauty is priceless." — *J.T., Windermere, B.C., Canada.*

"I have looked for truth for so long, and now I find that what I sought after was knowledge of my Self. How simple, direct, and revealing are Master's Lessons!" — *W.P., Mentone, Calif.*

"I have had to make my life over, as I was at spiritual bottom. Without the help I received from SRF teachings I could not have succeeded. Besides a drinking problem, I had many character defects, some of which I am still trying to eliminate. But I remember Sri



Kitchen and walk-in refrigerator at monks' refectory are viewed by Convocation guests on Open House Day, August 1st, SRF headquarters



Guests are served fruit juices and boxed lunches at gaily striped refreshment tent on Day of Fellowship, SRF Lake Shrine in Pacific Palisades, August 6th

Yuktaswar's words that as long as one is making a sincere spiritual effort, that is what counts. I have regained my self-respect and am employed in a responsible position. Other problems are gradually being resolved. Whatever goodness has come into my life has not been of my own doing, I know. What a wonderful thing is God's grace! And what an inspiration that God sends us such saints as Yogananda!" — *W.L., Massachusetts.*

"Since joining the wonderful SRF I have become a very happy person. In every way my life has been transformed. I have found what I had been seeking all my life: happiness. Through ever-increasing joy during meditation I have realized my oneness with God. I live in the world, but am not attached to it any more." — *D.K., Hanover, Germany.*

"I was a miserable person, my soul crying out for explanations, answers, help. Master's teachings have helped me to grow up, and are directing me to the only path that can mean anything to me. He has answered all my questions, and the more I reread his books and the Lessons, the more I learn. I have found the path to God and self-confidence; less and less am I in any inner turmoil.

"My husband was extremely restless, always wanting new excitements and thrills; yet at the same time he had them he was still unhappy. He was somewhat of an atheist, and didn't believe in anything spiritual, until he read Master's *Autobiography*. I have never seen him so completely captured by any other book. This is the only path for us. We shall never forsake God or Master." — *G.B., Hollywood, Calif.*

"The *Magazine* is coming, also the Lessons — and what Lessons! Truly I feel as if I had struck a vein of rich, pure gold. How one man could have such rare perception of humanity's needs!" — *H.T., Salem, Oregon.*

"My whole concept of life has changed. So many mysteries have now been explained. Life has acquired a fuller, greater purpose. I begin to realize how I am being wonderfully helped in overcoming the great stumbling block of my life: wrong habits. Life by spiritual guidance, or intuition as you may call it, is easier, works better. I have gained an inner calm. So many concepts heretofore rather theoretical and nebulous have taken concrete forms and expressions. My thinking and interests have changed. I am learning, above all, to do God's will before anything else — a tremendous challenge, an unexpected opportunity, and a high sense of destiny. May He use me to help others, as I myself have been so magnificently and wonderfully helped!" — *L.S., Forest Hills, New York.*



Bro. Kriyananda welcomed home from India on April 27th by monks of the SRF Order; Rajasi Janakananda Ashram, SRF headquarters.

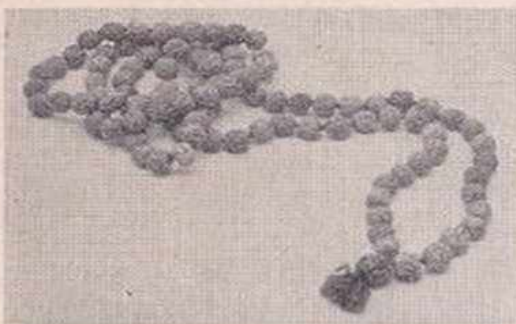


Sister Dayamata (*wearing embroidered jacket*), Sister Mataji, and group of SRF monks bid Godspeed to Brothers Anandamoy and Kriyananda (*center*) at Los Angeles airport as they leave for Europe on September 26th. The two SRF monks will conduct classes and *Kriya Yoga* initiations in London, Paris, Berlin, Vienna, Zurich, Rome, and other cities.

SRF LOTUS PINS

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"God's leading me to Master's teachings has been the greatest blessing of my life. Why do we persist in trying to make our Divine Beloved, our dearest Friend, remote and inaccessible when in truth He is very close to us, every minute of every day? Who, having once felt the wonderful, beautiful peace that comes from God alone, could ever again doubt His nearness? If even one percent of the earth's population could experience this peace even once, the world would be changed overnight. May the day soon come!" — *W.S., Seattle, Washington.*

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"I am now experiencing a great sense of peace; it remains with me night and day. Even when I awaken at night, if only for a few minutes, my mind goes out to God and Master.

"During the day I drive a truck. I keep my thought on Divine Mother and my mind on the Christ Center constantly. To make a long story short, I live in this spiritual awareness; if I get immersed in something else, even for a short while, I feel as if something were wrong; I have to regain my peace by concentrating on the Christ Center. All I can say is that if this happens to a beginner, what great joy awaits those advanced students who follow the teachings of SRF!" — *J.C., Los Angeles, Calif.*

(Continued from page 15)

muscles that keep the shoulder blades together and hold the neck and head erect. This explains why round-back conditions are usually associated with sagging shoulders and head thrust forward.

Gomukhasana strengthens all the muscles between the shoulder blades. The posture not only corrects the round-back condition (*dorsal kyphosis*) but also its associated symptoms of forward projection of the head and neck (*trapezius syndrome*) and round shoulders.

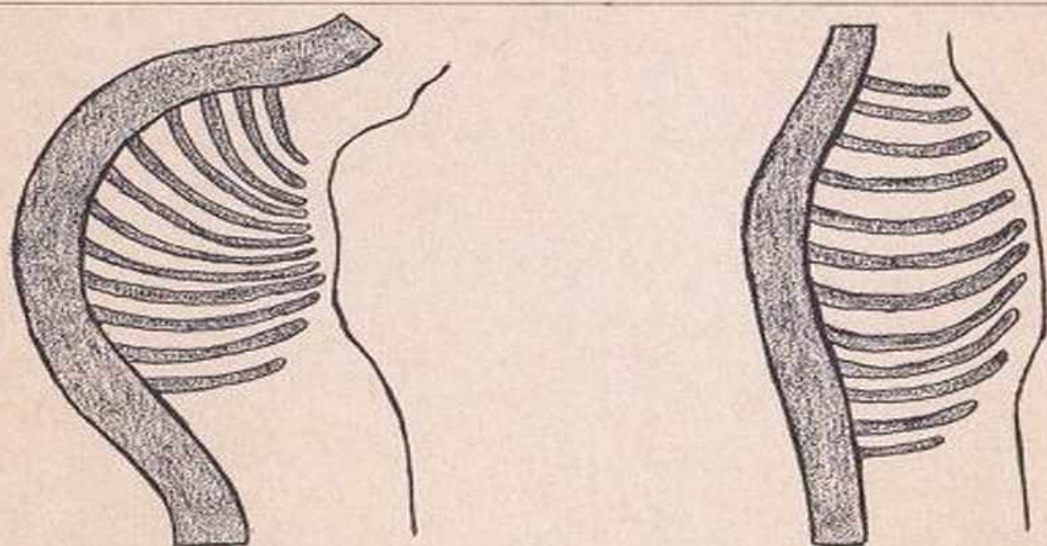
Moreover, *Gomukhasana* helps one to develop a keen awareness of the muscles located between the shoulder blades. The pressure the handgrip exerts on these muscles during the pose is the major factor in this awareness. By focusing attention on these muscles frequently throughout the day, one may readily and effortlessly acquire a proper, West-Pointlike carriage.

Gomukhasana is thus a key to correct posture — a boon that the science of yoga offers to all. Round-backed children, teen-agers, students, office workers, and others who, although willing to improve their carriage, do not know how to establish and maintain an erect bearing, will benefit greatly by practicing *Gomukhasana*. ➔

Strengthens the Organs of the Trunk

The importance of proper posture cannot be overemphasized. Slouchy, slumped posture squeezes the organs of the trunk. Thus compressed, the organs cannot function well. Many disorders of the organs are found to be connected with faulty body alignment.

The practice of *Gomukhasana* brings the chest out, with the result that the lungs can expand more fully. The respiratory function improves, oxygenation of the blood is more abundant, and the whole organism is invigorated. Yogis claim that *Gomukhasana* is beneficial in cases of bronchial disease and asthenia or feeling of fatigue.



Position of ribs in slumped posture (left) and in erect posture shows how faulty posture constricts organs. (Adapted from A. de Sambucy.)

Gomukhasana also frees from harmful compression the abdominal organs that are hidden partially or totally behind the lower part of the rib box: the liver, stomach, spleen, suprarenal glands, kidneys, etc. *Hatha Yogis* say that *Gomukhasana* is helpful in cases of anorexia, dyspepsia, indigestion, and urinary trouble. The gonads (testes, ovaries), whose main blood vessels and nerves come from the higher part of the abdomen, are helped in their proper functioning.

Finally, *Gomukhasana* strengthens the abdominal muscles. These muscles are innervated by spinal nerves that travel through the lower half of the rib cage, just as the above-mentioned abdominal organs are innervated by sympathetic nerves coming from the lower half of the sympathetic ganglia in the rib box. The opening up of the ribs and rib box in *Gomukhasana* improves the life-energy supply through the nerves to both the organs and the muscles of the abdomen.

It is unfortunately easy to start a vicious circle involving a round-back condition and a flabby abdomen — a regrettably familiar silhouette in modern society! The round-back condition weakens the abdominal muscles by impairing the nerve-energy supply. Weak abdominal muscles aggravate the round-back condition because their support does not sufficiently counterbalance the lumbar curve of the spine (*lumbar lordosis*) often associated with the round-back condition.

Another theory lays the blame for postural defect on abnormal pelvic inclination. The pelvis is the base upon which the spinal column stands. Any change in its inclination modifies the position of the base of the spine and consequently upsets the balance of the whole spine. An increase or decrease in pelvic inclination, depending on secondary factors, causes faulty posture of the back.

The particular manner of crossing the legs in front of the pelvis in *Gomukhasana* gives the pelvis its proper inclination, and thus stabilizes the base of the spine in a normal position. The crossing of the arms behind the back then intervenes to correct any postural deficiency in the upper portion of the spine.

Limbers Up Shoulders and Hips

Gomukhasana particularly exercises the muscles around the hip joints: for example, the *glutei* or hip muscles, which are known to decrease pelvic inclination, and the *rectus femoris* (the muscle in front of the hip joint and thigh), which is known to increase pelvic inclination.

Likewise the muscles of the shoulder region receive a beneficial exercise through the practice of *Gomukhasana*: for example, the *trapezius* (which brings the shoulder up), the *deltoid* (which brings the arm up), and the *pectoralis major*, which in *Gomukhasana* enables the lower hand to exert a pressure on the region between the shoulder blades.

The practice of *Gomukhasana* brings rapid and pleasant relief to the shoulder muscles when the arms have been lifting heavy weights, or after carrying lighter weights for a long period of time. Certain weight lifters regularly practice the pose at the end of their weight-lifting series. Children and older students who have to carry books to and from school will also find the pose very helpful. Habitually carrying weights with the same arm tends to lower the corresponding shoulder. In such case, the regular practice of *Gomukhasana* (with right or left arm upraised, depending on which side is weak) may help the muscles of the lower shoulder to regain normal tone.

If one closely examines from behind the spinal column of a person performing *Gomukhasana*, he will notice that the crossing of the limbs at the levels of the shoulder girdle and the pelvic girdle gives

a very slight lateral curvature to the spine. The whole spine thus resembles an elongated "S," or a reverse letter "S," depending on whether the left knee and arm or the right knee and arm are elevated. (See drawing.)

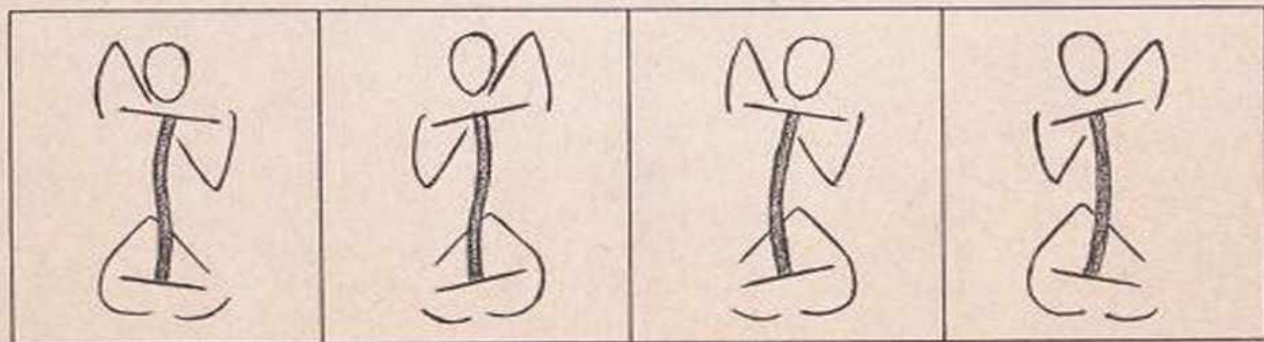
This Pose Makes One Conscious of the Spinal Axis

These slight lateral spinal curvatures help one to feel the spine as the axis of the body. One can easily prove the fact on himself by the following experiment. Instead of bringing up the homologous limbs, as indicated in the foregoing instructions, one brings up the heterologous limbs (a pose not ordinarily practiced). He will then notice that when he elevates the left arm and right leg, the spine tends to lean toward the right; and, conversely, by raising the right arm and left leg, the spine tends to lean toward the left.

From a back view, there will no longer be a double lateral curvature of the spine, but a widespread single lateral curvature, like an elongated "C," or the letter "C" in reverse. Therefore the heterologous variation of *Gomukhasana* throws off the lateral balance of the spine, whereas *Gomukhasana* proper (the homologous variation) increases that balance, thus helping one to become aware of the spine as the axial structure of the body.

A Help on the Spiritual Path

The cerebrospinal axis is very important from a spiritual standpoint. It is the channel through which the life energies flow either downward into the body, the senses, and matter, or upward into the brain, the "single" eye, and Spirit. The main objective of *Kriya Yoga*, as explained by Paramahansa Yogananda, is to reverse the flow of life energy from the senses toward Spirit through the channel of the spine and brain.



Spine in "S" curve (double bow),
homologous elbow and knee up

Spine in "C" curve (single bow),
heterologous elbow and knee up

Ordinary people are conscious only of the surface of their bodies and of their senses. Beginner yogis become aware of their physical spine. More advanced yogis gradually become conscious of the flow of life energies and of the subtle centers within the spine. God-united yogis realize the spine and brain as the altars of God in the body.

Gomukhasana, like other postures of *Hatha Yoga*, prepares the body and mind of the spiritual aspirant for higher development and soul realization. *Gomukhasana* straightens the spine; makes one conscious of it; and removes the backache beginner yogis may have when they sit in meditation posture for a long time.

When the spine is bent, it is very hard to sit still, and even harder to control the mind. Proper posture, on the contrary, greatly helps one to banish physical and mental restlessness in meditation.

When the spine is straight, the life force naturally flows upward. Meditations are much better when one can sit for a long time with a straight spine, without leaning against the back of the chair. Also, because life force naturally flows upward when the spine is straight, if one watches his posture throughout the day and corrects it when necessary, he can more easily control sex impulses, draw the excess of energy from the sex region into the higher centers of the spine and brain, and live a life of chastity and self-control.

A bent spine often indicates, as modern psychology has recognized, that one is harboring some psychological complex. That is, mental kinks result in physical kinks that impair the flow of energy in the spine. A straight spine adds to one's vitality, longevity, and energy. All efforts to straighten the spine, such as the practice of *Gomukhasana*, and to keep the spine straight throughout the day, contribute to the development of courage, will power, determination, and perseverance — all very precious qualities on the spiritual path.

Gomukhasana — a key for healthy living not only on the physical plane but also on the mental and the spiritual — is worth mastering. Try it and judge for yourself!

(Continued from page 10)

grow. They are fed by the monks of the monasteries, and devote themselves completely to meditation. Thus lives this group of devotees withdrawn from the world, dedicated wholly to soul progress.

We are hale and hearty, but find the autumn weather quite cold after a year in India. The Greek hotels have not yet begun to heat the rooms and we sit bundled up even indoors. The warm rugs of goat hair that we purchased in Turkey for five dollars apiece have proved to be a most valuable buy, believe me!

(To be continued)

Books by Paramahansa Yogananda



AUTOBIOGRAPHY OF A YOGI. 8th edition, 514 pp., \$4.00.

WHISPERS FROM ETERNITY. Heartfelt prayers that convey to man an infinite hope. 1959 edition. Cloth, 266 pp., \$3.00.

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"Even though late in doing so, I want to thank you on behalf of the Wauconda Public Library for the two copies of *Autobiography of a Yogi*. They are already being enthusiastically read. As a member of the Library Board, I am reading the book a second time and find it not only fascinating but informative and inspiring." — *R.F., Wauconda, Illinois.*



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"All things that the Father hath are mine" (*John 16:15*).

SEPTEMBER 1960



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SEPTEMBER 1960

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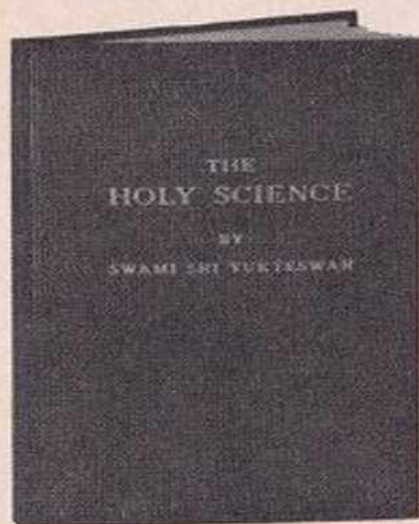
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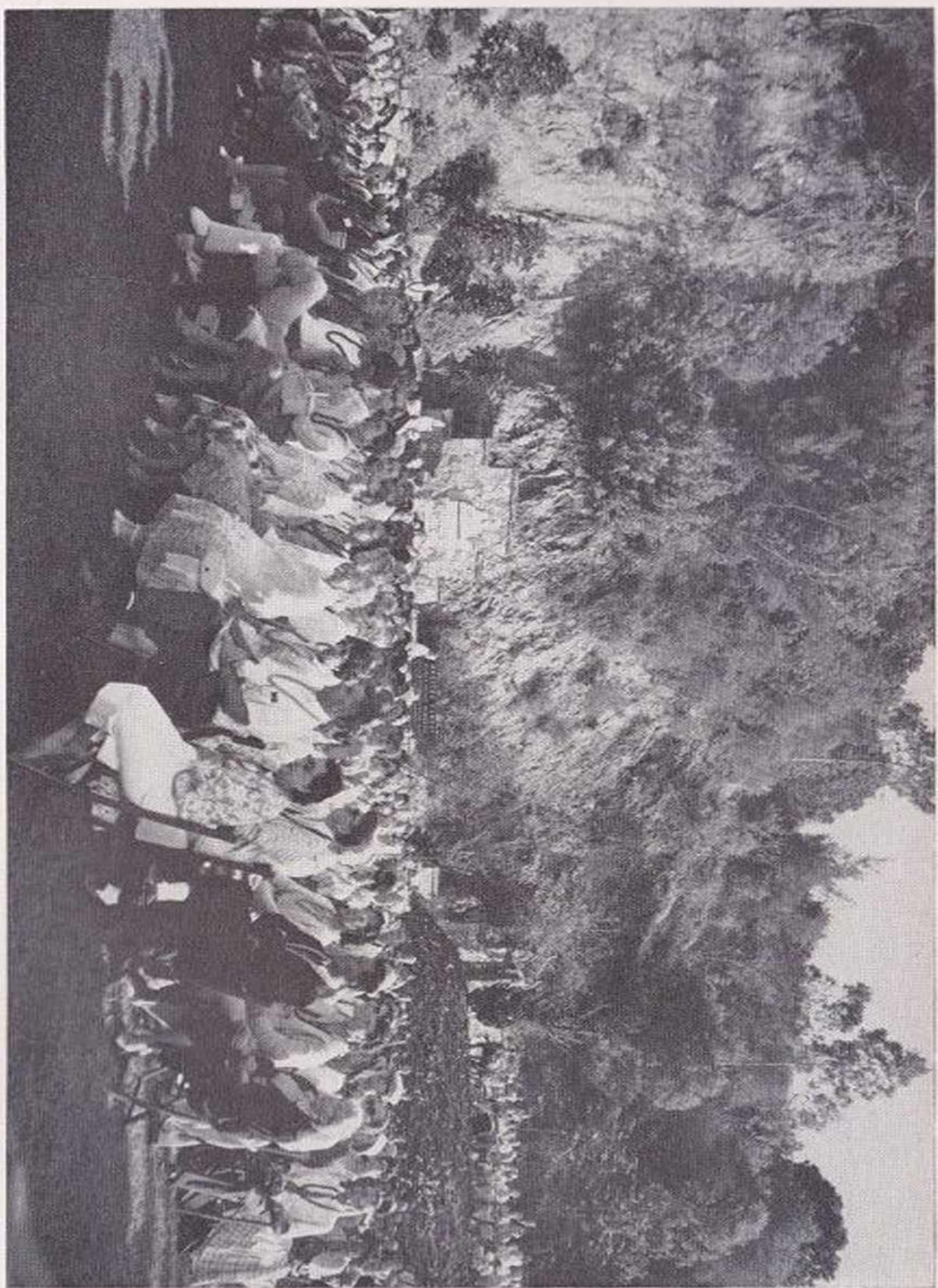
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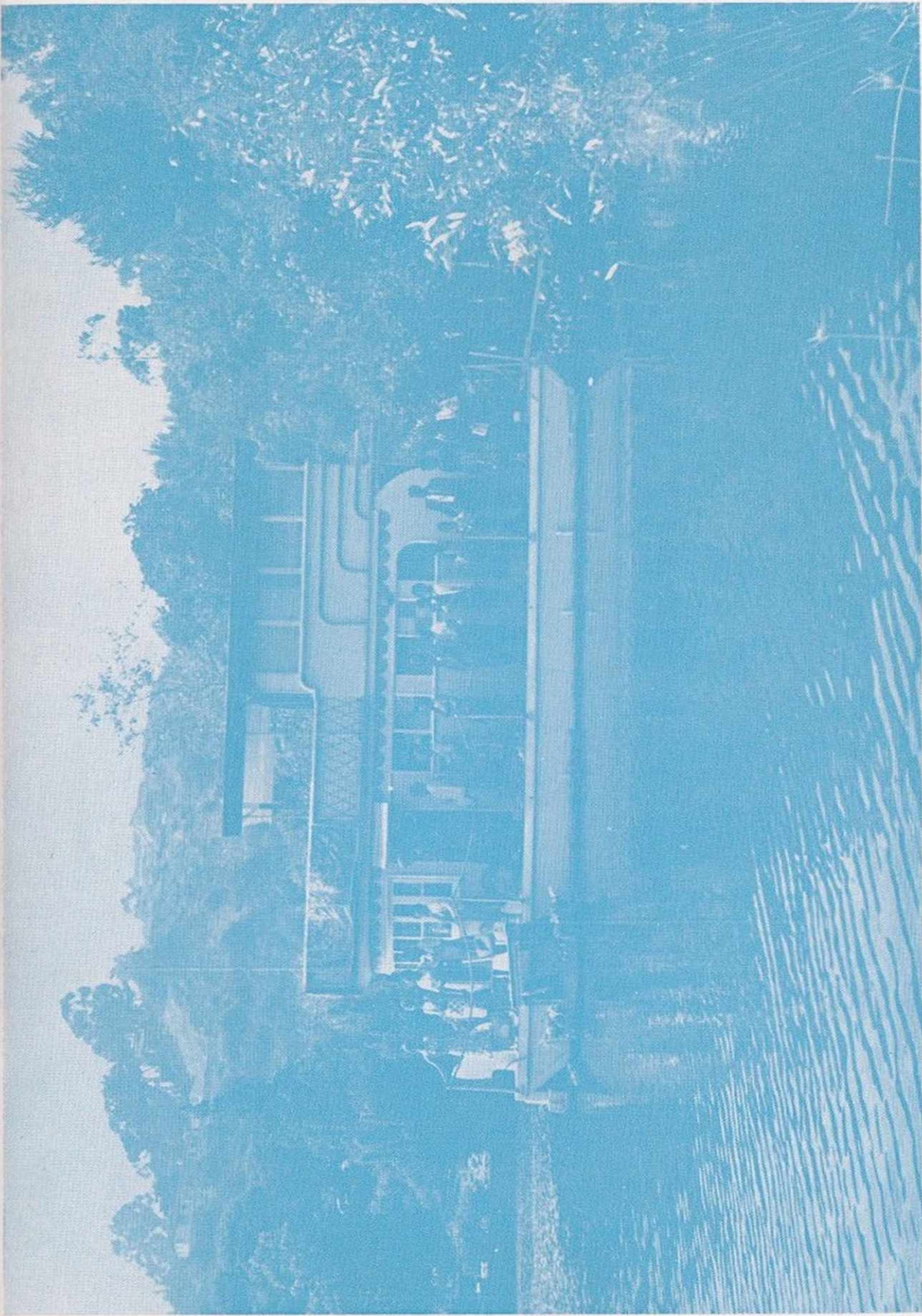
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SELF-REALIZATION FELLOWSHIP, Los Angeles, California



Over five hundred students and friends assembled on lawn near Gandhi World Peace Memorial (*center background*), SRF Lake Shrine, to hear talk by Sister Dayamata, SRF president, on Day of Fellowship, August 6th, during Triennial Self-Realization Fellowship Convocation in Los Angeles.



SRF students aboard "Kashmir Houseboat" during Day of Fellowship, Aug. 6th, SRF Lake Shrine, Los Angeles. Inside the houseboat were displays of East Indian art objects, saris, and handicrafts. Moored alongside is a small boat (*extreme left*), typical of those seen on Dal Lake in Kashmir, where they are used for vending fruits and flowers.