

EAST-WEST



How to Rejuvenate Yourself

Mystic Message of the Light of India

By Swami Yogananda

August

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Occult Truths and Spiritual Digest

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MEDITATIONS FOR AUGUST

By Swami Yogananda

August 1. This day shall be the best day of my life. Today I shall start with a new determination to dedicate my devotion forever at the feet of Omnipresence.

August 2. Today I open the door of my calmness and let the footsteps of silence gently enter the temple of all my activities. I shall perform all dutiful actions serenely, saturated with peace.

August 3. The sight of His perfect health shines in all the dark nooks of my bodily sickness. In all my body cells His healing light is shining. They are entirely well, for His perfection is in them.

August 4. The All-Seeing Eye is behind my eyes. They are strong, for He sees through them.

August 5. Thy power is moving through my digestive muscles. My stomach is well, for I know Thy healing power is there.

August 6. Beginning with the early dawn, I will radiate my cheer to everyone I meet today. I will be the mental sunshine for all who cross my path this day.

August 7. With the spreading of the vital rays of the sun, I will spread the rays of Hope in the hearts of the poor and forsaken. I will kindle courage in the hearts of the despondent. I will light a new strength in the hearts of those who think they are failures.

August 8. I will burn the candles of smiles in the bosom of the joyless. Before the unfading light of my cheer, darkness will take flight from the bosom of my brothers.

August 9. I will always hold the unfading torchlight of continuous kindness in the hearts of those who misunderstand me.

August 10. I will behold the Invisible in the forms of my visible father, mother, and friends, sent here to love and help me. I will show my love to God by loving them with Divine love. I will recognize the One Divine Love only in all their human expressions of love.

August 11. With the fall of all flowers I will mix my devotion and lay them on the altar of Omnipresence. I worship God as the fragrance of flowers kindling the light of Divine Bliss in me.

August 12. I shall behold my love serving in all hearts. I am the servant ready to serve the home of needy minds with my simple advice, with my purse, and with my humble wisdom gathered at the shrine of Silence.

August 13. My highest ambition is to establish a temple of Silence in every soul I meet.

August 14. I will take pride in being humble. I will be honored when chastised for God's work. I will rejoice for the opportunity of giving love when hated.

August 15. I will fill my heart with the peace of meditation. I will pour heartfuls of my joy into peace-thirsty souls.

August 16. The sunshine of His prosperity has just burst through the dark sky of my limitation. I am God's child. What He has, I have.

By Brahmacharee Nerode

August 17. I will sow the seeds of my honest wishes in the fertile soil of the Cosmic Ether. May they sprout and grow, bringing me a golden fruition in the season of gathering.

August 18. I will spread my heart in the open for my Lord, so that He may bless it with His footprints of wisdom.

August 19. I will beautify the mansion of my mind with the majestic thoughts of all ages as well as of all lands. May my mind forever think in terms of the Universal.

August 20. Friendship, especially spiritual comradeship, is a very dear possession of life. May I have the capacity to sacrifice my ego to save it in the storm and stress of worldly misunderstandings.

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Reflection

By James Warnack

I SAW a wild rose bending over to kiss the stream that sang its love to her, and I asked: "Why do you charm me, sweet rose?"

And the rose replied: "You love me because I am the symbol of the beauty and fragrance of your soul."

I saw a lily leaning over to admire the reflection of her face in a limpid lake, and I said: "Why do I love you, fair flower?"

And the lily said: "I represent the purity of your inner self."

I heard a lark caroling in the meadow, and I said: "Why do you thrill me, beautiful bird?"

And the lark replied: "Because my song of the dawn is the voice of your joy."

I gazed at the majestic ocean and asked: "Why do you fascinate me, Oh, Sea?"

And the Sea said, over and over and over: "Because I remind you of the rhythm, depth and vastness of your being."

I stood alone in the valley of Silence, and said: "Why do you appeal to me, Oh, Silence?"

And Silence became articulate and said: "You love me because in my presence you hear the music of your own glad heart."

I stood among the high hills of the west and said: "Why do you inspire me, Oh, Mountains?"

And the great hills answered: "We inspire you because we symbolize your grandest thoughts and loftiest ideals."

I looked up at the stars and asked: "Why do I rejoice in your light, you glorious ones?"

And in chorus the flaming orbs answered: "We thrill you because we are the reflected light of your soul, shining down into your eyes."

Then I looked past the meadows, the mountains, and stars, and fixed my mind on the Ineffable and asked: "Why am I enamored of you, Oh, Mystery?"

And the answer came to me, tender as the voice of a mother, yet powerful as the speech from the throat of thunder: "You adore Me because I am the Spirit of Life, Love, and Beauty—and when you worship Me, you reverence yourself."

How to Rejuvenate Yourself

By Swami Yogananda

ALL forms of motion, like waves, rise, remain for a time, then dissolve. The human body, which looks so compact and solid, is in fact nothing but a bundle of motions. Motion signifies any moving power. The human body is a bundle of forces whirling together in ultra-rapid motion. As the ocean has dancing waves on the surface and a second strong undercurrent beneath, likewise the body is not one kind of motion, but it is a conglomeration of forces and motions, whirling within motions. First of all, the solid flesh is made of very tiny cells, blood corpuscles and particles. The bones are made of small cells, particles of water, and other chemicals. All the tiny cells are grouped together by a strange chemical force. By knotting the cells in various mysterious ways, the different kinds of cerebral, nervous, connective, osseous, and muscular tissues and organs are formed.

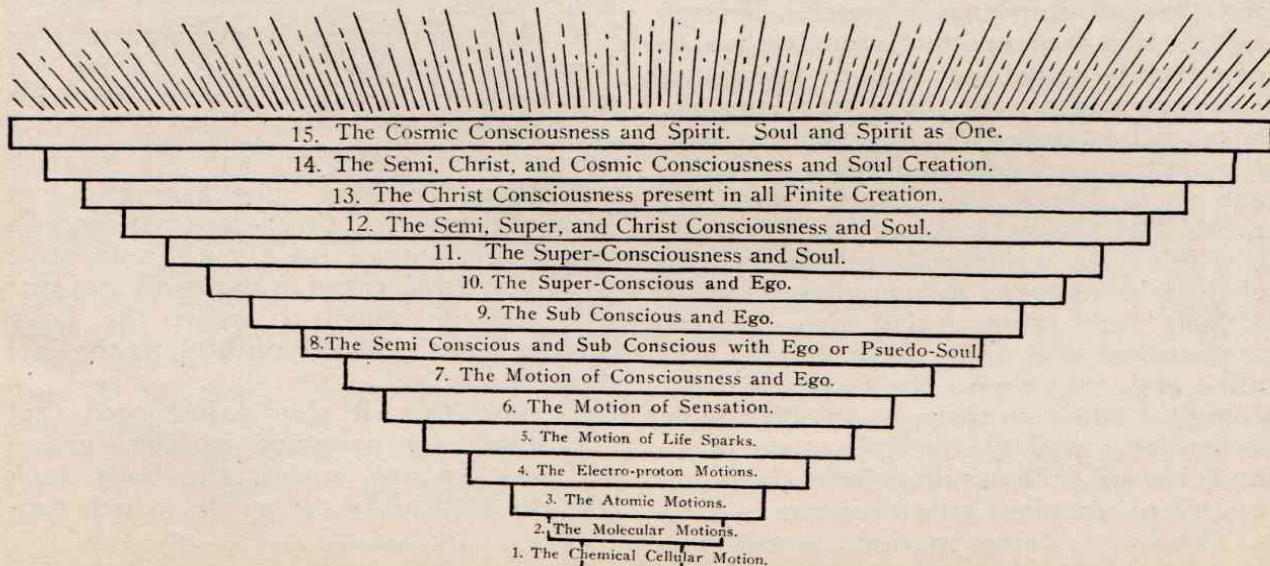
Tissue is the general name for all the different forms of materials of which the body is composed. Then again, the same invisible force biologically so arranges the cells that some form into hard bones wonderfully worked into a skeleton frame around which the flesh can cling.

This superstructure of flesh and bones has, on the external side, been made dependent on the ultra-violet rays in the sunshine, on oxygen, good food, and pure liquids, such as water, fruit juices, and

so forth. On the internal side, these living cells, which constitute the flesh, bones, and all tissues, are kept rejuvenated by thoughts and by biological forces.

Therefore, the body is a combination of cells which are made of moving molecules. These cellular molecules are made of whirling atoms, protons, and electrons. These cellular and molecular atoms and electrons in turn are made of semi-intelligent sparks of biological vital forces. The vital sparks are condensed sparks of God's thoughts. Therefore, we see that the physical body is a bundle of motions. On the surface of this body is found the chemical motions and dance of cells. Below the surface of the waves of chemical and cellular commotion is found the dancing waves of molecular motion. Below the molecular motion move the waves of atomic motion. Below the atomic motion is found the electro-protonic motion. Below the electro-protonic motion is found the dancing waving sparks of vital forces. Below the surface of the vital sparks lie the waves of sensation. Below the waves of sensation lie the waves of thought, feeling, and will-force. Below all the above layers of waves the Ego is found to remain hidden.

Now we find the body like an ocean of motion containing various layers of motion.



On the surface the body appears to be a solid mass, occupying a small portion of space, but we see that these cellular waves are manifestations of a vaster area of dancing molecular waves. Likewise, the molecular waves are manifestations of a vaster area of atomic waves. The atomic waves are manifestations of vaster electro-protonic waves. The electronic waves are manifestations of vaster waves of vital force. The vital force is a manifestation of the vast forces of all forms of sub, super, Christ, and Cosmic consciousness.

On the surface the body as chemical motion is small and dependent on chemicals drawn from the earth, and through food, water, and sunshine, but on the internal side the body and its chemical cellular motions are nothing but condensed waves of Cosmic Consciousness. Therefore, the body as a solid occupies a very small space, but since the body on the internal side is condensed Cosmic Consciousness, it is very vast and ever omnipresent.

As the wave cannot exist without the ocean, so it can be said that the ocean has become the wave. In the same way, the body must not be isolated and spoken of as existing in Spirit, but it can be said that the ocean of Spirit or Cosmic Consciousness has become the motion body, or the waves, of all finite manifestations. The body is constantly decaying. Decay does not mean annihilation, but certain changes of motion which we, as human beings, fear and dislike. The nature of matter is change. The nature of Spirit is changelessness. The body is born. It changes through growth from babyhood to old age and then degenerates and dies. During all this time, the tissues are passing through continual changes. Human beings like the changing, dancing waves of vitality called youth. In the inner spiritual source the body motions are constantly flooded and rejuvenated with the motions of consciousness, including sub, super, Christ, and Cosmic Consciousness. On the external or material side the body is reinforced with floods of chemicals, oxygen, and sunshine.

It is very strange that the chemical motions of the body have to be kept alive and dancing by the forces of food, chemicals, and sunshine, while it would be entirely possible to keep them alive and flooded with vitality from the inner source of Cosmic Consciousness.

The body, being motion, cannot live

without motion; hence, it has to be kept stirred with life externally by food forces, and internally it has to be kept dancing with vitality derived from Cosmic Consciousness.

How the Body Can be Rejuvenated Through Two Sources

It is evident that a certain bodily motion, called youth, can be made stable by reinforcing it with a harmonious supply of power from the internal energy and from external sources which keep stirring life in the body.

Death is not cessation of motion forever, but only cessation of the temporary body state, until the inner motions of the vital forces of Ego, soul, and Karma can reappear as materialized motion in a new body.

The soul, by processes of incarnation, rejuvenates the body into a new body by changing the atomic vibrations and tendencies of a decayed body or by transforming new vibrations of energy and chemicals into a new body. If the soul is powerful enough, it can re-change an old body into new, instead of discarding it entirely and weaving another garment of flesh out of new electro-vitalic threads.

Hence, all that is necessary in rejuvenating the body is to supply it with the sixteen elements of food chemicals which it needs, plus sunshine from regular sunbaths and good oxygen, and from regular, proper breathing. While walking every day, inhale, counting one to twelve. Hold the breath twelve counts, then exhale, counting one to twelve. Do that twenty-four times every time you walk. Everyone must have at least a half hour sun bath twice a week, or preferably, every day.

Proper diet is also very important in building vitality. Eating plenty of ground nuts, ground carrots, and fruit juices will help. Fasting once a week on orange juice and some suitable laxative will keep the body cells firm and free from disease. A three-day fast once a month on orange juice with a laxative each day will expel almost all poisons and will do much to make the body strong, healthy, and youthful to the last days of life.

Besides this, it should be noted that the mind, by constant worries, grows old quickly and makes the body look old and unhealthy. A smile, which can-

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THE SECOND COMING OF CHRIST

Free Will, Evil, Reincarnation, Realization of Truth, Seeking God First

By Swami Yogananda

INTRODUCTION

Intuitively Perceived Spiritual Interpretation of Words Spoken by Jesus Christ

(To be studied every day conscientiously and meditated upon by true Christians, true devotees of God, and Yogodans. These truths are found in meditation and those who want to perceive the Second Coming of Christ must meditate upon them.)

Universal Christ-Consciousness appeared in the vehicle of Jesus, and now through Yogoda Self-Realization, and these intuitively received interpretations of the Scriptures, the Christ-Consciousness is coming a second time to manifest through the consciousness of every true Yogodan. "All those who received Him, to them gave He the power to become the Sons of God."

As a small cup cannot hold an ocean within it, no matter how willing it may be to do so, likewise the cup of material human consciousness cannot grasp the universal Christ-Consciousness, no matter how desirous it is, but when the student, by the Yogoda method of Meditation and Concentration, enlarges the caliber of his consciousness to Omniscience, he can hold the universal consciousness in all atoms (Christ-Consciousness) within his own. This is what is meant by "Received Him." Thus, according to Jesus, all souls who can actually find their souls one with Christ-Consciousness, by intuitive Self-Realization, can be called the "Sons of God."

Three-fold Meaning of the Hindu and Christian Bibles

All Oriental Scriptures, such as the Bhagavad Gita, or the Hindu Bible, and the Christian Bible, have a three-fold meaning. In other words, the Scriptures deal with the three factors of human beings, namely, the material, the mental, and the spiritual. Hence, all true Scriptures have been so written that they serve to be beneficial to the body, mind, and soul of man. True Scriptures are like the wells of Divine waters, which can quench the three-fold material, men-

tal, and spiritual thirsts of man. In addition, the Scriptures, in order to be worth while, should really help the business man, the mental man, and the spiritual man. Although both the material and the psychological interpretations of the Scriptures are necessary, it should be remembered that the scriptural authors undertook with great pains to point out to man that the spiritual interpretations are of supreme importance to him.

A materially or intellectually successful man may not be the truly, scientifically successful man who makes a perfect success of life; whereas, a spiritual man is the happy "all-round" man, who is healthy, intellectual, contented, and truly prosperous, with all-satisfying wisdom. Since by intuition the spiritual authors first sought to make man primarily spiritual, I give the spiritual interpretation with the psychological and the material interpretations interwoven. These interpretations will help alike the spiritual aspirant, the intellectual man, and the business man.

(Reprinted from June issue of East-West.)

"And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, being forty days tempted of the devil."

It Is Childish to Say Evil Does Not Exist

Many modern scriptural interpreters, unable to understand why Christ Himself introduced the idea of the existence of Satan, have tried to explain away the old conception of a devil by saying it is obsolete, that evil does not exist, or that God does not know evil. Such interpreters, unable to solve the problem of how it was possible for evil to originate in God, who is only good, have gone to the extreme of denying the existence of evil. In the first place, let me say that the denial of the power of evil has some good points, although it is childish to deny the existence and temptations of evil in this world of seeming duality.

Even if the conscious evil force of

Satan does exist, it could not influence human minds if we did not mentally accept it. It is better to know all the lures of evil and the ways to combat them than to be blind and deny their existence. Knowledge only, and not indifference, can produce final emancipation. The great drama of Cosmic existence has endowed man with free choice and the power of reason. Man, the image of God, has the same liberty of free choice in his sphere as God the Father has.

Why Does God Not Free Man Immediately?

If God is Almighty and knows that we are suffering, why does He, being Almighty and eternally blessed, allow weaklings to suffer from the temptations of evil?

The answer is, that after receiving independence, the Cosmic force began to fill Creation with patterns of imperfections, displacing the perfect patterns of God's first plan. God then destroyed all Creation, as described in Genesis, but seemingly He found Himself illogically using His Almighty power in arbitrarily destroying Creation. Also, He seemed to be contradicting His own laws, inasmuch as He destroyed the power of Satan after once giving him independence of action. Then God created again and reinstated the original power of independent free choice which He gave to Satan and to all Creation. God could destroy Satan even now and free us at once from the thralldom of earthly miseries, imperfections, broken hearts, and death, by using His Almighty material force, but He would not do that because that would be taking away our independence.

Since God gave independence to man and Satan, He can free them only through teaching them the right use of their own power of free choice. God is not enjoying His eternal blessed state in selfish happiness, but He is suffering for our miserable tragic existence, delayed evolution on earth, and belated return to the paradise of all-emancipating wisdom. He is continuously trying to use the superior force of Divine Love expressed as the parental, friendly, filial, all-sur-rendering pure conjugal love to coax man to forsake his coöperation with evil, which helps and strengthens it to destroy him.

Man Must Make His Own Choice

Man stands in the middle, with God on one side and Satan on the other side, each ready to pull him in which ever direction he wishes to go. It is up to man to signal God or Satan as to which direction he wants to be pulled. Man is perfectly free to act without being influenced by God or Satan, but whenever he does act right, or has a pure, ennobling thought, that is the signal to God, and he is automatically pulled toward God, but as soon as man thinks or acts evil, he is automatically pulled toward Satan. However, being essentially an image of God, man can never be eternally drowned in the hades of evil.

Eternal Hades Is Impossible for Man

No matter how persistently sinful man is, he can never suffer eternal punishment. Evil promises happiness and results only in unhappiness. As soon as man realizes this, then he begins to wish for emancipation and for God. This wish for goodness and freedom serves as a portal through which God is again invited to come into the life of the prodigal son and lead him to the abode of freedom. Even fathomless evil cannot destroy man's soul, for he is essentially immortal and eternally good.

Evil Is a Temporary Parasite

All evil is a passive graft, a temporary parasite on the tree of life, which can be amputated by the knife of wisdom possessed by man.

Whenever man initiates good actions, he is proceeding toward a paradise of Bliss, hidden in the womb of eternal futurity.

God Coaxes Through All Good—Satan Tempts Through Evil

God is coaxing us with an array of limitless good happenings and is influencing us for our own welfare, whereas Satan is tempting us with pleasant-looking but fleeting happiness-producing patterns of evil. Satan's patterns are temptations because they are deceptive contrivances created to consciously delude us by promising us good and giving us evil instead.

According to the dual conception of good and evil (God and Satan), it becomes easy to understand why there is so much good, together with so much evil. The sky and earth are full of the

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Interpretation of the Bhagavad Gita—The Song of The Spirit

Practical Application of the Teaching in First Stanza

By Swami Yogananda

INTRODUCTION

Translation and interpretation of first stanza.

Within itself the blind mind consulted introspection, the impartial judge of all states of consciousness, asking: "My children, the crooked mental tendencies (Kurus), and the pure discriminative faculties (the pure Pandus), eager for different psychological battles, what did they?" The blind boisterous mind wanted the introspective faculty to reveal the battles between the sense-bent mental tendencies and the pure wisdom-loving, discipline-loving, self-control-evolving, wisdom faculties.

Elaborated Spiritual Interpretation

The Bhagavad Gita in the first stanza speaks of the glaring truths of how life is a series of battles between spirit and matter, knowledge and ignorance, soul and body, life and death, health and disease, changelessness and change, self-control and temptation, discrimination and the senses. In the mother's body the baby has to battle with disease, darkness, and ignorance. Each child has to fight also the battle of heredity. The soul has to overcome many hereditary difficulties. It has also to contend with the self-created influencing effect of the pre-natal karma or past actions.—*From June East-West. See June East-West for complete spiritual interpretation of first stanza.*

A study of the Bhagavad Gita is of little use unless it is applied in practical life, so the vastness of the inner import of the first stanza can only be understood when we know how to apply it in various phases of life.

The Battle Between Wisdom and Delusion

In Creation this great battle between Spirit and the imperfect expressions of Nature is continuously going on. Everywhere in the world we can witness the

silent battle between perfection and imperfection. Everywhere the perfect wisdom patterns of Spirit have to contend with the imperfect patterns of the universal delusion. Something is trying to consciously express all good and something is consciously trying to foil all good with secret attempt of evil expressions.

The human body is a veritable battle ground of the war between wisdom and ignorance, and between wisdom and conscious delusive force. Every spiritual aspirant, who wants the rule of the Soul King in the bodily kingdom by defeating the rebel King Ego and his powerful sense allies, must, every night before sleep, introspectively compare and know the vast differences in all their minutest details, as described in the figures X and Y. Of these two figures, the figure X represents the bodily kingdom as described by King Soul with the harmonious coöperation of the house of lordly discriminations and the common house of senses. And the Fig. Y represents the bodily Kingdom as ruled by rebel King Ego and his evil soldiers of unruly senses.

The Inhabitants of the Bodily Kingdom

Figure X describes all the inhabitants of the bodily kingdom. Prince Soul first enters the nucleus in the spermatozoa. When the sperm by the miraculous work of his life force develops into a body, the nucleus of the sperm remains as the medulla or the seat of life. This medulla is called the mouth of God, for through that center He first breathed the breath of life-force into the human body. The medulla is the most sensitive of all bodily organs. Operations can be performed on almost any part of the body except the medulla. Other coarser forces of the mind manifest in the grosser and bigger limbs in the human body, but the first forces of the Soul must have the most delicate tissues of the brain and medulla

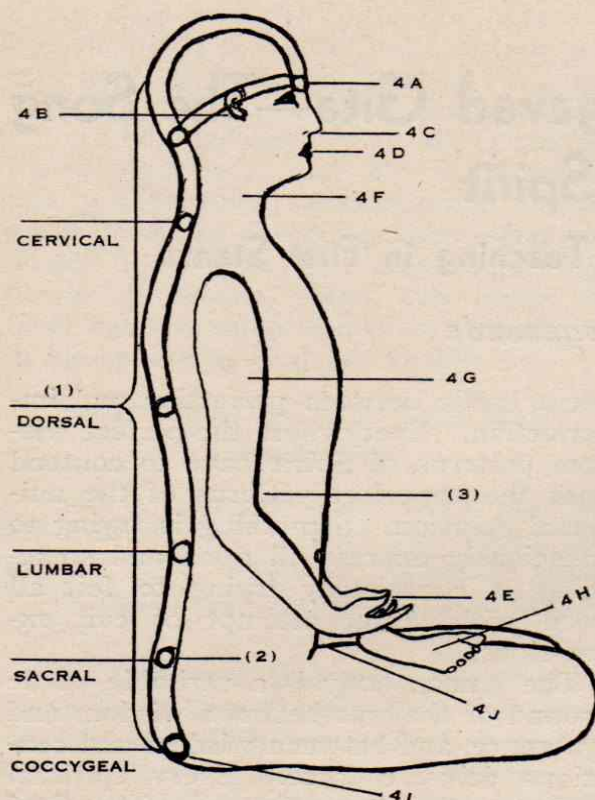


Fig. X—Bodily Kingdom as Ruled by the Soul

- (1) The Reign of the Senses. The Cerebrum, Medulla, Cervical, Dorsal to Lumbar Plexuses. The Palace of King Soul with house of Lordly discriminative tendencies.
- (2) The House of Obedient Common Senses. (Sacral Center.)
- (3) The Citizens of Bodily Kingdom. The freeborn citizens of the bodily empire. Twenty-seven thousand billion, intelligent cells, countless billions of molecules, electrons, units of intelligent life sparks, and countless infinite number of thoughts, will, and feelings headed by Prime Minister Discrimination.
- (4) The Ten Estates:
 - a. The Optical Estate ruled by Prince Good-eye.
 - b. The Auditory Estate ruled by Prince Truth Listener.
 - c. The Olfactory Estate ruled by Prince Fragrance.
 - d. The Gustatory Estate ruled by Prince Good-Taste.
 - e. Prince Peace Touch.
 - f. Prince Sweet Speech.
 - g. Prince Good Grasp.
 - h. Prince Noble Steps.
 - i. Prince Elimination.
 - j. Prince Controlled Creative Impulse.

to dwell in and manifest through. Ever since the Soul first entered the bodily mechanism through the medulla, this fine organ has remained extremely sensitive on account of having first expressed the Soul's fine perceptions and the various phases of life. This medulla is called the gateway of life, through which Prince

Soul first made His triumphal entry into the bodily kingdom.

Locations

Prince Soul and his house of lordly discriminative powers reside in the finely-constructed Palace and the parliamentary house of the cerebrum, cerebellum, and the spinal mansion, extending through the medullary, cervical, dorsal, and lumbar plexuses. (Region No. 1 of figure X.) The spinal cord, extending through the lumbar, sacral, and coccygeal plexuses is the inner chamber of the ten senses. (Region No. 2 of figure X.)

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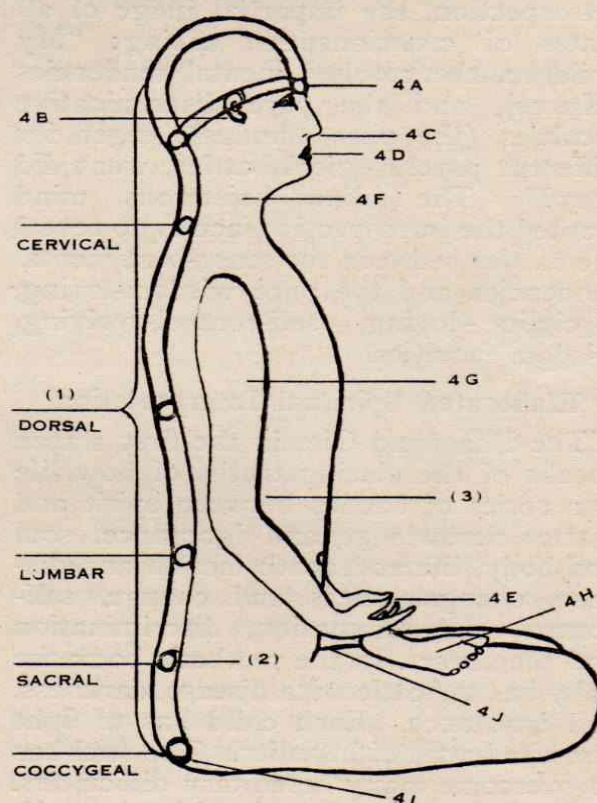


Fig. Y—Bodily Kingdom as Ruled by Rebel King Delusive Ego

- (1) The Cerebrum, Medulla, Cervical, Dorsal and Lumbar Plexuses, ruled by Prince Ego and Lordly Ignorance, Evil Desire, etc.
- (2) (The Sacral Center) Home of Disobedient Common Senses.
- (3) The Countless cells, Thought Electrons, Units of Life Force in the body, as ruled by Ignorance, Producing Sickness, Inefficiency, etc.
- (4) The Ten Estates:
 - a. Prince Evil Eye.
 - b. Prince Flattery.
 - c. Enslaved Prince Smell.
 - d. Prince Greed.
 - e. Prince Sense Touch.
 - f. Prince Bitter Speech.
 - g. Prince Evil Grasp.
 - h. Prince Wicked Steps.
 - i. Prince Rectal Disease.
 - j. Prince Uncontrolled Creative Impulse.

The East and the West

By R. C. Nag

ONE of the greatest boons which the scientific development of the present age seems to have conferred on humanity is the realization of a consciousness of world unity. We of the East who have never been backward or reluctant in recognizing this outstanding fact of modern civilization have at the same time been compelled to bow our heads to the East for, after all, the fact remains that the wise men of the East dreamt of reaching a union centuries before the modern scientific mind ventured in this direction.

It is only too true that the East, as a result of falling a victim to the peculiar conspiracy of historical circumstances, lost its ideal for the time being. Nevertheless, be it said to the credit of its philosophers and poets that they, at least, never lost sight of the ideal and did their best to keep the flickering taper from going out completely.

At the outset, such a World Union strikes one almost as an impossibility, but a proper understanding of the underlying currents of the civilization of the East and the West leads one to the conviction that such a Union is within the bounds of possibility.

"Man does not live by bread alone," said the Great Teacher, and such an understanding must be based, not so much upon a conception of the standardization of the externalities, as upon a proper understanding of those invisible traits that have always served as a rock of Gibraltar during the onslaught of merely materialistic conceptions. World unity can be realized, and is being realized slowly, but none the less surely.

Scientific development has merely accelerated the process and expanded the horizon for a greater number of people to gauge the significance of such a Union.

We have very little patience with the calamity howlers who are always busy finding fault with modern scientific development, or with those people who continually have a finger pointed in criticism of Eastern culture.

We need men who have the imaginative capacity to divine the potentiality of scientific development as an instrument

for uplifting mankind as well as men who have enough moral and spiritual depth to get an insight into the Eastern culture and find therein a veritable source of spiritual illumination.

The attitude on the part of some Western scholars of belittling everything in the Eastern World and of asserting the superiority of everything in the Western World is merely a prostitution of the scientific spirit.

On the other hand, an attitude of complacent superiority on the part of Eastern scholars has little to do with what is genuinely spiritual. It is nothing short of superstition and bigotry.

We are prone to be despondent over the whole problem because of the diverse complexities involved in one culture or civilization as contrasted with the other, but to those who have watched the progress of humanity such complexities are merely the shadows and not the substance.

Diversities there must be, and the fascination of our very existence lies in the diversities, but what we of the East have always looked forward to (in the words of the great poet Tagore) is a State unity in spite of diversities.

I BRING FOR THEE THE MYRRH OF DEVOTION

With folded hands, bowed head, and heart laden with the myrrh of reverence, I come to Thee. Thou art my parents; I am Thy child. Thou art the Master; I am ready to obey the silent command of Thy Voice. I conjured the fragrant devotion of all hearts and mixed it with my tears; now I am ready to wash Thy Feet in silence. A river of my ardent crystal tears of craving will rush to meet Thee. Wilt Thou see that my boisterous flood of devotion is not lost in the desert of disappointment? Wilt Thou see that my mad flood of devotion follows the right course, which leads to Thee?

—From, "Whispers from Eternity",
by Swami Yogananda.

Awakening

By Sraddha Devi

THERE is an enchanted palace overgrown with the clinging poisoned weeds of earthly selfishness and greed. Its windows are bedimmed with foul smoke, its chambers are darkened and unwholesome, yet, deep within the shadows sleeps the soul. All its faculties lie dormant, waiting the salutation from the "Prince of Peace," who maketh all things new.

At His entrance, the sleeping soul awakes, with all energies alive. The secret door that has been barred swings upon its foreordained hinges. The darkness vanishes; everything glows with a new light.

Souls of the Living God! Arouse your sleeping faculties! Awake from your lethargy! Long have you slept in your enchanted Temple. "Know ye not that ye are the Temple of God, and that the Spirit of God dwelleth in you?"

"If any man defile the Temple of God, him shall God destroy, for the Temple of God is holy, which Temple ye are."

"The night is far spent, the day is at hand. Let us, therefore, cast off the works of darkness and put on the armour of light."

For Life consists in opening out a way whence the imprisoned splendor may escape, rather than in effecting entry for a light supposed to be without."

God breathed the breath of life into man, and he became a living Soul. Why, then, does he not assert his powers? Why does he allow the mansion (to all outward appearances) to show such extreme neglect, as though the legacy containing such riches was not worth the effort? Although dense fogs surround it and its beauty is marred by the thick clinging vines of materiality, it still belongs to the estate of God, and is your birthright.

Today if you were notified that you were owner of an ancient palace containing unlimited riches, your joy would find expression in a thousand ways. As you read these words, you are actually dwelling in such a palace, the glorious temple of God, which contains infinite riches, but you are drowsily looking through the windows of the Soul upon a sordid disillusioned world. You are in-

trusted, little children, with just as much responsibility as you are able to assume until your sleeping faculties are aroused. There is much involved, a palace to be reclaimed.

The Spirit of God has breathed into the individual Soul. It is Divine, pure, and without blemish. It is God. The individual must, in this earth life, nourish that Spirit, and feed it by meditation as he would a flame with oil. When you put oil into a lamp, the essence passes into and becomes the flame. When the light of God shines into the crystal windows of the Soul, it awakens, to sleep no more.

Paul said this is "The mystery which hath been hid from the ages and from generations, which is now made manifest; the hope of glory, which is Christ in you."

"As for me, I will behold Thy face in righteousness. I shall be satisfied when I awake with Thy likeness." Ps. 17:15.

A Prayer

Teach me, Father, how to go
Softly as the grasses grow;
Hush my soul to meet the shock
Of the wild world as a rock;
But my spirit, propt with power,
Make as simple as a flower.
Let the dry heart fill its cup,
Like a poppy looking up;
Let life lightly wear her crown,
Like a poppy looking down,
When its heart is filled with dew,
And its life begins anew.

Teach me, Father, how to be
Kind and patient as a tree.
Joyfully the crickets croon
Under shady oak at noon;
Beetle, on his mission bent,
Tarries in that cooling tent.
Let me, also, cheer a spot,
Hidden field or garden grove—
Place where passing souls can rest
On the way and be their best.

—Edwin Markham.

The Mystery of Mahatma Gandhi

By Swami Yogananda

GANDHI says if you have a revolver and your powerful enemy has another, and if you are afraid and flee saying: "I forgive him," then you are a coward. He says also that it is better to use the gun than to be a coward, but Gandhi advises the use of a superior weapon instead of either running away or shooting when confronted by an armed enemy who has done wrong. This superior weapon is "Resistance by love and non-coöperation with the enemy's evil ways." Practice of this will make you a real, victorious, spiritual man.

Doctrine and Non-Coöperation

If there are ten brothers and the youngest becomes crazy with anger and takes a sword to cut off the heads of the other nine brothers, and then the eldest brother takes another sword and beheads the youngest brother, and with the sword dripping with blood goes to their mother and says: "Mother, I killed my youngest brother to save the rest of your children," the mother would cry out: "Oh, my son, how could you slay my youngest boy, your dear youngest brother?" and she would sob in frenzy.

Instead of the above, if the eldest son came to the mother and said: "Mother, my youngest brother ran amuck and raised a sword to kill all my other brothers and I stepped in front of him unarmed and said: 'I resist you with my love and I implore you not to kill, but if kill you must, kill me first.' Mother, my youngest brother did not realize what he was doing until he was convinced of my harmless love which did not retaliate or get angry although his sword plunged in my arm. After the first stroke, conquered by my love, mother dear, my youngest brother broke his own sword, bandaged my wound, and asked forgiveness. Mother dear, look at this blood dripping sword which my love caused to be broken."

Divine Love

If God, with all His power, punished man with His material miraculous power, where would man be? God does not use His crude material force to influence us,

but He uses the self-reforming power of love to convert us. By His love God makes Himself our father, the dearest object of all our aspirations.

Gandhi's Philosophy

Gandhi has said that Jesus Christ, the Bhagavad Gita, and Tolstoy have been the greatest influences in molding his life.

What Gandhi Has Done For India

By preaching, Gandhi has succeeded in stopping about eighty per cent of the liquor traffic, and the opium trade, both of which are monopolies of the government. No nation should derive revenue by degrading people through encouraging the use of drugs and intoxicants. Thousands of liquor-producing palm trees have been put to the sword by Gandhi's followers, while in this country millions of dollars, spent in trying to enforce prohibition, have accomplished little.

People now seem to be drinking more than they ever did and billions of dollars have been reaped by bootleggers. Gandhi's teachings are needed here to free weak men from the desire to drink. These teachings would strike at the roots of the unwholesome bootleg industry. Many bootleggers, I hear, secretly sponsor anti-saloon leagues to keep the prohibition law in effect so that they can sell their poisonous liquor at higher prices than if the traffic were legal.

Home Industry

The people of India need thin finely woven clothes, due to the warm climate. The government passed a law forbidding the making of fine thread by the Indians, so that cotton grown in India had to be sent to Lancaster to be manufactured in England and then shipped back to India. In this way the Indian people were deprived of their own trade and became dependent on clothing imported from England.

Gandhi, realizing the financial difficulty of building cotton mills with their enslaving job-destroying effects, advised the people of India to make their own

clothing with the coarse thread spun on their own cheap spinning wheels. Due to his example the importation of cotton goods manufactured in England has fallen off about eighty per cent. This has revived home industries, and people instead of depending upon making a living in the cities and factories, have become self-reliant and are now growing their own food and are making their own clothes from cotton grown in their own fields.

Modern Machinery

Gandhi uses automobiles to go from place to place. By no means, is he a man who does not recognize the usefulness of modern machinery, but he guards people from the enslaving effects of being used by the machine. If we use too many machines, our lives will be spent in operating and caring for them with no time left to enjoy the benefits from the machines, and we shall be left in utter mental motion involved in the worry of creating and acquiring more material things.

Gandhi Has United Hindus and Moslems

Gandhi, by preaching, has accomplished what no emperor of India, nor the British government, has been able to accomplish by legislation. Hindus have preached in Mohammedan mosques and Moslem priests have preached in Hindu temples. In many instances Hindus and Mohammedans have eaten from the same plate.

I would like to see the Pope of Rome and the Bishop of Canterbury exchange pulpits. Why not, if they are both followers of Jesus Christ, and if Hindus and Mohammedans, followers of entirely different prophets, have been able to get together and understand each other?

Class and Race Prejudice

As there has long existed the Negro problem in America, so the Hindus have had their problem of the dark-skinned Aborigines, pariahs, and outcasts. As an American, orthodox, cultured, Christian family, suffering from color prejudice, would not eat at the same table with a Negro in a family or social gathering, so the Hindu Brahmin family does not eat with the outcasts. As the white Christians do not marry the dark Nubians, so the Hindus do not believe in intermarriage. The caste and clan sys-

tems are almost as strong in America as in India. The Negroes and American Indians are almost outcasts here, and the dark-skinned Sontals, Kohls, Vheels and low castes are outcasts in India.

India does not believe in lynching these outcasts when they do wrong. She segregates them and does not even touch them, calling them untouchables. In the South in America, Negroes have separate waiting rooms in railroad stations, and they have to ride in different sections of the trolley cars and trains. As Negroes for the most part perform menial labor and are social untouchables in America, so the outcasts in India are servants and are social untouchables there.

In Washington, D. C., the National Capital, I had to conduct separate classes for my Negro and my white brethren. This surprised me very much.

Mahatma Gandhi is re-establishing the Christian doctrine. All men—white, brown, yellow, and black—are the descendants of Adam and Eve, our common grandparents, and as such have one blood flowing in their veins. Thus Gandhi has helped the outcasts, who are now coming to claim their rights.

Gandhi also believes in widow marriage and in freeing young widows from the compulsion of remaining single and dependent.

Equality of Women

Gandhi believes in equal rights for women. Mahatma Gandhi, unlike many saints who have been born of woman, does not teach inequality of the sexes. Why condemn women, and say that wine, women and wealth are a delusion? Women have just as much right to say that wine, men, and wealth are temptations and lead to destruction.

Gandhi emphasizes the victory over temptation and teaches self-mastery and freedom for women. Hence, Saint Gandhi has such women as Madeline Slade, daughter of an English Admiral, and Sarojini Naidu as his followers.

Gandhi has freed Indian women from seclusion, and they are the foremost soldiers in his great spiritual army, battling against political evil. Madeline Slade said: "For all the world I would not go back to my old ways and forget what Mahatma Gandhi has taught me."

*(To be concluded in September issue
"East-West")*

Food, Health, Intellectual and Spiritual Recipes

HALUA

(A Delicious Dessert from India)

- 1 cup fine wheat cereal
- 2 tablespoons butter
- 2 cups milk
- 1 tablespoon sugar
- 12 almonds blanched and sliced lengthwise
- 1 tablespoon pistachio nuts sliced
- ½ teaspoon cardamon seed ground
- 1 teaspoon sliced citron
- ½ cup soaked seedless raisins
- Pinch of salt

Brown the cereal in butter until yellow. Stir continuously, and when evenly toasted add 1 cup milk to allow particles of grain to expand and soften. As mixture thickens, add the other cup of milk, stirring constantly. While still over a slow fire, add sugar, almonds and other ingredients. The pudding may be eaten hot or molded and eaten cold with cream.

FRIED STUFFED EGGS WITH CURRY SAUCE

- 6 hard boiled eggs
- ¼ cup soft crumbs
- 2 tablespoons butter
- Salt, pepper, mustard, cream
- 2 tablespoons water
- 1 uncooked egg
- Soft fine white crumbs

Remove shells and divide eggs in halves lengthwise. Press yolks through a sieve. Sprinkle with dry mustard, pepper and salt to taste. Add the crumbs, butter and enough cream to make the mixture of a consistency to handle. Fill the whites and put the halves together. Beat the water and egg, dip and crumb the stuffed eggs, using the soft white crumbs. Fry in deep fat. Serve with a cream curry sauce, made by adding to ordinary white sauce one level teaspoon curry powder and one tablespoon butter in which an onion has been fried, to each cup of sauce.

GREEN AND WHITE SALAD

- 1 cup crisp, shredded cabbage
- 1 cup crisp raw spinach, chopped
- ¼ cup chopped sweet pickles
- 2 tablespoons chopped parsley
- Mayonnaise

Have all the ingredients well chilled. Combine them with mayonnaise dressing and serve in mounds on crisp lettuce leaves.

♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ Creating Your Happiness

By Swami Yogananda

It is easier to spend than to earn.

Also it is harder to save than to earn.

Most people spend thirty dollars a week when their income is only twenty. The extra ten dollars is acquired by borrowing, or by buying with promises to pay in the future, on installment plans, and such systems. You must not always feel that you have to "keep up with the Joneses." To try to own more than your purse will allow is to live in constant mental worry, and under such conditions happiness, like a will-o'-the-wisp, has to be chased foolishly all over the boggy surface of bottomless desires.

To spend more than you earn is to live in perpetual slavery. To spend more now in the hope of making more later on is the harbinger of all material suffering. An expensive car, together with a good dress-suit, and a beautiful home are very pleasant to have, but the loss of your car because you cannot meet the so-soon-recurring installments due; foreclosure of the mortgage on your home, built and paid for by many years of labor and saving; the publicity, dishonor, and heavy heart that comes after such occurrences—all these are very unpleasant. Is it not better to have an inexpensive car all paid for, a cozy cottage, a low-priced, clean suit, and a comfortable bank account than to have a big outward show with only borrowed money in your pocket?

Remember that along with the art of money-making it is well to learn the art of money-saving, for a large income is of no lasting good to you if it creates only habits of luxury and no reserve fund. Think for a moment. If you should get sick suddenly, how would you continue your luxurious habits, without the usual income, if you have no savings put away? It is a bad thing to cultivate luxurious habits if you have only a small income. Is it not better to live simply and frugally and grow rich in reality? You should use one-fourth of your income on

plain living, save three-fourths, and be at ease in your mind with a feeling of future security. Keep what you earn legitimately, and don't gamble or lose it in trying to "get rich quick."

The present depression has taught you to buy lower-priced things, to save for a "rainy day" and not to spend on mere material comforts more than you are earning.

Happiness can be had by the exercise of self-control, by cultivating habits of plain living and high thinking, by spending less even though earning more. Make an effort to earn more so that you can be the means of helping others to help themselves, for one of the unwritten laws decrees that he who helps others to abundance and happiness, always will be helped in return by them, and he will become more and more prosperous and happy himself. This is a law of happiness which cannot be broken.

The Sermon on the Mount

In a recent article, printed in a leading newspaper, extracts from which are given below, Mahatma Gandhi declares that the Sermon on the Mount was the means of leading him to an understanding of Christian teachings. He says:

"My acquaintance with the Bible began nearly 45 years ago, and that was through the New Testament. I could not then take much interest in the Old Testament, but when I came to the New Testament and the Sermon on the Mount, I began to understand the Christian teaching, and the teaching of the Sermon on the Mount echoed something I had learned in childhood and something which seemed to be part of my being and which I felt was being acted up to in the daily life around me.

This teaching was non-retaliation to evil persons and resisting evil by spiritual force. Among the things I read, what remained with me forever was that Jesus came almost to give a new law. He changed the old Mosaic law so that it became a new law, not an eye for an eye, and a tooth for a tooth, but to be ready to receive two blows when one was given and to go two miles when you were asked to go one.

As my contact with real Christians, that is, men living in fear of God, increased, I saw that the Sermon on the

Mount was the whole of Christianity for him who wanted to live a Christian life. It is that sermon which has endeared Jesus to me. I may say that I have never been interested in an historical Jesus. I should not care if it was proved by someone that the man called Jesus never lived, and that what was narrated in the Gospels was a figment of the writer's imagination, for the Sermon on the Mount would still be true for me.

As long as peace remains a hunger still unsatisfied, as long as Christ is not yet born, we have to look forward to Him. When real peace is established, we will not need demonstrations, but it will be echoed in our life, not only in individual life, but in corporate life. Then we shall say Christ is born. Then we will not think of a particular day in the year as that of the birth of Christ, but as an ever-recurring event which can be enacted in every life.

Unless one wishes for peace for all life, one cannot wish for peace for one's self. It is a self-evident axiom that one cannot have peace unless there is in one an intense longing for peace all around.

As the miraculous birth of Christ is an eternal event, so is the cross an eternal event in this stormy life. We dare not think of birth without death on the cross. Living Christ means a living cross. Without it life is a living death."

God's Minute

Let us put by some hour of every day
For holy things—whether it be when
dawn

Peers through the window pane or
when the noon

Flames like a burnished topaz in the
vault

Or when the thrush pours in the ear
of eve

Its plaintive monody, some little hour
Wherein to hold rapt converse with
the soul

From sordidness and self a sanctuary
Swept by the winnowing of unseen
wings

And touched by the White Light in-
effable.

—Clinton Scollard.

How to Rejuvenate Yourself

(Continued from Page 4)

not be extinguished by any financial, social, or physical trials, helps to keep the body looking young, with firm flesh, even if it becomes aged.

Last of all, man should depend more and more upon the limitless supply of the inner source of Cosmic Consciousness and less and less upon the other sources of the body energy. Eating all the time will make a body get old quicker, and the only way to keep the body really rejuvenated is to unite human consciousness and Cosmic Consciousness through meditation.

The mind must never have suggested to it the human limitations of sickness, old age, and death, but it should be constantly, inwardly told: "I am the Infinite, which has become the body. The body as a manifestation of Spirit is the ever-youthful Spirit."

By constantly holding the peaceful after-effects of meditation in mind, by feeling immortality in the body, by believing in eternal life instead of beholding the illusory changes of life, and by feeling the ocean of immortal Bliss God underlying the changeable waves of experiences of past lives and the waves of perceptions of childhood, youth, and age in this life the soul can find, not only perpetual rejuvenation in the soul, but also in the body. Just as soon as the body is found to be, not isolated from Spirit, but a number of rising, falling waves of vibrating currents in the ocean of Cosmic Consciousness, then the perpetual rejuvenation of the Spirit can be implanted in the body if so desired.

Some yogis do not bother about rejuvenation of the body, for they know themselves to be the ocean of unchangeable life in which the waves of body changes are rising, falling, dancing, and sleeping ever and anon.

The ocean can help any wave to retain its form if it keeps pushing it from within its bosom, so man can retain youth by asking the unchangeable, everlasting ocean of Immortal Power behind the wave of his mortal form to continue manifesting itself as that youthful vital form.

"Thought dissolves the material universe by carrying the mind up into a sphere where all is plastic."

Effective Concentration

By *Brahmacharee Nerode*

The earth has been created in the pattern of absolute beauty and joy. She is replete with the energy of the day and quietude of the night. She yields food to the tillers of her soil and through the fowls of the air, and supplies music to the rhythmic ears. While the flowers bloom in the garden, mothers feed their children with the milk of their being. She has in her possession matter and mind and their invincible laws, which she reveals to those who desire to unveil them. Yet, such is the bad luck of humanity that, having everything, it lacks happiness. Why so? Because of the depreciation of real, effective concentration which alone can give man his God and his salvation.

In the closing lines of Book Five of the Bhagavad Gita, or the Song Celestial, Sri Krishna has spoken of the most effective method of time-honored concentration. He says: "The yogi shuts his placid soul outside away from all touch of sense-objects. His quiet eyes gaze straight from fixed eyebrows. He makes his breath to pass through both his nostrils with evenness alike in inspiration and expiration. His senses and organs, together with his heart and understanding, are under control and he has set his heart upon liberation, and is ever free from desire and anger. Such a yogi is liberated forever."

This method has no peer in the history of concentration, in regard to the quickening development of peace, joy, and health in the personality of the seeker.

This practice, learned from a competent teacher, will produce such a keenness of mind as has never been dreamt of by the student. It awakens all the dormant cells of the brain and turns them Godward.

Yogoda teaches this ancient method. Faithful students of Yogoda are the monumental examples of the efficacy of this Divine technique of concentration.

Seek Truth and practice it. Truth will then make you free.

Everlasting Now

By Brahmacharee Nerode

NOW alone is real. On one hand, the treasures of your past have been gathered into the Eternal NOW, as, on the other hand, your future is also molding itself in it. NOW is the confluence where the surging waters of the past and the rising tides of the future meet. Every point in Time is an everlasting NOW. There is no Time but NOW.

NOW is the opportunity for every soul, either to bloom under the gracious blue or to fade in utter gloom. If NOW is desecrated in idle parlance or sad reverie, perhaps a precious dream of your mighty soul, which could be easily fructified, will die out of sight of the conscious mind.

The more you court NOW, the more you will add to your intellect. Your intellect illumines your worlds of matter and mind. However, where does intellect get its light to guide your senses?

NOW has the secret key to the open gate of Dawn. Dawn is the one everlasting season in the measurelessness of soul. NOW opens the gate, and lo, the soul surrenders its lamp at the hand of intellect. The light that shineth through the sun and moon, the stars and planets, and ego and intellect, is the borrowed light from the dawn-land of soul. For this reason, worship NOW with the flowers of your thoughts, actions, and meditations.

Greatness is the child of NOW, so also is joy. NOW nourishes them with the milk of the past, achievements of the present, and dreams of the future. They grow on the table-land of the human heart, radiating their smiles upon the shadows of the valley.

NOW comes to every door, rich or poor. Put into her begging bowl the trinity of the doer, the thinker, and the knower that is in you. Act, think, and know the truth in the sacred presence of NOW. Disappoint your idiosyncrasies, habits, and complexes, if necessary, but standing before NOW, do not fail NOW.

You are a Singer of Eternity. You can make Eternity out of a moment or a moment out of Eternity. NOW is dual in character. It is a moment as well as Eternity. NOW is a passer-by at your door. Make your choice.

The Message of the Masters

By Brahmacharee Nerode

"Be self-disciplined; be calm; work; reason; give; love; and live."

All other doctrines are mere ramifications of these fundamentals. As a house stands on account of the proper balancing of counteracting forces, so let all of your physical and mental forces be established in equilibrium by self-discipline, because therein alone lies the safety of life and knowledge of Reality.

As beauty expresses itself not only in the appropriate blending of colors and form, but also in the manifestation of the mystical soul-spark, so let the beauty of your character be reflected in your calmness, which expresses the glory of the cultured moods and demonstrates the sublimity of inner wisdom.

As Omnipresent Intelligence, although all-sufficient, is omnipresent in all movements and ever-active for love of activity, so also you should work, work, and work for an ideal, always keeping your mind and body in perfect condition, for the simple reason that in such a case your long life will offer you a long opportunity to mold and re-mold your ideal and fulfill it in the cycle of your present life.

As on the choice of Path depends the reaching of the goal, so keep alive the fire of reason, so that in its light you can detect every step that you should take on your journey.

As a flowing river outpours its fresh waters into the vast ocean, so give away treasures of your heart and soul as you receive them, thus making room for a fresh supply of Divine gifts. Enlarge the circumference of your life by extending your love to all. You love yourself fully only when you exhaust your love in all.

Receive life as a sacred gift and a great opportunity. By right living drink the immortality of the cup of this mortal life. Realize that when philosophy preaches God, it becomes religion. When religion finds Reality and knows God, it becomes Life itself. Know this life and be happy.

"He that soweth sparingly shall reap also sparingly; and he that soweth bountifully shall reap also bountifully."
—Paul.

The Practical Mystic

By James Warnack

WITHIN the last two years scores of popular magazines have devoted thousands of pages to discussions of religion. That fact is evidence of two things: first, that in spite of, or possibly because of the depression and general unrest, the people of the country are taking increasing interest in the things of the mind and the Spirit and, secondly, that there are many approaches to the Ideal, or to God, or to whatever one may choose to designate the highest good.

The search for the "Ineffable Mystery," for perfection, for the understanding of life, always has and probably always will occupy the supreme place in the mind of man. Indeed, (although I do not doubt that my statement will be challenged) the will to know, the desire to attain knowledge of, and identity with, the Supreme Being lies at the root of all hopes, ambitions, and desires, including the instincts of self-defense and hunger and the procreative urge.

There are many paths of approach to God, but the way to be considered in this article is the path of the Mystic. To the Mystic, the path of mysticism is the one, final, and only way—for him. He knows it is not the only way for others and he does not seek to make it so. Whenever he can do so, he seeks to lead, to suggest, to aid, but he is always tolerant and he never attempts to superficially "proselyte," but he tries to help others by his exalted spiritual example.

As a matter of fact, instead of trying feverishly to persuade others to his way of thinking and acting, the Mystic seeks rather to discover points of agreement between himself and those who do not see life altogether his way. He walks with them as far as they are capable of walking with him and then, for a season, he parts company with them. To the "fundamentalist" he says: "You are right concerning many things, but some of the true fundamentals you omit from your faith and your life." He recognizes the good in "modernism," as it seeks to eliminate superstitions and the demoralizing aspects of theology, but he also realizes the danger of eliminating tran-

scendentalism from any form or system of religion or philosophy. He knows the social and moral value of humanism, but he dares to voice the opinion that humanism is not enough and echoes the sentiment of Nietzsche who declared that man should use himself as a bridge to something "beyond man."

The Mystic agrees with the evolutionist in regard to the evolving of forms, but he knows that back of every symmetrical form there is a pattern and that back of the pattern must be the pattern-maker. He admits that forms of life must have an origin, but he is too wise to try to explain the origin of life itself. He sees forms take shape, change, and die, but he has faith in the formless Spirit, whence all forms are derived. He knows that forms have their beginning and ending in time, but he knows that life itself has its seat in the bosom of Eternity, which extends infinitely backward and infinitely forward.

It would seem that there are three steps to the Highest Goal, the fourth step taking the searcher into the heart of Being. These three steps are belief, founded on inference and desire, faith, which is conviction that inspires action, and knowledge, which is direct perception. The fourth and last step is realization, through which the seeker becomes aware of his kinship and unity with the thing sought. "Taste and see that the Lord is good," sings the Psalmist of Israel.

One may believe that there is a spring of water on the mountainside. Faith may impel him to walk to the mountain to verify his opinion. Knowledge comes with his sight of the crystal fountain, but realization comes only with his act of drinking the sweet wine of life to which his faith has led him.

The Mystic is the pragmatist, the realist, the utilitarian in the highest sense of those terms. He proclaims the existence of, and seeks legitimately to employ substances and forces beyond those which are known as "material" and beyond the forces with which science

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The Fallacy of Ownership

By Ralph J. Martin

In these times of unusual awakening, when we are witnessing the greatest experiment in social and economic adjustment of all time in India and Russia, it is well that we pause to consider whether we ourselves must come to the parting with old institutions and come to the collectiveness of property. We must realize that private ownership is not so much a matter of legal title, recorded deeds, and certificates as it is a state of consciousness, recorded so deep within the minds of people that it cannot be shaken by anything short of cataclysm in the world, or death of the physical being. It is no wonder that, when the first lessons of childhood are concerned primarily with ownership, and are carried on through the public school system to maturity, it is evident that the idea of ownership and its desirability have become a part of the very nature of the people.

In this discussion we are not concerned primarily with any change of the outward material manifestations of ownership, for we realize that as long as people think about it as they do now, it would be far easier to drain the oceans than to take away these institutions. Indeed, it is very questionable if taking away the individual right to certain private ownership would effect any commendable results, but certainly there are some subjective treatments of the consciousness of ownership which will bear careful scrutiny.

Have you not noticed how friends and neighbors on every hand have given their very lives to the sacrifice of the Idol of Ownership of something—a home, a business, a farm, bonds, stocks, certificates, insurance, and even jewels, clothes, automobiles, and all the endless list of luxuries or partial necessities? Many years of their lives have been passed out on the platter of the installment plan for the acquiring and owning of things.

In the case of homes and other properties, we are driven into ownership through the fear of poverty and old age, or through the desire for the esteem of our neighbors, but even to these appar-

ently legitimate manifestations of ownership, what a terrible price we pay in putting off spiritual understanding and growth until we are suddenly brought face to face with the Fallacy through death or have sold the Slave-Master of Ownership so many of our years, that we have only a few fleeting moments in which to snatch up some dwarfed and struggling flowers of spirituality. Even then we often would not recognize the Fallacy were it not for the cycle of economic depressions which come like a tidal wave and sweep away the fruits of our lives in one moment of anguish and heartbreak.

No matter how solidly upon the rocks of human knowledge and understanding our institutions of ownership may be built, these cycles come and no man, great or small, can stay them. So overpowering are they that the great men of this world attempt to destroy their lives in order to hide their eyes from the desolation, and the weak who follow, grumble and starve and pray for a savior, but still covet the Governor's mansion and blame Fate.

How narrow and pitiful are the lives of those who sell their lives and souls for the small petty luxuries they cannot afford except by buying on the installment plan and living from hand to mouth on the superficial thrills of owning the baubles of the moment.

Ah, but in all these things there is nothing new, for it is only the ever-repeated story of mankind. You will find it on the ancient papyrus records of Egypt. It is written on the burned clay tablets of Babylon and the mouldering old scripts of Greece and Rome. Man has always sought to find life by individual ownership of external, material things, rather than by the individualizing of the Cosmic wealth within.

Yet, while this has been the story of mankind as a whole, sages and saints of all people have stated in different ways the deathless truth: "Seek ye first the kingdom of God, and all these things shall be added unto you."

Man all through the ages has been

striving to satisfy an inner craving with an outward offering. It is an impossibility, for it is an inner lack that drives us to seek peace and security in the acquisition of material things, and this lack can only be satisfied by an inner experience of the harmony, safety, and eternally sanguine disposition of the Cosmos.

When we seek wealth within the storehouse of all Riches, we find that not only is it safe from "moth and rust", nor do "thieves break in and steal", but depressions are not in the cycle and riches once gained, compound themselves beyond our dreams.

The Fallacy of Ownership of things is not in the outward manifestation of property, but in the seeking for it before first finding the true source of wealth which is within, for to be conscious of anything is to be the owner of it. Surely the gardener who is conscious of the beauty and welfare of the flowers and grounds is more their owner than is the title holder of the estate who gets up in the morning with indigestion and walks to the curb through his beautiful surroundings with his mind upon the ticker-tape.

If we can only become conscious of the true meaning of ownership, we shall become heirs of God and joint heirs with all the wise men and sages of all times. Let those who will, waste away through the vain Fallacy of Ownership, until they have drunk so deep of that cup that they will turn at last to become true owners with those who now realize their vast heritage.

"Every thought whatever its character may be, produces its definite results, not only whether it will or not, but in spite of the will we may exercise to prevent it."

—A. M. Crane.

INVOCATION

O, my God, since Thou art with me, and I must now, in obedience to Thy commands, apply my mind to these outward things, I beseech Thee to grant me the grace to continue in Thy presence; and to this end do Thou prosper me with Thy assistance, receive all my works, and possess all my affections.

—Brother Lawrence.

Meditations for August

(Continued from Inside Front Cover)

August 21. As the Spirit is omnipresent, He cannot but be present in me. Again, omnipresence presupposes both omnipotence and omniscience. Therefore, naturally, they are also the attributes of my soul. May I unfold even a fragment of that of which my inner self is made.

August 22. Mind is unsteady like quicksilver. May Thy peace lull the riot of my desires.

August 23. When I am honest with myself and concentrated on Thee, I can read the scroll of life that is hidden from our sight. Make me honesty itself, so that Life will be revealed to me through Thee.

August 24. The world of politics can be separated from that of religion, but how can the statesman be exempted from the promptings of the Spirit or spiritual people be immune from political thinking? Unite in me, O Lord, the statesman and the spiritual man so that to me nothing counts but the eternal value of the immortal man.

August 25. I will keep myself disentangled from extreme passions, because only in gradual detachment can I find myself absolutely free and happy.

August 26. Blind me to darkness, so that I can see the deeper darkness. Blind me to light, so that I can see the brighter light.

August 27. May my life be a continual giving, because every gift is a gift to the giver.

August 28. All things come from One; all things are sustained in One; all things are dissolved in One. May I seek the One in the illusion of Many.

August 29. There is no want unless there is want in the mind. May I find the fulness of my heart in the thought of the Divine so that there will be nothing but fulfillment in the world of my existence.

August 30. I will not let reason blind my devotion nor devotion blind my reason. I will be rationally devotional and devotionally rational.

August 31. Life is not worth while if it does not breathe in God. Oh, God, fill every space of my life with Thy living breath, or let it pass into the elementals.

The Lease

By Ralph J. Martin

We hold a lease on life
That's wrought by universal will;
It bids us hold and to possess
'Til Time's own hand shall lay us
still.

The lease was given us
Without a promise, price or fee,
To use as we see fit to use
As through the years we do and be.

It lets us use this world
And all that we can find withal;
It bids us work and reap from toil
The things we crave, for which we
call.

It bids us plow and sow
To taste the fruits, if we would taste
And stir the plants to make them grow.
And breathe sweet Nature's wanton
waste;

To rise at dawn and see,
To stop and pause at dusk to hear,
To forge ahead with each day's task
And feel sweet life and know no
fear.

We hold a lease on life
That gives the things that we may
use,
It asks no price for flight of time
But bids us waken and to choose.

Material Entanglements

By Swami Yogananda

Material entanglements, sweet and mysterious, keep us dreaming so that we forget to wake up before the dream of Life vanishes into the Infinite. When you have ample time, steadiness, good health, and determination, then wavering suspicions and doubts are walls in the way. They have to be dynamited by Fate before the lotus leaves of our lives wither and let the dewdrops of consciousness slip into the ocean of Oblivion before awakening an expansion into God.

The Second Coming of Christ

(Continued from Page 6)

productions of God's patterns of perfection and Satan's patterns of imperfection to influence man. The beautiful sunshine, clouds, and rain are created by God to benefit man. Cataclysms, earthquakes, and floods were created by Satan to make man uncomfortable.

An eternal display of goodness is materialized in Nature and the life of man, proving that God is trying to impress man and influence him to use his free will and return to the abode of Bliss. Satan, through deceptive, apparently pleasant contrivances of temporary happiness-yielding acts, greed, and lust is trying to keep man tied to this misery-making limited earth. Jesus, as a manifestation of God, came to speak of the eternal kingdom of Heaven, upon whose threshold no sorrow can tread. Jesus taught that permanent happiness can only be found in God. Satan deludes man into seeking permanent happiness in impermanent material things.

Immortality Versus Death

God made man immortal. He was to remain on earth as an immortal. He was to behold the drama of change with a changeless immortal mind, and after seeing change dancing on the stage of changelessness, he was to return to the bosom of eternal blessedness, then evil crept in, causing man to concentrate on the changes of life and on outward appearances rather than on the underlying immortality in all things, and thus made him conceive the false idea of death or complete annihilation.

Destroying the Idea of Death

The motion picture of a man's life, his birth, life on earth, and death, seen on the screen, produces the joyous consciousness of his birth and the sad concept of his death, or end, but Satanic ignorance hides from view the motion pictures of man's pre-natal life as he joyously began the descent from God, and the joyous return to God as he hurried back after death. Satan has made us forget our pre-natal and post-natal experiences, and by showing us for a time this drama of life and then lowering the curtain, it has produced in us the erroneous conception called death.

I am not denying the experience of the change called death, but I consider it only as an outwardly moving link in the chain of immortality, all of which is hid-

den from our view. To say that death or change does not exist, is unmetaphysical and erroneous. To forget this dismal, delusive death, man should behold all change as dancing on the bosom of changelessness. Man should behold the changeless ocean of Infinity as wavelets of change appearing and disappearing.

Supernatural Death Versus Painful Death

If Adam and Eve had not transgressed the wishes of God, and their descendants had not allowed themselves to be influenced by hereditary ignorance, then modern man would not have to witness the heartrending painful deaths through accident and disease.

Man appeared on earth, being materialized by God, and was to live on earth, beholding the birth, sustenance, growth, and the painless, sorrowless, return of the body in complete perfection. Then, as it is possible to watch the slow process of a flower budding, growing, and disappearing on the movie screen, so man should behold his life pictured on the screen of his consciousness through the stages from childhood to a full-grown individual, and then his disappearance unto God of his own accord by his own power of dematerialization.

Man, being out of tune with God, has lost his power of dematerialization, so he is frightened by the screen picture of life prematurely cut off even before he has finished seeing the whole perfect picture of his changeful life. This premature withdrawal of the motion picture of life produces pain due to attachment to those screen pictures of flesh and consciousness and is known in the world as terrible death by pain.

We mortals have so many misconceptions about death that it has grown into importance and has fixed in us an idea of annihilation and pain instead of being seen as a phenomena necessary in the successive steps which the soul must follow in order to return from the state of change to the changeless state. It is necessary for death or change to come, so that the soul may finish beholding this motion picture of life and be released in order to go back to the home of Immortality.

How Reincarnation Was Created by Satan

Satan saw that it would all be very simple if the immortal children of God, after beholding a perfect earthly existence with a changeless attitude, would

go back to immortality again, so Satan made imperfect patterns or tampered with the showing of a perfect picture of life before it was completed, and caused mental and bodily pain through delusion. This dissatisfaction, arising from an imperfect, prematurely destroyed picture of life, created in man the desire to see perfect pictures of life in order to behold them until completion.

Ever since, the immortal images of God forgot their already perfect immortality and began to introduce delusive imperfections in the perfect dramas of life staged on the screen of time. Ever since, immortals have been coming and going from earth by the law of cause and effect, which governs desires. Ever since, this law of cause and effect has affected free souls as the law of Karma (action), which keeps them earthbound.

This law of cause and effect, which imprisons souls on earth in Satan's Kingdom of finitude, has been called "reincarnation."

How to Destroy Reincarnation

Immortal souls can only expect to be free by utterly destroying all seeds of earthly desires by Divine contact with God through meditation. This reminds the soul of the unending fulfillment in the immortal inheritances of Bliss which makes desires for earthly ways unnecessary and ridiculous.

Knowledge of Wholeness

Emancipation from reincarnation is also possible by playing the living drama of a perfect life of health, abundance, and wisdom on the screen of consciousness; that is, if one can remove the consciousness of sickness and not fear sickness if it does come, and not desire health while suffering from ill health, then one can remember one's soul, which was always well and was neither sick nor healthy. If we can feel and know that we are the children of God, and as such possess everything, even as our father, God does, although we may be poor or rich, we can be free. If we can feel that we have Divine knowledge, because we are made in the image of God, although humanly speaking we know little—then we can be free from reincarnation.

Fear of sickness and a desire for mortal health, fear of poverty and a desire for opulence, a feeling of lack of knowledge as well as a desire to know everything, belong to the domain of ignorance. Of course, if we are stricken with ill health, failure, or ignorance, we need not

continue to remain so. We should strive for health, prosperity, and wisdom without being afraid of failure.

Know That Imperfections Are Dream-Born Delusions

While struggling, man must know that his struggle for health, prosperity, and wisdom is born of delusion, for he already has all he needs within his inner powerful self. It is only because he erroneously imagined, when in spiritually ignorant mortal company, that he did not have these—that is why he lacked them. All he has to do is to think right and not strive to acquire things. He needs only to know that he already has everything.

Once a healthy, wealthy, and wise prince dreamed that he was poor, and in the dream he shouted: "Oh, I am suffering from cancer and I have lost all my wisdom and riches." His wife, the queen, woke up and aroused him, saying: "Look, prince, laugh and rejoice, for you are neither suffering from sickness nor have lost riches and wisdom, but you are comfortably lying at my side in health and wisdom, in your rich kingdom. You were only dreaming about these catastrophes."

So it is with ignorant man. He is dreaming about lack and failure, when he might claim his birthright of joy, health, and plenty as a son of the ruler of the universe. He is now living in his perfect kingdom, but is dreaming evil.

Know God First

The constant desire for health and prosperity, which is so much harped upon in modern spiritual organizations, is the way to slavery. We must seek God first and then find health and prosperity through Him. Beggars get only a beggar's share, whereas, a son of God gets his son's share. That is why Jesus spoke of *seeking and knowing the kingdom of God first. When that is actually accomplished, then health and prosperity will be added. The acquirement of wisdom and everything else that the soul of man needs will be received as a matter of his Divine birthright.*

It is best to feel by visualization and by Divine contact in meditation that you are already perfect in health and wisdom and have abundance, rather than try to succeed by begging for health, prosperity, and wisdom. In fact, man's mortal efforts are bound by the laws of cause and effect. Man cannot get more than he deserves. By the method of begging,

no human being can ever fulfill all his endless desires, but by first realizing his oneness with God, man can own everything he needs.

Man cannot have immortality by begging for it or by feeling a desire for it. He should know that he is already immortal and that so-called death is only a dream.

According to the plan of God, man should have experienced growth from childhood, and through youth to manhood, but should never have experienced death by old age or disease. Even if man becomes old, he should never die of disease or suffer painful death. In the drama of life and death, when beheld with Divine understanding, there can be no pain in death, but only the showing or stopping of the motion picture of life at will without physical or mental pain.

Origin of Pain

The outward flowing force which struggles to keep all things in manifestation saw that without pain people would not create earthly desires to hold them here, so the illusion of pain was created, which is purely a mental phenomena. The pain of ill health and death creates the desire for health and life, and to have health and life the immortal image of God must again and again return on earth to complete its slow growth from ignorance to enlightenment.

Satan is defeating his own purpose, for it is physical pain and sorrow which cause matter-imprisoned souls to seek freedom in God. A child's pure soul feels very little pain. A doctor friend in an Orthopedic hospital told me that children vie with each other to get their deformed limbs operated upon, whereas, adults have to be coaxed for weeks, and at the time of their operation they are usually overcome with emotion and fear.

Man has fortunately discovered anesthetics to neutralize pain. Originally man had great self-control and a mind which was unattached and impersonal, and so did not feel pain when the body was injured. He could behold his own body without pain even as one can witness an operation on another's body without becoming mentally excited or suffering physical pain.

Although a mother feels terrible agony when her own son dies, she does not feel the same when hearing of the death of a stranger's son. So it is that man feels the agony of accident and disease in his own body but not the suffering of others.

This is only due to the proximity of continued attachment. The farmer's water-proof, fire-proof, less sensitive child feels much less physical suffering than the sensitively brought up son of the rich. If you have no fear or nervous imagination, you will feel less pain.

Jesus was tempted in the wilderness with the wild beasts of passion and the fierce mortal desires of pain and hunger for material kingdoms, sent by Cosmic Satan.

In the September issue will be explained a most unusual idea as to the origin of Evil, and if we were God would we create a better world.

Interpretation of Bhagavad Gita

(Continued from Page 8)

The coccygeal plexus, which includes the entire outer and inner regions of the flesh, bones, marrow, nerves, blood cells, veins, and arteries, and also the entire outer skin covering of the body, are the tracts owned by the Princely senses and their intelligent cell subjects. Approximately twenty-seven millions of intelligent cells, countless billions of molecules, electrons, units of intelligent life sparks, and a countless number of sensations remain in the entire bodily kingdom, as represented in Region No. 3 in figure X.

The small estates of 4a, 4b, 4c, 4d, 4e, 4f, 4g, 4h, 4i, and 4j on figure X are all occupied by a few princely powers of the senses, namely, the optical power, the auditory power, the olfactory power, the bacterial power, the power of speech, the power of mobility in the hands, the power in the feet, the power in the coccygeal region, and the power of reproduction respectively.

The above locations in the kingdom of King Soul, including his house of wisdom, his house of the intelligent cell subjects, and so forth, must be especially noted in order to understand how the body is run according to a perfect system by King Soul and his obedient counsellor of these forces.

Figure X especially shows that the harmonious coöperation between King Soul and his obedient mental forces always brings health, prosperity, lasting youth, mental efficiency, harmony, diseaselessness, peace, bliss, wisdom, intuitive understanding, and immortality into the bodily kingdom.

Every night the student of the Bhagavad Gita should, through his own intro-

spection, ask King Soul and his children what they accomplished as they gathered together, eager for battle of proper management against untoward circumstances which affect the body. The introspective person who follows the behests of King Soul will find the bodily Kingdom teeming with mental and physical prosperity, health, and the priceless wealth of wisdom.

In a body ruled by King Soul and his discriminative exercises, the rebels of ego, anger, greed, fear, attachment, pride, and temptation are all executed. The bodily kingdom, ruled by the superior forces, manifests nothing but peace, abundance, harmony, and wisdom. No disease, failure, or death can dwell in the bodily kingdom during the reign of King Soul.

Lastly, it should be especially remembered that figure X presents a picturesque description as to how a man of self-realization feels when the body and mind are intelligently ruled by King Soul and his associates.

The consciousness in the superman is really Cosmic Consciousness. He is not a victim of imaginary perceptions, fanciful inspirations, or wisdom hallucinations, but he is actually conscious of the unmanifested Spirit and also of the entire Cosmic with all its details. A person who has become one with omnipresent and omniscient God is aware of the coursing of a planet trillions of miles distant and of the flight of a near-by sparrow at the same time. A superman does not behold Spirit from the body, but becomes one with Spirit and beholds his body as well as the body of others, and all manifestation as existing within himself.

The perceptions of an ordinary human being in the body consist of the sensations of body weight, internal sensations, arising from the inner organs and breath in the body, sensations of touch, smell, taste, hearing, sight, hunger, thirst, pain, passion, attachment, sleepiness, fatigue, wakefulness, reasoning, feeling, and willing powers. The consciousness of an ordinary man sleeps and dreams, and fears death, poverty, and disease.

Physiologically an ordinary man is limited by attachments to name, fame, family, race, possessions, and the consciousness of weight and feeling of the physical body. In other words, a mundane man is conscious only of his body and its outer connections.

Mentally an ordinary man thinks that he is what books and inferences about Truth have stated that he is. He remains hypnotized and limited by his own thoughts.

Spiritually the ordinary man cannot feel his presence beyond the body except by imagination. By the flight of fancy a man can move in imagination through the stars and vast spaces, but that is imagination and does not belong to the domain of reality.

The superman's consciousness, on the other hand, finds the consciousness in the body extended and awakened in every particle of space ambient (encompassing) Eternity. The exalted yogi feels the body and all its perceptions as an omniscient Spirit and not as an ordinary human being.

The spiritual man performs all actions of seeing, touching, smelling, tasting, and hearing the good and the beautiful without being attached. His Soul floats on the foul waters of earthly experiences and of indifference to God like a lotus which floats unsoiled or in purity on the muddy waters of a lake.

Physiologically the superman knows his earthly name and possessions without being at all possessed or limited by them. He lives in the world, but he is not of the world. The superman may seemingly feel hunger, thirst, and human limitations of the body, but within he perceives himself as Spirit unattached by bodily limitations. The superman may own much, yet he never sorrows when all things are taken away. If the superman happens to be materially poor, spiritually he knows he is the richest of all. The spiritual man feels cold, heat, sees, hears, smells, tastes, and touches like other individuals, only he remains unattached to the senses.

The superman feels sensations, not on the surface of the body, but in the brain. The ordinary man feels the cold or heat on the body surface, sees roses in the garden, hears sounds in the ears, tastes with the palate, and smells through the olfactory nerves, but the superman feels all sensations in the brain. He can distinguish between pure sensation and the reaction of thought on it. He sees sensations, feelings, will, body, perception, everything in thought as suggestions of God dreaming through us.

The superman beholds the body not as flesh, but as a bundle of condensed elec-

trons and life force ready to dematerialize or materialize at his will. He feels no weight of the body. Body perceived as electric energy cannot have weight. He sees the motion picture of the Cosmos going backward and forward on the screen of his consciousness, so he knows that time and space and dimension are forms of thought in which the Cosmic motion picture of dreams is constantly playing new, true-to-touch, true-to-sound, visible super-talkies.

The superman sees birth as the beginning of certain changes and death as the change which follows earthly life. He sees birth and death as changes playing on the Spirit as waves rise, fall, and rise again on the bosom of the sea.

The man of realization has to climb different steps in the ladder of self-realization as his consciousness moves upward from body consciousness to Cosmic Consciousness.

First: By discrimination the yogi detaches himself from his earthly possessions, and from his little circle of friends. This he does not do to be exclusive and negative, but to be all-inclusive. The yogi first excludes all attachments, so that they may not stand in the way of the perception of the omnipresent. After achieving omnipresence, he includes in his love his family, friends, everything. Ordinary man is the loser by his attachment to a few paltry things which he must forsake in the end. The yogi reclaims his Divine birthright first by all necessary efforts and includes afterwards all things he desires to have.

Second: Then the yogi finds his consciousness. Although freed from the possessions involved in connection with the body, they still tenaciously remain imprisoned in the body and in human consciousness.

Third: Then the yogi by deep concentration tries to silence the internal and external body sensations which invade his body.

Fourth: Then the yogi learns to quiet his breath and heart and to withdraw attention and energy into the spine.

Fifth: When the yogi can quiet his heart at will, he passes psychologically beyond the subconscious state. The ego experiences joy and relaxation when it feels the subconscious mind in sleep. In sleep the heart still works, pumping blood through the muscles while the senses are asleep. When at-

tention and energy are withdrawn from them, the heart, the muscles, and the senses are all consciously put to sleep, then a joy greater than a thousand dreamless sleeps is experienced after seven days of forced sleeplessness.

The consciousness of such a yogi sees visions, great lights, hears astral sounds, and becomes identified with a vast dimly lighted space, alive with glimpses of the hitherto unknown. Then the yogi moves his consciousness and energy to the coccyx center, and he feels that all matter is composed of electricity. When he draws his consciousness and energy to the sacral center, he feels that the earth is composed of electrons and life force. When the yogi retires to the dorsal center, he sees all gases and air as made of life force. When the yogi can place his consciousness in the cervical center, he feels that all ether is made of sparks of intelligent life force. When the yogi retires into the medulla center and the point between the eyebrows, he knows all matter, energy, and gases as composed of thought force. These centers are electrical switches of life force and consciousness, which are responsible for the creation of super-vitaphone pictures of earth, water, fire, and ether, of which matter is composed. This can be better understood by personal instruction from Guru (preceptor).

So many shallow spiritual people, whose knowledge comes percolating through books and not through intuition, speak of matter as thought when they are still grossly identified with possessions and the body. Only yogis who know not by imagination but in reality and who can withdraw consciousness as well as life force from the body by quieting the heart, and can take them through the plexuses to the point between the eyebrows, are developed enough to say that all matter is thought. Unless consciousness and energy reach the medullary plane, all matter seems solid and different from thought. Only upon reaching the medullary plane by self-realization, acquired through years of practice of Yogoda lessons with Guru's advice can one say that all matter is condensed thought of God.

A Hindu yogi used to travel with many disciples. Once, being very devotionally urged by a guest, he ate meat, but he told the disciples to eat only

fruit. After this, he took the disciples on a long march through the woods. There was a discontented Judas among the disciples. He began to spread discontentment and doubt among the faithful by saying: "The master preaches non-existence of matter, but he eats meat and gives us grass and watery, unsubstantial food to eat. He can walk without fatigue, for he has good meat in his system. We are tired because the fruits are all digested long ago."

The master sensed this, and when he came to a tent where a blacksmith was making nails out of hot iron he stopped. Then he turned to the discontented disciple and said: "Can you eat and digest everything I can? To me all things are the same, for all things are not matter but Spirit." The disciple, thinking the master was going to offer him meat, answered: "Yes, sir." Then the master rushed near the fire of the blacksmith and pulled out with his own hands the red hot nails and began to eat them. Then he turned to the Judas disciple and said: "Come, son, eat and digest what I can. To me good food, meat, and red hot nails are the same. They are Spirit."

Don't think that you are in Cosmic Consciousness just because you have heard a lecture or read a book on it or dreamt about it in your fancy. You can feel all matter as thought only when you can withdraw life force and consciousness to the medulla plane, or the spiritual eye.

The superman, instead of feeling that the body consciousness is limited to the body or as reaching only to the brain or the cerebral lotus light of a thousand rays, feels intuition as ever bubbling Bliss dancing in every particle of his little body and in his big Cosmic Body.

The superman's body is the universe, and all things that happen in the universe are his sensations.

The superman knows births and deaths only as change dancing on the sea of Life. The yogi knows all past and future, but he lives in the eternal present. The yogi has no father, mother, or friends, for he sees himself materialized as every human being, and everything else.

(To be continued in September issue "East-West".)

The Practical Mystic

(Continued from Page 17)

deals. He realizes the power of mind and the greater power of Spirit. *He does not believe in postponing realization until after he "dies."* In the larger, truer sense he does not believe in death at all. He believes and feels that God is both immanent and emmanent, that He is as personal as a man singing into the microphone and as impersonal as the voice and ether. He feels that the Eternal One, with whom (at least to a certain extent) he has identified himself, is all that man may see and feel and know and yet beyond everything that may be postulated by empirical science.

All knowledge may be said to be founded on belief, excepting the knowledge of the Mystic. He alone may know things and principles by intuition. It is true that intuition often may come after a long period of belief, faith, and action, but when it comes to a man or woman, that person no longer is dependent upon any factor except intuition for his knowledge, his wisdom, his power and joy.

The Mystic does not deny "revealed religion" but he knows that the glorious Being can and does reveal Himself today as He did in the past. He has many Bibles and he is acquainted with the Author of them all. He sees that all things are of one essence and he recognizes the unity of humanity.

Because he knows and loves his kind, the Mystic is always a servant of the world. While knowing that the world must give him whatever he needs, he asks for nothing but freely gives himself wherever he is needed. Sometimes he thunders prophecies and warnings, sometimes he composes great music and poems, sometimes he is silent, sometimes he suffers, sometimes he sings, but always he is "down among men," if not apparently, none the less really, working for the upbuilding of the consciousness of the race, and yet, while identifying himself with humanity in order to serve, he never allows himself to become so involved in his work that he forgets his Divine heritage and his shining goal. He never entirely loses himself. He never abandons his peace.

He seldom quotes from the "Masters," although he is well aware of their existence and their blessed help. He speaks from his own heart and his words take root in the heart of humanity. Through all his life, through all his work and

thought and dreaming, he never forgets the one Source of all good, and he never neglects to find a quiet moment each day in which to draw nearer to that blessed One, who is the heart of his heart, the mind of his mind, the soul of his soul, the love of his love.

"Tell me where God is and I will give you an apple," said a Christian missionary to a Hindu boy.

The lad replied:

"Show me where God is NOT and I will give you TWO apples."

To the Mystic, what men call life and death are two aspects of one condition, beyond which is the true life that is not touched by sorrow, sin or death.

Laotze picked up a skull and said: "Only you and I know that you never were born and that you are not now dead."

Sometimes the Mystic is poor in worldly goods, sometimes he is wealthy. Sometimes he is obscure, sometimes famous, but always he knows the society of great souls and always he owns a treasure house within his heart; always he knows himself superior to poverty and riches. He depends not so much upon experience as upon inexperience, if one may coin a word to express the operation of the deep, inner faculties.

Such is the path of the practical Mystic.

THY WORKER

Let my hands perform Thy work;
Let my voice carol Thy song;
Let my head rest on Thy heart, Be-
loved;

My resting place so strong.
Manifest in me Thy love;
Illuminate my soul with light;
Perfect in me Thy life my Beloved,
Then send me into the night.

—From "Meditations" by Sarojini.

I OFFER THEE A GARLAND OF DEVOTION

Let the flowers of my devotion blossom in the garden of my heart, with the dawn of Thy coming. Let me weave a garland of them, and place it at Thy feet!

—From, "Whispers from Eternity",
by Swami Yogananda.

Yogoda Announcements

YOGODA SAT-SANGA SYMBOL.

The symbol in the lotus outline on the front cover signifies the single spiritual eye of meditation, the pranic star door through which we must enter to find Cosmic Consciousness, taught by the Yogoda method of meditation. "Therefore, when thine eye be single, thy body shall be full of light . . . Take heed, therefore, that the light which is in thee be not darkness."—Luke 11:34-35.

MEANING OF "YOGODA" AND "SAT-SANGA." Yogoda means the System and Technique for perfect development of body, mind and soul. Sat-Sanga means "Fellowship with Truth."

BRIEF HISTORY OF THE YOGODA MOVEMENT. The first school to teach the methods of Yogoda was a Residential School for Boys founded by Swami Yogananda in 1917 at Ranchi, India. It has as its patron the Maharajah of Kasimbazar, Sir Manindra Chandra Nundy, Member of the Imperial Council, Government of India. In 1920 Swami Yogananda, founder of the Yogoda movement, came to America as the delegate from India to the International Congress of Religious Liberals in Boston. Since that time, he has established Yogoda Sat-Sanga Centers in many American cities, with national headquarters at 3880 San Rafael Ave., Los Angeles, Calif., Branch Centers at Washington, D. C., Boston, Philadelphia, Cleveland, Cincinnati, Pittsburgh, Buffalo, Minneapolis, St. Paul, St. Louis, Milwaukee, Denver, and Salt Lake City.

News from the Centers

Buffalo

Each Sunday evening during June Rev. Rupert Lesch gave a wonderful lecture on "How to be a Yogi".

June 13, Mr. and Mrs. Nelson entertained the men's club and their wives and other regular students at their home in Tonawanda.

Games were played and refreshments served. A happy evening.

The Buffalo Center has decided to raise all their money by contributions. No more card parties or dinners to make money, but we are having social gatherings among the students and we like it. It promotes a good spirit.

Mr. and Mrs. Wilson entertained the students at their home in Williamsville June 7. A clean, crisp night, a blazing good fire in the fireplace, a mock trial, two hours of fun and refreshments. The students are still laughing over that trial.

Cincinnati

Ranendra R. Das, Cincinnati Yogoda leader, paid a week-end visit to St. Louis recently as the guest of the St. Louis Center and was the speaker of the evening at their Sunday night meeting.

At the open Sunday night meetings of the Center he is at present conducting a series of lectures on the Yoga philosophy as follows:

"What is the Nature of Yoga?"

"The Psychology of Yoga."

"The Scientific Basis of Yoga."

"Can Yoga be Applied in Life?"

The Monday night class work is now being devoted to a review of the Super-Advanced Course, after which time is allowed for open discussion by the members.

An evening party was given this month through the efforts of the Ways and Means committee, who plan some social event for each month. A garden party is now being considered.

St. Louis

For the summer, special classes in meditation. Tuesday and Thursday evenings. Study of Yogoda. Wednesday evening: Advanced metaphysics. Friday evening. Meeting open free to public for study of psychology. Sunday devotional meeting as usual.

In June Dr. Stewart of Cincinnati gave a very interesting and instructive illustrated lecture on "Eastern Teachings in the Sight of Symbolism."

During the summer, there will be a daily prayer and meditation service from 12 noon to 12:20 p.m. This is free and the public is invited.

All visiting Yogodans are especially invited to visit the temple and attend the classes.

Increase in me that wisdom
Which discovers my truest interest.
Strengthen my resolution
To perform that which wisdom dictates.

—Franklin.

DIVINE HEALING PRAYER SERVICE FOR ALL. Every morning at seven o'clock Swami Yogananda sends a Divine Healing Prayer Vibration to his students and all who ask his help in healing and liberating themselves from physical or mental disease or the spiritual suffering of ignorance. Any one who wishes to avail himself of this help, which Swami Yogananda is happy to extend to all, may write to the Los Angeles Headquarters, briefly stating the nature of his or her trouble. There is no charge except what is given as a free-will offering to help spread this Christian Yogoda Healing work.

All letters asking for healing from Yogoda Sat-Sanga should be addressed to YOGODA, 3880 San Rafael Ave., Los Angeles, and NOT addressed to individuals connected with the Yogoda Sat-Sanga activities.

SPECIAL NOTICE

To Students and Friends of Yogoda

We shall be glad to consider manuscripts embodying the highest quality of spiritual thought. No payment will be made for printed contributions.

Kindly keep a carbon copy of your manuscripts, as we cannot be responsible for your articles unless accompanied by a fully stamped self-addressed envelope for return.

MONTHLY DONATIONS AND LOVE-OFFERINGS. These offerings by students and friends of Yogoda form one of the chief means of support of the work and enable the message to spread for the benefit of all humanity. Books and other gifts for the Yogoda headquarters in America and for Swami Yogananda's schools in India are also welcome.

EAST-WEST NOTICE

East-West is being published again through the great spiritual cooperation of a very dear Yogoda student, who has undertaken to have it printed EVERY MONTH. May God bless him in every way. We rejoice that God and the great Masters of India have chosen this very noble spiritual instrument to spread the message of Yogoda.

All loyal Yogoda students please make a definite effort to increase your spiritual abundance by saving at least ten cents a day until you have saved five dollars (\$5.00), which will pay for one year's subscription for EAST-WEST magazine for two friends. Invest your spirituality in the spiritual welfare of others, and great will be your reward. Your efforts to make the magazine self-supporting will be of immense service to humanity. "Seek and spread the Kingdom of God *first* and then health, abundance and happiness will be added unto you." Nor be ye of doubtful mind.

EAST-WEST,

3880 San Rafael Avenue, Los Angeles, California

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3880 San Rafael Avenue

Los Angeles, California

Directory of Yogoda Sat-Sanga Centers

Founded by Swami Yogananda, A. B.

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Brahmacharya Residential Schools for Boys, located at Ranchi and Puri, Bengal, India. The Maharajah of Kasimbazar is the patron of the Ranchi School.

Los Angeles, Calif.

Leader-in-Charge, Sradha Devi. National Headquarters, Yogoda Sat-Sanga Society of America, 3880 San Rafael Avenue, Los Angeles, Calif. Phone: Capital 9531.

OUR YOGODA SAT-SANGA CENTER at 3880 San Rafael Ave., Los Angeles, (on Mount Washington), is the **only** Yogoda Organization in Los Angeles.

Boston, Mass.

Dr. M. W. Lewis, Leader, 29 Edghill Rd., Arlington, Mass. Monday weekly meetings, 543 Boylston St., Boston, Mass.

Buffalo, N. Y.

Anna Krantz, Sec., 75 Goulding Ave.; Joseph T. Wilson, Corr. Secy., Williamsville, N. Y. Sunday public meetings and Wednesday classes held at 475 Franklin Street, Room 9. (Copies of East-West may be obtained at news stands in Hotel Lafayette, White Building and Elliott Square Building, and from Mrs. Sutly's Art Store on Tonawanda Street, and the Unity Rooms in the Hotel Statler.

Cincinnati, Ohio

R. K. Das, Leader, 2559 Eden Ave.; Bertha Shimler, Sec., 5642 Bramble Ave. Monday class meetings and Sunday public meetings held at 24 East Sixth St.

Cleveland, Ohio

Calvin A. Judson, Leader, 623-625 Society of Savings Bldg. Friday weekly meetings at Hotel Winton.

*Denver, Colorado

Frederick Wadley, Leader, 1432 Clayton St.; Miss Dorothy J. Ladwig, Acting Sec., 1536 Willow St. Meetings Thursdays at Pythian Building, 14th and Glenarm Sts., Room 204, at 8 p.m.

*Milwaukee, Wis.

E. W. Basler, Sec., 1211 S. 14th St. Friday class meetings and Sunday public meetings at 8 P.M. held at 721 N. Milwaukee St.

Minneapolis, Minn.

F. Storlie, Asst. Leader, 717 Plymouth Bldg.; Ednah Hall, Sec., 2201 Gerard Ave. Wednesday weekly meetings at the home of Mrs. Elizabeth Backus, 2201 E. Lake of the Isles Blvd.

*Oakland, Calif.

Mr. B. K. Ware, Leader. Meets Tuesday evenings at Hotel Leamington.

Pittsburgh, Pa.

Mrs. Harold E. Wilson, Leader, 1240 Patton St., Wilkinsburg; Miss Rachel J. Logan, Sec., 808 Washington Blvd. Weekly Thursday meetings held in Committee Room of Carnegie Library, Forbes St.

St. Louis, Mo.

U. Punditji, conducting teacher. Sunday evening devotional services 8 p.m.; weekly classes, Tuesday, Wednesday, Thursday, and Friday. Prayer service at 12:20 every day except Sunday. At 208 Hotel Missouri, St. Louis, Mo.

San Diego Center

Conducting Teacher: Elsie Ra Nachant. Every Sunday at 7:30 p.m. Public services, Chamber of Commerce Building, 449 W. Broadway. Friday, 8 p.m. Friday, 2 p.m., Edmonds Building, 8th Street, San Diego.

Washington, D. C.

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**Self-Realization Fellowship of Religions
Established by Swami Yogananda in 1925**

YOGODA means "harmonious development of body, mind, and soul through Self-Realization." SAT-SANGA means "fellowship with truth."

YOGODA Headquarters pictured above is a beautiful structure containing more than forty rooms and two large halls seating about a thousand people. The grounds are nine and a half acres of city land, and are planted with camphor, date, palm, pepper and other beautiful trees, as well as plants, shrubs and wonderful flowers, making it one of the most beautiful spots in Southern California. There are two tennis courts with a stadium. The property has one thousand feet frontage on Mount Washington Boulevard Drive, and a twenty minutes' drive from the heart of busy Los Angeles will bring you to this quiet hill-top Paradise.

The Center commands an unsurpassed view of the city below, as well as of other nearby cities, including Pasadena, the "City of Roses." The Pacific Ocean sparkles in the distance, and at night the million twinkling lights of Los Angeles and distant cities may be seen below, a veritable fairyland.

Week-day and Sunday classes and lectures are given, including a non-sectarian Sunday School for children. Yogoda Sat-Sanga Center is open for meditation and visits of all Yogoda students, their friends and the general public. The work of the internationally known Yogoda Correspondence Course is also carried on at this Center.

Persons able to support themselves, and of strictly harmonious disposition, who are planning to retire and pass life in service to all, and in cultivating Cosmic Consciousness through the Christian Yogoda teachings of all-round development, may apply to the Yogoda Headquarters stating their intentions. Such people will find Mount Washington a hermitage of their dreams, a heaven of scenic beauty and quietness, and a scientific residential University of Self-Realization. Under ideal conditions, this training is offered for the first time in America.

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No one is more willing to send to you vibratory healing for your health, your financial and your spiritual condition, than your own Father, God. Since He has given you independence, you have failed to receive God's healing messages. Besides, you see, you have been over-confident in the limited man-made laws of healing, or man-made laws of prosperity, or man-conceived, theological, imaginary interpretations of how to know God.

Perhaps you are suffering from stubborn temporary, or chronic diseases. Perhaps prosperity does not come to you, no matter what creative ability you have applied. Perhaps the hastily swallowed beliefs of others, unmasticated by intuition, or not saturated with the saliva of spiritual assimilation, have produced in you theological bewilderment, or theological scepticism, or spiritual indecision, or theological indigestion.

You may be at a loss to understand which path will give you direct God-contact. If so, go to the Source of Christianity, which is the Orient. If you are in doubt, write to us. We will show you that health, prosperity, and wisdom can be satisfactorily obtained without fail, through an unlimited Divine law, if you get your soul-radio tuned to our Christian Yogoda Healers at Yogoda Headquarters. *We have spiritual teachers, who invisibly by their concentration can help you to tune your soul-radio to receive the ever-present health, prosperity, and wisdom vibrations of God in the ether.*

Just as songs seem silent and cannot be heard in a room with a broken radio, so through your mind-radio, broken by worries, fear, restlessness, skepticism, or stubborn or chronic sickness, you are unable to catch the health and the power and the wisdom vibrations of God. If you have devotion and sufficient faith, they will act as an ether through which our Healers will be able to tune your mind instruments to calmness and peace. *Tune in with us consciously any time between the hours of 6 A.M. and 6 P.M. (your time.) Write to us telling us which you desire: Your body tuned to receive God's health vibrations, your mind tuned to*

receive God's abundance vibrations, or your soul tuned to receive God's wisdom vibrations.

Thousands of people have tuned in their souls, and have awakened in Self-Realization to God, finding that headaches, colds, rheumatism, tuberculosis, and cancer were nothing but nightmares. Just as disease, poverty, and ignorance can be seen and felt in a dream, so the dream of ignorance shows in all its reality throughout the fury of mundane troubles. Just as in waking, one laughs at one's own dream-vanities, so when we awaken in faith and God-Realization, we laugh at poverty and all its accompanying courtiers.

All that we claim is that the strong, Divinely-tuned will of our Healing Helpers can demand that God tune your body, mind, and soul radio so that you can then tune in on His healing broadcastings. You must thus get your body, mind, and soul radio repaired and all its doubting static tendencies removed.

Please get in touch with our Yogoda healers right away. Do not delay for any reason. The present time is always a very good time to begin anything. No matter what your problem may be, whether apparently unimportant, or whether of vast importance, our help will be given to you. Please do not write personal letters to any individuals in the Yogoda organization when asking for this healing service. Address all communications to Yogoda Healing Department.

Kindly cut out, fill in, and mail to us the accompanying coupon right away. Also please enclose return postage with your letter, and we will appreciate any love offering that you may be prompted to send us to help carry on this great and special Healing work.

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A SYSTEM FOR HARMONIOUS AND FULL DEVELOPMENT
OF BODY, MIND AND SOUL

A Practical, Scientific Technique of Concentration and Meditation
Leading to Conscious Contact with Inner Divine Forces

A Method of RECHARGING your Body, Mind and Soul Batteries from
Inner COSMIC ENERGY

YOGODA is a scientific system for conscious control of involuntary life forces, originated by Swami Yogananda, A. B., Hindu educator and metaphysician. The basic exercises of YOGODA can be practised anywhere, anytime, in public or private, sitting or reclining, walking or standing, unobserved by others, and without apparatus or expense of any kind. Ten minutes by this system exceeds in benefit hours of ordinary exercise.

This science of applied life vibration, technically known as YOGODA, endorsed by foremost scientists and educators, teaches the student how to draw thru concentrated absorption from cosmic energy, a recharge of life-giving elements into the physical and spiritual system. YOGODA teaches how this principle can be put into CONSTANT operation within your being, proceeding without interruption in its constructive processes even while your physical body is in repose.

EVERY MUSCLE, ORGAN AND FUNCTION OF BODY STRENGTHENED

Parts unaffected by any other system of development are reached and brought to their maximum powers thru the faithful practice of Yogoda recharging.

WHAT YOGODA DOES

Teaches how to RECHARGE body-batteries with fresh life-current by increasing dynamic power of will, how to overcome Fatigue, insure lasting youth, and improve

(a) Beauty of Form; (b) Grace of expression; (c) Centre of Consciousness; (d) Power of mental receptivity; (e) Contact with the Infinite Reservoir of Power.

YOGODA teaches you how to actually see the light of the VITAL FORCE in the body, how to hear the COSMIC VIBRATION, and thru a definite simple technique, how to contact the Omnipresent Source of Infinite Divine Power.

YOGODA teaches how to prevent hardening of the arteries and how to insure lasting youth by stimulating even circulation and helping to eject foreign matter from the system. The right practice of Yogoda drives away headaches instantly, harmonizes all muscle actions, makes colds impossible, and prevents constipation and all stomach troubles.

YOGODA teaches how to exercise those parts which you think you cannot exercise.

How to put on or take off fat, as desired.

Teaches you how to control your material and spiritual destiny.

The use of this YOGODA system has accomplished wonderful results in several residential schools for boys in India, established by Swami Yogananda, and has been used by 20,000 Yogoda students in America to overcome physical, mental and spiritual inharmonies.

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Swami Yogananda

Divine Love

Thou art the mystic echo from the caverns of heart, and the inaudible voice of feeling.

Thou unseen charmer of souls, Thou art the fountain flowing from the bosom of friendship.

Thou art the unseen cord of self-bound souls and the rays of secret warmth which break buds of feeling into blossoms of endearing, soulful words of poesy and loyalty.

Thou art the Divine Cupid, enticing mystic souls to pierce the heart of all living things.

Thou art the silent language of souls, and the invisible ink which lovers use to write letters on the pages of their hearts.

Thou art the mother of all affections, and in Thy breast of love throbs the heart of God.

Love is the heart-beat of all life, and the angel of incarnation.

Love is the silent conversation between two hearts, and it is the call of God to all creatures, animate and inanimate, to return to His house of Oneness.

Love is born in the garden of soul progress, and it sleeps behind the darkness of outer attachments. It is the oldest and the sweetest nectar, preserved in the bottle of hearts.

It is the flame which burns all weeds of selfishness, and destroys the walls of family and patriotic narrowness.

It is the light which dissolves all walls between souls, families, and nations.

It is the unfading blossom of pure friendship in the garden of both young and mature souls.

Love is the door to heaven, the complete song of souls.

Love is the echo of God's voice trying to reverberate through mute stones, through rain, wind, fragrance, vitalizing light and plumed song-birds; it reverberates through the cries and laughter of babies, through unconditioned mother love, and through dumb and articulate hearts.