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TRUTH JOURNAL

for individual and global spiritual enlightenment



A Center for Spiritual Awareness Publication

**The Enduring Value of Well-Informed
Rational Thinking & Spiritual Practice**

— page 5

COMMENTARY

We Already Know What is True

A pessimistic person might say, “I’m looking for something that will provide a sense of meaning for my life, but I doubt that it exists.” An optimist says, “I know that which will be completely soul-satisfying exists and I will know it when I discover it.”

Whether we aspire to be in our right place in the drama of life, accomplish purposes of value to us and to others, or realize (actually experience and know) our true nature and ultimate Reality, four essential qualities to have are:

- Accurately defined, firmly decided intention.
- Conviction that our intention will be actualized.
- Knowledge about how to effectively proceed.
- Unwavering resolve to persist until our right actions and the supportive impulses of freely-provided grace enable us to actually have what we know to be possible.

Isn’t it soul-satisfying to know that, as spiritual beings, we are immortal pure-conscious units of one ultimate Reality that produced and maintains the worlds?

With warm best wishes
and continuous blessings,

ROY EUGENE DAVIS

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Front Cover: Roy Eugene Davis presenting a meditation seminar in West Palm Beach, Florida, February 29, 2012.

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***Addendum:* The Evolution of Religious
Beliefs and Practices**

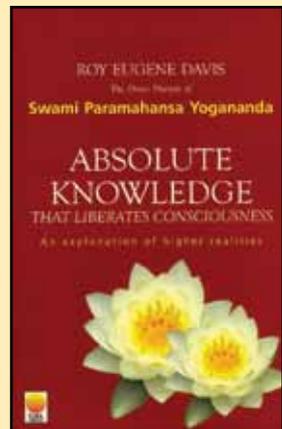
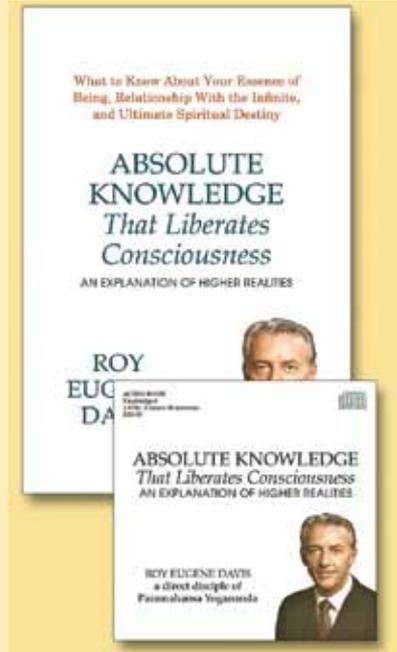
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ROY EUGENE DAVIS

The Enduring Value of Well-Informed Rational Thinking and Spiritual Practice

enduring Lasting, durable, permanent.

well-informed Having adequate, reliable information.

rational thinking Using powers of reasoning and discriminative intelligence to examine available facts.

spiritual practice A course of actions that clarify awareness and allow innate qualities and knowledge of one's true nature and ultimate Reality to emerge.

Has your understanding (or concept) of ultimate Reality (God) provided you with the unwavering peace of mind and complete freedom from limitations that you hoped it would? Many people say that, although they have a reasonable degree of mental peace, they also have personal problems and other troublesome conditions, some of which they think are manageable and some that are either debilitating or are difficult to overcome.

I recently received an e-mail communication in which the sender inquired: "Why don't my occasional experiences of what seem to be profound meditative states clarify my awareness or replace my morbid sense of 'life's purposelessness' with a more cosmic and satisfying understanding?"

Many truth seekers are surprised to discover that, after a few weeks, months, or years of metaphysical study, endeavors to live holistically, and regular practice of meditation, they and their circumstances are not much different. Their ability to use the jargon (words used when they discuss philosophical ideas), pray, meditate, and affirm has been somewhat useful, but not noticeably transformative. If they fervently aspire to have better results and are highly motivated, they examine what they have been doing, become more intentional and focused, acquire more information that is useful to have, and meditate more deeply. If their aspiration to be spiritually awake is weak or they are not highly motivated, they may hope to discover easy solutions

to their problems, find someone who will do for them what they could do for themselves, become angry or depressed, or stay involved with mundane activities and relationships to try to avoid thinking about their situation.

To have satisfying results on a meaningful spiritual path it is necessary to know what to do, be highly self-motivated, and *patiently persist* (calmly adhere to a resolve or course of actions in spite of obstacles) until innate qualities and Self-knowledge are completely unveiled.

**How to Acquire Reliable Information That is Needed
to Think Rationally and Have Optimum Benefits
From Your Spiritual Practices**

Wisdom is the principle thing; therefore get wisdom:
and with all your getting, get understanding.
– *The Proverbs 4:7*

The quick way to acquire reliable information about how to live skillfully and effectively nurture spiritual growth is to obtain it from someone who has it: by talking with them, reading what they wrote, or listening to what they recorded. Information is not transformative unless it is understood and applied. Examine it and experiment to verify its practical usefulness.

When acquiring information, discriminate. Even an honest, sincere person may unknowingly mix facts with theories, opinions, or folklore, or mistakenly think that flawed philosophical or religious teachings are true.

1. Some sincere but spiritually unenlightened people may teach profound philosophical ideals and concepts along with traditional views without knowing the differences. When they do know the differences, they may not always emphasize them because they: 1) don't think it to be necessary; 2) may think that others won't understand; 3) are not interested in communicating accurately; 4) are intellectually lazy. Even when the truth is clearly explained, some people will misinterpret it, argue about it, "hear" only what they want to hear, or try to adapt it to their personal beliefs and opinions.

People who have a broad but incomplete understanding of metaphysical principles may unknowingly promulgate erroneous ideas about God, reincarnation, karma, life in other realms and telepathic communication with people who are there, evil forces, ascended masters, or other matters.

2. Without knowing about the research done by Bible scholars during the past several decades, one may not know that some of the books of the *New Testament* were not written by the person whose name is used as the author or that some texts were changed or modified by scribes who copied them when Christian teachings were still evolving during the first few hundred years of their emergence.
3. Readers of the *Bhagavad Gita* may mistakenly think that the words attributed to the character Krishna are of an actual person who lived in India several hundred years ago. They may not know, or care, that the text is an allegory: a story in which characters, objects, and events symbolically represent moral and spiritual principles.

Improve your mental, intellectual, and intuitive powers. Don't believe that there are "mysteries" that you are not supposed to understand or facts that cannot be understood. Aspire to fully comprehend what you think about or examine.

Well-Informed Rational Thinking

... now, by God's grace and my own skillful endeavor, I have attained wisdom. The shadow of ego-sense has been removed by Self-knowledge. Rid of the poverty of delusion, I am supremely free. All that is worth knowing is known. All that is worth seeing has been seen. I have realized that beyond which there is nothing more to realize.

— *Vashishta's Yoga*

Our mind retains impressions (memories) of perceptions and experiences and enables us to use reason and discrimination to analyze situations and solve problems. When we are engaged in rational thinking, intuition—knowing without the support of

senses, mind, or intellect—may reveal what we want to know. Intuitive perceptions can produce the same results as rational thinking. Until intuition is highly developed, we have to learn to discern the difference between it and wishful thinking.

Examples of flawless, rational thinking:

- **To know that you are an immortal, spiritual being.**
Because you know that you exist now, you can reasonably conclude that you will continue to exist. Your body, mind, and personality are constantly changing. You, the observer and knower, do not change.
- **To know that an ultimate Reality exists.**
Because events and things do not emerge from nothing, the universe and life forms must have been produced and must be sustained by an ultimate Reality which pervades them.
- **To know what is for your highest good.**
Mental attitudes, emotions, behaviors, lifestyle routines, activities, foods, personal relationships, environmental conditions, and spiritual practices that enhance your life, free you from restrictive circumstances, and clarify and expand your consciousness are for your highest good. What obstructs or interferes with endeavors to have it should be avoided.
- **To know that all people and living things have an innate essence.**
The true nature of something is its unchanging essence. The essence of people and living things is an individualized unit of the pure-conscious aspect of ultimate Reality. This being understood, spiritual and material realities are not thought of as separate realities.

Because thinking cannot be rational if your mind is modified with false beliefs and opinions that you consider to be true, endeavor to have and rely on accurate information about what you are examining. Ultimate Reality is nameless and formless. Its absolute essence is pure consciousness; its expressive aspect has attributes. Don't confuse it with names that others use to refer to it, such as spirit, lord, heavenly father, divine mother, love, or bliss. Learn about categories and processes of cosmic manifestation and how souls are individualized by interactions between

the radiant or expressive field of ultimate Reality and its emanated vibration (Om) which produces universes. When you are investigating these matters, remember that you already have within you the knowledge of them that you are bringing forth into your conscious awareness.

Well-Informed Spiritual Practice

Don't allow your mind to be troubled by what others do. Don't look back. Don't look to the right or to the left. Look straight ahead to the goal [spiritual enlightenment] and go all the way in this incarnation.

– *Paramahansa Yogananda (1893 – 1952)*

I can hear my guru's quiet voice as he looked into my eyes and spoke the above words to me sixty years ago in the living room of his desert retreat house in southern California. A few weeks later, he passed from this world.

What he advised me to do, I recommend to everyone who is on a spiritual path. Don't dwell on memories of past events or circumstances, allow yourself to be distracted from your spiritual path, or waver in your resolve to be enlightened in your current incarnation. Learn to live effectively, meditate, and remove or rise above all obstacles to spiritual growth. Your divine qualities and innate knowledge of your true nature and of ultimate Reality will then be more quickly Self-revealed.

Calmly view transitory events and situations with dispassionate objectivity. We do not have to assume an other-worldly mental attitude regarding the world in which we live nor think that because events and conditions are impermanent that we cannot live freely and enjoyably. Live in the highest way that you know to live without strong attachments to your egocentric sense of self-identity, people, things, situations, status, or what you do or have accomplished. That is how to freely live in this world, maintain your peace of mind, beneficially contribute to the well-being of society, and progressively grow to emotional and spiritual maturity.

Honor the pure essence of all people and forms of life by silent acknowledgment and respectful, considerate behaviors. Your mental attitudes, emotions, states of consciousness, and behaviors can benefit your environment and uplift people with whom you interact. Be a positive influence whose mental states and behaviors others will want to emulate.

Expand your consciousness by imagining and meditatively contemplating (“looking at” with alert expectation of discovery) the omnipresence, omnipotence, and omniscience of ultimate Reality until your attention and awareness are fully absorbed in the process.

As a unit of the pure essence of ultimate Reality, all that is needed is to improve your knowing of what you are. What is realized by attentive Self-inquiry and effective spiritual practice is permanent. That is why well-informed rational thinking and spiritual practice has enduring value.

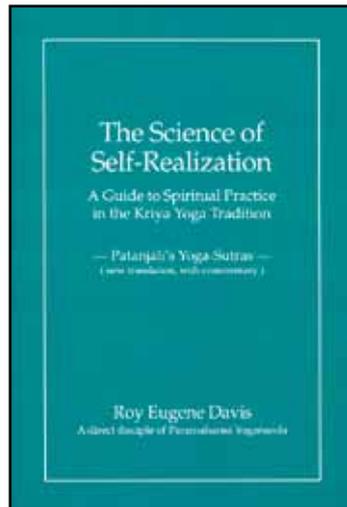
Affirm With Conviction

Understanding the value of well-informed rational thinking and spiritual practice, I do all that I know to do to express and experience excellence in all aspects of my life.

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Answers to Questions About the Spiritual Path

Are their ways to know that what we think is the right conclusion is really right?

With diligent, attentive, patient sessions of rational thinking you will “know” when your conclusions are accurate. You will also be aware of the difference between logical thinking, intellectual discrimination, and intuitive perception.

Rational thinking can enable you to somewhat understand philosophical concepts. Intellectual discrimination can reveal more of what is true. Intuition can enable you to directly know. Self-realization will provide actual experience along with complete knowledge of your essence of being and higher realities.

I'm “well-informed” about a variety of spiritual practices and forms of meditation, but don't know which ones to use. How can I discover what is best for me?

Effective spiritual practices and forms of meditation will clarify your awareness and allow your consciousness to be restored to its original, pure wholeness. Learn why and how the practices to which you are attracted can be helpful and learn to skillfully use them until you have the results you want to have. Don't be satisfied with having a modest degree of mental or emotional calmness or meditation experiences that are pleasant but don't elicit superconsciousness or obviously improve your awareness of your true nature and your ability to live freely.

Support your spiritual practices by improving your understanding of philosophical concepts about higher realities, your true nature, and how detaching your attention and awareness from objective phenomena and subjective conditions can allow you to realize (actually experience) your pure essence of being.

Resolve to persist in the right way until you know that you are spiritually enlightened. Outgrow and rise above ordinary

states of mind and consciousness.

What about evil and independent conscious or supernatural evil influences that some people talk about and believe to exist? Why does God allow suffering?

One current definition for the word *evil* (which originally meant “exceeding proper bounds or over-reaching”) is “morally wrong or bad, causing misfortune, ruin, or pain.”

Belief in conscious or supernatural evil influences is still common in many cultures. Because the causes of all unwanted personal or environmental events are not known or understood, they are sometimes attributed to malevolent forces or beings.

When the Old Testament was translated into Greek in the third century BCE, the word *satan* (Hebrew “obstacle” or “difficulty” of any kind) was translated as *diabolus* (French *diable*, German *teufl*, English *devil*.) In the Middle East, an endeavor to attribute the idea of evil to a single, personal form occurred in Persia (now Iran) before the sixth century BCE when the self-styled prophet, Zoroaster, said that a Principle of Darkness was engaged in constant conflict with a Principle of Light for control of the world (and souls), and promoted the idea of an eventual “day of judgement” when God would declare how unrighteous people would be punished. His idea of personified evil was adopted by some Jewish religious people and, later, by some early Christians.

In our current era, a few Yoga-based organizations try to blend fundamentalist Christian doctrines with those of a philosophical system that emerged in India several thousand years ago by comparing an imagined satanic influence with a field of primordial nature (Sanskrit *maya*) which emanates subtle and gross material realms. It is described as a conscious, independent universal force that keeps souls deluded with unspiritual consciousness by “using the weapons” of cosmic and individual delusion. (Notice that the imagined satanic influence is portrayed as using “weapons” as though engaged in a battle.) Also, that God planned the “sole function” of Satan as *maya* to be that of diverting or misdirecting souls from Spirit (Reality) to matter (unreality).

To say that an ultimate Reality, commonly referred to as God, purposefully plans or predetermines the specific processes of cosmic manifestation and intentionally produces conditions that dull and confuse the intelligence of souls is to imply that it is a whimsical human-like cosmic being. That concept of God is more like an Old Testament version which is portrayed as being either benevolent and forgiving or harshly judgmental.

The *sole function of the primordial field of nature* (Om with attributes of space, time, and subtle cosmic forces) is to manifest universes; it is not to delude souls or prevent them from being Self- and God-realized.

Maya (primordial nature) is described as “form-producing” because it emanates universes and “truth-veiling” because the consciousness of souls identified with its inertia is temporarily blurred. *Inertia* that makes cosmic manifestation possible is an *impersonal* influence, as are two other influences of attributes of primordial nature: one which illumines; one which causes movement or activity. The Sanskrit word for them is *gunas*: constituents (component parts) or fundamental forces that influence or regulate cosmic processes.

From the absolute (pure) aspect of ultimate Reality and its expressive aspect, to primordial nature, subtle realms, and the physical universe, one supreme essence exists. There is not, and cannot ever be, “a conscious and independent force that keeps everything and everyone deluded.” To believe otherwise is an impediment to rational thinking, a symptom of emotional immaturity, and a self-imposed obstacle to spiritual growth.

When we know that God is not a human-like being, we can investigate and understand mental and physical principles of cause and effect. Traditional religious or cultural ideas of an omniscient, omnipotent deity with inclinations or abilities to cause or to disallow misfortune are then known to be false.

Truth students should be mentally competent and emotionally mature, acknowledge *only one ultimate Reality*, adhere to holistic lifestyle regimens and effective spiritual practices, and patiently persist until their consciousness is fully restored to its

original, pure wholeness.

How much influence do mental attitudes, emotional conditions, and choices of behaviors have on our health and overall well-being compared to genetic influences?

Although our inherited genetic characteristics are obviously influential in many ways, there are things we can do to modify and even somewhat change them. Randy Jirtle, a genetecist in the department of radiation oncology at Duke University in North Carolina told an interviewer: “Your genomes (chromosomes with DNA information that somewhat determine physical characteristics) are like your computer’s hardware; the epigenome (cellular material on top of genomes) is like the software that tells your computer what to do.”

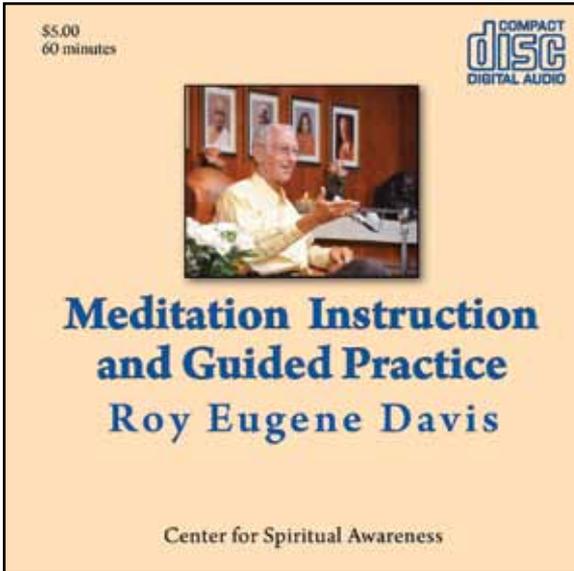
It is now thought that optimistic mental attitudes, cheerfulness, emotional stability, good nutrition, regular exercise, and adequate sleep may “reprogram” the genome’s cellular material and allow some troublesome conditions to be avoided. Intentional nurturing of spiritual awareness should be included in a



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wisely chosen self-care program.

Guidelines to Inspired Living

Speak the Affirmations With Conviction

April 1 – 7

Begin Each Day With Self- and God-Remembrance

Soon after you awaken from restful sleep, in a private place sit quietly for a while to meditatively contemplate your true nature and ultimate Reality.

I begin each day with Self- and God-remembrance.

April 8 – 14

Live Constructively Each Day With Alert, Conscious Intention

What you do will then be of real value to you and to others who are influenced by your actions.

I live each day with alert, conscious intention.

April 15 – 21

Perform Your Duties Skillfully

By performing duties skillfully you will become more proficient and experience faster spiritual growth.

I enjoy performing all of my duties skillfully.

April 22 – 28

Express Your Divine Qualities

Compassion, kindness, truthfulness, honesty, and faith in the goodness of life are a few of your innate divine qualities. Generously express them.

I generously express my innate divine qualities.

The many forms of existence are
God's various manifestations.

– Kabir (1440 – 1518)

April 29 – May 5

Bless Everyone With Your Thoughts and Actions

Silently acknowledge the innate divine nature of everyone and honor them with your considerate behaviors.

I acknowledge the innate divine nature of everyone and honor them with my considerate behaviors.

May 6 – 12

Expect, and Continuously Have, Harmonious Circumstances and Relationships

Continuously produce, attract, and maintain ideal circumstances and relationships with your optimistic mental attitude and appropriate behaviors.

I always expect, and continuously have, harmonious circumstances and relationships.

May 13 – 19

Live Freely, Effectively, and Enjoyably

Do it by thinking, feeling, and acting like the immortal, spiritual being that you are.

I live freely, effectively, and enjoyably!

May 20 – 26

The Reality of God is Omnipresent

You, everyone, and all things exist in it.

I know that the wholeness of the reality of God is always fully present where I am.

May 27 – June 2

Become Increasingly Aware of Your Eternal Relationship With the Infinite

Do it by clarifying and expanding your consciousness.

My awareness of my eternal relationship with

the Infinite is steadily increasing.

Conscious Food Preparation

Colorful Pesto Sauce for Pasta

1 pound of pasta

Serves 4 to 6

2 medium size garlic cloves

3 cups (packed) fresh basil,
fresh spinach, or lightly
cooked (5 minutes) and
cooled broccoli

1/4 cup parmesan cheese

1/4 cup pine nuts, shelled
pastachios, or other nuts

6 or 7 tablespoons olive oil



Pesto can be made while the pasta is cooking.

Any kind of pasta can be used. Cook in rapidly simmering water according to directions on the package. The pasta in the above photo is a larger amount served at a noon meal during one of our weekend meditation retreats.

Basil may turn dark soon after processing if the pesto is not served immediately. A small handful of parsley processed with it may help to maintain a brighter green color. If the acrid flavor of basil is not appreciated or another choice is preferred, substitute fresh spinach or broccoli florets.

Note: If you or others to whom you will offer this pesto sauced pasta are allergic to nuts, substitute 1/4 cup ricotta cheese.

1. Put all pesto ingredients except parmesan cheese in the bowl of a food processor and process with 20 to 30 short pulses. Or a blender can be used. Stir in the parmesan cheese.

2. Save 1/2 cup pasta water when draining the cooked pasta.

3. Add the pesto and toss lightly. Stir in a little hot pasta water as needed to make a sauce moist enough to adhere nicely to the pasta.

Optional: add salt and/or pepper to suit your taste.



thankful for food that nourishes and satisfies your body and mind.

Discovering the Sacred
in Everyday Life

Imagine Ideal Circumstances

Ellen Grace O'Brian

Do you sometimes wonder how thoughts may be related to objective or subjective conditions or might influence what you experience? It is now generally believed that our thoughts can influence our mental, emotional, and physical health.

A metaphysical (higher reality) concept is that there are no separate conditions. Since there is one Reality, there is no “me” or “you” separate from the environment. There is a continuous flow of that Reality expressing. Our minds are units of universal mind, and we may have occasional reminders of this fact during moments of shared insights with a friend.

Observe how your thoughts, beliefs, mental attitudes, and moods affect your experiences. Be selective. Cultivate thoughts that contribute to your well-being and the well-being of others. Creatively imagine the fulfillment of your goals in life. A good time to do this is after meditation when the mind is calm. “See and feel” the end result. You will then cooperate with universal mind that can produce or attract what is needed. Also, use your intellectual and executive abilities to help yourself have the life experiences you want to have.

Thinking that you are not free keeps you in bondage.

Stop thinking that and you will be free.

– *Paramahansa Yogananda (1893 – 1952)*

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Observations, Reflections & Discoveries

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If all physics could be summarized as harmonious vibrations of tiny strings, chemistry as the melodies of interacting strings, and the universe as a symphony of all strings resonating distinctly, we might be able to somewhat comprehend the “string field theory” of nature as imagined by Michio Kaku, cofounder of that concept. Mr. Kaku, for 25 years a Professor of Theoretical Physics at City University of New York, has also been a visiting professor at Princeton’s Institute for Advanced Study. String field theory, which hasn’t yet been proved, suggests that very small concentrated “strings” of energy vibrating at different frequencies produce quarks, electrons, and other subatomic particles. Considering the possible relationship between energies and strings provides some support for the concept that time, energy, and space are dynamic aspects of a multiverse of hyperspace. The Samkhya philosophy of India describes the categories and numbering of processes of cosmic manifestation and a cosmic vibration (AUM or OM) emanating from its source that produces universes.

The evolution of books. Around 3,000 BCE, Sumerians and Assyrians wrote on clay boards and Egyptians wrote hieroglyphics on papyrus. Bound books began to appear around 400 of our current era. The oldest printed book (May 11, 868) was printed in China from carved, colored wooden blocks, a method used in Korea before then. In the mid-1400s, the German metalsmith Johann Gutenberg invented a movable type printing press on which he printed the Bible.

In our modern calendar, February has had 28 days for more than 2,000 years (except for Leap Years.) Around 45 BCE, Julius Caesar reformed the Egyptian calendar of 365.25 days and 12 months of 30 or 31 days. This resulted in 367 days. February, then the last month of the Roman year, was reduced by 2 days.

Injected emulsified olive oil aided treatments of pneumonia according to Drs. A. C. Frazer and V. G. Walsh of Marys’ Hospital Medical School, London. When the oil was injected into the veins, temperatures

of patients dropped to normal within 23 hours and some patients were well within 3 weeks. It is thought that pneumonia toxins or others in the blood adhered to oil globules and lost their potency.

How lightening is produced. Hail and small ice particles rubbing against each other within clouds transfer an electric charge, with positive charges generally gathering on heavier hail particles that drift lower in the cloud. Charge-separations build up an electric field, which must eventually be reconciled by discharging electricity between opposite charges, like a static spark on clothing on dry winter days. Worldwide, approximately 100 flashes occur each second, not all of which reach the ground. Most stay in clouds.

In some obese people, when the brain knows the body isn't hungry, it may still respond to food as if it were. When they are trying to lose weight, some of their neural centers may seem to encourage them to eat. In normal-weight people, a neural system that reinforces positive feelings turns off when levels of blood sugar glucose return to normal levels after a meal—a signal that the body's need for calories is satisfied. In some obese people, the reward center in the central brain *turns on at the sight of high-calorie food* even when blood sugar levels are normal. It has been discovered that the area of the brain associated with will power seems to turn off, perhaps making it more difficult for them to discipline their eating habits.

— *The last three items are from October and November issues of Science News, a magazine for the Society of Science & the Public.*

Note: Brain functions associated with mental attitudes and processes can often be retrained by intentional, concentrated practice.

Let your spiritual path be God-communion.

— *Lahiri Mahasaya (1828 – 1895)*

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Book Review

Healing Your Life
Lessons on the Path of Ayurveda

by Dr. Marc Halpern

The author is founder and president of California College of Ayurveda and cofounder of National Ayurvedic Medical Association and California Association of Ayurvedic Medicine. His prior chiropractic studies, years of yoga practice, and postgraduate certification in holistic medicine have contributed to his comprehensive understanding of the interdependence of all aspects of life.

A helpful component of this book is Dr. Halpern's honesty in sharing anecdotes regarding his early illnesses and difficulties, his persistent quest for knowledge, and the spiritual insights and life-enhancing learning opportunities that emerged with his progressive restoration to physical and psychological well-being. Many readers for whom the philosophical concepts and practices of Ayurveda are new may be more inclined to have confidence in the author's well-organized and clearly presented information and lifestyle guidelines.

In his Preface, David Frawley, one of Dr. Halpern's early teachers, explains that Ayurveda (Sanskrit "life-knowledge") is "based on the same philosophy and principles as Yoga but has developed these into a full system of preventative and curative medicine." Ayurveda is also "a science of right living" that "teaches principles of harmonious living in balance with nature, society, our own individual constitution and the universal consciousness."

In early chapters, Dr. Halpern examines the basic causes of human discomfort and suffering and emphasizes the importance of being responsible for how we think and for what we do. In the other chapters readers can learn to determine their basic mind-body constitution and the causes of its imbalances. Restorative

procedures may include assuming new mental attitudes, behavioral modification, meditation, well-ordered living routines, and more suitable food choices. The therapeutic value of light, sound, color, massage, other procedures, and environmental influences which may enhance one's complete well-being are described.

The following excerpts from chapter four remind us that we are spiritual beings sojourning in a supportive universe:

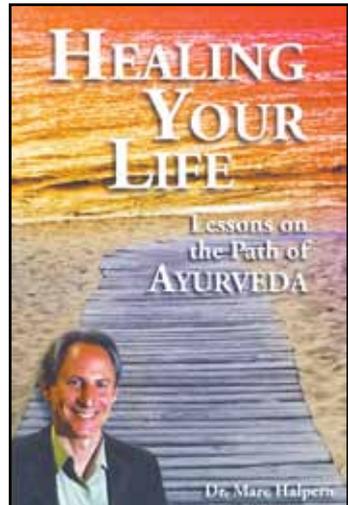
According to the philosophy of Ayurveda and yoga, we are all manifestations of Divine potentials. In this sense we all emerge from the same ocean of pure consciousness and within us lies all knowledge of pure existence. While on this level we are all truly One, when the body and mind form, we become unique expressions of that potential. While from a philosophical and spiritual perspective the body and mind are a transient illusion sure to one day go back to the dust from which it came, knowledge of the illusion is essential to being able to properly care for ourselves and reduce illness and suffering.

Central to the practice of Ayurveda is the knowledge of the five elements and the three doshas. The five elements [fine essences of space, air, fire, water, earth] are our basic building blocks. The three doshas are the fundamental biological energies governing the functions of the body and mind and are called vata, pitta, and kapha.

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NEWS and HIGHLIGHTS

Information about the 4th International Kriya Yoga Congress in early March next year in San Jose, California, is on the back cover of this issue of *Truth Journal*. This special event is only offered every three years, so plan now to attend.

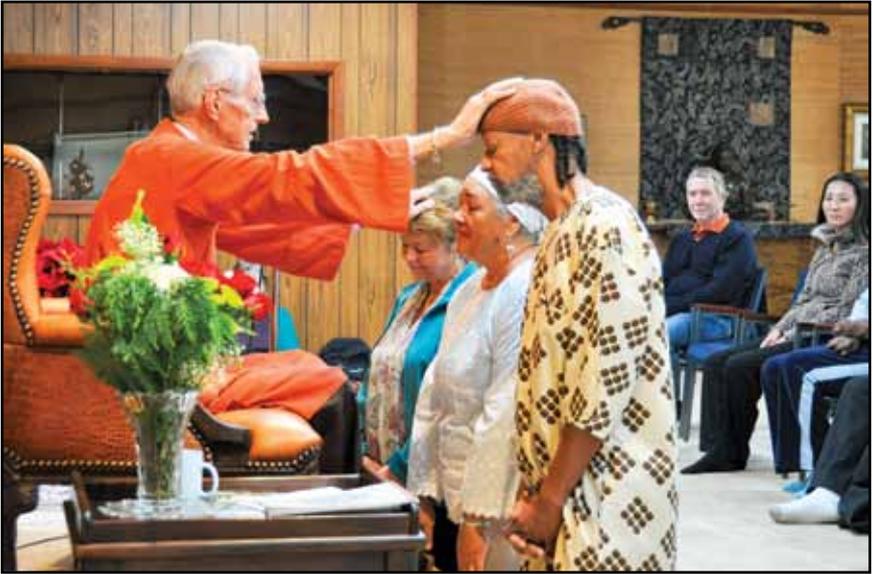
See pages 28 and 29 for information about meditation retreats at CSA headquarters from May to late autumn. Reserve your attendance early if you want to stay in one of our guest house rooms. Also, let us know if you will be staying elsewhere while attending retreat sessions here. Kriya Yoga initiation will be offered during week long retreats on Thursdays 1 p.m. – 3 p.m. Kriya initiates are welcome to attend to review their practice and renew their commitment to their spiritual path.

Agape is a unique type of love, a love that pours
itself out regardless of merit ... it floods out like
the sun to reach the just and the unjust.

– Rufus Jones (1863 – 1948) *Pathways to the Reality of God*



CSA sponsored meditation seminar in West Palm Beach, Florida.
January 29, 2012

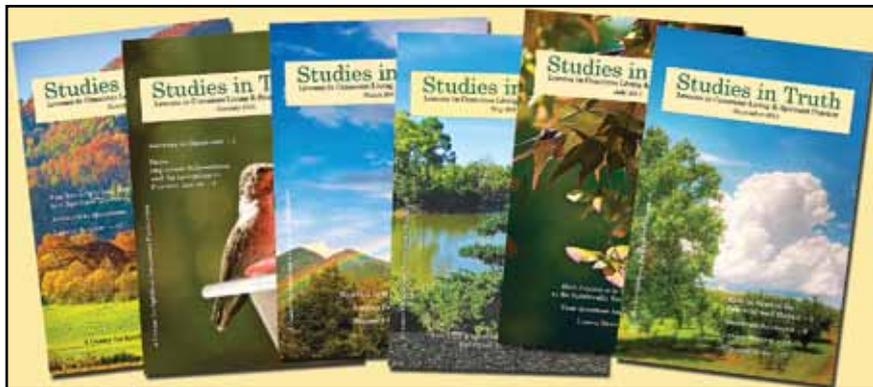


Kathleen Rehling, Avivah Moreland, Yishmirai Ben Israel were ordained at CSA headquarters Saturday, December 3, 2011
Below: Orphan children were fed on Paramahansa Yoagananda's birthday. Sponsored by CSA member Dr. Mahadevan.
January 5, 2012, Tamil Nadu, South India.



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Roy Eugene Davis will teach morning classes and conduct Kriya Yoga initiations on Thursdays at 1 a.m. **Kriya initiates not at retreats:** *If you plan to attend initiation services to review your practices and renew your commitment, inform us.*

Philip McLemore June

“Overcoming Obstacles to Spiritual Awakening.”

Mr. McLemore teaches meditation in Salt Lake City and other communities in Utah.



Timothy O'Brien June

“How to Plan and Maintain a Spiritual Master Life-Plan.” Mr. O'Brien is a business executive in Tallahassee, Florida.



Donald Glassey June, July, August

“Guidelines for Holistic Living and Self-Care Routines.”

Mr. Glassey D.C., conducts meditation seminars and classes in St. Petersburg, Florida.



Martin Wuttke June, July, August

“Kriya Yoga: Transformation of Body and Mind.” He is the Executive Director of Neuro-Therapy Centers for Health International. www.neurotherapy.us



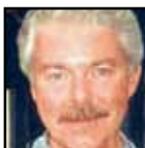
Katherine Geddes August

“Think of God All the Time.” Mrs. Geddes, a former hospice chaplain, presents meditation seminars and classes in south Florida.



Steven Ridley August

Daily QiGong classes. Mr. Ridley teaches meditation and QiGong in Denver, Colorado, and conducts seminars in various U.S. communities.



Ron Lindahn August

“Integrating Spiritual Practices With Everyday Life.”





Meditation and lifestyle routines taught by Roy Eugene Davis. Kriya initiation Thursdays at 1 p.m. during the week long retreats. Guest houses. Vegetarian meals served.

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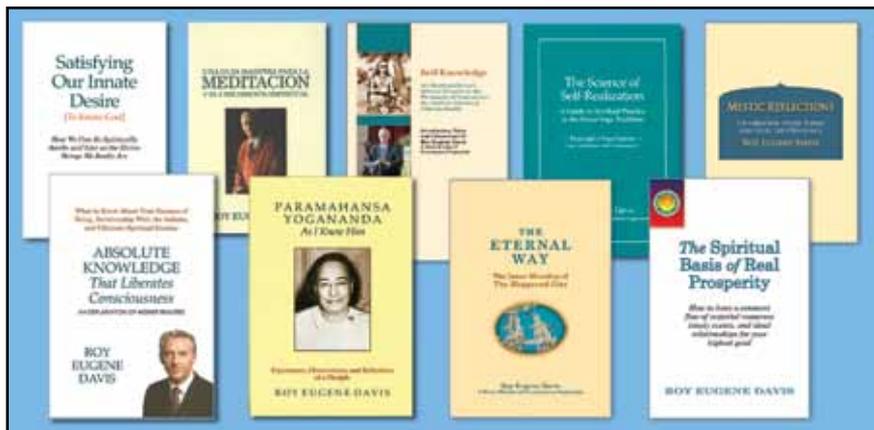
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