

December 2012 – January 2013

45 Years of Continuous Publication

TRUTH JOURNAL

for individual and global spiritual enlightenment

A Center for Spiritual Awareness Publication

A Practical Guide to
Dedicated Spiritual
Discipleship – 5

WEST PALM BEACH, FLORIDA
Sunday, January 13 10 a.m. – 4 p.m.

Meditation Seminar and Kriya Yoga Initiation
Embassy Suites (ballroom) 1601 Belvedere Road
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Meditation Seminar: 10 a.m. – 11:30 a.m.

Presented by Center for Spiritual Awareness
minister Katherine Geddes. Techniques, routines,
a practice session, and holistic lifestyle guidelines.
Mrs. Geddes teaches meditation and establishes
CSA meditation centers in south Florida.
772-332-2052 geddeskatherine@aol.com



Lecture: The Way of Self-Revelation 1 p.m.

Kriya Yoga Initiation: 2:30 – 4 p.m.

Conducted by Roy Eugene Davis. For new appli-
cants and kriya initiates to review their practice
and renew their commitment to their spiritual
path. Ordained by Paramahansa Yogananda in
1951, Mr. Davis has taught spiritual growth pro-
cesses for more than five decades in North and
South America, Europe, West Africa, and India.



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Front cover: CSA Meditation Hall

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**Center for Spiritual Awareness
to Begin 42nd Year of Ministry
Services in February 2013**

Established in 1972. The parent organization is a Georgia 501(c)(3) non-profit corporation. Tax number 58-0942053. Roy Eugene Davis, our founder and director, has been teaching since 1952.

We honor the divine nature of every person, the innate spiritual essence of all forms of life, and all authentic enlightenment traditions. Our mission-purpose, to which we are fully dedicated, is to effectively use all practical means of modern communication to nurture the noble ideal of individual and planetary enlightenment.

We affirm that it is possible for every person, by holistic living and right spiritual practice, to experience progressive emergence of their innate, divine qualities and knowledge of their essence of being as immortal units of ultimate Reality.

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A Practical Guide to Dedicated Spiritual Discipleship

practical Planned or used to serve a useful purpose. Learned or acquired by experimentation and experience rather than theory or speculation.

guide To indicate, demonstrate, direct, explain, describe, or inform.

dedicated Firmly committed to a plan, program, or course of actions.

spiritual discipleship Profound study of higher realities; intentional, constructive living; and attentive nurturing of spiritual growth.

Meaningful aims and purposes can be actualized by 1) clearly defining them; 2) firmly deciding to have them actualized; 3) learning how to have them actualized; 4) effectively doing what is necessary. Knowledge of what to do may be acquired from informed people and other reliable sources. Knowledge and skills may also be acquired by observation, experimentation, and personal experience.

Knowledge acquired from an external source will have to be verified by personal experience or perception. Laws of cause and effect, procedures, or actions that elicit effects or allow ideal results to occur can easily be verified by experimentation. Information about higher realities that cannot be tested by physical means may first be intellectually and intuitively apprehended as being true, and realized when innate knowledge emerges.

If one has a compatible relationship with a wise, spiritually awake teacher (guru), learning to live effectively and nurturing authentic spiritual growth can be quicker and easier. When the relationship is compatible, the teacher's advice can empower a disciple to think creatively, live properly, meditate proficiently, and steadily awaken through the stages of spiritual growth to Self- and God-realization and complete spiritual enlightenment that purifies consciousness.

Spiritual discipleship is soul-satisfying and beneficial when one has the following characteristics or will cultivate them.

Sincerity

A defining characteristic of sincerity is honesty, which assures trustworthiness. A sincere disciple is naturally inclined to be compassionate, considerate, attentive to procedures that nurture harmonious circumstances and relationships, and self-motivated to acquire knowledge of higher realities and fulfill their spiritual destiny.

Individuals with only superficial interest in knowing about higher realities and how to live effectively are not yet ready for discipleship. If they pretend to be truth seekers, they tend to waste their time and energies and the time and resources of those who try to assist or inspire them.

Humility

Humility is characterized by simplicity, respect for others kindness, keen interest in learning, and faithfulness to one's duties, aims, and purposes. A humble person doesn't try to project an impression of being unique or special in regard to social status, knowledge, or abilities. Some symptoms of egotism are an exaggerated attitude of self-importance; arrogant, assertive behaviors; resistance to learning; endeavors to influence or control others or situations; and inclinations to distort useful information for self-centered purposes.

In a guru-disciple (teacher-learner) relationship, a disciple should listen carefully to the teacher and compliantly adhere to instructions. Clearly defined questions should be asked when what is taught is not fully understood. When one is not with the teacher, mental and spiritual attunement with the teacher is recommended to nurture a harmonious personal relationship.

Ego (mind-body-personality-oriented sense of self-identity) should be known as the viewpoint used to observe and relate to objective events and circumstances, rather than believed to be our pure essence or permanent nature. Discriminative intelligence and intuition can be used to know the truth until we are actually Self-realized.

Have the Capacity to Learn and Effectively Use What is Learned

Competent teachers provide knowledge and advice that is compatible with a disciple's capacity to understand and effectively use. A person whose intellectual abilities are not well-developed might be given practical lifestyle guidance and taught how to use basic forms of meditation such as prayer, affirmation, breath awareness, mantra, or subtle sound contemplation. If intellectual abilities are more highly developed, comprehensive information about ultimate Reality, categories and processes of cosmic manifestation, and how to experience refined states of meditative superconsciousness might be taught. Devotees who are excessively emotional and/or naive might be encouraged to cultivate emotional stability and improve powers of reason and discernment. Intellectually competent people might be advised to nurture devotion and compassion.

Improved learning and competent functional abilities can quicken our spiritual growth and increased spiritual awareness can help learning and functional abilities to improve. Disciples should aspire to have as much knowledge of higher realities as they have the capacity to accommodate and to be freely expressive. Learning or functional disabilities or restrictive environmental conditions should not be thought to be impossible to overcome. Nor should it be believed that "there are some things that cannot be known," "limitations are karmic conditions that perhaps originated in a past incarnation and have to be allowed to be worked out or dissolved in the course of time," or "it isn't possible to be spiritually enlightened in one incarnation."

Emotional Stability and Maturity

Emotional stability, an indication of psychological health, can be actualized by cultivating Self- (soul) contentment in all circumstances and viewing subjective conditions and objective events and circumstances with dispassion (without being prejudiced or having detrimental emotional reactions).

Subjective conditions can include memories which may be

pleasant, unpleasant, or viewed as information without arousing emotions or unduly influencing reasoning ability. Although memories which elicit pleasurable moods and thoughts can be enjoyable, they should not be frequently indulged in as a substitute for having fully conscious present-time awareness and meaningful insights, goals, and spiritual growth experiences. If mental problems or emotional instability are caused by a neurological problem, chemical or hormone imbalance or deficiency, or addiction to harmful substances or habits, competent professional help should be obtained when it is necessary.

A characteristic of emotional maturity is our willingness to be responsible for our mental and emotional states, states of consciousness, behaviors, and their results.

Wanting, or hoping, to have a relationship with ultimate Reality as a cosmic human-like person is an obvious indication of arrested emotional growth. Many adults, even among those who consider themselves to be truth seekers, cling to erroneous concepts of God that were taught to them when they were very young or which they independently imagined. They want God to care about, love, and provide for them, forgive their mistakes and weaknesses, answer their prayers, heal them and their relatives or friends, solve their problems, and give them salvation. They may not know that many of their ideas about God are false or that, as units of one ultimate Reality, all of its qualities and knowledge that is within them can be known.

Some emotionally immature devotees want their guru to do for them what they think they are not able to do or are not willing to try to do. Others pray to God as they imagine God to be, to their guru, or to other embodied or disembodied people whom they believe to be holy, with few positive results. The beneficial or satisfying experiences they may occasionally have are self-produced rather than provided by external influences.

Some people remain emotionally immature because they are satisfied with ordinary circumstances and being like others with whom they habitually associate. When the desire to be emotionally mature is sincere, they can be self-motivated and empowered to have it quickly actualized.

Holistic Living and Endeavor to Experience and Express Excellence in All Aspects of Life

A lifestyle is *whole* or complete when its spiritual, mental, emotional, physical, and environmental components are always harmoniously blended. Emphasizing only one or a few parts of the whole cannot have satisfying results.

Excellence is an exceptional quality or condition superior to or much better than ordinary. It can be experienced by having higher-purpose ideals and aims actualized.

Having only *higher-purpose* ideals and aims empower us to bring forth and freely express our innate qualities and to have insights and experiences that enhance our life. When we are spiritually conscious and higher-purpose directed, our clarified awareness helps to purify the collective consciousness of everyone and our actions produce constructive results.

Unwavering Aspiration Supported by Right Endeavors to Be Spiritually Enlightened

During more than sixty years of ministry-service, hundreds of people have told me of their desire to be Self-realized and to know the reality of God. Many of them also said that, although their life was more satisfying because of their metaphysical studies and spiritual practices, spiritual enlightenment seemed to be more of an ideal than a soon-possible experience.

Unwavering aspiration to be spiritually enlightened should be more than a hope or desire—an experience we would like to have, when and if it happens. We should constantly believe that we can, and will, experience it, and be constantly alert to notice revealing insights that emerge and life-enhancing changes in our mental outlook and states of consciousness that occur.

Of the constructive things we do, daily superconscious meditation should be first on our list. When we daily sit in superconscious silence, thoughts, emotions, and behaviors are more easily regulated when we are engaged in daily activities and we are inclined to be constantly inspired and motivated to be completely dedicated to our chosen path of spiritual discipleship.

Some obvious results of concentrated right endeavors are:

- We have frequent insights into our intellectual and mental processes and emotions and are inclined to more frequently examine what we do and why we do it.
- Thinking becomes focused, actions become decisive, living becomes more enjoyable and meaningful.
- We become more cosmic conscious: aware of the processes of life and the universe as a whole.
- Awareness with knowledge of higher realities effortlessly emerges from within us. Beneficial changes and revealing insights that spontaneously occur are natural and familiar, as though we are rediscovering them.

Until our thoughts, moods, and behaviors are always in accord with how we know we should live, we can choose to control impulsive inclinations, thoughts, emotions, and behaviors. With each successful right endeavor, we become stronger, wiser, and more freely functional.

Affirm With Confidence

My total dedication to spiritual discipleship is fully supported by my constructive thoughts, personal behaviors, and intentional actions.

The Wisdom of Paramahansa Yogananda

Meditation techniques are “tools” used to accomplish a purpose [mental calmness and clarified awareness]. When you have accomplished that purpose, you can put them away.

When a disciple said to Paramahansa Yogananda, “You can easily do what you tell us to do because you are Self-realized,” he quietly replied, “Many years ago I did what I had to do to be what I am. You can also do it.”

Discipleship Self-Evaluation

Write this information on a sheet of paper or in a private notebook or journal. (Include more space for your notes.)
Examine your thoughts and behaviors. When you are aware of a need for improvement, write what you will do.

Is your interest in spirituality sincere?
If it is not, what will you do to be more intentional?

Humility. Be always aware of the difference between your true nature and a superficial sense of self-identity.

Improve your capacity to learn and to effectively use what is learned.

Nurture emotional stability and maturity.

Make your lifestyle holistic and endeavor to experience and express excellence in your life.

Constantly aspire to be spiritually enlightened, Support your aspiration with constructive actions.

What is one thing that I can always do to nurture progressive spiritual growth?

Acquire the habit of constant Self- and God-remembrance: of always being aware of your true nature and the omnipresent ultimate Reality of which you are a unit regardless of what you are doing or what you perceive or experience. You will then be peaceful in all circumstances and motivated to think and live constructively.

If our ultimate spiritual aim is to transcend or be removed from mundane conditions, why is it necessary to have material-world goals and projects?

Permanent transcendence will occur only if and/or when we are destined to experience it. Because it is more likely that we will be relating to various realms of nature far into the future, we will be more freely expressive by improving our abilities to live effectively now.

After having meditated thirty minutes almost every day for five years, I don't have the deep peacefulness I want to have. What can I do to calm my mind and emotions?

Be more alert and attentive. Sit still and patiently observe as your mind and emotions become calm. If attention wanders, use a simple mantra or observe your natural breathing rhythm until your attention is easier to control. Once a week, meditate for an hour or more to allow enough time for the body to relax and the mind to be calm. Endeavor to retain your peacefulness after meditation practice.

At other times, nurture Self-contentment and avoid worry, restlessness, useless social activities and relationships, excessive stimulation of the mind and senses, and excessive and nonessential talking. Peacefulness is difficult to have when the mind, senses, and emotions are constantly stimulated. Learn to discern the difference between you and your mind and moods.

I think that my tendency to try to appear to be more intelligent and competent than others is related to thoughts and feelings of inferiority and insecurity. How can I feel confident and change how I unwisely behave?

As a spiritual being, you are not your personal history or your mind and its acquired inclinations and habits. Remembering this may help you to perceive the nonusefulness of allowing egocentric tendencies to influence your thoughts and behaviors and easily renounce them.

If further exploration is necessary, review your childhood and early adult years to see if you can remember having been criticized, were told that you were incompetent, or didn't receive the recognition you wanted or thought you deserved to have. Be objective, without emotionally reacting to unpleasant memories that emerge. Do it only for fifteen to thirty minutes to avoid becoming preoccupied with subconscious conditions.

Choose to think, feel, and act appropriately without letting conditioned personality characteristics control you.

Affirm With Conviction

I always choose to appropriately think, feel, and act
like the free, immortal spiritual being I am.

A friend recently told me that, although I seem to try to project an image of piety, gentleness, and compassion, I am deviously self-serving and often endeavor to control people and situations. My first reaction was displeasure and thoughts and feelings of self-righteousness and self-justification. Now, after examining my thoughts, feelings, and motives, I see some ways of thinking, behaving, and reacting that I need to change. It has only been a few years since I became interested in spirituality and I am still learning how to properly think and behave.

If you know how you should think and behave, do it. If you are sometimes not certain of how to think and behave, think of a few ideal role models and endeavor to emulate them until it is natural for you to think and behave in ways that enable you to be in harmony with others and your environment.

When I have a desire that I want to have fulfilled or a goal that I want to achieve I sometimes use an affirmation to assume a mental attitude and state of consciousness that will enable me to produce or attract what I want. Thoughts sometimes arise regarding the possibility of having unplanned circumstances that might be better than what I think I want. I am then confused, not knowing whether to affirm or simply wait and be attentive. How can I avoid confusion?

Define your needs, aims, goals, and purposes and think and act to have them actualized while being receptive to the possibility that unplanned fortunate events and circumstances can also be provided.

When I meditate, my concentration is not always steady and I don't experience really deep meditation or transcendence. Can I be superconscious and spiritually enlightened without having to completely internalize my attention?

Yes, you can definitely be spiritually enlightened. Detaching attention and awareness from objective and subjective conditions is one way to experience our pure essence of being, if we can do it. Another way is to have sudden, spontaneous spiritual awakenings that unveil and bring forth our innate knowledge.

It can be helpful to be as skillful as possible in the practice of introspective, superconscious meditation and to also be alert and receptive to the possibility of sudden spiritual awakenings which can often occur when they are not expected.

I like to believe that conditions on our planet are getting better and will continue to improve. When I am reminded of political differences, wars, economic problems, poverty, disease, weather changes, and global warming trends, I become uncertain. Are conditions really getting better?

All of those conditions will improve. Some positive changes will occur more quickly than others. Be optimistic and confident and encourage friends and associates to also think, feel, and act constructively and responsibly.

Can I be dedicated to discipleship if I don't have a guru to guide and encourage me?

The Sanskrit word *guru* means teacher. A spiritual teacher can explain higher realities and recommend lifestyle regimens and spiritual practices that can enable a disciple to awaken to Self-realization. A wise, competent teacher can be very helpful. If a teacher is not available, one can still acquire knowledge about higher realities from reliable sources, learn to improve their functional abilities, live holistically, and experience rapid spiritual growth. Helpful characteristics to have are 1) *sincere desire to learn*; 2) *firm resolve to be spiritually enlightened*; 3) *attentive adherence to effective spiritual practices*; 4) *persistent right endeavor until Self-realization is complete*.

Truth seekers who have a spiritual teacher need to be responsible for how they think and act in the course of everyday life, study higher realities, meditate deeply, and learn to allow their innate qualities and Self-knowledge to emerge.

Does God create troubles and difficulties for us to test our faith, provide us with opportunities to be more self-reliant, or punish us for our faulty behavior?

The ultimate Reality commonly referred to as God is not a human-like cosmic being and doesn't cause the difficulties that some people have, nor is it influenced by what we think or do. We can be conscious of that Reality by detaching our attention from restless and conditioned mental and emotional states and clarifying our awareness. Many unwanted situations may be avoided or more easily overcome by adopting constructive mental attitudes, states of consciousness, and behaviors.

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Guidelines to Inspired Living

Speak the Affirmations With Conviction

December 2 – 8

Plan Now to Enter 2013 With Inspired Intention

Don't wait until the last day of this month to think about what you want to do and experience. Wisely plan now.

I look forward to 2013 with inspired intention.

December 9 – 15

Are Your Habitual Thoughts and Behaviors Always Entirely Constructive?

If your habits of thinking and behaviors need to be improved, now is the time to adopt new habits.

I always think constructively and behave appropriately.

December 16 – 22

Are Your Actions Always Beneficially Productive?

Think and act in ways that always produce ideal results. Avoid useless, nonproductive actions.

My effective actions are always beneficially productive.

December 23 – 29

Meditate Deeply This Holy Season

From now until January 1, meditate deeply every day for thirty minutes to one hour.

I enjoy my daily interlude of deep meditation.

December 30 – January 5

Have You Written Specific Plans, Projects, and Hopes and Dreams for 2013?

Write them now, then go forward with faith.

I imagine, expect, and will have complete fulfillment.

January 6 – 12

Are Your Habitual Personal Relationships and Social Activities Wholesome and of Value?

Wisely choose your habitual personal relationships and social activities. Don't waste time, energy, and money in nonuseful situations and activities.

I wisely choose personal relationships and social activities.

January 13 – 19

Is Your Lifestyle Entirely Holistic?

Meditate superconsciously, think rationally, cultivate emotional stability, nurture physical well-being, and live in harmony with others and the processes of nature.

I choose to live holistically.

January 20 – 26

What Else Can You Do to Allow Your Life to Be More Meaningful to You and to Others?

Quietly contemplate this question and write the ideas that emerge into your mind from deep within you.

I firmly intend for all of my thoughts, moods, and actions to enhance my life and the lives of others.

January 7 – February 2

Are You Always Open and Receptive to the Good Fortune That Grace Can Freely Provide?

An intelligently directed Power is nurturing the universe and all forms of life. Learn to cooperate with its influences.

Yes! I am always receptive to the good fortune that grace can and does freely provide.

Conscious Food Preparation

Special Corn Pudding

Servings 4 – 6 Oven 375F (190C)

2 quart baking dish or pan, greased with butter

4 tablespoons butter

3 cups fresh or frozen
& thawed sweet corn

1 small onion, chopped

3 large eggs

1 cup milk

1/4 cup yellow corn meal

pinch of black pepper

1/2 cup ricotta or cottage
cheese, drained

1/4 cup grated cheddar
or any yellow cheese



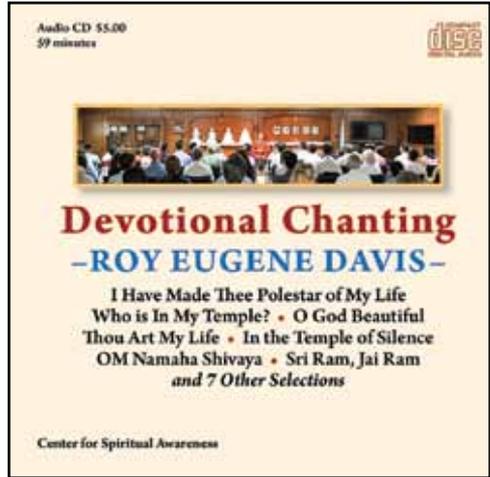
1. Melt butter in frying pan, medium high heat. Saute chopped onion and sweet corn kernels or frozen sweet corn that has been thawed, about 5 minutes. Set aside.
2. Whisk eggs and milk in a bowl. Whisk in cornmeal, then ricotta or cottage cheese. Add onion/corn mixture and grated cheddar or another yellow cheese.
3. Put in butter-greased baking dish. Put baking dish in larger baking dish or pan. Pour hot water in the larger baking dish halfway up the sides of the pudding dish.
Bake in oven on the middle shelf 40 to 45 minutes or until top is lightly browned.

Consciously prepare food for yourself and others
with gentle care, thankfulness, and appreciation
for how nature provides for the well-being of
all forms of life.

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See complete listing of DVDs and CDs on page 30





Discovering the Sacred
in Everyday Life

Let Us Learn To Be Prosperous

Ellen Grace O'Brian

When we know that we always have enough of what we need, we are prosperous.

To thrive, flourish, and be successful is to be free from fears that cause us to hoard, want more than we need, see others as competitors for good fortune, or be jealous of the well-being and happiness that others have.

If there is no lack in God's wholeness (which includes the physical universe) why is it seen in our world? The perceived lack is a spiritual development problem. Global consciousness is moving from an egocentric model to a spiritually based one. Egocentric consciousness can produce, attract, or only see lack and scarcity. It does not see wholeness.

Humanity has lived for centuries with a consciousness of scarcity that has sometimes resulted in fear, greed, war, and various kinds of injustice. Influential people in many countries are now imagining the permanent end of global poverty and have declared a commitment to it. Eradicating extreme poverty and hunger is one of eight major United Nations Development Goals, a welcome change from misguided opinions that nothing can be done about it.

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Do not confine yourself to fixed rules or particular forms
of devotion. Act with faith in God, with love and humility.

– *Brother Lawrence (1611 – 1691)*
The Practice of the Presence of God

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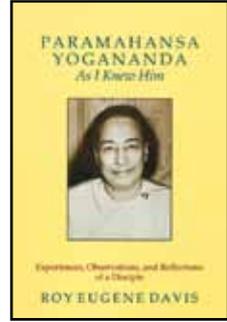
An Easy Guide to Meditation (48 pages)

The Simplicity of Spiritual Enlightenment (48 pages)

How You Can Use Your Creative Imagination (32 pages)

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Observations, Reflections & Discoveries

*Continued Learning
and Skillful Living
Nurtures Emotional
and Spiritual Growth*



Are there habitable planets in the universe? Scientists examining the results of the NASA (National Aeronautics and Space Administration) Kepler Spacecraft observations are surprised by what they are learning. Most of the stars (suns) being viewed in the Milky Way Galaxy are 500 to 3,000 light years away (the galaxy is an estimated 100,000,000 light years wide). Of the hundreds of planets already discovered, a small number are similar to the the size of Earth; many are larger. Finding a planet is only the first stage in the study. Scientists then have to try to determine if some planets have environments that can nurture life, and if so, what kind of life.

“Planetary Peekaboo,” an article by Nadia Drake;
Science News magazine September 11, 2012

Something to Think About. Harvey Fineberg, M.D., president of the Institute of Medicine and former dean of Harvard School of Public Health was recently quoted as saying that between 30 and 40 percent of our health-care expenditure is for fraud and unnecessary treatment—while patients are usually encouraged to think that the health-care system is competent and wise. At nearly one third of hospitals that were studied in the United States, fewer than 50 percent of the employees said they would feel safe there as patients. A 2012 *New England Journal of Medicine* study estimated that, every year, as many as 25 percent of hospitalized patients will experience a preventable medical error or have some kind of bacterial or viral infection that will cause 100,000 of them to die.

From an article by Marty Makary in *Newsweek* magazine;
September 24, 2012

Reindeer benefit from seeing ultraviolet light. Only a few other mammals (some species of rodents, bats, and marsupials such as possums) can perceive UV light which is invisible to most animals and people. Reindeer can benefit from seeing it because lichens, its primary winter food, and fur of the wolf, its main predator, absorb it which makes them stand out against the UV reflecting snowy landscape.

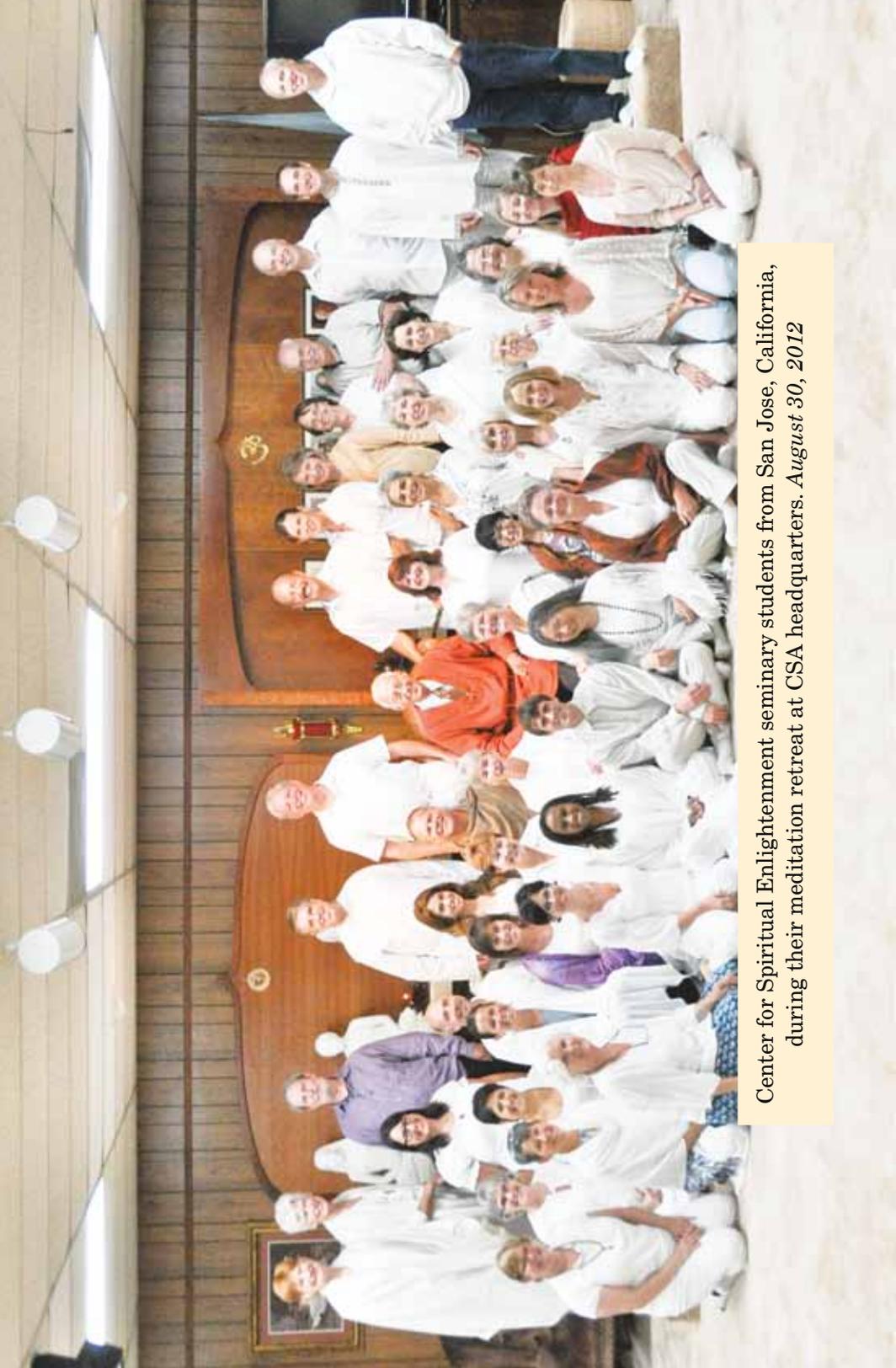
The word *multiverse* has different meanings. With telescopes astronomers can “see” out to a distance of about 43 billion light years (the distance light travels in a vacuum at 186,000 miles per second. Beyond that range it is thought that the universe continues with the same laws of physics that operates in the region of the universe that we know. Another meaning of the word suggests different kinds of universes with different laws of physics, histories, and spatial dimensions to be imagined.

The above two items adapted from the August 2011 issue of *Scientific American* magazine. Reindeer information from an article by Anne-Marie Hodge. Multiverse information from an article by George E.R. Ellis.

Global population is unevenly distributed. Six of Earth’s seven continents are inhabited on a large scale. Asia is most populous with its 4.1 billion inhabitants accounting for over 60% of the world’s population. China and India, the two most populated countries, have about 37%. Africa is the second most populated continent with around one billion or 15%. Europe’s 711 million people make up 11%. Latin America and the Caribbean region have 589 million or 9%. North America has 352 million, 5%. Oceania has 35 million, .05%.

From *Blum’s Farmer’s and Planter’s Almanac*, 2013 edition.

Our brain and subconscious level of our mind don’t notice the difference between an actual perception or experience and one that we imagine. They remember them as being equally real. That is why creative (controlled and focused) imagination can be intentionally used to change mental states, moods, states of consciousness, and personal circumstances.



Center for Spiritual Enlightenment seminary students from San Jose, California, during their meditation retreat at CSA headquarters. August 30, 2012

Look Forward With Clear Vision and Unwavering Faith

Every Person's Life Provides Many Worthwhile
Possibilities to Examine and Opportunities
to Thoughtfully Consider and Accept

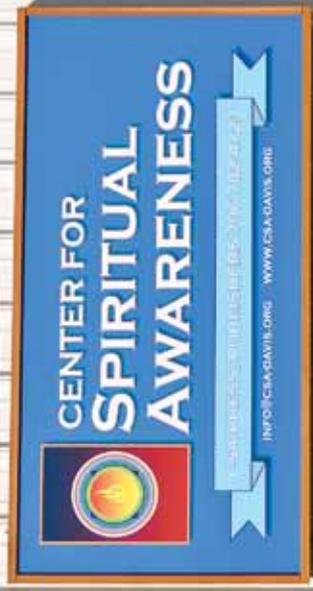
In many cultures, during the final weeks of a year, old business is concluded, new resolutions are made, and decisive plans and projects are implemented. Thus the statement often heard as a new year begins: "Out with the old, and in with the new!"

Every new beginning is an opportunity to resolve conflicts, forgive mistakes, put failure behind us, and energetically go forward in the right ways with knowledge-based optimism and unwavering confidence in our own abilities to succeed and the invisible support that is unfailingly provided by our Source.

In the weeks and months ahead, constantly remember that, because at the core of your being you are eternally anchored in the Infinite, all knowledge of it and its processes is within you and you are continuously sustained by it.

While doing your very best to be responsible for your states of consciousness, thoughts, and actions, know that you have the full support of the processes of nature and of grace in all of your constructive endeavors. Sincerely endeavor to accomplish your purposes and have life-enhancing desires fulfilled with the knowledge and skills that you have while also being receptive to all of the unplanned good fortune that you can and will have.

Note: Writing your hopes, dreams, aims or goals, and what you will do to produce or attract them will enable you to think more clearly, be decisive, and be attentive to essential matters. Keep what you write in a private place where you will frequently see it. Keep a personal, written record of your progress.



A new sign near the front entrance of our office and publishing department building. *September 25, 2012*

News and Highlights

The Fourth International Kriya Yoga Congress

2013 March 7, 8, 9 in San Jose California. See the information on the back cover of this issue of *Truth Journal*. Tell spiritual friends about this special event. Request free Kriya Congress brochures to give to interested people or let them know they can read the brochure on our web site at www.csecenter.org or www.csa-davis.org

Make hotel reservations when your travel plans are firm and contact Center for Spiritual Enlightenment to reserve your participation at the sessions.

Several hundred CSA and CSE members and new spiritual friends from many regions of North America and other countries are expected to participate. A Kriya Yoga initiation will be conducted on Saturday morning, March 9, at 1:30 p.m. for new applicants and initiates who will review their practices.

2013 Meditation Retreats at CSA Headquarters

See page 29 for our retreat schedules. Reserve one of our guest house rooms only when your plans are firm. To have optimum benefits while you are here, attend the scheduled classes, rest more than usual, exercise moderately, and use private time for meditative contemplation.

Visit Our Web Site: www.csa-davis.org

Viewed in more than 185 countries and regions of the world, it has articles in English, Spanish, German, Italian, Portuguese, French, Turkish, and Hindi. Read *Truth Journal* and several booklets free. Also free video and audio talks and schedules of our meditation retreats and seminars. Order books, DVDs, and CDs online. Frequently visit our web site to be informed and send a link to your spiritual friends.

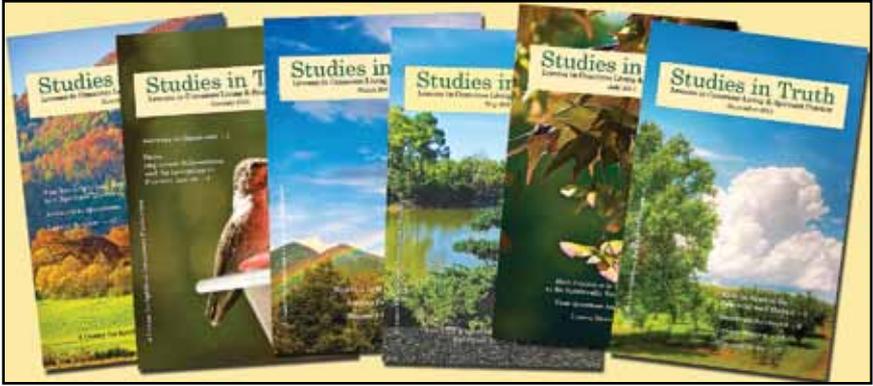
Like a drop of water from the sea and a grain of sand,
so are a few years in the day of eternity.

– *The Old Testament Apocrypha / Ecclesiasticus 18:10*

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 Weekends: October 19 – 20 November 16 – 17

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CSA members and Kriya Initiates

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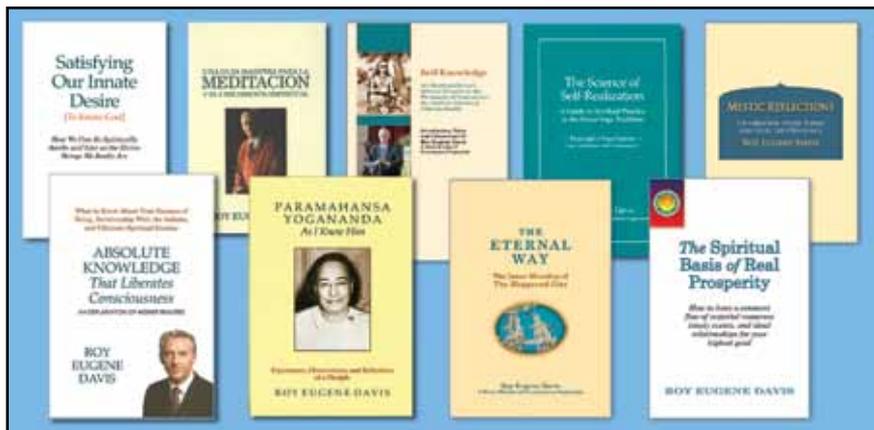
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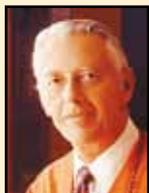
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