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*For Individual and Global Spiritual Enlightenment*



**Self-Revelation That Illumines  
Our Mind & Consciousness – 5**

**2016 March 10,11,12 San Jose, California**

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*Front Cover:* Shore of Atlantic Ocean, Southeast Florida

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*Below:* CSA Meditation Hall



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**Convent of Santa Maria delle Grazie**  
*Milan, Italy*

ROY EUGENE DAVIS

## Self-Revelation That Illumines Our Mind and Consciousness

*Mental clarity and restoration of our consciousness to its original, pure wholeness can easily occur when innate awareness and knowledge of our true nature spontaneously emerges.*

*Self-revelation* is the unveiling and disclosure of the qualities, capacities, and knowledge innate to the Self, our true nature: a unit of the pure essence of ultimate Reality.

*Illumination* clarifies and brightens. Our *mind* receives and stores impressions (memories) of perceptions, preserves our history, and enables thinking and reasoning. When the mind is modified with erroneous ideas, restlessness, and conflicted subconscious influences, perceptions are inclined to be illusional or inaccurate and thinking is not rational. An illumined mind allows us to have extraordinary intellectual abilities that enable us to discern truth from untruth. It reveals and provides knowledge of realities that were not formerly perceived and our innate Self-knowledge that enables comprehensive understanding of ultimate Reality and its processes of cosmic manifestation.

Our ordinary states of *consciousness* include awareness of our sense of self-identity and of mental, emotional, physical, and environmental conditions. Our enduring essence is pure consciousness without modifying influences. Complete spiritual enlightenment purifies the entire range of our consciousness.

As units of the pure essence of ultimate Reality, it is our destiny to directly (without use of the senses, mind, intellect, or intuition) realize (experience and fully know) our true nature in relationship with the Infinite.

*When* our spiritual enlightenment will occur is determined by our aspiration and intention to be fully conscious, our capacity to be fully conscious, and what we do to allow our innate qualities and knowledge to emerge.

Aspiration is inspired desire to rise above conditions that are troublesome or confining. Intention is decisiveness to accomplish a purpose. Capacity is the ability to receive or contain something or to do something. Fervent aspiration to be spiritually enlightened supports our intention to do things that increase our capacity to be spiritually enlightened.

### **The Primary Causes of Lack of Spiritual Enlightenment**

The following questions are often asked. If we are spiritual beings, why don't we know it? Why can't we immediately know our true nature as soon as we are informed about it and want to know it? Why did we forget our true nature: was it our fault or our choice, or did something we did or that happened cause our forgetfulness? Why did God allow us to temporarily forget our true nature? Why does God allow widespread ignorance of the facts of life, suffering, and discord to exist and persist?

If we don't know our true nature and relationship with the Infinite it is because our awareness is confined to a small sense of self-identity, our mind is restless and modified by false ideas and illusions, and/or our powers of discriminative intelligence are not yet developed or effectively used. A small sense of self-identity confines our consciousness. Our capacity to know and experience our true nature can be enlarged by wanting to be Self-realized, learning to calm the mind and emotions, and meditating effectively.

According to one philosophical concept, when souls (units of the pure essence of ultimate Reality) are individualized, some are so strongly influenced by inertia in the primordial field of nature that their awareness is blurred and their ability to discern is diminished. Others may become identified with matter because of curiosity or restlessness.

That which is commonly referred to as God is the ultimate (farthest extent of subtle existence) Reality with a changeless pure essence devoid of characteristics and an expressive aspect with energetic attributes which produce universes. Since it is not a cosmic person, events that occur in subtle and material

worlds are in accord with natural principles of cause and effect.

Although those philosophical concepts and principles may be far different that what we were told by others or may not be easily comprehended, our own diligent, profound investigation can reveal what is true. Knowledge that is not personally discovered cannot be satisfying.

**Knowledge of How to Nurture Spiritual Growth is  
Now More Widely Available, Understood, Appreciated,  
and Effectively Used**

Although how to awaken spiritually has been known for several thousand years, until recently only a few people have had the sincere desire or capacity to do what is necessary to experience it. In our current era, interest in spirituality is rapidly increasing and more people are using their intelligence, imagination, and will power to enhance their lives.

Humans have been evolving on our planet for a few million years, yet permanent communities were established only ten to fifteen thousand years ago. Foods were planted and harvested, some animals were domesticated, harmonious groups of people were organized, money was created to make transfers of goods and services easier, and the use of numbers and written forms of communication became widespread.

Significant information about religious ideas and practices has been traced to groups of people who migrated from what is now southern Russia to several European regions, Persia, and India about three thousand years ago. They called themselves *aryans* (noble people). Now referred to as Indo-Europeans, influences of their language are still found in Sanskrit and many European languages, including Old German which influenced the formation of the English language. Their forms of worship included offering ritually slain and burnt animals to the gods (forces that were thought to control winds, rain, and other processes of nature) along with prayers and hymns.

Well-defined philosophical ideas were taught in India and other regions of Asia, emerged in the Middle East, then spread throughout Europe. Religious ideas and practices evolved in

Africa and North, Central, and South America. Today, among millions of people on our planet, a variety of religious ideas and practices exist: from the most extreme fundamentalist emphasis to the ideal of Self-realization that liberates consciousness.

From the late 1880s, some New Thought movements, such as Christian Science, Unity, Science of Mind, and a few others, emerged. Philosophical views of New England “transcendentalists” Ralph Waldo Emerson, Henry David Thoreau, Louisa May Alcott, and Walt Whitman, who read the Bhagavad Gita and other scriptures of India, were strongly influential. Some representatives of Vedanta (the essence of Vedic teachings) and Yoga began to travel to America from India before the end of the 1800s. Paramahansa Yogananda, my spiritual teacher, came in 1920 and taught for a little more than thirty years.

### **How to Weaken, Remove, and Transcend Conditions That Interfere with Spontaneous Spiritual Awakening and Enlightenment**

The first cause of lack of spiritual awareness is a flawed perception of self-identity. When that intellectual error is corrected, Self-knowledge is restored. Innate Self-knowledge is not ever absent; it can only be concealed by influences that modify our mind and awareness or ignored when we know it exists but are not interested in apprehending it.

Modifying influences need to be avoided because they weaken and fragment the mind and awareness. Commonly experienced mind- and awareness-modifying influences are mental restlessness and emotional instability; erroneous ideas; illusions (mistaken perceptions); memories; and sleep.

Mental calmness and emotional stability can be nurtured; erroneous ideas can be replaced with understanding; powers of perception can be improved; memories can be observed with unemotional objectivity; sleep can be restfully refreshing.

Other influences that may modify the mind and awareness are confusion because of inability or unwillingness to concentrate; excessive outward flows of attention that blur or prevent Self-awareness and stimulate the mind, emotions, and senses;



and strong identification with objective and subjective (mental and emotional) conditions.

The ability to concentrate can be improved by being very curious, aware, and attentive. The habits of allowing attention to flow mostly outward and strong identification with objective and subjective conditions can be overcome by being more Self-aware, emotionally mature, and higher purpose-directed rather than having only superficial interests and relationships.

More mind and awareness modifying influences are mental confusion; emotional conflict; frustration; fear; anxiety; feelings and thoughts of unworthiness, incompetence, guilt, or shame; addictions; impulsiveness; compulsiveness; debilitating habits; and subconscious conditionings that we allow to influence our thoughts, moods, personal behaviors, and how we respond or react to situations we experience or events that occur.

The certain way to be free from all such influences is to be Self-determined, improve intellectual and intuitive abilities, and superconsciously meditate to be Self-realized.

The more Self-aware and wisely decisive we are, the easier it is to avoid being unduly influenced and to choose our mental states, states of consciousness, and actions.

All religious and enlightenment traditions emphasize the value of morality, disciplined thinking and behavior, and practices that bring forth innate spiritual qualities.

In a Buddhist scripture what is called the eight-fold path is described as the way to awaken to serene Self-knowing: right understanding, aspirations, speech, conduct, livelihood, endeavor, mindfulness or awareness, and contemplation.

In Yoga traditions, practices include devotion; intellectual discernment; avoidance of egocentric thoughts, emotions, or behaviors; transcendence of the mistaken sense of self-identity; profound examination of one's essence and of ultimate Reality by acquiring accurate information from reliable sources and by effective actions that remove restrictive conditions; contemplative analysis; and superconscious meditation that culminates in transcendence. The full extent of spiritual awakening is permanent, spontaneous enlightenment while engaged in ordinary

activities and relationships. Liberation of our consciousness—complete freedom from former modifying influences, delusions, and illusions—is then absolute (final, complete, perfect).

### **The Importance of Emphatically Saying “Yes” to Our Opportunities to be Spiritually Enlightened**

During a disciple’s private talk with his spiritual teacher, he implored, “Sir, I ask for God’s grace and for your grace that my desire to be Self-realized might be fulfilled.”

The teacher replied, “God’s freely provided grace and my good will you always have. What is needed is your own good will supported by your right actions.”

Our aspiration to be spiritually enlightened is evidence of our capacity to be fully Self- and God-realized. What is needed is to support aspiration with right thinking, living, learning, and spiritual practices that improve our intellectual powers, calm our mind, and clarify our awareness. Debilitating conditions will be removed and the enduring qualities of our pure essence will naturally emerge.

We cannot hope to be spiritually enlightened if we insist on thinking and behaving in ordinary, habit-bound ways and prefer to be small-minded instead of expansive and insightful. To have the results we want to have we must do what is necessary to allow them to be experienced. Every rational person is free to choose their current mental attitudes and actions and their near and distant future experiences.

#### *Affirm With Conviction*

I immediately say “Yes!” to all opportunities to be fully, spiritually enlightened.

When one has put away the desires of the [restless] mind and is content in Self-knowledge, such a one is said to be established in wisdom.

– *Bhagavad Gita 2:55*

**Even though I know how I should think and live,  
I resist doing it, and sometimes do the opposite.  
How can I constructively change how I think  
and behave?**

The following quotation is from the 1928 edition of *The American Book of Common Prayer*, derived from *The English Book of Common Prayer*. Characteristics of many people past and present are described: “We have left undone those things we ought to have done, And we have done things which we ought not to have done.”

Such behaviors indicate the influence of habits; lack of (or unwillingness to use) will power; mental perversity; persisting in wrong behaviors because of egocentric self-willfulness; or an inclination to do things that may result in personal failure or distress. For most people, the problem is lack of high resolve, self-motivation, and self-discipline. They often allow moods and whims to determine their behaviors.

Constructive changes of mental attitude and behavior can be immediately experienced by being decisively intentional. Be curious about the results you can have by doing what needs to be done. Start by having a daily morning meditation session.

To think constructively and choose your actions, write what you will definitely do and what you will not do. Focusing on doing what is most useful or beneficial will make it easier to avoid doing what is not useful or beneficial. Avoid excessive association with people who are not highly self-motivated and constructively purposeful. Imagine (mentally see and feel) that you are now the kind of person you want to be, doing what you know to be for your highest good.

Be aware of how you sit, stand, speak, and relate to others and to events that occur. Studies have revealed that sitting and standing erect and speaking and acting with confidence produces an increase of chemicals and hormones that actually enable us to be stronger and more decisive and competent.

The duration of one incarnation is much too short to waste time, energy, and resources by being undisciplined and neglecting to nurture spiritual growth. Identify with your essence and do your utmost to express your knowledge and abilities as a fully conscious, constructively purposeful spiritual being.

*I think it would be beneficial for me to have a personal spiritual teacher who would provide guidance, inform me about higher realities, and teach me how to meditate. There isn't anyone near where I live who can be my teacher. What should I do?*

Although having a meaningful relationship with a spiritual teacher can be of value, it is not always possible for everyone. Information about purposeful living, higher realities, and how to meditate can now be easily obtained from books and other sources. Wise, effective use of what is learned will bring forth the results you want to have.

Through the years, I have known of a few individuals who had satisfying spiritual growth by living quietly, meditating deeply, and profoundly contemplating their true nature and relationship with the Infinite. I have also known of others who, while having had access to competent spiritual teachers, were emotionally immature, undisciplined, and whose knowledge of higher realities was flawed and superficial.

Learning and adopting wholesome lifestyle regimens and skillfully attending to spiritual practices provide enjoyment at a deep level of our being where we recognize and experience the great value of what we are doing.

Whether we have a personal relationship with a competent spiritual teacher or don't, our spiritual awakening progress is determined by the intensiveness (concentration) of our own right endeavors. We have to want to be spiritually enlightened and willingly do what we know to do to allow that realization to emerge. To be able to do what is necessary, we have to have accurate knowledge of helpful practices that can be effectively applied and accurate information about higher realities that can be contemplated and comprehended.

A meaningful spiritual path is the way of joyous aloneness

in the Infinite. A wise truth seeker's outlook is that of *being in the world but not of it*: of appropriately relating to others and circumstances while not excessively influenced by or strongly attached to external conditions. There is complete freedom and understanding.

*I want to be comfortable and able to fulfill my duties, but don't want to become materialistic or forget that my primary purpose for being in the world is to be Self-realized. How can I be sure to maintain my spiritual integrity while I am also doing necessary things?*

Spiritual and material realities are not separate. Physical things are composed of cosmic forces emanated from primordial nature which is constantly being emanated from the expressive aspect of ultimate Reality. You can avoid being too involved with external circumstances by being Self-aware and aware of all-pervading ultimate Reality. View all things as forms of One Thing.

Have what you need for your comfort and well-being so you can accomplish purposes that are of value and nurture your total well-being and spiritual growth.

Living freely in the physical universe is not incompatible with being spiritually conscious. Insatiable cravings for things and experiences and strong attachments of all kinds confine awareness, cause mental and emotional confusion, blur and fragment consciousness, and may cause erratic behaviors.

Unless we transcend the physical and subtle levels of the universe and are removed from relative circumstances, we will be somewhere, doing something, in space and time. Since we are here, the most practical decision to make is to learn to live in harmony with natural laws of cause and effect.

As the years pass, our physical appearance changes a little, memories of perceptions and experiences accumulate, but our enduring essence does not change. We can choose to have a long-range view as we progressively awaken through stages of authentic spiritual growth.



*I would like to have a clear idea of a major purpose so I could feel that my life has meaning beyond that of just existing. How can I discover a major purpose and be devoted to serving it?*

What do you want to do other than what you now do? If you have a vague sense of higher purpose, think about it until it is clearly defined in your mind and feels right to you. When you know what to do, proceed with confidence. Acquire knowledge and skills that you will need to effectively do what you think you should do. Indications that you are on the right course are that you are inspired and decisive, your actions are productive, and supportive events and circumstances are provided.

If you do not have a clear sense of personal purpose, look in your community and beyond it to see what organized activities are already serving in practical ways and/or nurturing the environment. Perhaps you can participate by volunteering to help or with occasional or regular funding.

Even without having a clear idea of meaningful, personal purpose, you are still included in the collective consciousness of people on our planet. Nurturing your spiritual growth beneficially influences everyone and all forms of life.

*Why is it so difficult to be Self-realized?*

It does seem strange that something that seems obvious is not more easily understood and experienced.

We know we exist. We observe thoughts and emotions as being other than us and we have an intuitive awareness of our enduring essence or true nature as pure, serene, conscious, joyous being. When some mystics advise truth seekers to discover it in their heart, they mean in their pure essence.

Those who have difficulty awakening to Self-realization may be strongly identified with egocentric states of awareness and personality characteristics or may need to improve their understanding of how spiritual awakening occurs and how to clarify their awareness. Aspiration to be spiritually enlightened along with improved understanding of higher realities and profound meditation practice will resolve all difficulties.

When we are sincere about being Self-realized, it should be easy to assume that viewpoint. We can acknowledge that we understand that are spiritual beings and trust our intuitive awareness of being a unit of the pure essence of ultimate Reality. What then remains to be done is to experience what we are and consistently think and act from that viewpoint rather than think of our true nature as being different from us.

Until Self-realization is complete, comprehension of higher realities may not yet be flawless and remaining subconscious influences may have yet to be neutralized.

Self-knowing may occur during meditation or during other times as partial or more complete insights. The prefix *sam* of the Sanskrit word *samadhi* indicates “firm bringing together” of attention and awareness with one’s pure essence. Everyone has a similar experience during deep sleep, but that kind of *samadhi* does not illumine the mind and consciousness.

Most meditators are eventually able to experience *samadhi* supported by an object formerly contemplated: subjective light, sound, or pleasant physical sensations or emotions which don’t illumine the mind and consciousness. They are more like sleep states even though one may be aware of experiencing them.

Superconscious *samadhi* is perception of and identification with lucid states of consciousness which may be pure or mixed with subtle thoughts and emotions. Superconscious influences are transformative. Ultimate superconscious *samadhi* is pure consciousness without supporting thoughts or emotions.

Superconscious *samadhi* can more easily be experienced by using discriminative intelligence to have insight into our true nature and by proficiency in superconscious meditation.

As with Self-realization that occurs during meditation or as sudden insights, a person who experiences *samadhi* may have to experience further purification of mind and consciousness.

As a flame in a windless place does not flicker, so is the concentration of the meditator who, with mental impulses subdued, practices the yoga [oneness] of Self-realization.

– *the Bhagavad Gita 6:19*

## ***Guidelines to Inspired Living***

Speak the Affirmations With Conviction

March 29 – April 4

### **Know Your Real Self**

You are a unit of the pure essence of ultimate Reality.  
All knowledge of your true nature and of ultimate  
Reality is within you. Let it come forth.

*I consciously abide in my true nature.*

April 5 – 11

### **Purify Your Intellect**

Skillfully use your powers of discriminative  
intelligence to know what is true about yourself  
and what you examine.

*I accurately discern the truth of what I examine.*

April 12 – 18

### **Know Your Mind**

Your mind's impressions (memories) of perceptions  
enable you to remember, think, reason, contemplate,  
and imagine ideal possibilities.

*My mind is always calmly well-organized.*

April 19 – 25

### **Think Constructively**

Your habitual thoughts, desires, hopes, expectations,  
and imaginings interact with cosmic mind which is  
inclined to respond to what you present to it.

*I always think constructively and harmoniously  
cooperate with mental laws of cause and effect.*

April 26 – May 2

**Imagine Ideal Possibilities**

If what is imagined and believed to be true is in accord with natural principles of cause and effect, it can be produced or experienced.

*I enjoy imagining ideal possibilities  
and having satisfying results.*

May 3 – 9

**Think and Act Decisively**

When you know what to do, effectively act to have the results you want to have.

*When I know what to do, I immediately go  
forward with appropriate actions.*

May 10 – 16

**Examine Higher Realities**

Higher realities include ultimate Reality and influences that determine the categories and processes of Nature.

*As I examine higher realities, my innate  
knowledge of them is Self-revealed.*

May 17 – 23

**Meditate Effectively**

Meditate to have constructive side-benefits and to quickly awaken through the stages of authentic spiritual growth.

*Every day, I rest in the sanctuary of silence.*

May 24 – 30

**Live Wisely**

Living will then be easy, enjoyable, and productive.

*I am thankful that I can always live wisely and well!*

## CONSCIOUS FOOD PREPARATION

### Pasta With Vegetables and Mushrooms

Spaghetti, linguini, or the pasta of your choice. For gluten-free pastas, experiment to discover which kind you prefer.

Broccoli, asparagus, or any green vegetable. Bite-size sliced or chopped. Cook lightly. Set aside. Keep warm.

Any mushrooms, sliced. Saute in olive oil until soft and the juices are released. (Optional: add 2 or 3 crushed garlic cloves and stir for 30 seconds or so.) Set aside. Keep warm.

Cook and drain pasta, add vegetables, mushrooms, and 1/4 cup of olive oil, and a pinch of salt and black pepper. Toss to mix. Optional: sprinkle Parmesan cheese on top.

*Note:* It isn't necessary to strongly boil the water to cook pasta. A rapid simmer is adequate. Avoid overcooking.



#### *Useful Information About Reheated Starches*

Grain (and potato) starch may be quickly converted to sucrose in the body causing a rapid increase of insulin to control the sugar. Recent studies have revealed that when these foods are cooled and reheated, starch conversion to sucrose is 50% slower because the starch molecules are not as influenced by enzymes in the intestinal tract. Cooled pasta can be heated in hot water for a minute or two or in an oiled pan. A baked potato can be warmed in an oven or pan. To reheat the items in the above recipe, when they are room temperature, stir vegetables and mushrooms in a medium hot frying pan with a little olive oil. Stir in pasta until hot. Serve.





## **The Transformative Effects of Affirmation**

*Ellen Grace O'Brian*

Using an affirmation is an effective way to change our mental outlook and circumstances because desired outcomes can occur quickly. The first change we may notice is how much better we feel and how receptive we are to new opportunities.

I remember my first experience of using an affirmation. I was a new student on the path of Yoga and metaphysical study and had never really considered how my thoughts, beliefs, and states of consciousness affected my life and circumstances. When I needed to make a change, I did whatever I needed to do outwardly to facilitate that change. Using affirmations showed me that my outer way of doing things was not the most efficient, nor the most effective.

When I started to use affirmations, I didn't have a specific goal. Almost all aspects of my life were in need of improvement, so I began with an affirmation that covered it all:

I am now in my right place in life. I am happy,  
healthy, and prosperous. I live in constant  
awareness of the Presence of God.

Within three months, my job changed, I moved, and had a new relationship. I hadn't tried to change anything. The changes occurred naturally and quickly. I began to have living faith, with confidence in the infinite Reality as the supportive Power and Presence in my life. This made all of the difference.

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## Observations, Insights & Discoveries

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



**How folds occur in the brain** was explained in *New Scientist* magazine, August 23 – 29, 2014 issue. The surface brain area or cortex is sometimes called grey matter. Mammals that have larger brains have a more folded cortex, and the human brain is the most wrinkled (with folds) to accommodate as much grey matter as possible. Researcher L. Mahadevan and colleagues at Harvard University used layers of gel to make model brains. The gel adhered to the top of a solid hemisphere used to represent the white matter beneath the cortex. By adding a solvent to make the gel expand, they could see how the cortex might grow in a developing brain. They noticed that the gel formed brain-like wrinkles with smooth “hills” and sharp “valleys.” One theory of how folds form in brains is that they might occur when more neurons (nerve cells) migrate to the hills, causing them to rise above the valleys. Expansion of the cortex seems needed.

It has been known for a few decades that brains constantly change as they are used. Areas of a brain associated with playing a musical instrument or composing music will increase in size, as will areas of the brain associated with concentration and decision-making. Connections between the prefrontal lobes of brains of meditators are thicker than in non-meditators.

**On a new DVD, *Alive Inside: A Story of Music & Memory***, film maker Michael Rossato-Bennett provided information about an estimated 33-million people worldwide with dementia, many of whom become “unreachable” as their cognitive impairment advances. Some who seem beyond reach, and who listen to music that is “personally meaningful to them,” can sometimes bring together their emotions, memories, and identities. Mr. Rossato-Bennett followed social worker Dan Cohen as he took music on

iPods to nursing homes. One resident with advanced dementia almost instantly awakened from a stupor when he heard music from his past and remembered details about a favorite singer. Mr. Cohen wants personalized music to be a standard, helpful influence in thousands of elderly care facilities.

**Brain health is improved by “environmental enrichment.”** An article in the March 2014 *Scientific American* magazine had information about recent studies regarding the benefits of social, intellectual, and physical activity which included enhanced learning ability, improved memory, and protection against aging and neurological disease. Benefits may also be noticed at the cellular level as such activities seem to be related to repaired brain myelin, the protective insulation surrounding nerve fibers.

**Monarch butterflies migrate as far as 3000 miles** from Canada and northern regions of the United States to Mexico.

**In a new book, *Your Atomic Self: The Invisible Elements That Connect You to Everything in the Universe***, the author Curt Stager affirms that “we are stardust,” the atoms of our bodies came from stars (suns) that exploded millions of years ago.

Nothing great was ever achieved without enthusiasm.  
– *Ralph Waldo Emerson (1803 – 1882)*

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**Roy Eugene Davis eBooks at Amazon.com and Apple iBooks**

Paramahansa Yogananda As I Knew Him  
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## Mystical Reflections

**mystical** Of or relating to spiritual or ultimate Reality beyond the range of the mind or senses, which may be directly known by intuition, experience, or revelation.

Life is as dear to all beings as it is to oneself.

Feel compassion for every living thing.

– *The Upanishads*

A man is ethical only when life ... is sacred to him,  
that of plants and animals as that of humans, and  
when he devotes himself helpfully to all life  
that is in need of help.

– *Albert Schweitzer (1875 – 1965)*

If your heart were right, then every creature should  
be to you a mirror of life and a book of holy doctrine.

– *Thomas à Kempis (1380 – 1471)*

Boundless compassion for all living beings is the  
surest and most certain guarantee of pure moral  
conduct ... Whoever is filled with it will assuredly  
injure no one, do no harm to no one ... he will have  
regard for everyone, forgive everyone, help every-  
one as far as he can, and all his actions will bear  
the stamp of justice and loving kindness.

– *Arthur Schopenhauer (1788 – 1860)*

When the differences between influences of the  
attribute of luminosity [sattwa guna] and one's  
pure-conscious essence is constantly discerned,  
and egocentric inclinations are absent, absolute

Self-realization can prevail.\*

– *Patanjali's Yoga-Sutra 4:29*

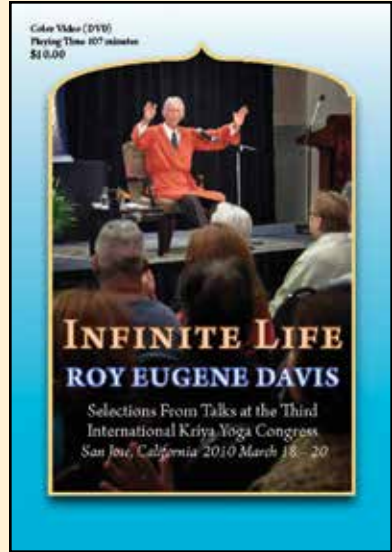
\*From Roy Eugene Davis' book *The Science  
of Self-Realization* published by CSA Press.

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*San Jose, California*  
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- Part Three: Meditation Practice Guidelines
- Part Four: Initiation: Commitment to Practice





## HOW TO KNOW WHAT TO BELIEVE

### Why There is Only One Reality

Some people say spiritual and material realities eternally, separately exist. Believers in a nondual (not two) philosophical concept say that one ultimate Reality exists.

A philosophical system that evolved in India centuries ago has a Sanskrit name *Samkhya* to indicate “discriminative knowledge” and precise “numbering” of categories of cosmic manifestation. Some people mistakenly say that it presents a view even though twenty-four principles that enable cosmic manifestation have only one Reality as the Source of objective phenomena.

The influences that enable cosmic manifestation are projected from a cosmic vibration emanated from the expressive aspect of ultimate Reality. The absolute or pure essence of ultimate Reality is devoid of attributes, yet is the support of everything. **See chart on facing page.**

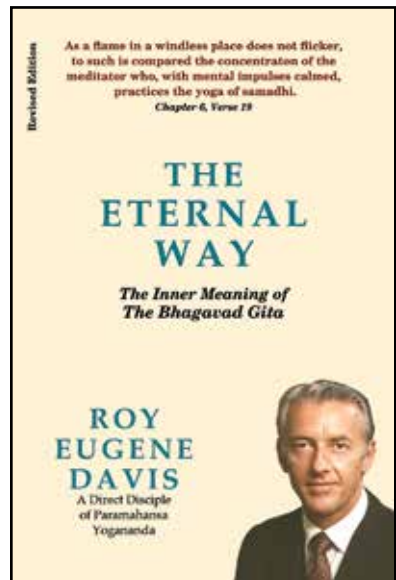
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## **Sequential Categories & Emergence of Specialized Capacities and Manifestations of Cosmic Forces**

### **Ultimate Reality**

It has a Pure Essence and an Expressive Aspect with three attributes of energetic influences.

### **Primordial Nature**

Om vibration with space, time, and fine cosmic forces.

Cosmic Individuality and Individualized Units of the pure essence of ultimate Reality produced by interactions between the expressive aspect of ultimate Reality and Primordial Nature. Individualized units in time and space have awareness, an intellect, a mistaken sense of self-identity (ego), and a mind.

### **Subtle Essences of Capacities of Perception**

Touch, smell, taste, seeing, hearing.

### **Subtle Essences of Capacities of Action**

Walking, manual dexterity, speech, reproduction, elimination.

### **Subtle Essences of Elements**

Space with cosmic forces, air (gaseous matter), fiery transformative influences, water (moisture), earth (cohesiveness and bonding).

### **Emergence of Gross Matter**

Universes with evolving forms of life.

*Note: more information about cosmic manifestation is in chapter two of the author's book *Absolute Knowledge That Liberates Consciousness*. Published by CSA Press.*



Holy Season meditation at CSA headquarters.  
*December 6, 2014*



*Above: On February 1, Katherine Geddes-Lovkay presented a meditation seminar at Unity Church, Sarasota Florida.  
Below: Roy Eugene Davis speaking by Skype to CSA members in Passau, Germany. December 2014*







*Above:* Trees have to be removed at CSA headquarters when they may fall on buildings or power lines.

*Below:* Local CSA member Rob Callaway painting the ceiling in a CSA building. The building was installed 42 years ago.



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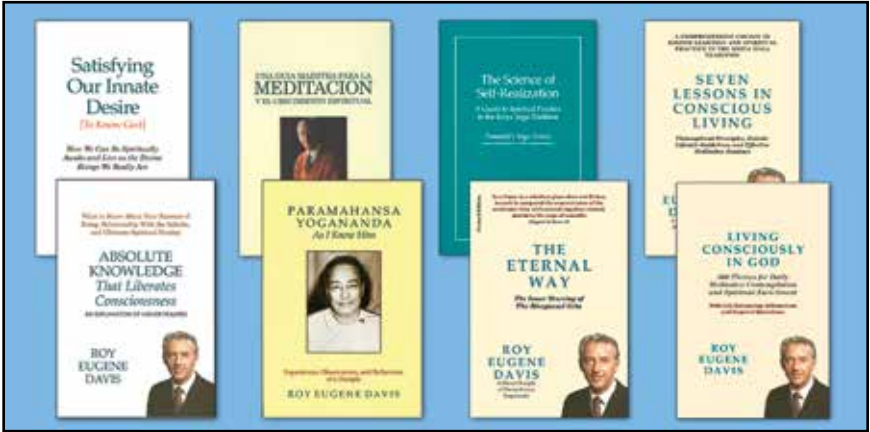
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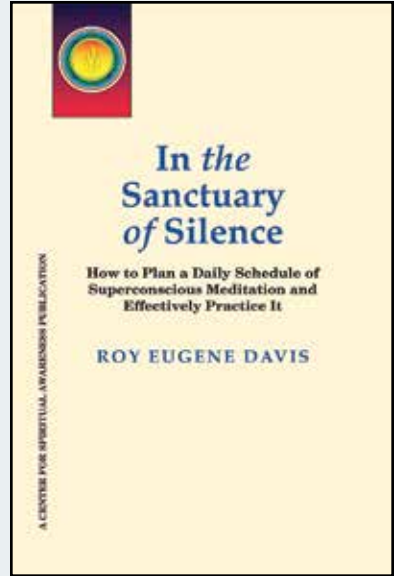


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