

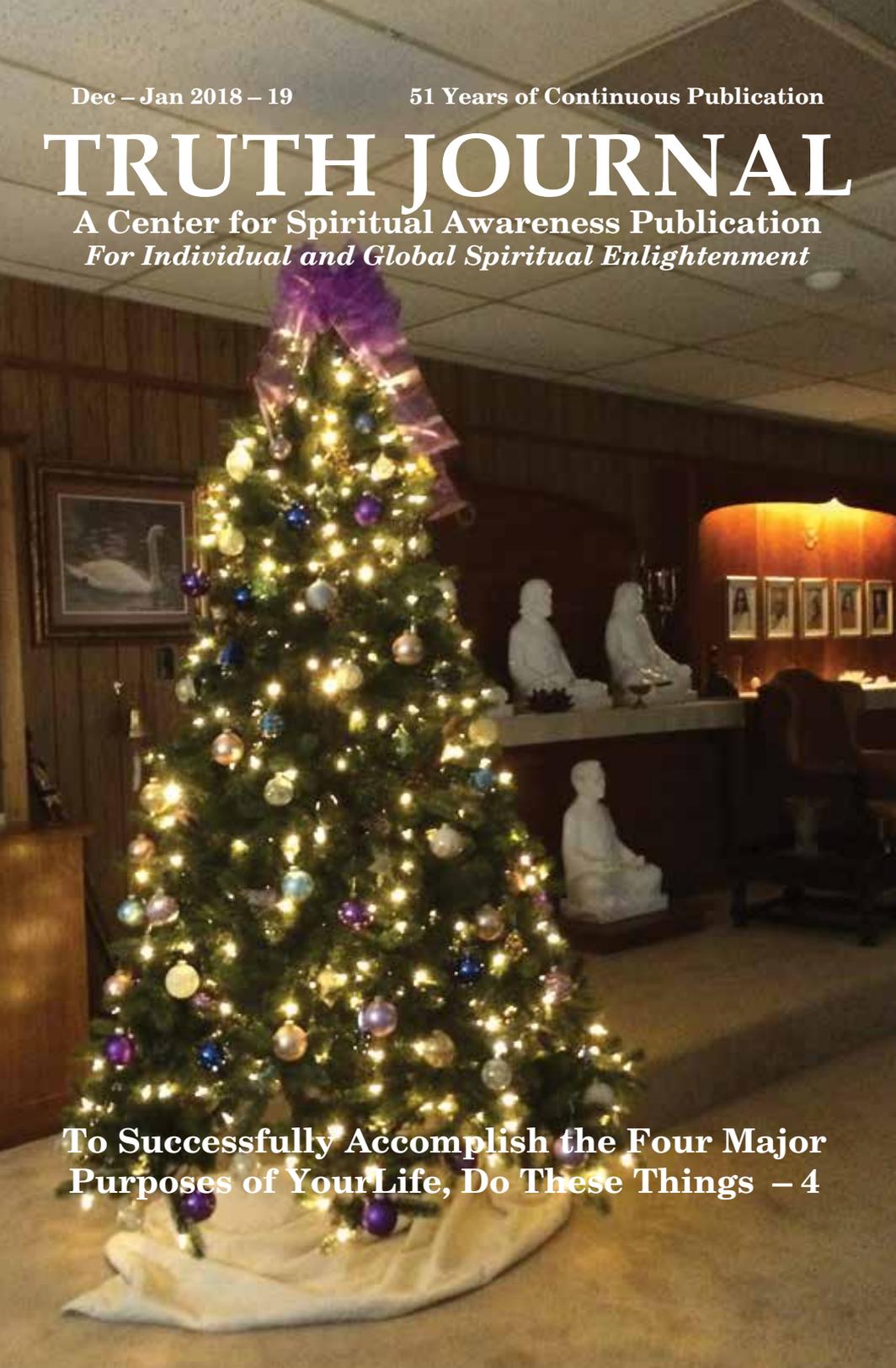
Dec – Jan 2018 – 19

51 Years of Continuous Publication

TRUTH JOURNAL

A Center for Spiritual Awareness Publication

For Individual and Global Spiritual Enlightenment

A large, decorated Christmas tree stands in the center of a room with wood-paneled walls. The tree is covered in warm white lights and colorful ornaments (purple, blue, gold, and silver). A large purple ribbon is tied around the top. In the background, there are white statues of seated figures on a dark surface, and a row of framed pictures on the wall. The room is dimly lit, with a warm glow from a recessed light fixture in the background.

To Successfully Accomplish the Four Major Purposes of Your Life, Do These Things – 4

**2nd Edition
Revised and Enlarged
11,000 copies
published June 1, 2018**

**PARAMAHANSA
YOGANANDA
*As I Knew Him***

by Roy Eugene Davis

Quality Paperback
ISBN 978-0-87707-218-8
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Revised Second Edition 2018

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YOGANANDA
*As I Knew Him***
Experiences and Reflections of a Disciple
ROY EUGENE DAVIS

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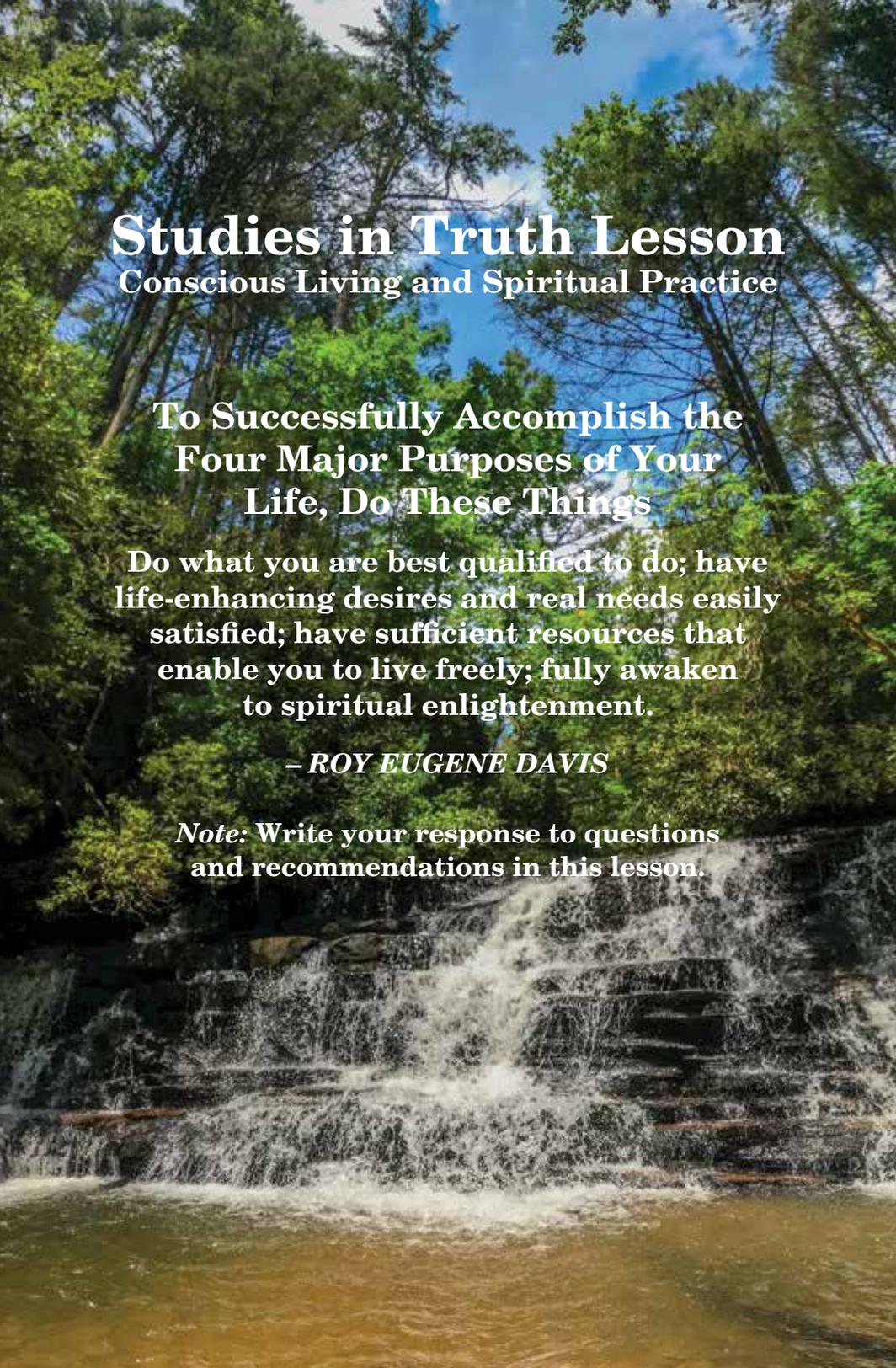
Front Cover: In the CSA Meditation Hall

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CSA Retreat Center



Published: February, April, June, August, October, December
Subscription in the U. S. \$10.00 Other countries \$20.00 airmailed
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Studies in Truth Lesson

Conscious Living and Spiritual Practice

To Successfully Accomplish the Four Major Purposes of Your Life, Do These Things

Do what you are best qualified to do; have life-enhancing desires and real needs easily satisfied; have sufficient resources that enable you to live freely; fully awaken to spiritual enlightenment.

– ROY EUGENE DAVIS

***Note:* Write your response to questions and recommendations in this lesson.**

accomplish To successfully do or finish something.

major Of greatest status or importance.

purposes Constructive or life-enhancing aims or objectives we sincerely want to experience or to be actual or real rather than only mildly or occasionally wished for or thought about.

Accomplishing the major purposes featured in this lesson will enable you to live freely, enjoyably, and effectively; be spiritually enlightened without any delusions, flawed perceptions, or awareness-modifying influences; and permanently know your true nature and ultimate Reality.

If accomplishing them seems beyond your ability to enlarge your awareness, improve your intellectual and mental powers, live skillfully, and be self-reminded that, as a spiritual being, you have unlimited inner potential to do what you need to do to be successful. If you don't decide now to wisely go forward with faith and determination, when will you do it?

Do What You are Best Qualified to Do

Examine your habitual states of awareness and mental and emotional states. Are they constructively optimistic? If not, cultivate clear states of awareness, confidence, and faith.

Are your perceptions accurate, powers of concentration and intellectual abilities well-developed, and thoughts usually well-ordered? If not, train yourself to discern the truth of what you see, hear, or experience and to think rationally.

Do you have good powers of imagination that enable you to "see" and "feel as though real" ideal near and future events and circumstances? If not, exercise your imagination and learn to discern the relationship between what you imagine and what is experienced. Your brain and subconscious level of your mind accept experiences and memories of imagined events as being real. That is why you can train your brain and mind to be receptive to ideal experiences.

Are your personal behaviors wholesome and ethical? If not, consciously cultivate the virtues of honesty, truthfulness, compassion, kindness, and generosity.

Are you as healthy and functional as you can be? If not, do what is necessary to be as healthy and functional as possible.

Do you have sufficient knowledge to skillfully do what you want (or should) do? If not, acquire it from reliable sources and learn to effectively use it. It shouldn't require many years to be educated. Modern systems of education that require children and young adults to attend school and college for twelve to fifteen or more years are too long.

What do you think you are in this world to do? Write a clear explanation of what it is.

Are you doing it effectively? If you are, continue doing it. If not, why not? Write a list of reasons (or excuses) and what you will do to correct the situation.

With right living you can have the full support of the processes of nature, emerging events, and unplanned good fortune. When circumstances and relationships are harmoniously integrated, they are meaningful (of value) and satisfying.

As spiritual beings, units of the pure essence of ultimate Reality, so long as we are involved in space and time we will be doing something. Knowing this, we should aspire to experience and express excellence in all aspects of life by always being higher purpose-directed. *Higher purposes* are constructive aims and goals which elicit our innate soul qualities and capacities when we intensively focus on them. They nurture the physical, mental, and spiritual well-being of everyone, all forms of life, and the environment when they are accomplished.

To live effectively we have to be sufficiently emotionally mature to think rationally, make wise decisions, and be responsible for our thoughts, moods, behaviors, intentional actions, and their results. To do this we have to be well-informed, self-disciplined, highly motivated to learn and experiment until we can live effectively, and persist until we fully awaken to awareness and knowledge of our spiritual essence and ultimate Reality. Superficial involvement with metaphysical, religious, or philosophical systems and practices will only further modify, and distort the mind and awareness and keep them confined and limited.

Although we may have friends and associates whose convictions and aspirations are similar to ours, only our concentrated right endeavors will enable us to successfully accomplish our major purposes in our current incarnation.

Adhere to wholesome lifestyle regimens and well-organized schedules of meaningful activities. Profoundly examine laws of cause and effect and cooperate with them. Regularly attend to spiritual practices that clarify awareness and elicit innate qualities and higher knowledge. Constantly imagine and feel that you have the full support of the processes of Nature and of spiritual influences that are around you and in you.

Have a private notebook in which to clearly define your hopes, desires, needs, and major purposes to accomplish. Write what you are doing, or will immediately begin to do, to have life-enhancing desires fulfilled, real needs satisfied, and major purposes completed. Keep a record of your progress. Do what is most useful. Discard or avoid what is not useful.

From time to time, write affirmations that declare your true nature and relationship with the Infinite.

Examples:

As a flawless unit of the pure essence of ultimate Reality,
all knowledge of it and its aspects and processes that is
within me is becoming increasingly known.

Accurate knowledge of the major purposes of life in my
current incarnation is emerging from my pure essence,
revealed by intuition, intellectually comprehended,
rationally understood and being actualized by my
effective actions and the momentum and support of
universal laws of cause and effect.

The radiant purity of my essence of being continuously
illuminates my mind and consciousness, enlivens my body,
and empowers all of my wise, creative actions.

My thoughts, feelings, actions, relationships, and
circumstances are always in divine order for my
highest good and the highest good of others.

Use affirmations to awaken to realization (vivid experience and knowledge) of what is declared as being true instead of trying to condition the mind to believe. Want to know what is true rather than merely believe. Awakening to realization of what is declared is the superconscious way to affirm. *Super* indicates a level of conscious awareness above or beyond ordinary or modified states of awareness that are blurred and distorted by restlessness and flawed ideas or inertia.

It can be helpful to have a private place in your home where you can be alone to reflect, imagine possibilities to explore or to experience, write in your notebook, and meditate. There, and at all times, clarify and enlarge your consciousness to be aware of the Infinite (without boundaries) Reality in which you dwell. Improve your awareness of your true nature to the extent that thoughts and feelings of limitation cannot exist.

Refuse to think, feel, say, and behave in ways that suggest that you are weak, traumatized, angry, jealous, envious, poor, incompetent, ignorant, unworthy of happiness or good fortune, lazy, addicted to habits or substances, or unable to learn, think rationally, or to live freely, enjoyably, skillfully, and effectively.

If you think that you are “only human” you may be inclined to feel and act like a habit-bound person without any knowledge of higher realities.

When you know you are a spiritual being and your thoughts, feelings, and behaviors are conformed to that knowing, you will be impervious to external conditions, confident, cheerfully optimistic, enthusiastic, compassionate, and creatively expressive.

Think and live with the conviction that it is not possible to fail to accomplish your major purposes. If you sometimes feel insecure, uncertain, or displeased with seeming lack of success, renew your resolve to prevail and continue to go forward with wisely chosen endeavors. Consider temporary failures or difficulties as opportunities to learn, improve your skills, and overcome all obstacles. Plan to succeed and proceed to do it. Don't tell others about your aspirations and right endeavors unless they are helpfully participating with you. Aim high, do what is effective, and welcome the constructive results.

Until you are firmly established in clear awareness of your true nature and the Infinite, nurture it by acknowledging and appreciating all that is ideal.

Nurture thoughts and feelings of friendship
with everyone and all forms of life.

Be aware of the harmony of the wholeness of life.

Be thankful for the good fortune that others have.

Be thankful for the good fortune that you have.

Calmly view changing events and circumstances. It is all right to be pleased but without excessive displays of emotion when pleasant events occur or are reported. Avoid being unhappy or fearful when unpleasant events occur or are reported. At such times, remember this story:

A worldly man asked a wise person, “Tell me something that will help me have peace of mind when my life is disturbed by troublesome or unwanted events.”

The wise person quietly said, “Change is a characteristic of Nature. All events and circumstances pass away.”

Have Life-Enhancing Desires and Real Needs Easily Satisfied

We naturally desire to be happy, healthy, productive, knowledgeable, prosperous, secure, freely expressive, satisfied, and spiritually conscious.

Desires that, when fulfilled, enhance our lives are of value. Impulsive urges, compulsive desires (cravings), and frivolous or unnecessary desires should be avoided. They may cause misfortune or unhappiness, weaken powers of self-determination, waste vital forces, produce psychological conflicts, strengthen the ego or mistaken sense of self-identity, blur the intellect, prevent peace of mind, and interfere with spiritual awakening. Unnecessary desires and cravings should be avoided.

We should have what is needed for our complete well-being. There is no spiritual value in being sick; poor; incompetent; dys-

functional; limited by environmental, social, or political circumstances; or ignorant of ultimate Reality and its categories and processes of manifestation.

To strongly identify with tribal, social, political, economic, or religious groups to the extent of being confined by their views, beliefs, and behaviors is a serious self-limiting mistake.

Our life-enhancing desires and needs can be more easily satisfied when we know how to effectively think and live and skillfully do it with well-developed capacities and abilities.

A fundamental principle for doing anything effectively is to concentrate attention and actions on doing what will be most productive and avoid what is not useful.

Wisely choose your states of consciousness, mental and emotional states, moods, thoughts, expectations, behaviors, and personal relationships. Schedule your activities and wisely use available time, energy, and material resources.

Remember that your mind is a unit of a cosmic mind that is responsive to your mental states, desires, hopes, awareness of needs, expectations, and imaginings. Learn to recognize how the experiences, events, relationships, and circumstances that you have correspond with your states of consciousness, mental states, intentional actions, and private behaviors. You will soon know the universe to be a manifestation of cosmic forces emanating from the expressive aspect of ultimate Reality. You will become more cosmic conscious.

If most of your previous mental attitudes, behaviors, circumstances, experiences, and relationships have been ordinary or limiting, now is the time to choose new mental attitudes and behaviors that will result in better circumstances, experiences, and relationships.

Read more widely to be better informed and acquire helpful knowledge. Do new things. Improve your skills. Perhaps play a musical instrument or read or speak another language. Visit areas in your community that you haven't seen. Learn about other cultures and religions. Be curious about Nature, science, nutrition, the cosmos, and the environment. Learn about food and experiment with recipes. Be psychologically balanced and

physically healthy. Be creatively innovative. Use imagination to “see” yourself doing what you want to do and having what you want or need to have. Keep your personal living and work space clean and well-organized. Enjoy relating to others without being emotionally dependent on relationships. Enjoy and appreciate living in the world without excessive stimulation of the mind or senses or wasting mental powers or vital forces.

Maintain a balance of productive activity and sufficient rest while living in harmony with the rhythms of Nature. Go to bed before 10 p.m. and awaken before dawn to meditate for a while. Regular, wholesome, lifestyle routines and meditation will help to keep your immune system strong and your awareness clear.

In your private place where you meditate and contemplate your near and distant future circumstances, have helpful metaphysical and inspirational literature, also perhaps photos of spiritually enlightened people to remind you of your ultimate aims and to constructively motivate you to sincerely endeavor to experience and express excellence in all aspects of your life.

By intentional constructive thinking and living you will be able to have a variety of experiences that will make you more knowledgeable and competent and elicit your innate powers and functional abilities. You will discover that when you are Self-reliant (established in awareness of your true nature) you can more easily do what needs to be done and have what you want or need to have.

Physical laws (principles) of causes and effects can be easily observed and learned. Mental laws of causation can be learned by being aware of the mental states that we have (or had).

How our ordinary or controlled states of awareness may produce or attract experiences, events, and circumstances can be known by observation and experimentation. Notice the relationships between your habitual states of awareness and your everyday or normal experiences. Then, when mentally peaceful and emotionally calm, clarify your awareness and be receptive to having a stream of enjoyable, life-enhancing experiences, circumstances, and events effortlessly provided. They are the effects of grace (supportive events provided from the infinite

ocean of Reality). They appear within the oneness of life and are not effects of relative (time-space realm) causes.

Cooperate with all of the laws that determine the effects of physical and mental causes and effortless expressions of grace. Most religions teach that peace of mind and happiness can be experienced by adhering to their doctrines and practices. Many teach that various kinds of pain can be cured or avoided.

Pain may be as obvious as physical injury or illness, or it may be mental and emotional distress because of financial limitations, unsatisfying relationships, worry, anxiety, feelings of loneliness or hopelessness, fear of death or of unknown circumstances, confusion, restlessness, boredom, or inability to have desires fulfilled. Many causes of mental and emotional discomfort can be easily discovered and removed.

Some religious people hope that, if they are good enough, in the next phase of life after biological demise they will be in a beautiful, or at least pleasant, paradise or heaven and perhaps be reunited with people they knew in this world. A few hope to be spiritually enlightened. Some anticipate, either with keen interest or uncertainty, a future incarnation or a series of them. Some religious people think it is all right to live well and be comfortable but not too well or comfortable, as though being freely functional and prosperous might cause a person to be materialistic instead of spiritually aware.

We see a similar attitude promoted by “experts” who speak on radio or television or write articles to influence a large number of people. They say that some people are too rich and there are too many poor and “middle class” people. It would be better if they motivated poor people and others who have limitations to acquire useful knowledge and skills, and effectively use them.

Many people who are not expressing their full potential to be creatively functional could do better if they really wanted to live effectively and were sufficiently motivated to do it. They aren’t ignorant or incompetent; they are pessimistic, lethargic, confused, or disinterested.

Affirm With Conviction

I enjoy living easily, freely, skillfully, and effectively.

Have Sufficient Resources That Enable You to Live Freely

The word affluence, Latin *affluere*, “to flow freely,” is used to indicate an always available supply of material things and various kinds of resources that provide comfort, security, and freedom of expression.

Be receptive to having an abundance of what is needed for your well-being and accomplishment of all of the purposes that are meaningful to you and to others who are influenced by you and what you do.

Endeavor to live so wisely and well that it is easy to have all that is needed in the form that is most useful and practical for every situation: material things, money, fortunate events that spontaneously occur, relationships that are always harmonious and supportive, creative ideas, and insights that provide understanding and guidance.

Because the universe is manifested by cosmic power emanating from the expressive aspect of ultimate Reality, only one “thing” exists. That is why my guru Paramahansa Yogananda advised people to “discard the mistaken idea that spiritual and material realities are separate.”

Some people mistakenly say that Spirit and Nature are individual realities and/or that there is a “good” influence and an “evil” power constantly competing for control of the universe and the actions and destinies of souls.

Some yoga teachers mistakenly say that inertia, one aspect of expressive characteristics of primordial Nature (Sanskrit *maya*) wants to keep souls deluded (unaware of their pure essence). The truth: it is only a person’s misperception of their true nature that blurs their awareness and interferes with Self-awareness. Although we may unwisely allow environmental conditions and events to influence mental states, moods, and actions, there is no independent intelligent influence trying to control us.

Trust the well-ordered processes of life to always nurture, sustain, and provide for you.

While doing what we know to do to have what we need to live freely, we can also cultivate our spiritual awareness. When

we know we are spiritual beings in the wholeness of ultimate Reality, we can constantly experience the full support of the processes of Nature, the results of our creative endeavors, and freely provided good fortune.

Learn to effectively relate to others and your environment, perform duties skillfully, and wisely manage money and other material resources. If you work to earn money or have a stream of income from other sources, avoid wasting it and invest some of it on a regular schedule for future needs. Manage money and other material resources without being greedy or wasteful.

Affirm With Understanding

Established in conscious awareness of my pure essence and ultimate Reality, as I live wisely all the resources that are needed for my complete well-being, freedom of expression, and highest good are abundantly provided.

Awaken to Complete Spiritual Enlightenment

Look beyond biased religious opinions and philosophical concepts to discover ultimate Reality. The expressive aspect has attributes which manifest and maintain universes. Units of the pure aspect outside of time and space become individualized souls that identify with and interact with universal mind and fine, subtle, and gross aspects of Nature.

When units of the pure essence of ultimate Reality become aware of their true nature and vividly experience and know it, they are Self-realized. When their Self-realization is complete, they are fully enlightened and never forget their pure essence and ultimate Reality. That is the final extent of awakening. Major purposes don't have to be accomplished in sequential stages; they can be actualized simultaneously.

Before we are spiritually awake, we may imagine ultimate Reality to be an omnipresent, omnipotent, omniscient formless being with a mind and human-like personality characteristics and preferences or likes and dislikes. Or we may be encouraged by others to believe their opinions, flawed ideas, or convictions about salvation theories, conditions of life in other realms, or

what humans must do to please God.

As we become more spiritually aware and our innate knowledge of our pure essence and ultimate Reality is unveiled and revealed, we can easily disregard flawed opinions and avoid relationships and activities that might distract attention from meaningful studies and practices, cause mental or emotional confusion, or interfere with rational thinking.

To experience fast spiritual awakening and be Self-realized it is not necessary to belong to a religious organization or movement or regularly participate in its activities or rituals. Affiliation and occasional participation may be maintained if we derive benefits or if our support of others who are involved benefits them. To feel obligated to belong or to participate only to please others or because of emotional needs indicates lack of Self-confidence and Self-reliance. (When spelled with a capital S, the word *Self* is used to indicate our real nature.)

As we become more spiritually awake, we are able to view our mental and emotional states with detachment, knowing them to be changeable and impermanent. Calm Self-awareness enables us to accurately perceive without being unduly influenced by what is observed and to intellectually and intuitively know the existence of higher realities before they are directly realized. *Direct* realization of our true nature and/or ultimate Reality is vivid experience and knowledge without the support of the senses, mind, intellect, or intuition.

Acquire information about how to live effectively and wisely use it, grow to emotional maturity, superconsciously meditate, and always be aware of your pure essence and the Infinite.

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Do it by the middle of a month to allow us time to put it in our computer before *Truth Journal* is mailed the last week of the month. Center for Spiritual Awareness, P.O. Box 7, Lakemont, GA 30552-0001. Tel 706-782-4723 weekdays 8 a.m. to 3 p.m.
e-mail info@csa-davis.org

Guidelines to Inspired Living

Speak the Affirmations With Conviction

December 2 – 8

Look to the Next Year With Confidence

Begin now to plan what you want to do, experience, and successfully accomplish in 2019.

I look forward to the New Year with confidence.

December 9 – 15

Meditate Deeply Every Day

Your spiritual awareness is the most important aspect of your life to nurture and have perfected.

I meditate deeply every day.

December 16 – 22

Clearly Define and Write Your Goals

Do it in a private notebook or journal after you have meditated and are very peaceful.

I am clearly defining and writing my goals for 2019 and beyond.

December 23 – 29

Clearly Write Your Action-Plans

Write them now. Modify or improve them when you have more ideas and insights.

I am clearly writing my action-plans for 2019 and beyond.

December 30 – January 5

**Be Thankful for the New Year
of Opportunities to Learn**

Be thankful for the good fortune you now have and what is yet to be experienced in 2019 and beyond.

*I am thankful for the opportunities to learn
that are all around me.*

January 6 – 12

**Be Thankful for the New Year of
Opportunities to Spiritually Awaken**

Continue to nurture your spiritual growth that reveals your innate qualities and knowledge.

*I am thankful for the opportunities
to fully spiritually awaken.*

January 13 – 19

**Be Thankful for the New Year of
Opportunities to Express Excellence**

Don't think about just "getting by" or surviving. Imagine and decisively act to experience and express excellence.

*I welcome opportunities to express
excellence, and I will!*

January 20 – 26

**Be Thankful for the New Year of
Opportunities to Serve Others**

Serve others with your clear awareness, good will, and compassionate thoughts and actions.

I serve others in helpful, beneficial ways.

Answers to Questions About the Spiritual Path

How can we know when we are completely Self-realized?

We are completely Self-realized when our awareness is as pure as our essence. We can know when we are Self-realized just as we are aware of existing and of our state of consciousness now. Before then, we may have partial perceptions that provide various degrees of Self-knowledge and knowledge of ultimate Reality and its categories and processes.

Whether a person has recently committed to a spiritual path or has been endeavoring to grow to emotional and spiritual maturity for several years, progress will be in accord with their concentrated practices and capacity to be more conscious. Some people who have been endeavoring to learn, live right, and meditate effectively for several years haven't had satisfying results. Some who have only recently been attracted to a spiritual path learn quickly, live effectively, and meditate skillfully.

Whether progress seems slow or fast, a person who patiently persists in the right way will be Self-realized. Some characteristics of *patience* are calmness, confidence, and wisely chosen right endeavors.

Does everyone on a spiritual path need to have a Self-realized guru (spiritual teacher)? If it is necessary, how can one be found and recognized?

With many people now interested in being more spiritually conscious, there are not very many truly Self-realized teachers among us. Instead of looking for a fully enlightened teacher, be an ideal disciple (truth student capable of learning) receptive to supportive guidance and opportunities that the universe can and will provide.

Personal assistance on a spiritual path can be helpful. Even that kind of assistance is made possible by the one intelligence that directs the processes of the universe and our lives.

If you are destined to have a personal teacher-learner relationship it will occur and you will recognize when it is right for you. Don't desperately look on the Internet for a teacher or for guidance. It's all right to be informed by various sources, but be alert and discerning. Avoid teachers and teachings promoted as being unique or a fast way to spiritual enlightenment.

Ethical, moral, religious, and philosophical teachings have been emphasized for thousands of years in many countries and cultures. During the past one hundred and fifty years many spiritual teachers and teachings that attracted followers are no longer influential. Some that are active usually have members who are naive and emotionally dependent.

I am a new meditator. What is a good way to practice? What kind of results can I look forward to having?

Learn basic procedures and attentively use them so you will know by experience how mental and emotional calmness along with focused concentration can elicit superconscious states that clarify your awareness and enable you to be aware of your pure essence. Short sessions (20 to 30 minutes) practiced with alert observation of what occurs are more beneficial than extended, passive, inattentive sessions. You will eventually be able to sit still and be fully alert for an hour or more.

Observing the natural breathing cycles can be helpful in the early stages of practice. When you are very calm, sit still with attention and awareness detached from outer and inner conditions, contemplating only absolute or pure awareness as your essence of being. From there, meditation can effortlessly occur, with attention and awareness becoming more refined.

By living with conscious intention and meditating regularly, as you proceed through the months and years, your meditative proficiency will improve, your mind will be purified, and your awareness will be expanded and illumined.

Each time you sit to meditate, aspire to be Self-realized, then accept what happens. Be thankful for occasions that are blissfully insightful and patient and persistent at other times.

I have good intentions regarding right living, study, and meditation. One of my bad habits is procrastination: not doing what I should do on a regular schedule. How can I overcome it?

Exercise your powers of choice, decisiveness, and conviction to do what needs to be done. Bad habits will soon be replaced with good habits. The front region of the brain associated with impulse control, decisiveness, and creativity will become more highly developed. Former, nonuseful ways of thinking, feeling, and behaving will be forgotten. Constructive changes can occur quickly. Don't think that it will be difficult to become skillfully competent and freely functional.

I like to chant with devotion, alone and with others, until I feel expansive and joyous, then meditate. Is doing that a spiritually useful practice?

It can be useful now and then, to calm the mind and settle the emotions before meditating. It is not useful if it is done merely for the "good feeling" and elation that may be produced. I have known people who have chanted for years, who are not spiritually enlightened, emotionally balanced, or intellectually discerning. Examine your thoughts, moods, and behaviors to know if you are awakening spiritually or prefer to nurture and experience pleasant sensations rather than be Self-realized.

Whatever you do, know why you do it and if the results are of real value. Even if you are young and hope to have many decades of future physical life and well-being, don't waste time doing what doesn't provide the permanent, satisfying highest good you deserve.

Can Self-realized souls on our planet and in other realms assist us when we pray to them or try to mentally and spiritually contact them?

Although endeavoring to identify with and emulate the real or imagined states of consciousness of enlightened people may help us to be more like that, we have to learn how to awaken to Self-realization.

It is obvious that Self-realized people are not able to assist everyone who asks for help even though they compassionately try to encourage others to be more spiritually awake, healthy, and functional. Having mental or spiritual contact with Self-realized people in astral or celestial realms is not possible for most incarnated people.

Several years ago I read about a man in India who was said to be Self-realized whose disciples sometimes told stories about how he visited them in their dreams and in an astral (energy) body at other times. He said their stories were not true; that he didn't visit them in those ways. Some brother disciples, who were also spiritual teachers, suggested that people should be allowed to believe the stories to help them have faith in their teachings and practices. Preferring to be truthful, he rejected their idea.

Knowing that others have fully awakened to Self-realization should inspire and motivate us to also be Self-realized by our effective right endeavors and enlivening grace that will become increasingly influential.

Paramahansa Yogananda told me to “stay in tune with him” so I could be uplifted and empowered by his consciousness and vital force. He also reminded me that it was my responsibility to live right, meditate deeply, and develop the ability to discern the truth about what I perceived. He said that he wanted me, and other disciples, to be as Self-realized as he was.

What prevents us from awakening to emotional and spiritual maturity even when we want to and are trying to do it?

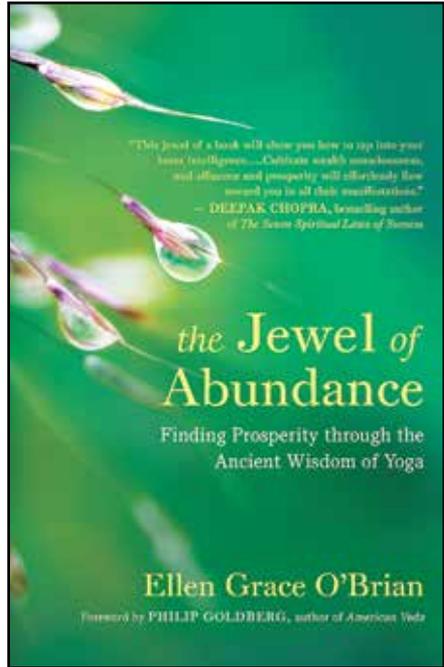
Being identified with a mistaken sense of self-identity, our personality characteristics, and our mental attitudes, emotional states, and acquired or chosen habits. Sometimes a conversion experience can cause an immediate adjustment of outlook and provide revelation-like insights. It is more usual that we have to continue steadily onward until we awaken sufficiently to be aware of the Self-knowledge and knowledge of ultimate Reality that has always been within us at the innermost level of being.



**A New Book by
Ellen Grace O'Brian**

**To be published
late November 2018**

**ISBN 978-1-60868-556-1
Paperback 320 pages
\$16.95**



The Jewel of Abundance

**New World Library 14 Pamaron Way Novato, California 94949
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1-415-884-2100 ext. 20 (discounts to booksellers)**

The author's theme is how yogic philosophical principles and lifestyle practices may help readers to experience and express excellence in all aspects of life. She asserts that when the word *prosperity* is equated with material wealth obtained for its own sake, its meaning is not fully understood.

The four basic purposes of life that are emphasized include *dharmic* (right, higher purpose-directed living); fulfillment of life-enhancing desires and needs; having sufficient resources of all kinds to be secure and live successfully; and progressive growth to emotional and spiritual maturity that culminates in complete spiritual enlightenment. Helpful lifestyle guidelines and meditation practices are provided.

Mrs. O'Brian has been a CSA minister for many years and is the spiritual director of Center for Spiritual Enlightenment in San Jose, California, where many hundreds of truth seekers regularly attend a variety of services and classes.

From Part One: The Prosperity Imperative

A jewel fell into the core of the heart
Unlike any given to the seas or the sky.
– Rumi (*Sunni Muslim Poet 1207 – 1273*)

imperative Something important or that requires urgent action.

Do you have a dream? A vision of possibility that calls to you and returns time and time again? A divine aspiration that is yours to bring forth? As spiritual beings we all have nudges from the Infinite, glimpses of life's greater potentials. Those nudges are our life's invitation to rise up and contribute to the evolutionary thrust of planetary awakening. The common factor is the imperative to prosper, to thrive in a way that fulfills our potential by actualizing the divine qualities within us. The prosperity imperative is the call of becoming, of expressing our true Self in its fullness.

This new book has been endorsed by Deepak Chopra, David Frawley, and other notable spiritual teachers. In a Foreword to the text Philip Goldberg, author of *The Life of Yogananda* and *American Veda* wrote:

By presenting this elevated vision of life balance and human aspiration, *The Jewel of Abundance* is a useful antidote to the hyper-materialism that poisons modern life. And for those who seek the fulfillment of both their souls and their material desires, the book is a wellspring of inspiration and intelligent guidance.

Order from New World Library, amazon.com, bookstores, or Center for Spiritual Enlightenment, 1146 University Avenue, San Jose California 95126

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CONSCIOUS FOOD PREPARATION

Risotto (*ri soto, ri zoto*) Rice (with Mushrooms)

Prepared somewhat like rice pudding but with vegetable broth instead of milk. The broth is gradually absorbed by the rice which swells and releases some of its starch that produces a creamy texture. Serve as soon as it is cooked, or it will continue to cook after it is taken off the stove, absorb more moisture, swell, and become dry. *Approximately 4 servings.*

1 pound (1-1/3 k) of portobello and/or other mushrooms
olive oil 1 medium onion 1/2 cup (120ml) short grain rice
4 cups (960ml) vegetable broth 1/2 cup of Parmesan cheese
(optional) black pepper and/or 1/2 cup of fresh parsley

1. Make vegetable broth early. Chopped vegetables in 6 cups of water. 3 medium carrots, a stalk of celery, 1 small onion, and a bell pepper. Simmer 40 minutes. Strain and discard vegetables. The nutrition is in the broth. Keep the broth hot when cooking risotto.
2. Heat 2 or 3 tablespoons of olive oil in a heavy pot. Add the mushrooms and stir gently until their moisture is released and are cooked. Remove from pot and set aside.
3. In 2 tablespoons of hot olive oil, sauté finely chopped onion until translucent. Add rice and gently stir until well coated with oil. Add a cup of hot broth, stirring gently as it is absorbed. Continue gradually until the rice is thick and creamy. All of the broth may not be needed.

To finish:

Gently stir in the cooked mushrooms until heated through. Stir in 1/2 cup Parmesan cheese. Add a little black pepper and fresh parsley if wanted.



Information About Rice and Other Ingredients

Believed to have originated in China more than 4500 years ago and later widely distributed throughout Asia, India, Europe, and the Americas. Each grain has an outer hull or husk that is removed before rice is eaten. The bran layer under the hull is often also removed even though it has nutrients. White rice is really the endosperm that remains after processing. Rice germ under the hull has B vitamins, minerals, and proteins. Several types of rice have unique characteristics and uses.

Long grain. Milled a few times when processed. When cooked it is separate, light, and fluffy.

Medium grain. Has a shorter, wider appearance and is moist and tender when cooked and has a tendency to stick together.

Short grain. Has a much shorter, wider appearance, and is moist and tender when cooked. Ideal for risotto recipes. (See *arborio rice* at the bottom of this list.)

Sticky (or sweet). Used in many traditional Asian desserts.

Parboiled. Processed with steam to produce a light, separate grain when cooked.

Converted. Parboiled rice that is cooked longer to shorten the time needed to prepare it for a meal.

Polished. The outer brown bran layer and germ are removed.

Brown. Sheds its outer husk and retains bran and germ layers. Of a light brown color and requires longer cooking time.

Wild. Harvested from a variety of grasses. Often served with stir fry, mushroom soups, or added to regular rice.

Basmati. Long grain rice often used in India-originated recipes with a nutty flavor and fragrance.

Arborio. Named after the town of Arborio in the Po Valley of Italy. Has a high starch content and a creamy texture when cooked. Good for making risotto.

Onions, garlic, and mushrooms provide extra nutrition and are sometimes said to strengthen the immune system.



*Above: Members of Center for Spiritual Enlightenment
from San Jose, California.*

*Below: German CSA members and friends.
August 2018*





CSA sponsored meditation seminar in Atlanta, Georgia (above) and participants at the literature tables. *September 30, 2018*



2019 Retreats

Attendance is limited to 20 participants who will have private sleeping rooms and prepare vegetarian meals in their guest house. Donate at the end of the week.

Schedule

- Early morning meditation Monday to Friday at 7 a.m. for approximately one hour followed by a short talk by Roy Eugene Davis. Local members are invited to the morning meditations. An afternoon meditation will also be scheduled.
- Thursday morning: Kriya Yoga initiation. Initiates may also attend for review and to reaffirm their commitment to their spiritual practices.
- Optional Hatha Yoga and/or qiGong when instructors are here.
- Occasional educational videos.

Reservations and Guidelines

- Be here for one week or two consecutive weeks.
- Let us know when you will arrive Saturday or Sunday. Arrive before 7 p.m. Bedding, towels, and cookware are provided in the guest houses.
- Depart the following Saturday morning if attending only the first week. Rooms will be cleaned at 9 a.m.
- No alcohol, tobacco, “recreational” drugs, or pets.
- Don’t wear shorts, tank tops, or T-shirts with slogans. Help maintain the Retreat Center as a quiet place that supports everyone’s spiritual aspirations.
- Don’t bring friends or family members who aren’t interested in participating.
- Avoid unnecessary social interactions. Use free time to read, meditate, exercise moderately, rest, and reflect on your relationship with the Infinite.

**A travel map is on our web site: www.csa-davis.org
Click on Retreats page**

2019 Retreat Schedules & Application Information

Guest house location and room number will be on the bulletin board in the lower parking lot.

2018 December 1:

Saturday 10 a.m. Three hour meditation. Lunch 1:15 p.m.

2019 Private Retreats described on the previous page:

April 1 – 5 and 8 – 12 April 29 – May 3 and 6 – 10

June 3 – 7 and June 10 – 14 July 1 – 5 and 8 – 12

August 5 – 9 and 12 – 16 September 2 – 6 and 9 – 13

October to December 2019 Weekends:

October 19, 20. Three meals on Saturday. Sunday breakfast.
Arrive Friday

Saturday: 7 a.m. meditation. 10 a.m. class. 12:30 p.m. class.
6 p.m. meditation & video. Sunday: 10 a.m. meditation.

November 16, 17. Program like October (above).

December 7:

Saturday 10 a.m. Three hour meditation. Lunch 1:15 p.m.

Retreat dates _____

Arrival date _____ Departure _____

Email _____ Tel _____

Name [s] _____

Address _____

Center for Spiritual Awareness
Post Office Box 7 Lakemont, Georgia 30552-0001
Tel 706-782-4723 weekdays 8 a.m. to 3 p.m.
info@csa-davis.org www.csa-davis.org

Books, Videos (DVD format), and Audio CDs

U.S. packing/postage \$3.00 for 1 book; 30 cents for each extra book.

DVDs or CDs alone: \$2.00 for one; 20 cents for each extra one.

Other countries: double the U.S. postage for airmail.

Quantity

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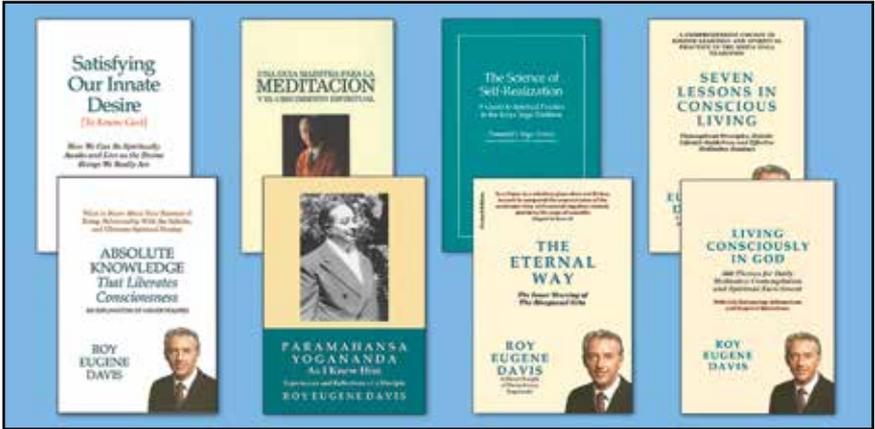
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Germany: Harald and Marlies Reiske. www.kriya-yoga.de

Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte

West Palm Beach, Florida Sunday, January 13
10 a.m. to 4 p.m. (rest break 11:30 - 12:45 p.m.)

Meditation Seminar & Kriya Yoga Initiation **with Roy Eugene Davis**

The Only Disciple of Paramahansa Yogananda
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Effective meditation forms of practice that will be taught can include prayer, affirmation, breath awareness with or without a mantra, pranayama, analytical contemplation, and transcendence. **Kriya Yoga initiation at 2 p.m.**

Invite Spiritual Friends Arrive Early Donation Basis

Get a copy of *In the Sanctuary of Silence* (32 page meditation instruction booklet) at the Free Literature table.

Mr. Davis' book *Paramahansa Yogananda As I Knew Him* will be available at the seminar at a special price of \$5.00.

Sponsored by Center for Spiritual Awareness
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