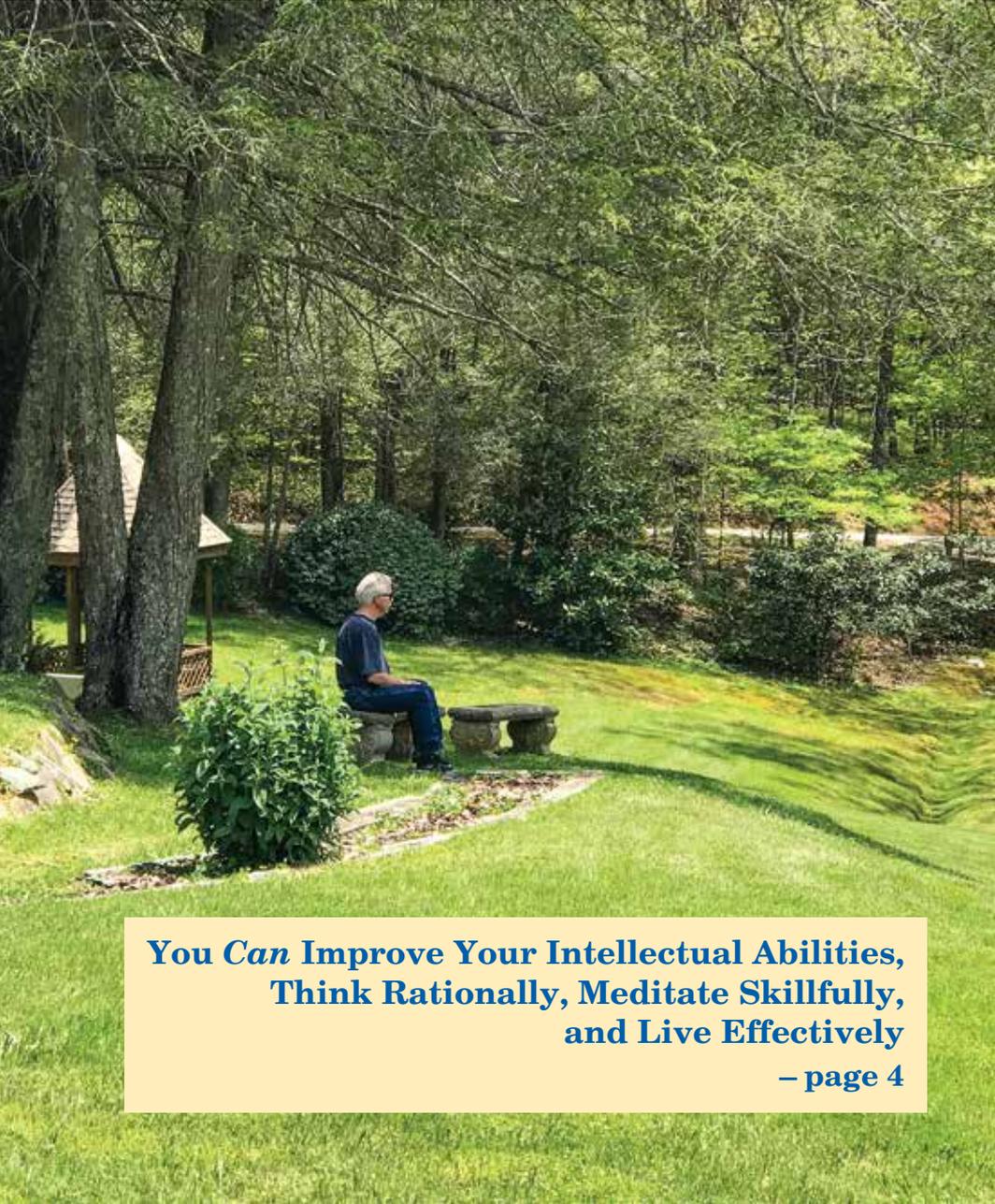


February – March 2019

52 Years of Continuous Publication

TRUTH JOURNAL

A Center for Spiritual Awareness Publication
For Individual and Global Spiritual Enlightenment



**You Can Improve Your Intellectual Abilities,
Think Rationally, Meditate Skillfully,
and Live Effectively**

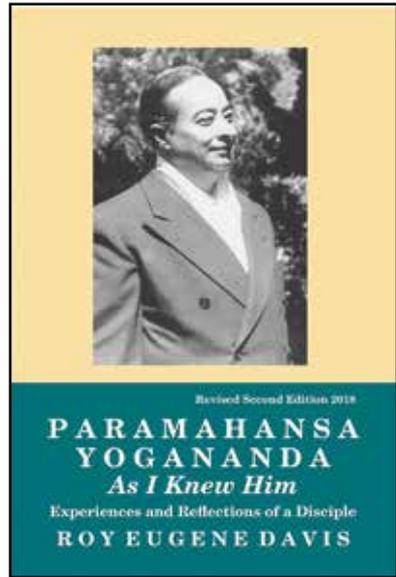
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2nd Edition
Revised and Enlarged
11,000 copies
published June 1, 2018

PARAMAHANSA
YOGANANDA
As I Knew Him

by Roy Eugene Davis

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ISBN 978-0-87707-218-8
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In this book the only ordained disciple of Paramahansa Yogananda who is actively teaching describes his experiences with him. Many of the author's observations of his guru—what he was like and what he taught—differ from what other people have said because their experiences and perceptions were different.

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Beginnings — Early Experiences With My Guru
Observations and Reflections of a Disciple
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Philosophy, Traditions, and Essential Practices of Yoga
The Inner Meaning of the Bhagavad Gita
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Glossary

Precise definitions and explanations of more than 150
English and Sanskrit words and philosophical concepts
that are helpful to know.

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Front Cover: CSA Retreat Grounds

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Sunday, March 10

For Our Members and Spiritual Friends Within Easy Travel Distance to CSA Headquarters

10 a.m. Meditation 11 a.m. Brunch

Anniversaries Observed For That Week

Thursday, March 7 66 Years After the Mahasamadhi of Paramahansa Yogananda (1952)

Saturday, March 9 82 Years After the Mahasamadhi of Swami Sri Yukteswar (1936)
Roy Eugene Davis' 87th Birthday (March 9, 1931)

maha (great) *samadhi* (transcendent oneness)

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Our guest houses are not open in March.

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

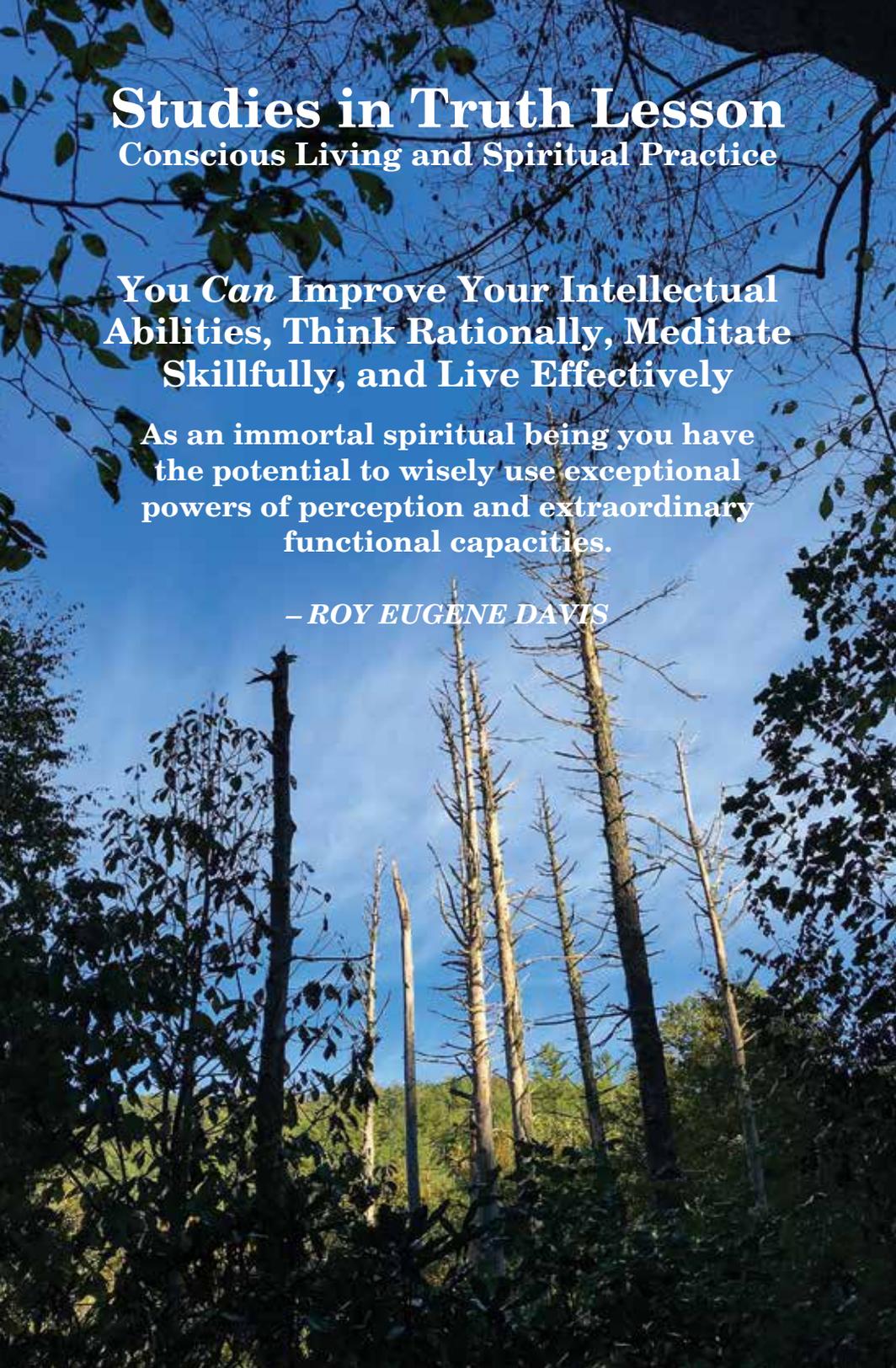
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Offices and Retreat Center at 151 CSA Lane off Lake Rabun Road



Studies in Truth Lesson

Conscious Living and Spiritual Practice

You *Can* Improve Your Intellectual Abilities, Think Rationally, Meditate Skillfully, and Live Effectively

As an immortal spiritual being you have the potential to wisely use exceptional powers of perception and extraordinary functional capacities.

– ROY EUGENE DAVIS

potential Innate abilities that may be usefully developed.
exceptional Superior, perfect or almost perfect or flawless.
extraordinary Beyond what is usual or ordinary.
capacities Innate or acquired and developed powers or skills to perceive, learn, and do things.

We were born into the material realm to observe, experience, learn, and grow to emotional and spiritual maturity. When we don't know why we are here, are not curious, or allow impulses, meaningless urges, superficial desires, or inclinations to satisfy egocentric interests to determine our thoughts and behaviors, our life here is wasted. It is unfortunate that most of the people who are physically born and eventually die aren't interested in being spiritually conscious, don't know how to do it, or aren't strongly self-motivated even when they know how to do it.

Widespread spiritual ignorance has existed in the physical worlds and subtle realms for countless eons (long periods) of time because trillions of souls have been overly identified with objective realities and mistakenly thinking them to be the only reality. It isn't generally known that what are considered to be material realities are objective (outer) manifestations of fine and subtle realities which are produced in a primordial (first, original, ancient) field of vibration that is emanated from the expressive aspect of ultimate Reality. That is why thinking of material and spiritual realities as being separate perpetuates the illusion (mistaken perception) that we are mortal beings confined by conditions, circumstances, and forces over which we have little or no control. It is also why, among people who believe, or would like to believe, in a god or a superior being or intelligence, it is often imagined as being able to do for them what they cannot do, or think they cannot do, for themselves.

Although it is possible to be aware of what are called higher realities that make possible mundane circumstances and the processes of Nature, unless we are alert enough to be aware of them, we have to improve our intellectual and intuitive powers to comprehend and relate to them. We are fortunate to have the innate potential to do it—if we want to do it.

How to Improve Your Intellectual Abilities

Your *intellect* enables you to understand what you see or think about. When intellectual abilities are undeveloped, weak, or not efficiently used, errors in perception and comprehension occur.

According to spiritual enlightenment traditions, the primary cause of lack of awareness and knowledge of our true nature or pure essence is an intellectual error. At some stage of our early experience in space and time, after being individualized as a unit of the pure essence of ultimate Reality, we identified with a small sense of self and mistakenly believed that we were limited material beings.

It is useless to ask questions for which there are no answers that can satisfy a mind that thinks with concepts. A few such questions are “Why did God create us and allow us to forget our real nature?”; “Why does God allow bad things to happen to good people?”; and “What is the purpose of universes and emanations of units (souls) of pure consciousness?” We can know with intuition and revelation: innate knowledge that emerges from within us when we are sufficiently receptive.

When we are in ordinary (modified) states of awareness we may behave as emotionally dependent people often do, wanting things to be as we want them to be and feeling frustrated and being angry with God or whatever concept of a deity or higher reality we imagine. A few hundred years ago, in another culture, we might have had an animal sacrificed in a temple to encourage a deity or cosmic forces to be more kind to us. Today we may pray or ask someone to pray for us or to perform some kind of special ritual. The best thing to do is to improve our intellectual abilities and understanding, clarify our awareness, and learn to cooperate with trends and forces of the universe.

The purpose for having a spiritual path (a course of actions that can clarify our awareness and unveil our innate qualities and capacities) is to awaken from the false idea that we are limited beings to realization (experience and knowledge) of our permanent, pure essence. To gradually, or suddenly, awaken to Self-realization is a great spiritual adventure.

To improve your intellectual abilities, be curious enough to want to know what you need to know and confident that you can do it. Acquire accurate information from people who have it, your experiences, and other sources. Discern the truth of what is examined. Nurture superconsciousness to purify your intellect, think clearly, refine your nervous system, and enable your brain to accommodate clear states of awareness.

Super indicates states of consciousness above or beyond all ordinary states of consciousness. At the innermost level of our being we are superconscious. It is only surface levels of awareness that can be modified or distorted.

Don't be a *dilettante*: a person who cultivates an interest in a subject without sincere interest or commitment to learning. To do that is to be superficial or only pretend to be competent to satisfy one's small sense of self or try to impress others.

How to Think Rationally

Mind, a faculty or ability that enables thinking, reasoning, and memory is often not accurately defined. Example: the following description on an Internet page: "the element of a person that enables them to be aware of the world and their experiences, to think, and to feel; the faculty of consciousness and thought." Synonyms are brain, intelligence, intellect, intellectual capabilities, and mental capacity. In some dictionaries the word *psyche* (Greek "soul") is inaccurately defined as mind.

When something is not understood, it will be most helpful to acquire accurate information about it. People who are confused about the word *mind*, are often similarly confused about the words *God* or *soul*. At an annual New Thought conference one minister said, "God is the universal subconscious mind and the subconscious mind of a person is the soul." His thoughts were not rational (logical or reasonable). Another person mentioned *God*, then said, "you may substitute any words, such as *mind*, *spirit*, *deity*, *heavenly father*, *lord*, or whatever pleases you."

A Sanskrit word for mind is *manas*, from the verb root *man*, "to think." Mental states may be 1) dull; 2) scattered; 3) restless, 4) concentrated; 5) quiet; or 6) clear.

A philosophical system of some enlightenment traditions, and modern New Thought or metaphysical systems, describes a universal mind or faculty that processes cosmic information as being that of which all individual minds are parts or units. It is further said that our thoughts, intentions, desires, urges, awareness of needs, and imagined circumstances influence the universal mind which is inclined to produce or provide conditions that conform to our mental states.

By knowing “laws of mental correspondence” we can choose to have various kinds of personal circumstances and experiences by choosing mental states and evoking feelings and performing compatible actions. This can be done effectively when thinking is calm, concentrated, and rational.

Maintaining a mental attitude of being healthy, optimistic, cheerful, successful, prosperous, and spiritually conscious can empower us to be that way and to flourish: to constantly have ideal circumstances and experiences.

Habitual mental attitudes and feelings of physical disability, pessimism, sadness, poverty, limitation, and hopelessness or disinterest regarding the possibility of being fully, spiritually conscious and functional are self-limiting.

While controlling mental states, feelings, and behaviors, also think rationally with accurate information and alert intention to have well-reasoned, precise conclusions.

When we are thinking rationally we may use intelligence to discern truth or solve problems and have intuitive insights or perceptions that are not directly related to mental or intellectual processes. Intuition can enable us to directly (without using the intellect, mind, memories, or sense perceptions) *know by knowing*. Self-realization is also a *direct* experience of our pure essence. Our real Self is what we are. We don't have an immortal Self-identity, it is what we are.

How to Meditate Skillfully

Meditation is undisturbed concentration (flow of attention) to that to which we aspire to be identified or transcend. In the early stages we may merely experience mental calmness and

emotional peacefulness, or perceptions of subjective luminosity, pleasurable sensations, or a sense of a presence that seems to be supportive and reassuring and may be thought of as evidence of communion with a larger Reality.

The ultimate purpose of attentive meditation is to transcend levels of awareness which are impermanent and changing to be established in pure-existence-being. Some mystics refer to clear realization (experience of one's real nature) as a great "aleness"—the ultimate extent of spiritual realization.

To meditate skillfully, learn how to do it and practice with alert attention until you can easily experience superconscious states and transcendence. Some of my books in which helpful routines of meditation are explained are *The Science of Self-Realization*, *In the Sanctuary of Silence*, and *Seven Lessons in Conscious Living*. First, learn to relax and calm your mind and settle your emotions, learn to experience superconscious states, then learn to surrender any remaining limited sense of self to awaken to pure awareness.

Some meditators cannot easily meditate with their eyes closed while trying to detach attention from external conditions, emotions, memories, and random mental processes. Wavelike movements in their mind and awareness make concentration difficult. Mental disturbance may be caused by unsettled emotions, restlessness, or lack of interest in meditating.

Concentration can usually be improved by 1) deciding to be curious about what will occur while mediating; 2) praying to succeed in meditation practice, then being still and receptive; 3) observing the natural rhythms of breathing, with or without a mantra; 4) affirming "I am a spiritual being" or "I am a unit of the pure essence of ultimate Reality" until affirming is replaced with conviction; 5) having attention and awareness in the front and higher regions of the brain while contemplating one's pure essence; 6) quietly sitting while being alert and attentive. If you are sleepy or too passive and inattentive when your eyes are closed, open them and gaze steadily into the distance without focusing on anything. It is not necessary to have your eyes closed to be superconscious.

Be alert, fully conscious, and Self-aware instead of wanting to have dream-like visions or ecstatic sensations. Meditative perceptions of calmness or pleasurable sensations are not signs of God-communion or Self-realization, but they may make meditation more interesting and enjoyable to practice.

Improve your knowledge of ultimate Reality. Understanding the transformational changes that occur as you awaken from ordinary states of consciousness to insightful self-awareness, superconsciousness, Self-realization, and enlightenment that illumines your mind and purifies your consciousness, is an indication of spiritual growth.

How to Live Effectively

Effective living is as important as knowing about spiritual matters and meditation practice. While attending to duties and engaged in activities, constantly be aware of your pure essence and ultimate Reality. You can be fully aware and live skillfully regardless of what you are doing. Avoid thinking that spiritual and secular life are different or that you are a human being trying to become a spiritual being.

Acknowledge your pure essence and wisely use exceptional powers of perception and extraordinary functional abilities.

Affirm With Conviction

Completely dedicated to being fully Self-realized and spiritually enlightened in my present incarnation, I think and act constructively, improve my understanding of higher realities, meditate deeply, and cultivate and wisely use my exceptional powers of perception and extraordinary functional abilities.

First say to yourself what you want to be,
then do what you have to do.
– *Epictetus, Greek philosopher (55 –135CE)*

Studies in Truth Lesson Review

In a private notebook or journal thoughtfully respond to the questions and recommended practices.

What is the cause of lack of knowledge of spiritual realities?

How can that intellectual error be corrected?

What is the *intellect*?

What is a spiritual path?

Define *superconscious*.

What is the *mind*?

How do laws of mental correspondence operate?

What is the purpose of meditation practice?

What are some helpful meditation methods?

Explain your daily meditate routine. If you don't meditate on a daily schedule, start now and define what you will do.

If you don't yet have meaningful purposes for your life, ask for guidance and write ideas that come into your mind.

What should you do to think and live more effectively?

Write a clearly defined affirmation that declares your resolute decision to be fully committed to spiritual study, meditation practice, and holistic living.

How Can We Most Easily and Quickly Awaken to Self-Realization?

It can be done by doing what allows our pure essence and its innate knowledge to be unveiled and revealed. When we are not Self-aware, it is because we are identified with a small, mistaken sense of self-identity. If we ask most people to tell us who they really are, they may describe their personality characteristics or perhaps their ethnic or family history rather than affirm their spiritual essence as their real, permanent, nature. What we do to nurture our awakening is only useful when it enables our pure essence to be experienced and known.

Awakening to Self-realization can be easier and faster when we intellectually and intuitively know that we are units of the pure essence of ultimate Reality. We can then learn how to be fully conscious of what we are and live freely.

Unless a person has a spontaneous, transformative conversion (restoration of awareness to clarity) experience, while he or she continues to think and act in ordinary or egocentric, habitual ways, no amount of metaphysical study, affirmation, or meditation will result in satisfying spiritual growth.

While steadily outgrowing ordinary self-conscious attitudes and behaviors, improve your understanding of your true nature and ultimate Reality.

To realize (experience and know) your true nature, cultivate mental and emotional calmness and clarity of awareness. This can be done in everyday situations by being Self-aware while engaged in necessary activities and by meditating until mental changes stop and your pure essence is experienced without the support of thoughts or emotions.

Learn to be superconscious without awareness being modified or distorted by restlessness or distractions. Self-realization results when awareness is restored to its original wholeness. It is not a state or condition to be attained or accomplished by our egocentric efforts.

Many people say they want to do God's will. Does God really want people to do certain things?

They usually mean they want to know how they should live and use their knowledge and abilities. Some people mistakenly think that God is a cosmic person who wants them to think and act in certain ways. The most beneficial way to live is to be ethical in thoughts and deeds, think and act constructively, profoundly examine one's true nature until it is known, purify the sense of self-identity, and grow to emotional and spiritual maturity.

What is an effective way to pray to help people and improve social, economic, political, and environmental circumstances?

Be so spiritually aware that your compassionate good will constantly radiates into and beneficially influences the collective consciousness of our world and beyond.

If you pray for specific purposes, do it with intention and let the results be what they will be. Don't think that you have the right or the ability to determine what is best for others or that you have miracle-working powers that you should use.

Many people who thought (or believed) they were healed or helped in other ways when they knew that someone prayed for them would have experienced improvement if they had not been prayed for or because of their own faith.

If you need help to overcome a difficult situation, accept the good will of others who pray for you and be thankful for their compassionate actions. Do your own useful inner work to solve problems or heal situations. Stay optimistic, think rationally, clarify your awareness, make wise choices, and perform effective actions when possible to do so.

How can I get rid of unwanted thoughts and behaviors?

Know that you are a spiritual being with the freedom and ability to easily make wise choices and to perform appropriate actions. Discard thoughts, moods, and behaviors that you don't want to have. Replace them with wholesome thoughts, feelings, and behaviors. To affirm having what isn't wanted or useful is

self-limiting. Affirm having what enhances your life. When you are enthusiastically focused on purposes of value you won't be inclined to allow thoughts, moods, or behaviors to interfere with satisfying, effective living.

Affirm With Conviction:

Knowing that I am a strong, decisive, competent, immortal spiritual being, I always think constructively, am cheerfully optimistic, and act wisely and appropriately.

I have heard some ministers and friends say that tithing will improve my "prosperity consciousness" and help me attract and have a constant flow of resources and fortunate events and circumstances. I know people who don't tithe who are healthy and prosperous and others, who tithe because they were told they should, who aren't prosperous, healthy, or happy. If the practice is supposed to work, why doesn't it work for everyone?

The word *tithe* means one tenth. In some cultures centuries ago, annual giving of ten percent of one's income or accumulated material goods was like paying a tax to support religious and community services. Some ministers tell members to tithe as a spiritual duty. Groups that emphasized tithing did it to encourage generosity, not as a way for individuals to attract wealth or good fortune.

When we are thoughtfully generous within our means, we are more likely to be inclined to avoid wasting money and other material resources and to endeavor to manage them wisely.

We should support worthy causes when it is worthwhile to do it rather than because of emotional feelings of sympathy, wanting to accumulate good karma, pleasing a concept of God, or being rewarded in other ways.

Instead of wanting the universe (or God) to bless us for our good deeds, we should be thankful that we have opportunities, abilities, and the resources to be helpful.

What are some practical self-care things to do for complete well-being and clarity of awareness?

Maintain an optimistic mental attitude and use practices that strengthen the body's immune system and enable you to live in harmony with the processes and rhythms of Nature.

Sleep sufficiently, exercise on a regular schedule, choose a nutritious diet, and maintain ideal body weight. Exercise may include brisk walks, bicycling, tennis, golf, swimming, hatha yoga, tai chi, chi gung, or other enjoyable, beneficial activities. Meditate regularly to manage stress and have the other physical and psychological benefits while being focused on improving your spiritual awareness.

It can be useful to learn and use some of the basic principles of *ayurveda* (life knowledge) to maintain your body-mind constitution in a balanced condition. Occasional mild cleansing of the body may be helpful. Procedures may include a detoxifying diet, more rest than usual, light exercise, whole body massage, short exposure to dry or moist heat, and regulated breathing or certain pranayamas to enliven and circulate life forces in the body. Fasting for long periods of time is not recommended.

The body is enlivened and the mind is inspired when we are highly motivated to skillfully accomplish meaningful purposes. Disinterest, boredom, laziness, and inclinations to indulge in sad moods waste our vital forces and contribute to ill health.

The spirit [soul] in the body is the witness,
observer, supporter, experiencer, ruler
of the mind and senses, and the pure Self.
One who sees ultimate Reality as being in
all things [and circumstances] sees truly.
– *The Bhagavad Gita 13:22 & 27*

As a spiritual being you will live forever. How are you living your immortal life now? What will you be doing in the near and distant future?

It is difficult for me to concentrate. My attention span is short, my thoughts are restless, my moods fluctuate, and I am easily distracted. How can I control thoughts, behaviors, and actions?

Some children and adults are like that because they are not sufficiently interested in learning or doing something worthwhile, or don't sincerely try to control mental states, states of awareness, emotions, or behaviors. Others may have chemical imbalances or neurological conditions that should be treated by a competent professional health adviser.

If disinterest in learning and improving functional abilities is a contributing factor, self-motivated decisiveness to greatly improve powers of concentration can be very helpful. Think of the personal benefits and feelings of satisfaction you can have when you control your attention and are living effectively.

Don't think that you are disabled or have an incurable condition. Use imagination, will power, and right endeavors to be inspired and highly motivated to live freely and enjoyably. Be willing to grow to emotional maturity and accept responsibility for what you think, do, and experience. Affirm that you are an effectively functional person and demonstrate that you are.

I feel sorry for people and animals who are unhappy, ill, or troubled in other ways and I am sad when I am not able to help them. How can I be compassionate without hurting so much?

Do what you can to help people and creatures you are able to help without feeling that you have a personal responsibility to ease everyone's burden. Kindness is always appropriate, as is constant radiating of good will to everyone and all forms of life. Endeavor to teach people how to help themselves. When they are self-reliant and living effectively, they will be able to teach others how to do it.

The purpose of life is not [only] to be happy. It is to be useful, to be honorable, to be compassionate, to have made some difference that you have lived well.

– *Ralph Waldo Emerson (1803 – 1882)*

2nd printing
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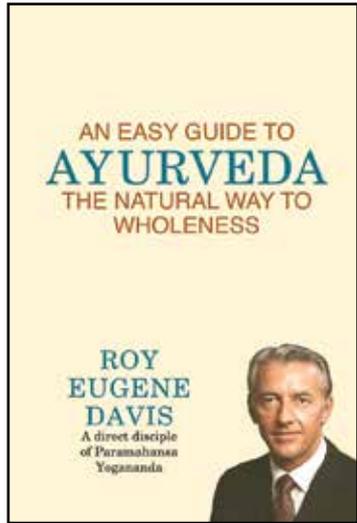
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Chapter Two

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**Choosing Foods and Behaviors for
Inner Balance and Spiritual Growth**

Chapter Four

Routines for Mental and Physical Cleansing

Chapter Five

**Rejuvenation, Enlightened Living,
and Conscious Immortality**

Appendix

**The Inner World of Colors, Gemstones, Metals,
and Mantras: Their Special Qualities and
Beneficial Applications According to Ancient
Traditions and Modern Discoveries**

**In India: B. Jain Publishers, New Delhi
www.bjainbooks.com**

Guidelines to Inspired Living

Speak the Affirmations With Conviction

January 27 – February 2

Be Ethical

Proper, moral living provides a foundation for growing to emotional and spiritual maturity.

My thoughts, feelings, and actions are ethical.

February 3 – 9

Think and Act Constructively

Wisely choose how you think, feel, privately behave, and intentionally perform actions.

I think and act constructively.

February 10 – 16

Be Calm and Peaceful in All Circumstances

Be established in Self-awareness,
your permanent, true nature.

Always Self-aware, I am calm and peaceful.

February 17 – 23

Use Your Intelligence to Know Your True Nature and Ultimate Reality

Discern the difference between you as a spiritual being and your thoughts, moods, and personality.

I always clearly discern what I observe.

Express plainness, embrace simplicity,
reduce selfishness, have few desires.

– Lao-tzu, Chinese philosopher (604 – 531 BCE)

February 24 – March 2
**Meditate to Experience Your True
Nature and Ultimate Reality**

Withdraw attention and awareness from outer and inner conditions to experience your pure essence.

*I meditatively experience my true nature
and ultimate Reality.*

March 3 – 9

Let Your Ego Be Purified

Your ego is the small sense of self-identity.
Express through it without being confined
or limited by it.

I am living freely, skillfully, and enjoyably.

March 10 – 16

Let Your Mind Be Purified

Discard all flawed ideas and opinions.
Think rationally. Use common sense.

My mind is pure and illumined.

March 17 – 23

Let Your Awareness Be Clarified

When your awareness is clear you will know
your true nature and ultimate Reality.

I know my true nature and ultimate Reality

March 24 – 30

Be Completely Spiritually Enlightened

When your spiritual enlightenment is complete
you will be permanently Self-realized and free.

I am conscious, immortal, joyous existence.

CONSCIOUS FOOD PREPARATION

Date–Nut Balls

Not for people who are allergic to nuts.

In India called *ladu* (laddu or laddoo). Served as a dessert or snack at special events or anytime. Ingredients vary.

2 cups of pitted soft dates

1-1/4 cup almonds (or walnuts or nuts of your choice)

1/4 cup shredded coconut in a small bowl

Finely grind nuts in a food processor. (Take out 1/4 cup and put in small bowl.) Add dates to nuts in processor and mix. Scrape into a bowl. Roll a heaping tablespoon of mixture into a ball, then roll in ground nuts or shredded coconut or both. Can be stored at room temperature or refrigerated.

Experiment to decide what pleases you and your guests.

Use 1 cup of dates and 1 cup of raisins.

Use 1/2 cup of nut butter and 1/2 cup of nuts.

Add 1/4 cup fruit jam to mixture.





Discovering the Sacred
In Everyday Life

Lift Up Your Thoughts

Ellen Grace O'Brien

There are several reasons why it is helpful to keep the mind calm and bright with constructive and uplifting thoughts. A peaceful mind supports a healthy body by contributing to beneficial metabolic activities such as normalized blood pressure and restful sleep, and by clarifying our receptivity to inner guidance and inspiration for our well-being.

Prior to learning to meditate, I had very little awareness of my thoughts. I was frequently moody which I believed was caused by circumstances around me. I didn't realize the power I had within me. Without awareness, habitual thought patterns dominate the mental field and drive our choices. We may think we are free when are not free because we are not fully aware of what is influencing the choices we make. With regular practice of superconscious meditation, we can be more aware of our thoughts and our moods and of the choices we have.

When we begin to notice our thoughts, we have the power to change them. Although we may not always control what arises in the mind we can choose thoughts we will allow to be present. When we become aware of thoughts that don't contribute to inner peace or are not consistent with our awareness of being, we can change them.

I never allow the word "impossible" to
take root in my mind, nor should you.
– *Paramahansa Yogananda (1893 – 1952)*

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Observations, Insights, and Discoveries

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



Photo by Jeannette Wulff

Longer holidays may prolong life according to a report in the October 2018 issue of *Science Focus* magazine in England. A 40-year study at the University of Finland followed over 1,200 middle-aged male executives starting in 1974. Men who took less than three holiday weeks a year had a 17% greater chance of dying than those who took more. It was also reported that more than 600,000 brain scans examined by researchers at the University of Texas indicated that schizophrenia, cannabis use, and alcohol abuse are associated with increased brain aging.

NASA Television is interesting and educational. *The National Aeronautics and Space Administration* broadcasts live launches, interviews, talks with astronauts, and panoramic views of Earth as viewed from the space laboratory as it orbits our planet. Locate the television channel in your area or use the Internet to access **NASA Television**.

Something interesting to think about. Electrons that surround a nucleus (tightly packed protons and neutrons made up of smaller particles called quarks and forces called gluons that hold them together), and photons (particles of light) are the components of everything. Particles appear and disappear and are never stable. If a small region of space in which there are no atoms is observed, some particles can still be detected. There is no real void or completely empty space. Just as what appears to be calm sea actually sways and moves, so the fields of materials that form the worlds have small fluctuations.

– Information from *Seven Lessons on Physics*
by Carlo Rovelli. Riverhead Press, New York, 2016

Don't stop breathing during meditation. Some yoga teachers say, “breathlessness is deathlessness”—that a meditative state during which breathing and heartbeats stop is an indication that a person can be free from reliance on physical functions. Breathing can be slow and refined during meditation but does not really stop. The heart continues to pump blood and provide oxygen to the brain and other vital organs even though blood pressure and body temperature may drop a little because of reduced stress. Thermometers, stethoscopes, and other instruments can be used to measure subtle physical activity that may not be otherwise easily observed or detected.

Although mental and emotional calmness can be helpful in clarifying awareness, slow, gentle breathing and a reduced heartbeat don't always indicate meditative superconsciousness or transcendence.

Some spiders can travel in space. When conditions are ideal for floating in the air, some species of spiders climb to a high elevation in their environment, release silk strands to form a parachute, and drift away supported by a gentle breeze. On some days, groups of spiders will remain earthbound. On other days, they will take flight. Scientists now think that electrical charges in Earth's atmosphere and the forces exerted by them might be a clue as to when spiders can be lifted into the air and travel several miles, sometimes even over oceans to find new habitats.

– *Science News Magazine*, August 4, 2018 edition

Destiny is a condition, event, or experience that is certain to occur. Although it is the destiny of all souls to be spiritually enlightened, it may be delayed by inability or unwillingness to cooperate with the innate urge to be fully, spiritually awake.

– From the Appendix in *Paramahansa Yogananda As I Knew Him*. Second revised and enlarged edition. CSA Press, 2018

The moving finger writes, and having writ;
Moves on, nor all your Piety or Wit
Shall lure it back to cancel half a Line,
Nor all your Tears wash out a Word of it.

– *The Rubaiyat of Omar Khyam*, Edward FitzGerald (1809 – 1883)

Mystical Reflections

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

Forgiveness and reconciliation; steadfastness; an attitude of equality; truthfulness; simplicity of character; mastery of the senses; skillfulness; gentleness; generosity; self-contentment; kind speech; not harming anyone; and not finding fault in others—are signs of self-discipline.
– *The Mahabharata: An Inquiry into the Human Condition* by Charturvedi Badrinath

That one who is satisfied with knowledge and discernment, who is unchanging and has mastered the senses, to whom all that is seen is perceived as various manifestations of one Reality, is said to be established in yoga.
That one who is equal-minded toward friends and all others, who is impartial among all people, is said to be established in yoga.
– *The Bhagavad Gita* 6:8,9

Note: In the above *Gita* verses the word *yoga* is used to indicate Self-realization: unification of attention and awareness with one's pure essence.

Read a little. Meditate more.
Think of God all the time.
Paramahansa Yogananda (1893 – 1952)

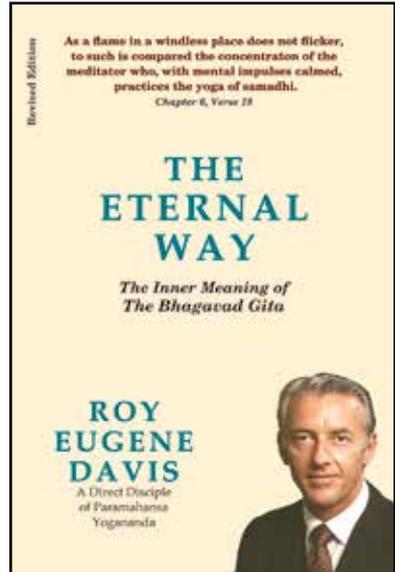
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EVENTS ON THESE 2 PAGES OCCURRED IN OCTOBER
Above: Marlies and Harald Reiske, CSA members, and friends at a seminar in southern Germany.
Below: Furio Sclano, CSA members, and friends at a seminar in Turin, Italy.





Above: Claudio Massettini, Barbara Zanella, CSA members, and friends at a seminar in Varigotti, Savona, Italy.

Below: Two new air conditioning units and furnaces for the CSA meditation hall were installed.



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.

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 Weekends, arrive Friday:

October 19, 20. Three meals on Saturday. Sunday breakfast.
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 _____

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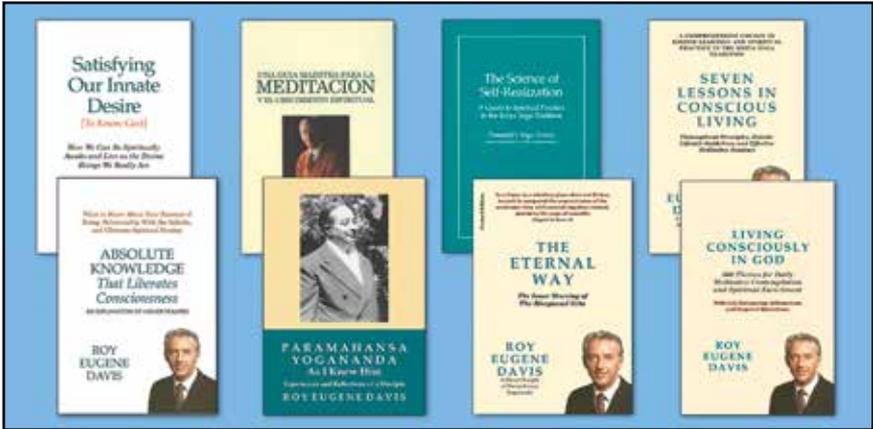
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