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52 Years of Continuous Publication

TRUTH JOURNAL

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

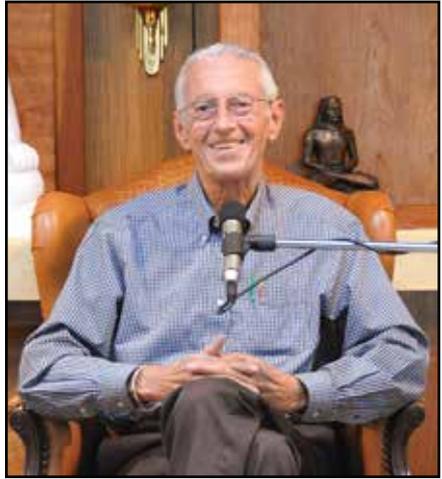


**The Direct Way to Be
Spiritually Enlightened**

– 4

Dear Friends,

It is with a heavy heart that we inform you of the passing of our dear teacher, mentor, and spiritual friend, Roy Eugene Davis on Wednesday evening, March 27th.



He passed quietly, without suffering, in the Northeast Georgia Medical Center Hospital in Gainesville, Georgia.

He had been admitted earlier that afternoon for shortness of breath and extreme weakness. He was diagnosed with renal failure and suffered heart failure shortly thereafter. His condition had been slowly deteriorating for the past six weeks.

Retreats and services at Center for Spiritual Awareness will continue into the future as scheduled.

A memorial service was conducted at Center for Spiritual Awareness on Sunday, April 28, 2019 at 10:00 a.m. in the Meditation Hall.

We ask that you refrain from calling CSA for more information for the time being. We have much to do at this time of transition. Also, Mr. Davis always encouraged us to remain focused on our personal spiritual awakening path. It can be useful to honor his memory by avoiding gossip and speculation.

He is a great light. He has given us all of the tools we need to progress, and the encouragement, inspiration, and motivation to succeed. He is no longer limited to an aging physical form; we can tune into his consciousness, always.

Love and unceasing blessings,

Center for Spiritual Awareness

*Front Cover: Mr. Davis giving a class via Skype to the students
at Center for Spiritual Enlightenment, San Jose, California,
Saturday, March, 23*

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MEDITATION TEACHER TRAINING

Four 90 Minute Sessions = Six Hours

Monday to Thursday 9:30 a.m. — 11 a.m. at private retreats April to September. Schedules on page 29.

For our ministers and meditation teachers who want to improve their skills and anyone who will represent our teaching emphasis. (Other retreat participants will be attending to their personal schedules.)

Philosophical concepts will be reviewed. Participants will learn to teach meditation and organize, publicize, and conduct group practice sessions. A printed manual of information and guidelines will be provided.

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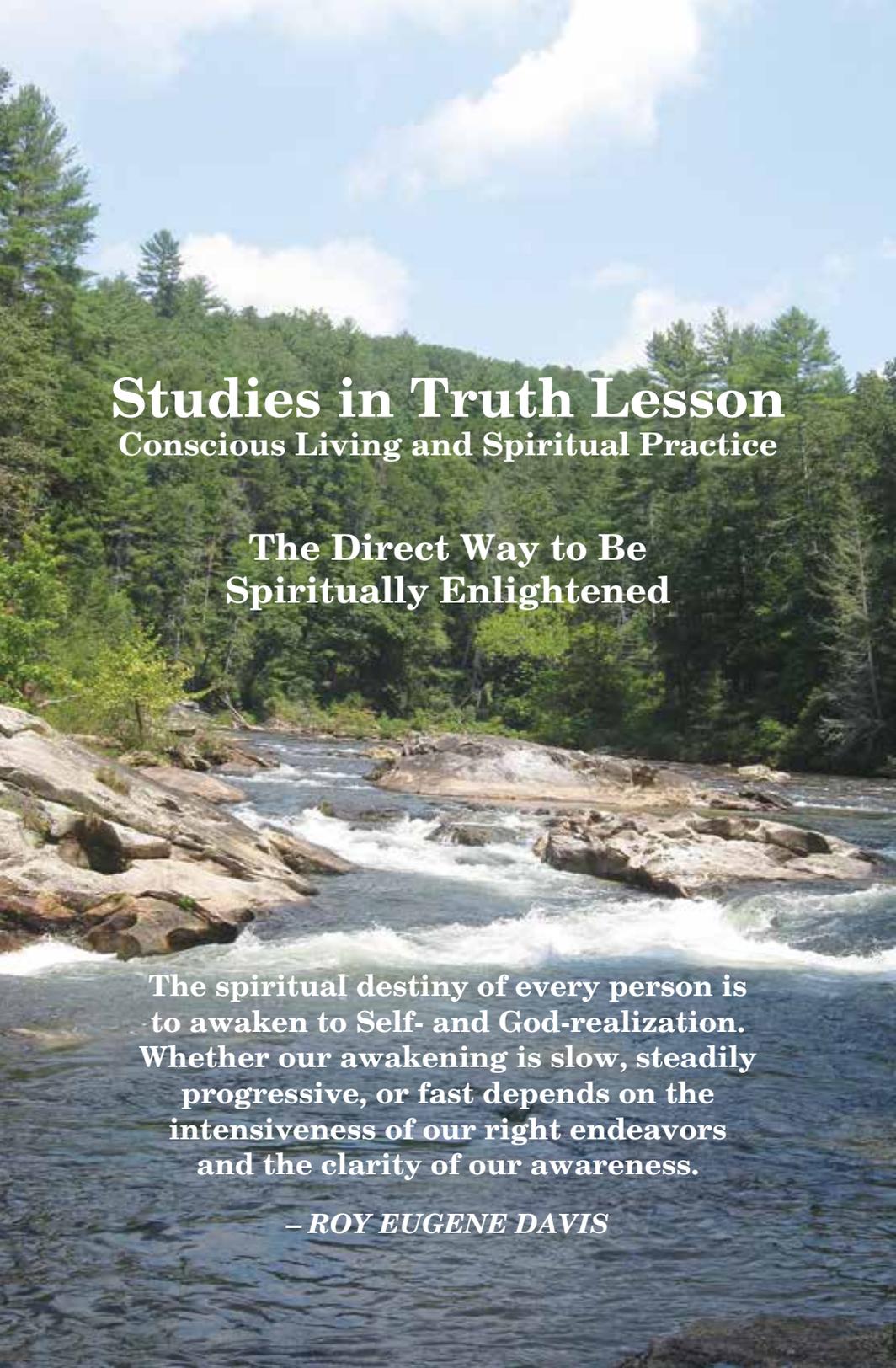
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Studies in Truth Lesson

Conscious Living and Spiritual Practice

**The Direct Way to Be
Spiritually Enlightened**

The spiritual destiny of every person is to awaken to Self- and God-realization. Whether our awakening is slow, steadily progressive, or fast depends on the intensiveness of our right endeavors and the clarity of our awareness.

– ROY EUGENE DAVIS

direct Straight, without distractions or interference.

complete Full, whole, accomplished.

spiritual enlightenment Having knowledge that provides freedom from ignorance and limitations. Spiritual enlightenment provides knowledge of our true nature and ultimate Reality.

intensive Focused or concentrated attention and actions.

When we are not yet Self-realized it may be caused by strong identification with mental and emotional states or flawed perceptions of self-identity.

When we know we are *spiritual beings* we can more easily view our physical body, mind, small sense of self-identity (ego), and personality characteristics as what we use to relate to others and the environment. People who think they are physical beings and their ego and personality characteristics are inclined to try to protect their flawed self-opinion or proudly consider it to be of great value. Although it is necessary to have a perception of personal self-identity in order to function in everyday circumstances, we don't have to think, feel, and act as though it is really what we are.

There is no need to excessively argue about whether or not we have a spiritual essence. We can discover what is true by using our faculty of intellect to discern it and meditating to experience it. Some Yoga teachers say that a soul or true Self is pure consciousness expressing with an intellect, mind, and a perception of independent self-identity (ego). Some Buddhists describe a unit of incarnated awareness as having consciousness, perceptions, memories, emotions, and a physical body.

Only Self-revealed knowledge of our pure essence can completely satisfy our aspiration to be fully, spiritually awake.

Many people are aware of their spiritual essence but are not able to have a change in viewpoint that would enable them to actually realize (experience and know) it. Thankfully, there are ways to clarify awareness and be receptive to the emergence of innate soul qualities and higher knowledge.

The following conditions can interfere with our innate urge to be spiritually conscious:

1. *Disinterest in spirituality.* Slow spiritual awakening will occur even when a person is not interested in knowing about higher realities. It can be faster when desire to be conscious is impelling and reinforced with constructive endeavors.
2. *Insufficient knowledge of higher realities.* Acquiring knowledge *about* them can lead to *having* accurate knowledge and to psychological transformation and mind-illuminating realization. The “light” of Self-revealed higher knowledge removes flawed ideas and illusions cause by mistaken perceptions.
3. *Not knowing how to nurture spiritual awareness.* Learning to live wisely while nurturing spiritual awareness can be easily accomplished. The most practical way is to be discerning, use common sense, and avoid superficial philosophical ideas, useless rituals and practices, and fantasy.
4. *Not using the helpful lifestyle regimens or effective spiritual practices when they are known.* Whether because of laziness, procrastination, preoccupation with duties or other matters of interest, or self-defeating psychological characteristics, the way to solve the problem is to firmly decide to do what needs to be done on a regular schedule. Successful right actions will produce satisfying results, improve self-confidence, and eliminate troublesome habits of thinking and behavior. Avoid allowing sad moods or whims to harmfully influence your thoughts and actions. Be self-reliant and decisive. Skillfully perform actions that produce and attract positive results.
5. *Debilitating psychological conditions or personal behaviors.* May include restlessness, mental and/or emotional conflicts or confusion, addictive thoughts or behaviors, harmful or useless habits, fear, guilt, regret, jealousy, resentment, doubt, effects of trauma, impulsiveness, compulsiveness, hormonal or neurological disorders, or subconscious or unconscious inclinations or influences. Troublesome conditions may be resolved by applying useful knowledge, making wise choices, and being decisively intentional.

Shifts of attention and emotional unrest are often caused by impulses from deeper levels of consciousness that produce wavelike movements in the mind and awareness that activate thoughts and moods and make it difficult to concentrate and to think rationally. Some of them are driven by unresolved psychological conditions and restlessness. Some are indications of instinctive inclinations to satisfy desires or accomplish purposes even when we want to sleep or meditate. Their effects can be experienced by observing thoughts and moods as they constantly change when it is not easy to concentrate.

Control of thoughts, moods, and behaviors is necessary for anyone who wants to awaken through the stages of spiritual growth and be fully enlightened. Mental and emotional states can be controlled by being Self-aware, optimistic, mentally alert, emotionally calm, and performing constructive actions. In the *Bhagavad Gita* (in which names of characters, words, and actions depict moral and spiritual principles) Arjuna refuses to resist the “enemies” or tendencies and habits of his mind which interfere with his endeavors to be Self-realized. He lived with them for so long that they seem like friends and relatives to be accommodated rather than discarded. When Krishna (his enlightened knowledge) reveals the right choices to make and the decisive actions to perform, he does what is necessary to prevail.

Everyone on a spiritual path has to confront and resolve troublesome situations and solve problems that arise. Skillfully doing necessary things makes us stronger, more competent, self-reliant, and aware of our pure essence and relationship with the infinite (without boundaries or limits) ultimate Reality.

Accomplishing purposes of value can be easier when we are physically and psychologically healthy and effectively functional. Honestly evaluate your physical and psychological states and correct any debilitating conditions when it is possible to do so. If you need to improve your abilities to live more effectively, acquire necessary knowledge and skills and wisely use them.

Many people are satisfied to live in ordinary ways, primarily interested in having compatible personal relationships, desires fulfilled, their senses gratified, and adequate material things for

their well-being and peace of mind. Having those conditions can allow us to be free to explore higher purposes for living and have them actualized—experienced by our effective actions. *Higher purposes* to investigate include being well-informed about our true nature as spiritual beings, ultimate Reality, the categories and orderly processes of manifestations of universes, and how to nurture spiritual growth until our awareness is completely restored to its original, pure wholeness.

If being spiritually enlightened (having accurate knowledge of your pure essence and ultimate Reality) is only a vague idea or dim hope at the moment, contemplate it as a possibility and begin to aspire to awaken to that stage of Self-realization.

Although there have been instances of spontaneous spiritual awakening, it is more usual that mental purity and clarity of awareness occurs in the course of time. Progress may be slow, faster, or very fast according to the firmness or resistance to change troublesome conditions that have to be resolved and the quality and consistency of right concentrated endeavor.

Higher-purpose living removes thoughts and awareness from modified states of consciousness. Frequent, sustained super-conscious meditation sessions strengthen the body's immune system, slow biological aging, improve concentration, purify the mind, weaken and remove troublesome subconscious conditions, clarify awareness, and unify attention and awareness with our pure essence. *When the waves of changes in the mind stop, pure awareness that was obscured by mental restlessness can be more easily experienced.*

Sit to meditate deeply every day until you are proficient in being superconscious, then learn to be superconscious when you are not meditating. Consider superconsciousness to be easy and normal to maintain.

Having controlled the sense urges, the devotee should remain firm in yoga (superconscious meditative contemplation), intent on Supreme Reality. For that one whose senses are mastered, intelligence is firmly established. – *Bhagavad Gita 2:61*

A DAILY PRACTICE

Cultivate Peace of Mind, Emotional Calmness, Compassionate Thoughts and Feelings, and Clear States of Consciousness

Imagine and feel that you are friendly with
all people and all forms of life.

Be thankful for the good fortune and well-being
that others have and that you now have.

View events that occur and what others do without being
overly emotionally reactive or harshly judgmental.

Constantly be aware of your immortal, pure essence—
your true Self.

Do it now for a few minutes.

Do it one or more times every day for at least 30 days.
Relax into the process. Notice the beneficial effects that
you have and how enjoyable it is to be mentally and emo-
tionally peaceful, friendly with a friendly universe, have
clear awareness, and feel that it is good to be alive.

Although there may be occasions when you want God's
help to solve problems, provide guidance, or assist you to
be more spiritually conscious, there are many things you
can do to help yourself. You don't have to wait until you
are more spiritually aware to be committed to right living
and spiritual practices.

Affirm With Conviction and Realization

The radiance of my pure essence of being continuously
illuminates my mind, clarifies my awareness, inspires my
creative thoughts, enlivens my constructive actions,
and permanently liberates my consciousness.

Answers to Questions About the Spiritual Path

If our major purpose for incarnating is to awaken to Self-realization, why is it so difficult to do it? Why doesn't God, directly or through people who are already spiritually enlightened, more obviously assist us to do it?

Spiritual awakening is sometimes so difficult because we are often inclined to think and behave in “ordinary” ways. Do you think and act as a human being with spiritual aspirations or as a spiritual being identified with traditional mental attitudes and behaviors? Knowledge about how to live in harmony with the processes of Nature, purify the mind, clarify awareness, and nurture spiritual awakening is readily available.

Basic guidelines are to 1) adhere to wise ways of thinking and living; 2) use intelligence, intuition, and rational thinking to examine higher realities and superconsciously meditate to experience them; 3) correct mistaken perceptions of self-identity (ego) along with personality characteristics.

When we know what to do to nurture spiritual awakening, we have to do it, instead of wanting God or someone else to do it for us. A common obstacle to spiritual growth is emotional immaturity—behaving childish and irresponsibly instead of being self-reliant and wisely decisive.

I would like to be fully committed to discipleship. What should I do now?

The word *disciple* is derived from a Latin word that means “student” or learner. Constantly learn what is necessary to know and effectively use the knowledge and skills you acquire.

Improve your powers of perception, intelligence, intuition, and rational thinking. Don't allow emotions, flawed opinions, whims, impulses, or the words or actions of others to influence your thoughts or behaviors. Nurture sincere devotion without a childish superficial pretense of uniqueness.

Improve your knowledge of ultimate Reality—*as it is*—not as others may define it or you may have misunderstood it. Avoid mistaken, superstitious ideas about God, flawed philosophical ideas, nonuseful spiritual or religious activities, and personal or social relationships which are not wholesome or of value.

Be humble—without an inflated or egocentric sense of self-importance. Settle into your practices with resolve to patiently persist in the right ways until you are fully conscious of your true nature and ultimate Reality.

To avoid being Self- or God-forgetful, read words of truth every day, and meditate deeply. Don't dwell on past mistakes or allow distractions to interfere with your purposes. Go forward with calm enthusiasm, firm conviction, and inspired faith.

Be cheerful and appropriately courteous when you are with others, but also enjoy the serenity of solitude.

Sincerely endeavor to accomplish the following four major purposes. 1) Know your “right place” in the universe according to your knowledge and skills and live effectively. 2) Learn to have life-enhancing desires easily fulfilled. 3) Learn to have all of the material resources you need for your well-being and freedom of expression. 4) Nurture your spiritual awakening until you are fully enlightened and liberated.

Don't compare your actions or experiences with what others do or say. Although it can be enjoyable to know others who are dedicated on their spiritual path, every person's perceptions, insights, and transformational experiences are in accord with their psychological characteristics and capacities to experience and comprehend higher realities.

If you sometimes become passive or make mistakes, renew your intention to succeed on your discipleship path and become spiritually stronger and more dedicated.

When I learned about Paramahansa Yogananda by reading his book *Autobiography of a Yogi*, in 1949, I immediately knew that he would be my guru (teacher). Later that year, I traveled to Los Angeles, California (from Ohio and Florida), met him, studied and meditated for two years, and was ordained by him to teach, which I have done since then.

I didn't have to renounce anything when I went to California to meet Paramahansa Yogananda—I was already committed to discipleship. I grew up in a farming community, had not had an active social life, had outgrown fundamental Christian ideas before I was ten years of age, and during my teenage years read about world religions in books borrowed at a county library. When I first learned about Yoga I understood the philosophical principles and the usefulness of the basic practices. All I had to do was to learn a little more and regularly meditate.

Later, when I began to write, travel, and lecture, I learned to do what was necessary to effectively serve.

I can realistically inform you about adhering to a path of discipleship, because I have done it for almost seventy years.

I have known about, and endeavor to use, constructive lifestyle regimens and meditation methods for several years, but have had very few satisfying results. Why do some people succeed with such practices and others don't? What can I do to have the positive results I desire?

It is usually easier to have results from constructive lifestyle regimens (nutritious diet, exercise, rest, and other things done for physical well-being) that produce obvious effects. It is not always so easy to improve psychological conditions or spiritual growth, although it can be done. Physical health, optimism, and inspired intentions can contribute to better psychological well-being. Spiritual awakening can be nurtured by aspiration to be more conscious, self-inquiry, improved understanding of our true nature and ultimate Reality, purifying the ego (which may be mistakenly thought to be our essence of being), and skillful superconscious meditation.

Obstacles to spiritual awakening are complacent acceptance of modified or conditioned states of mind and habits that dominate our mental states, moods, and behaviors. Ordinary states of awareness and impulsive mental and emotional reactions that may be considered as normal for the human condition may then be allowed to prevail.

If you think and feel and that you are confined and limited, your mental attitudes, moods, and behaviors will be inclined to reflect your thoughts.

Frequently imagine the freedom you will have when you are spiritually enlightened. Your mind and awareness will become more receptive to possibilities of being enlightened and you will be inclined to do things that allow your awareness to become more clear and expanded.

When I meditate, even though I try to perceive inner light and feel blissful, I have not been able to do it. Is it really important or necessary to see the “light of the spiritual eye” and feel “bliss” that might indicate a state of God-communion?

Although awareness of a clear, bright light may be inwardly present when the mind is very calm, there is no need to try to have visual perceptions. A golden or blue light may also be seen from time to time, but perceptions of this kind are not indications of spiritual enlightenment (revealed knowledge of higher realities). Profound peacefulness can be beneficial but it is not necessary to have strong sensations produced by flows of prana (vital forces) or arousal of devotion.

Some meditators focus attention between the eyebrows and stimulate the eyes with finger tips to produce mild perceptions of light, but doing that does not lead to superconsciousness or exceptional states of consciousness. Enjoyment produced by practice of pranayama or emotional devotional chanting that stimulates the senses is superficial and temporary.

During meditation, and when not meditating, the purpose of spiritual practice should be to be Self-aware and Self-knowing. With that ultimate purpose as the major focus, there should not be any interest in having perceptions that are not of long-term value. Just as insignificant meditative perceptions should be ignored or avoided, so unimportant philosophical opinions and ideas should eventually be ignored or discarded. Steadily grow to emotional maturity while allowing knowledge of your true nature and ultimate Reality to be revealed.

I want to be happy, more prosperous, and spiritually aware. Regardless of what I do, I haven't been able to accomplish what I want to accomplish. I feel like I am stuck where I am. How can I change my circumstances?

Focus on adjusting your mental attitude. Think and feel that you are worthy of having what is wanted. Imagine (and feel) that you have it, and learn to do what will produce or attract it.

Learn to cooperate with impersonal laws of cause and effect. Avoid blaming past circumstances, events, or environmental conditions for your current experiences. Immediately renounce or quickly outgrow thoughts and feelings of limitation. Imagine and believe only what you want to experience.

Identify with omnipresence, omniscience, and omnipotence of ultimate Reality which is infinite (unlimited) instead of with a small, confined idea or feeling of being. Do what can be done to have the kind of life you want.

What you don't know to do or cannot do, expect the universe to do for you. Imagine the wholeness of life and that everything in the universe is within it. Avoid thinking that spiritual and material realities are different. There is only one Reality, the fine attributes of which produce and maintain the realm of Nature. There is only one pure essence of that Reality of which you are an individualized unit.

While living effectively, nurture your spiritual awareness until everything that you do is spiritual practice and you are fully conscious of living in a spiritual universe.

Aspire to awaken from confined self-centered awareness to awareness of your pure essence, then to superconsciousness, Self-realization, cosmic consciousness, and enlightenment to the stage of liberation (without flawed ideas or illusions).

From time to time, write your purposes to be accomplished and action-plans. Be thankful for the progress you experience as you continue to produce and attract ideal circumstances.

Skillful, effective living will improve your functional abilities and enlarge your capacities to have the fulfillment you want and deserve.

3 Audio CDs 2 hours:29minutes \$15.00

LIGHT ON THE SPIRITUAL PATH

Presented By Roy Eugene Davis

A direct disciple of Paramahansa Yogananda

At the First International Kriya Yoga Congress

March 9 – 11, 2006 San Jose, California

Disc One - 50 minutes

- **Reflections of a Disciple**

Experiences with
Paramahansa Yogananda

Disc 2 - 53 minutes

- **Meditation Techniques**

and Routines for All
Levels of Practice

Disc 3 - 36 minutes

- **The Lineage of Gurus**

Philosophical principles
and the Kriya Yoga Tradition



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Light On the Spiritual Path

A lecture and two seminar sessions at the First International Kriya Yoga Congress in San Jose, California, March 2006.

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Guidelines to Inspired Living

Speak the Affirmations With Conviction

June 2 – 8

Begin Each Day With Prayer and Meditation

Open your mind and essence of being to the Infinite and clarify and expand your awareness.

I begin each day with appreciative recognition and vivid awareness of the Infinite.

June 9 – 15

Cultivate Cheerful Optimism

Know that the universe provides ideal events, adequate resources, and harmonious relationships for your highest good.

I am always inspired, creatively motivated, and cheerfully optimistic!

June 16 – 22

Be Creatively Curious

Want to know why things are as they are and how the universe is produced and maintained.

I am constantly creatively curious.

June 23 – 29

Alertly Observe and Learn

Understand the causes that produce or attract your experiences and circumstances.

I enjoy learning by being alertly observant.

June 30 – July 6

Improve Your Ability to Discriminate

Discern the difference between *you* as an observer and knower and what you see or think about.

I easily know the difference between my spiritual essence and what I see and experience.

July 7 – July 13

Think Rationally

Acquire accurate information and use your intelligence, intuition, and common sense to clearly understand.

I am a calm, wise, competent rational thinker.

July 14 – July 20

Choose Wisely

Think and do what enhances your life and the well-being of others and the environment.

I always, easily make wise choices.

July 21 – 27

Live Skillfully

Learn to express your innate divine qualities and live freely, enjoyably, and effectively.

As I live skillfully I am increasingly aware of my innate creative powers and functional abilities.

When flawed perceptions of self-identity are replaced with accurate knowledge and actual experience of our pure essence, we are spiritually enlightened.

CONSCIOUS FOOD PREPARATION

Stir Fried Vegetables With Rice

Servings 2

1 cup brown rice and 2 cups of water

Rinse rice, add water, bring to boil then simmer with lid on pot for 30 or 40 minutes or until water is absorbed. Remove from heat for 5 minutes. Spread on parchment paper covered baking sheet or kitchen counter to cool.

May be refrigerated and used the following day.

Vegetables, thinly sliced or rough chopped, 2 cups total, of any combination (or other vegetables).

small onion red pepper asparagus mushrooms carrots
Put 2 tablespoon oil in frying pan. When hot, add vegetables and stir until they are cooked.

Optional: include 1 or 2 smashed garlic cloves and/or 2 or 3 small slices of ginger root finely chopped or smashed.

Add rice and lightly stir until hot.

Serve with Soy Sauce or Balsamic vinegar on the side.



Left: Vegetables being cooked in the frying pan.

Right: Vegetables and rice together.



Discovering the Sacred
In Everyday Life

Imagine Being Spiritually Enlightened

Ellen Grace O'Brian

We may often envision the fulfillment of important, mundane aims in life by imagining successful results of a project, desire to have work that is satisfying, or harmonious relationships, all of which are indications of prosperous living. An aim that is more essential is liberation of our consciousness—an ultimate stage of spiritual awakening that provides complete freedom. Then no longer confined by a small sense of self-identity we can truly thrive and live effectively.

Just as we can attract ideal conditions to enhance our life, so we can creatively use imagination to nurture spiritual growth. We can imagine ourselves as being fully enlightened and elicit corresponding feelings, thoughts, and powers of perception.

Imagining that we are spiritually enlightened is not likely to immediately transform us. It can be a useful exercise that will elevate our awareness and prepare us to be receptive to faster spiritual awakening.

An obstacle on a spiritual path may be a mistaken idea that enlightenment is not possible for us to experience. The real problem may be the acquired habit of identifying with ideas of limitation instead of our true, pure essence. Imagining that we are spiritually enlightened can weaken and eliminate flawed ideas and perceptions and allow our essence to be known.

From her book *The Jewel of Abundance* published 2018 by New World Library. Paper cover, 300 pages, \$16.95 plus postage. At book stores, Amazon.com, or Center for Spiritual Enlightenment, 1146 University Avenue, San Jose, California 95126.

Tel: 408-283-0221. info@csecenter.org

Observations, Insights, & Discoveries

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



Regulated and natural breathing can contribute to improved health and peace of mind by influencing the nervous system and physical and psychological states.

The autonomic nervous system governs involuntary physical functions such as breathing, heart rate, digestion, perspiration, body temperature, and elimination of waste matter.

The sympathetic aspect of the autonomic nervous system controlled from the thoracic and lumbar regions of the spine reacts to perceived threats to well-being with a “fight or flight” response: adrenaline stimulates the mind and body; emotions are aroused; breathing and heart rate quicken; muscles become tense; bronchial tubes through which air moves in the lungs dilate; stress increases.

The parasympathetic (*para*: “to protect or prepare against”) aspect of the nervous system controlled by regions of the sacral spine, medulla, and cranial nerves that emerge from the brain slows breathing and heart rates, calms the mind and emotions, and relaxes muscles.

Regulated breathing influences the parasympathetic nervous system and constructively influences mental, emotional, and physical states. Example: inhale while mentally counting five seconds, exhale while mentally counting five seconds. If doing that is difficult, try doing it in four-second stages. Repeat ten times. Experience the calming effect. Slower breathing elicits parasympathetic responses. Alertly doing it detaches attention from external circumstances and mental and emotional states.

A recommended preparation for meditation is to be aware of breathing by simply observing its natural rhythm, feeling air

flows in the nasal passages for a few minutes, and experiencing a temporary thought- and emotion-free state between exhalation and inhalation. When the body is relaxed, and the mind and emotions are calm, breathing can be disregarded and an alert, attentive state of awareness maintained.

For yoga practitioners, alternate nostril breathing for two to five minutes can be helpful to produce harmonious interactions between the hemispheres of the brain and a balance of mental alertness and deep relaxation that is ideal for meditation practice. Inhale, exhale. With a finger, close the right nostril and inhale fully through the left nostril. Close the left nostril and exhale through the right nostril. Inhale through the right nostril and exhale through the left one. Do that five to ten times. Inhale through both nostrils, then exhale and relax. Some people do this just before going to sleep. Relaxation and mental calmness enable sleep to more easily occur.

Those who know how to practice *kriya pranayama* can use it with benefit during a meditation session.

When breathing is natural, the abdomen is pushed outward with inhalation and returns inward with exhalation. This kind of natural breathing reduces stress and promotes mental and emotional well-being.

Brisk walking that naturally causes deeper breathing can reduce stress; promote a cheerful, optimistic mental attitude; and contribute to an overall feeling of well-being.

An enjoyable exercise routine, swimming, playing golf, or hatha yoga, tai chi, or chi gong practice can regulate breathing rhythms, reduce stress, calm emotions, and encourage free flows of energy in the body. A nutritious diet; regular schedules of activity and rest; a cheerful, optimistic mental attitude; and constructive, purposeful living will provide a firm foundation for effective living. To occasionally calm the mind or meditate inattentively while habitually indulging in negative mental attitudes, moodiness, or other debilitating conditions will not allow entirely constructive results to be actualized.

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.

You can only apprehend the Infinite by the faculty superior to reason, by entering into a state in which you are your finite self no longer—in which the divine essence is communicated to you. This is ecstasy. It is the liberation of your mind from its finite consciousness. Like only can apprehend like; when you thus cease to be finite, you become one with the Infinite. In the reduction of your soul to its essence, you realize this identity.

– *Plotinus (205 – 270)*

When your intelligence is without delusions, you will be indifferent to religious and philosophical theories and opinions. When your understanding is stable and firm in Self-realization, then you will awaken to flawless knowledge of higher realities.

– *Bhagavad Gita 2:52,53*

We may not be God, but we are of God, even as a little drop of water is of the ocean. Imagine it torn from the ocean and flung millions of miles away; it becomes helpless, torn away from its [familiar] surroundings, and cannot feel the might and majesty of the great ocean. But if someone could point out to it that it was of the ocean, its faith would revive and the whole might and majesty of the ocean would be reflected in it.

– *Mohandas K. Gandhi (1869 – 1948)*

Kriya Yoga Traditions and Practices

Kriyas are “actions” used or “processes” that occur that result in *yoga*: unification of attention and awareness with our pure essence. A precise definition is in *Patanjali’s Yoga-Sutras (2:1)*:

Disciplined thinking and behaviors, profound self-study, and commitment to realizing ultimate Reality are the practices of Kriya Yoga.

Sutras are concise statements that form a body of knowledge to be contemplated until their meanings are understood. Traditions are ideas, knowledge, behaviors, and habits transmitted through several generations, often by verbal communication and personal actions or behaviors. It isn’t necessary to learn Sanskrit or believe philosophical ideas to use lifestyle regimens and spiritual practices of a Kriya Yoga tradition.

Disciplined thinking and behaviors include ethical, virtuous, constructive living. *Profound study of our true nature* can be done with intellectual discrimination to have knowledge of it as a unit of the pure essence of ultimate Reality, and meditation to have direct experience of it. *Commitment to being Self-realized* enables spiritual awakening to occur more easily and quickly.

Devotees of an effective spiritual path should know about ultimate Reality and endeavor to understand its two aspects: 1) the absolute, pure, transcendent aspect *without* attributes or characteristics; 2) the expressive aspect *with* attributes that enable it to manifest and sustain universes. Souls are said to be units of the pure essence of ultimate Reality with knowledge of that Reality within them. Slow, fast, or very fast awakening to Self-realization occurs as our innate qualities are unveiled and higher knowledge is effortlessly revealed.

Improving powers of discernment and alert, effective living are as helpful in nurturing spiritual awakening as is regular superconscious meditation. Meditation techniques may be used to calm the mind as preparation for transcendent perceptions.

When units of the pure essence of ultimate Reality are not aware of their true nature because their intellect is blurred, they are inclined to identify with mental, emotional, and physical states, sensory perceptions, and events and circumstances.

Individualized units of the pure essence of ultimate Reality with awareness, express through a faculty of intellect, a mind, and an ego or flawed perception of self-identity.

Intentional withdrawal of attention and awareness from all that we are *not* can enable us to be aware of, and experience, what we *are* as observers and knowers of what is observed. This can be done whenever we want to be Self-aware and Self-determined and when we sit to meditate.

The mind (thinking capacity) that accumulates memories of perceptions and enables thinking and reasoning may be:

Dull, with impaired or limited capacity to learn, comprehend, or think rationally.

Scattered, with attention easily distracted and difficult to focus or maintain concentration.

Restless, because of stress, psychological conflicts, unconscious and subconscious impulses, and/or unbalanced life forces.

Orderly, enabling rational thinking and decisiveness.

Calm, allowing very clear or superconscious awareness.

Illumined by the purity of superconsciousness.

Forms of meditation may include prayer, affirmation, breath awareness, regulated breathing, a mantra (a word or phrase) to focus attention, contemplation of what one wants to know or experience, and superconsciousness contemplation to realize our essence: pure conscious, joyous, existence (being).

To view Kriya Yoga as a religious system with philosophical principles to be naively believed or practices to be ritually performed is a mistake. The purpose of intentional practice is to remove all conditions that interfere with Self-realization and to quicken our awakening to complete spiritual enlightenment.

Recommended reading: *The Science of Self-Realization*.

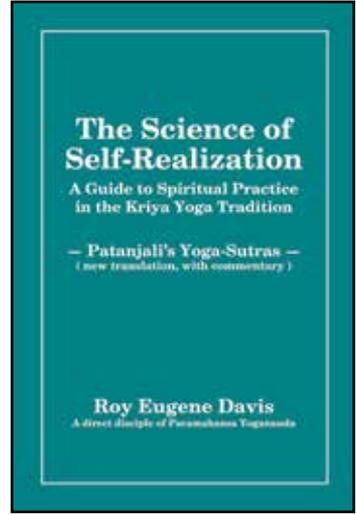
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sutras Sanskrit verb root *siv*, “to sew.” Aphorisms, concise statements that may require a commentary of explanation. Patanjali's text was composed two thousand years ago.

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Paramahansa Yogananda speaking at the dedication
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August 20, 1950

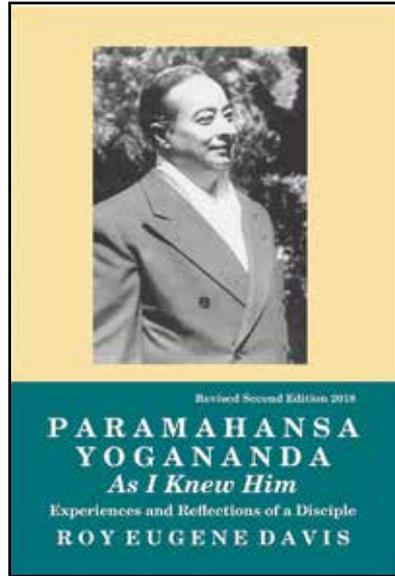
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2019 Retreats

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:

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 _____

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Name [s] _____

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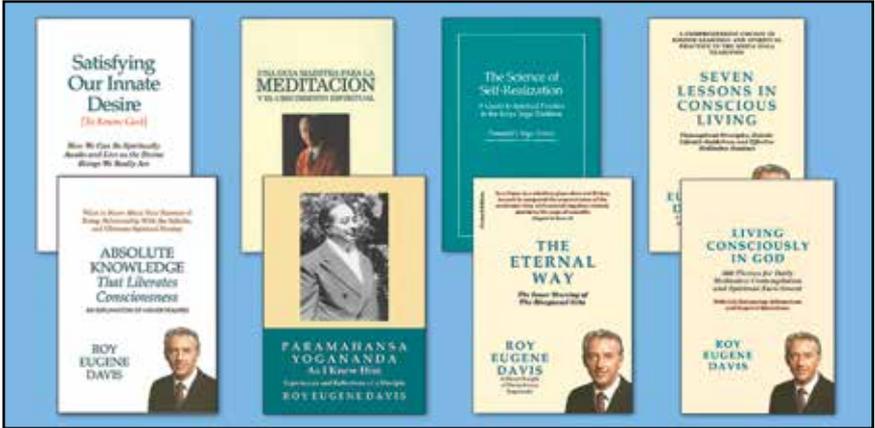
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Roy Eugene Davis taught in the Kriya Yoga tradition for more than 65 years in North and South America, Japan, Europe, Africa, and India. He is founder of Center for Spiritual Awareness with world headquarters and a meditation retreat center in northeast Georgia. His book *Paramahansa Yogananda As I Knew Him* will be available at the seminar at a special price of \$5.00.

