

October – November 2020

53 Years of Continuous Publication

# TRUTH JOURNAL

A Center for Spiritual Awareness Publication

*For Individual and Global Spiritual Enlightenment*

**The Life-Enhancing Benefits  
of Wisely Using What We  
Know and Have – page 4**

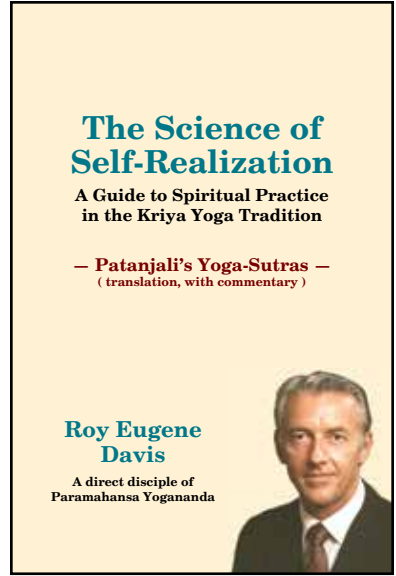
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# **The Science of Self-Realization**

## **Patanjali's Yoga-Sutras**

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**sutras**— “threads,” 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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*Front Cover: View of Comet Neowise over Beech Mountain and Banner Elk, North Carolina. – Photo by Todd Bush, July 2020*

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*Below: CSA Headquarters Meditation Hall*



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A lush green forest with a deer in a field in the foreground. The text is overlaid on the image.

# **Studies in Truth Lesson**

**Conscious Living and Spiritual Practice**

## **The Life-Enhancing Benefits of Wisely Using What We Know and Have**

**We know what our true nature is; we know our eternal relationship with the Infinite; we know how to live effectively. Wisely doing what we need to do with the innate creative capacities that we have empowers us to experience our highest good.**

**– ROY EUGENE DAVIS**

## Word Meanings to Know

**life** The physical, mental, and spiritual experiences that constitute or make up our existence.

**enhance** To increase or make greater or better.

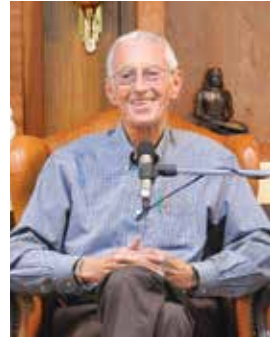
**benefits** Experiences, events, or circumstances that provide for our well-being.

**wise** Having discernment and skillfully using knowledge.

**use** To put into service or action.

**know** To perceive directly with the senses, mind, or intuition.  
Having practical understanding of something.

**have** To possess.



In a magazine article, Norman Vincent Peale, widely known for his many sermons and writings on positive thinking, shared this anecdote:

After lecturing for a civic organization, he talked privately with a few people. To one man, he extended an invitation:

“Come to my Sunday services from time to time; you will learn many new things that will be helpful.”

The man replied, in a jesting manner, “I don’t use half of what I know now.”

Do you have knowledge, abilities, and resources that you are not yet wisely and effectively using?

### What We Know and Have

We feel and know that we are eternal.

– *Benedict Spinoza (1632-1677)*

At the innermost core of our Being we know:

- We are flawless, immortal units of a supreme Reality.
- Our relationship with the Infinite is eternal because it is not confined by time, space, or relative circumstances.
- As units of an ultimate Reality, we have within us all of the qualities, capacities, and knowledge of that Reality.

- Spiritual, mental, and physical laws of cause and effect are universal and impersonal. When we learn to cooperate with them, we can easily have the circumstances and experiences we want to have.
- We have the innate capacity to be fully conscious of what we are in relationship to the Infinite; live without limitations; skillfully fulfill all of our meaningful purposes; be healthy, happy, prosperous, emotionally and spiritually mature; and be Self- and God-realized in our current incarnation.

*Affirmation*

Yes! I acknowledge what I, as an immortal  
spiritual Being, now know and have.

**Why Some People Do Not Wisely  
Use What They Know and Have**

We but half express ourselves, and are ashamed of  
that divine idea which each of us represents.

– *Ralph Waldo Emerson (1803 – 1882)*

Ralph Waldo Emerson, often referred to as a transcendentalist, was an avid reader of the Bhagavad Gita, as was Henry David Thoreau, whose writings strongly influenced Mahatma Gandhi.

People who do not wisely use what they know, and have, are not yet sufficiently aware of their divine nature—if they were, they would go forward with enthusiasm without allowing their thoughts, feelings, or behaviors to be determined by moods and subconscious inclinations.

Some people choose to think of themselves as being weak or incompetent, or allow their human history (past experiences) to keep them in bondage, especially if they have been mistreated by others or think that life has not been kind to them. They let their karma (accumulated memories and acquired negative habits of thinking and feeling) impel their behaviors and produce misfortune. Even when they have been informed about how to constructively think, feel, and act, they lack the will to do what could improve their circumstances and allow them to enjoy the freedom they say they want to experience.

The spiritual law of cause and effect is that habitual states of consciousness influence our thinking and behavior. When our consciousness is clarified, thinking is orderly and behaviors are appropriate and supportive. When our thoughts and actions are constructive, they produce and attract supportive events and circumstances. Everyone is revealing their habitual states of consciousness and mental states by how they speak and behave and by what their circumstances are. To deny this is to imply that events randomly happen or that misfortune can be experienced without being caused or attracted.

To improve your circumstances, improve the way you think and act. Learn by experience what produces and attracts the experiences and circumstances that enhance your life.

### *Affirmation*

I easily rise above ordinary states of mind and consciousness. Because I always think and act constructively, I produce and attract only those circumstances that are for my highest good and the highest good of others.

### **How to Bring Forth Your Innate Powers**

Realization of one's essence of Being provides knowledge of the difference between it and ordinary states of awareness.

From that superior realization, exceptional powers of perception and extraordinary abilities result.

– *Patanjali's yoga-sutras 3:36,37*

To bring forth your innate powers, do these things:

- Acknowledge that you are a spiritual being.
- Aspire to be fully awake and freely functional.
- Believe that you can be fully awake and freely functional.
- Let go of or remove the obstacles that keep your awareness confined or limit your ability to creatively express.

Continue to acknowledge your spiritual essence, nurture your aspiration to be fully awake and freely functional, and believe that your full potential to experience excellence in all aspects of your life can be actualized rather than allow yourself to fall back

into ordinary modes of thinking, feeling, and behaving.

When you notice that you are not as alert and intentional as you want to be, immediately adopt mental attitudes, emotional states, and behaviors which enable you to be more soul-centered and spiritually conscious.

Adhere to a wholesome lifestyle; read inspired metaphysical literature; meditate superconsciously every day. Repeated practice of meditation until you are superconscious will purify your mind, clarify your awareness, and keep you anchored in the Infinite. To have positive results you aspire to have, do the things that will support your aspirations.

That which originated your involvement with the realms of nature has sustained and provided for you until now and will continue to do so. Trust it.

#### *Affirmation*

Every day, every hour, every moment, I am becoming more spiritually awake, alert, insightful, and creatively expressive. For this, I am thankful!

#### **What to Wisely Do with Your Powers of Perception and Creative Abilities**

To be able to practice five things ... constitutes perfect virtue: gravity [Self-awareness], generosity of spirit, sincerity, earnestness, and kindness.

– *Attributed to Confucius (551 – 478 B.C.E.)*

Use your improved powers of perception to accurately discern the truth about objective and subjective conditions that you observe and that which you intellectually examine. You will then not have any illusions (mistaken perceptions).

Use your creative abilities to enhance your life and the lives of others by skillfully performing duties and accomplishing purposes that are of real value.

#### *Affirmation*

My powers of perception are flawless and my skillfully performed actions are always constructively productive.



*Lesson Review*

Read this lesson several times during the next 30 days. With a pen or pencil, mark the themes that you want to more carefully examine or that describe constructive things which may be helpful for you to do.

As autumn approaches, write what you plan to do during the next few months. Be sure to include regular metaphysical study and meditation practice.

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Write a specific, clearly defined affirmation that declares and affirms your total commitment to your spiritual path.

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Be thankful that you are on the right course for your life.

## **Can Everyone Fully Awaken to Self-Knowing and Live Freely? Are Some People Fated to Experience Troubles and Misfortune?**

Everyone who sincerely wants to be spiritually awake and to live freely can learn how to do it. Progress will be in accord with one's intensiveness (concentrated practice) and capacity to awaken. No one is fated to experience misfortune caused by external influences. Our experiences are produced or attracted by us according to how we think, act, and react. Thoughts, actions, and reactions reflect our states of consciousness. When we are alert and intentional, we think, act, and react wisely. When we are not alert and intentional, we may be inclined to think, act, and react unwisely. Every person is contributing to his or her own good fortune or misfortune. The way to always have good fortune is to expect to have it while wisely and appropriately thinking, acting, and responding to events.

*I have tried to use the methods that you recommend; they don't work for me. What shall I do now?*

The methods only “work” when we do what is necessary to allow them to produce the results we want to have. Methods are “tools” that can be used to make it easier to have results.

For example: people who say that affirmations don't work for them haven't used them in the right way. By saying that they don't work, they are affirming that they haven't experienced the results they hope to have. An affirmation is a declaration of what one wants to have actualized. The key to using an affirmation effectively is to let go of unwanted mental attitudes and feelings while assuming the mental attitudes, feelings, and states of consciousness that are more beneficial, and then maintaining the new mental attitude, feeling, and state of consciousness. When this is done, behaviors change for the better and circumstances improve. When functional abilities and circumstances improve, self-confidence improves.

*I had a difficult childhood and many of my adult choices were not good. It's hard to ignore my personal history and existing problems, and to move forward in a positive way.*

Past experiences cannot be re-lived; they can be redeemed. Painful memories can be disarmed; individuals who were not kind can be forgiven; and personal mistakes can be viewed as errors in judgment which do not have to be repeated.

Longtime therapy or recovery programs are not necessary. What is needed is to decide “now” to think, feel, and act in ways that are entirely constructive by opening your mind and your essence of Being to all life-enhancing possibilities. Doing this requires emotional maturity: willingness to be self-responsible for what you do and how you view and relate to events and circumstances that unfold. Do not think of yourself as being a victim; think of yourself as being a self-reliant, functionally competent spiritual being with unlimited abilities to live as you desire to live from this moment forward.

*I understand that karma is the accumulation of subconscious impressions (memories) of experiences and present-time mental attitudes and behaviors that produce effects. I have heard that karma has to be “worked out” rather than neutralized, ignored, or transcended. What about this view? Also, is there any truth to the idea that planetary influences determine the way we think and act, and events and circumstances?*

Troublesome subconscious impressions can be neutralized by resisting their influences, and present-time mental attitudes and behaviors can be chosen. Don't believe that planetary or any other external condition can unduly influence you. Concentrate on nurturing intellectual and intuitive powers, spiritual qualities, and creative, functional abilities. You will then be Self-knowing, Self-determined, and effectively functional. You will have the full support of the processes of nature and God's grace.

There is always radiance in the soul ... untroubled like the light in a lantern in a wild turmoil of wind and tempest.

– Plotinus (205 – 270)

*It seems that the harder I try to experience my highest good, believe that it can be realized, and do things to make my spiritual growth easier, the more difficult it is to do these things. Why?*

You may be endeavoring to do these things while thinking that you are an “ordinary” human being instead of a spiritual being. See through and rise above all conditions which confine your awareness and limit you. Identify with people who are spiritually enlightened and emulate their mental attitudes and behaviors. Think as they think and do as they do, and you will definitely have positive changes in your life.

*I enjoy the mental calmness and clarity of awareness that I have when I am able to peacefully meditate; however, I do not always meditate on a regular schedule. How can I motivate myself to meditate regularly?*

Choose a specific time and place for your meditation practice. My guru, Paramahansa Yogananda, advised people to “make a daily appointment with God and faithfully be there.” Knowing that meditation practice greatly contributes to your spiritual growth and total well-being, adhere to the regular schedule you have chosen. When I was a young teenager, a neighbor-farmer who maintained a regular work schedule said to me, “Procrastination is the thief of time.” Delaying what should be done is irresponsible and allows habits which are not beneficial to prevail. You will also feel better about yourself when you meditate on a regular schedule because you will know that you have done what is most useful for your spiritual well-being.

*My inner life is, I think, good. I try to be Self-knowing and God-centered and aspire to be spiritually enlightened. My outer circumstances are not yet satisfying. Is it necessary for them to be ideal in order for me to experience progressive spiritual growth?*

One of the indications of authentic spiritual growth is that our day-to-day experiences, relationships, and circumstances are well-ordered and satisfying. Our spiritual growth occurs more easily and is more rapid when mental and emotional conflicts are absent.

## What Is a Miracle?

*Clifford Rosen, CSA President*

**miracle** A surprising and welcome event that is not explicable by natural or scientific laws and is therefore considered to be the work of a divine agency. Latin *miraculum*, object of wonder and from *mirari*, to wonder.



The English writer Geoffrey Chaucer was the first to use the expression “Familiarity breeds contempt,” in his work *Tale of Melibee*. *Contempt* in this instance is used to illustrate the concept of one becoming so accustomed to or familiar with the miraculous that one may often fail to recognize the beauty or miracle within the experiences and grace in their daily lives.

Gross man seldom or never realizes that his body is a kingdom, governed by Emperor Soul on the throne of the cranium, with subsidiary regents in the six spinal centers or spheres of consciousness. This theocracy extends over ... twenty-seven thousand billion cells endowed with a sure if automatic intelligence by which they perform all duties of bodily growths, transformations, and dissolutions and fifty million substratal thoughts, emotions, and variations.

– *Paramahansa Yogananda, Autobiography of a Yogi, 1946 Edition*

Every breath and beat of your heart is miraculous. Daily withdraw from the five senses. Your alert, silent contemplation acknowledges the miraculous grace-filled moments that transpire in your life. We have been gifted to create miracles in our lives through the use of creative imagination and our good intentions. Acknowledge your innate potential to allow the flow of grace in your lives and live in a truly *prosperous* manner, with a steady flow of material resources and supportive events and relationships. True prosperity prevails when the spiritual, mental, physical, and environmental components of your life are harmoniously integrated.

The Self-illuminating knowledge that resides within the soul of each of us is revealed through our disciplined practice of Kriya Yoga— which can eliminate the obstructions in our mental field. Meditate daily to the level of superconsciousness and envision the miracle of your life.

## Sacred Space

*Ron Lindahn*  
*CSA Senior Minister*



**sacred** Devoted or dedicated to a deity or to some religious purpose; consecrated.

You can create a sacred space in your own home. When teaching meditation Mr. Davis would often suggest the usefulness of having a special place set aside for spiritual practice, contemplation, and meditation. This can simply be a chair that is always used for this purpose. A small table can be used as an altar. If you have more space, a larger altar can be created.

Your altar can include items that serve to remind you of your spiritual discipline and have personal meaning: a picture, or statue of a saint; a candle or lamp; and ritual objects like beads or a bell. It can be useful, when sitting in your sacred space, to imagine that it is an extension of a holy place that you resonate with, like a church or temple, or the meditation hall at CSA.

Approach your seat or altar with reverence. Make this a special occasion, wear clean clothing, and be respectful. You are entering into the awareness of God's presence. Before beginning any practice, acknowledge God (ultimate Reality), however you imagine God to be, and acknowledge that you are a unit of the pure essence of God, inseparable, whole, perfect. Then ask that your mind and awareness be expanded in order to experience and realize your true nature.

Creating a sacred space is a way of opening a deeper connection with God. Having a dedicated area for the purpose of worship and practice supports a mental/emotional attunement with your spiritual essence of being. Over time, with regular use, your sacred space will become "charged." Here you will feel peaceful. It will encourage expansion of consciousness and help to create a resonance with higher realities. You will find that even when thinking about your space, wherever you are, you will feel grounded and centered.

## Personal Retreat

In these times, when travel is limited, and social distancing encouraged, you can still benefit from a personal retreat. It is very useful to take a break from the routines and habits of daily life in order to be refreshed, and to allow the innate awareness of your essence of being to prevail. To retreat is to temporarily leave behind conditionings and identification with a limited, human point of view in order to rest in the experience of your true nature as a spiritual being. Mr. Davis would recommend setting aside one day each week, a weekend each month, or a week each year for this purpose.

A retreat can be a transformative experience. Turn off phones, tablets, and computers. Be alone with yourself. Begin each day with meditation. Take a break and have breakfast or a cup of tea. Read a selection from one of Mr. Davis' books, or a *Truth Journal* article. Sit quietly and contemplate what you have read; open your mind to insight and inspiration. Go for a quiet walk, in nature if possible. Think about your relationship with God. A second meditation can be useful. To the degree that you engage in this process will the benefits be experienced.



In the photo above is the altar that Mr. Davis created in the closet of his office. He would meditate here every morning before turning to his desk to write.

## **Guidelines to Inspired Living**

Speak the affirmations aloud with conviction.

September 27 – October 3

### **Open Your Mind and Being to the Infinite**

The Infinite is without boundaries or limits. Open your mind and Being to all that is possible for you to know, be, do, and have for your total well-being.

*My mind and Being are always open to the Infinite.*

October 4 – 10

### **Honor the Saints of All Enlightenment Traditions**

By honoring others who are spiritually enlightened, your receptivity to being enlightened is improved.

*I honor the saints of all enlightenment traditions.*

October 11 – 17

### **Honor the Divine Essence of Everyone**

That which is true of you, as a spiritual being, is true of everyone. Honor the divine essence of others as being as pure as your own divine essence.

*I acknowledge and honor the true nature of everyone.*

October 18 – 24

### **Honor Your Innate, Divine Essence**

At the innermost level of your Being, you are always whole, pure, serene, and have flawless knowledge of higher realities and the processes of life. Honor your true Self as an individualized unit of one Reality.

*I joyously honor my innate, divine essence.*

Gradually, the meditator should become still, established in Self-knowing, not thinking of anything else. – *Bhagavad Gita 6:25*



October 25 – October 31

**Let Your Inner Light Come Forth**

Your inner light can illuminate and bless the world.

*I let my inner light come forth  
to illuminate and bless the world.*

November 1 – 7

**Accept Only That Which Is for Your Highest Good**

You have the freedom to choose to see and accept only the events and circumstances that are for your highest good.

*I choose to see and accept only that  
which is for my highest good.*

November 8 – 14

**See the Highest Good for All Others**

Seeing the highest good for others purifies your mind and clarifies your awareness.

*I choose to see and believe for others only  
that which is for their highest good.*

November 15 – 21

**Trust the Processes of Nature**

The processes of Nature are impelled by a creative Power directed by a superior intelligence. Harmoniously cooperate with Nature's processes.

*I have implicit trust in the processes of Nature.*

November 22 – 28

**Allow God's Grace to Nurture and Provide for You**

Unplanned, unearned good fortune is freely provided for you.

*I joyously and thankfully allow God's freely  
flowing grace to nurture and provide for me.*

## CONSCIOUS FOOD PREPARATION

### Curried Vegetables with Basmati Rice

- |                                                                         |                       |                    |
|-------------------------------------------------------------------------|-----------------------|--------------------|
| 1 cup basmati rice, rinsed                                              | 1-3/4 cups water      |                    |
| 2 tablespoons mild curry powder                                         | 3/4 tsp garam masala* |                    |
| 3 tbsp vegetable oil or ghee                                            |                       |                    |
| 1 medium onion, chopped                                                 |                       |                    |
| 2 cups potatoes or sweet potatoes,<br>peel and cut into 1/2 inch pieces |                       |                    |
| 3 garlic cloves, smashed                                                |                       |                    |
| 1 tablespoon grated ginger root                                         |                       |                    |
| 4 cups cauliflower, 1/2 inch pieces                                     |                       |                    |
| 1-1/2 cup peeled, chopped tomatoes                                      |                       |                    |
| 1 cup water                                                             | 1/2 tsp salt          | 2 cups frozen peas |
| 1 cup natural yogurt or 1/2 cup heavy cream                             |                       |                    |



*Rice:* One cup of rinsed rice in a pot with 1-3/4 cups water. Stir once. Bring to a boil. Turn to low heat and cover and cook 13 – 15 minutes or until water is absorbed. Remove from heat. Keep covered.

#### *Vegetables (while rice cooks)*

1. On medium high heat, toast curry powder and garam masala in a dry skillet 1 minute until fragrant. Remove, and reserve in a dish.
2. Heat the oil in a heavy pot. Add onions and potatoes, stirring 10 minutes until potatoes are brown at edges.
3. Reduce heat to medium. Add garlic and ginger. Stir 1 minute. Add the toasted curry powder and garam masala. Stir 1 minute. Add the cauliflower, stirring constantly, 2 minutes.
4. Add the tomatoes, water, and salt. Bring to a boil, scraping the bottom of the pan with a wooden spoon to loosen any browned bits.  
Cover and reduce heat to medium, Simmer briskly, stirring now and then until vegetables are tender, 10 to 15 minutes. Stir in the peas and yogurt or heavy cream. Cook until hot, about 2 minutes. Serve on rice or on the side.

\***garam masala substitute:** 1/4 tsp (each) of ground black pepper, cardamom, and cinnamon.



*Discovering the Sacred  
In Everyday Life*

## **Offer All to the Divine**

*Ellen Grace O'Brien*

I often find it useful to consider the practice of surrender as letting go of false ideas. Instead of trying to figure out, “How do I surrender?” I ask myself, “What can I let go of? What am I clinging to that is causing me sorrow, or worry, or upset? What would it be like to let go?”

When we see that we are holding on in a way that brings suffering to ourselves and sometimes to others, it feels like a breath of fresh air to consider letting go. Yet, we know there is a reason we are holding on: yearning for a specific outcome, or something we want or hope for. As long as our desire is not met, we cling to it, thinking that our tenacious desire is the formula to success.

With the practice of surrender, we make all that we do our offering to the divine. We take our focus off attachment to any outcome and put our attention on the quality of what we do. We do it with devotion. We surrender our action as our offering to the divine. It is finished when we offer it. We are not looking for a result or waiting for acknowledgment or applause. We are not devastated by criticism or blame.

Sometimes people worry that if they were not seeking an outcome, their work would not be as good. They wouldn't put forth the necessary effort without the idea of desiring a particular result. Yet, the opposite is true. When we do what we do as an offering to God, our best insights and inspired actions come to us more readily when we do not have the interference of struggling to produce a particular result. As a bonus, there is great joy in working this way.

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## Establishing Your Spiritual Path

*Furio Sclano*  
*CSA Minister, Italy*

Recently I was contacted by a young woman, interested in our meditative practices and other traditions. Her main interest was devoted to meditation techniques.

We must always start from an important basic question: Why do I want to do this?

If a person wants to learn to meditate to grow spiritually, the approach must be of focused commitment. There are many paths, many schools, and many methodologies. It is obvious that not all of them can be followed.

You should consider following a specific path and follow it to the end. Many years ago, a person told me that in order to find water you have to dig a 50-meter hole and not 50 one-meter holes. Although he did it by using different words, my guru, Roy Eugene Davis, always gave me the same message and, as a minister, he suggested that I should not mix our teachings with those of other traditions in order not to dilute them. In choosing a path, a way forward or a methodology, there is not only the matter of meditation techniques to be evaluated. Techniques are tools. They serve to reach a meditative state. They are not the goal of our practices. They are important, but there is more than that.

When you try to understand the essence of a spiritual path, try to learn:

What concepts does that path express?

What is the purpose of that path?

What will I be taught?

I think it is important to do research to get the answer to these questions. It takes time, and superficiality should not be allowed

to be dominant. As a very general principle I can tell you that we know that at the deepest level of our being we are “one” with an omnipresent intelligence/reality which, conventionally, is defined as “God” and that the purpose of our practices is to have a conscious experience of that unity. An explanation of this kind, however, probably cannot fully satisfy you. You surely want a deeper understanding and you can get it over time.

Regardless of which path one chooses in life, there is one important thing to keep in mind: it is difficult to do it alone. The “do it yourself” way is generally practiced successfully by only a very few.

In the spiritual paths existing in the world there is a teacher and a student. You can’t learn everything through books, online quick courses, or surfing on the internet. In most cases there is a personal relationship to be established and a deep practice to do for quite a long time. The disciple or student asks questions; the guru or teacher answers. Personal, focused practice does the rest.

One of the facts I have always appreciated about the relationship I had with my guru-teacher is that he never withheld his presence. Whenever I was visiting CSA, and asked Mr. Davis for some information and/or teaching, he would answer me. Now that he is no longer physically present, there are people prepared by him who can perform that task well.

Make order in your spiritual life. Read some books by Mr. Davis and the *Autobiography of a Yogi* by Paramahansa Yogananda. Practice meditation as we teach it in order to have a direct experience of our teachings. Take your time to understand them. Do not try to mix different things at the same time without discernment. Do not rush. “Hurry” and “Yoga” are not synonyms and the two terms do not get along well with each other.

If you use the right approach, you will surely be successful.

Grace causes our spontaneous spiritual unfoldments,  
the unplanned and unanticipated supportive events  
and circumstances we frequently experience, and the  
final removal of delusion (unknowing) from  
our awareness. – *Roy Eugene Davis*

## Observations, Insights & Discoveries

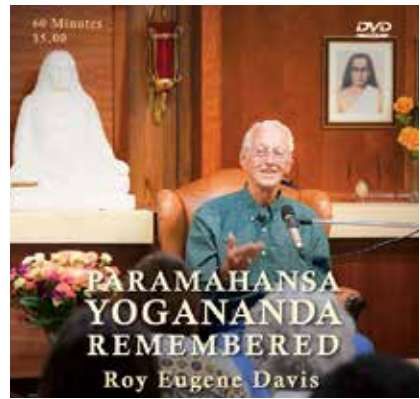
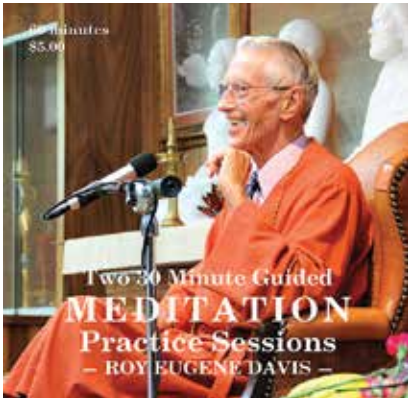
*Continuous Learning  
and Skillful Living  
Nurture Emotional  
and Spiritual Growth*



**Neuroscience Reveals: Gratitude Literally Rewires Your Brain to be Happier** – *From DailyHealthPost Editorial, July 21, 2019*  
Psychologists Dr. Robert Emmons of the University of California at Davis and Dr. Michael McCullough of the University of Miami published a study in 2015 finding that those who practiced gratitude “reported feeling more optimistic and positive about their lives. In addition, the gratitude group was more physically active and reported fewer visits to a doctor than those who wrote only about their negative experiences.” And that, “Focusing on the positive and feeling grateful can improve your sleep quality and reduce feelings of anxiety and depression. Furthermore, levels of gratitude correlate to better moods and less fatigue and inflammation, reducing the risk of heart failure, even for those who are susceptible.”

At the University of California, Los Angeles, researchers using an MRI found that “when subjects were induced to feel gratitude by receiving gifts, the areas of the brain showing increased activity were those associated with moral and social cognition, reward, empathy, and value judgment. This led to the conclusion that the emotion of gratitude supports a positive and supportive attitude toward others and a feeling of relief from stressors. Gratitude activates the hypothalamus as well, with downstream effects on metabolism, stress, and various behaviors. ... Through the power of gratitude, you can wire your brain to be optimistic and compassionate, making you feel good.”

# Helpful Audio and Video Recordings



**Audio recording: 60 minutes**

## **Two 30-Minute Guided Meditation Sessions**

Sessions begin with routines to calm the mind and focus attention. Use the short periods of silence to contemplate your pure essence and ultimate Reality.

**DVD color video: 60 minutes**

## **Paramahansa Yogananda Remembered**

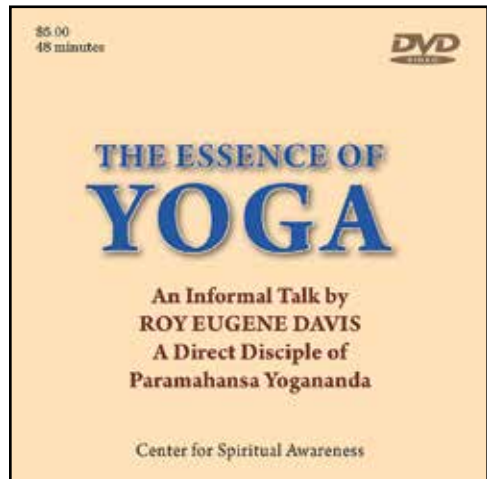
Roy Eugene Davis shares stories about his experiences and observations during his early years with his guru.

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## **An Informal Talk by Roy Eugene Davis**

An explanation of classical Yoga systems with emphasis on Kriya Yoga philosophy and practices, meditation, and stages of spiritual awakening to complete Self-realization.

**Recorded During a Summer Meditation Retreat at CSA Headquarters**



## 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.

In the highest states of consciousness you can maintain your divine realizations while working, speaking, and moving about in this world.

– *Paramahansa Yogananda (1893 – 1952)*

Every morning the day is reborn among the newly blossomed flowers with the same message retold and the same assurance renewed that death eternally dies, that the waves of turmoil are on the surface, and that the sea of tranquility is fathomless.

– *Rabindranath Tagore (1861 – 1941)*

The mind is purified by cultivating thoughts and feelings of friendship for others, compassion for those who are suffering, happiness for the well-being that others enjoy, and dispassion regarding what is observed. Or one may definitely overcome all such obstacles by practice of pranayama. – *Yoga-Sutras 1:33,34*

I call that mind free which escapes the bondage of matter, which, instead of stopping at the material universe and making it a prison wall, passes beyond to its Author, and finds in the radiant signatures which it everywhere bears of the Infinite Spirit, helps to its own spiritual enlargement.

– *William Ellery Channing (1818 – 1901)*

As from a blazing fire sparks, being like unto the fire, fly forth a thousandfold, thus are various beings brought forth from the Imperishable. – *The Upanishads*

There is not one realm of spirit and another of nature; there is only the growing realm of God.

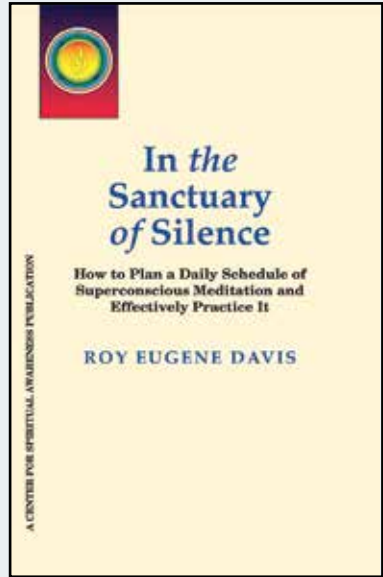
– *Martin Buber (1878 – 1965)*



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## News & Highlights Summer 2020



*Above:* CSA Minister Furio Sclano and teacher Manuela La Iacona led a CSA retreat in Turin, Italy. Ron Lindahn spoke to the group for a Saturday afternoon session via Skype. – June 26–28  
*Below:* CSA minister Luca Migliaccio and Clara Calabretto led a Kriya Yoga retreat near Rome, Italy. The group included some new students and two new Kriya Yoga initiates. – June 26–28





*Above: Rodney Amig and Rob Callaway, longtime CSA employees, laying the foundation for a new, safer sidewalk at a CSA guest house. – July 2020*

*Below: CSA Minister Claudio Cedolin led a Kriya Yoga program at Studium Yoga in Venice, Italy, and conducted a Kriya Yoga initiation ceremony for eight new initiates. – July 4, 2020*



# Visit Our Web Site Often to View the CSA Calendar of Online Events and Videos of Roy Eugene Davis


CSA Calendar of Online Programs (Eastern time) click event for details


July 2020


Month Week Day


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>7:00 - 7:30 AM Meditation w/ Berger</p> <p>11:00 - 12:00 Online Morning Meditation w/ Mary Wutke</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p> <p>8:20 - 7:00 PM (New Time) Meditation - Pascale C</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p>	
<p>7:00 - 7:30 AM Meditation w/ Berger</p> <p>11:00 - 12:00 Morning Meditation &amp; Ignatian w/ Ryan Strong</p> <p>2:00 - 3:00 PM Webinar with Roy Eugene Davis: "Is the end of the Enchanting World?"</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p> <p>10:00 - 11:30 AM Retreat: Meditation &amp; Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat: Meditation</p> <p>2:30 - 3:30 Retreat: Workshop w/ Chris Cortese: "The Disidentification with the 'Kiss and'"</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p> <p>10:00 - 11:30 AM Retreat: Meditation &amp; Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat: Meditation</p> <p>2:30 - 3:30 Retreat: Workshop w/ Mary Wutke: "The Transformation of the Brain &amp; Nervous System through Kriva Yoga"</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p> <p>10:00 - 11:30 AM Retreat: Meditation &amp; Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat: Meditation</p> <p>2:30 - 3:30 PM Retreat: Workshop w/ Ryan Strong: "Using Breath for Awakening and Health"</p> <p>11:30 PM Meditation: "Futura &amp; Mensura"</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p> <p>10:00 - 11:30 AM Retreat: Meditation &amp; Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat: Meditation</p> <p>2:30 - 7:00 PM (New Time) Meditation - Pascale C</p>	<p>1:00 - 1:30 AM Meditation w/ Berger</p> <p>10:00 - 11:30 AM Retreat: Meditation &amp; Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat: Meditation</p>	


## Streaming Videos

- 

**Wake Up with Roy Eugene Davis: Techniques for Effective Meditation**  
 What do do when meditation practice is not producing results: prayer, mantra, breath, affirmation, contemplation, pranayama, om, and visualization.  
 24 minutes
- 

**Wake Up with Roy Eugene Davis: Guided Meditation with Visualization**  
 Mr. Davis leads a guided meditation including a visualization using expanding light.  
 19 minutes
- 

**Wake Up with Roy Eugene Davis: Devotion and Surrender to God**  
 Mr. Davis answers a question about devotion and surrender to God.  
 3 minutes
- 

**Wake Up with Roy Eugene Davis: Compassion, Chakras & Bhagavad Gita**  
 Mr. Davis discusses the chakras and their relation to the Bhagavad Gita.  
 21 minutes
- 

**Wake Up with Roy Eugene Davis: Guided Meditation**  
 Mr. Davis leads a guided meditation.  
 18 minutes

# Attend Programs Online

In order to support the safety of our members and staff, the CSA Retreat Center in Lakemont, Georgia will be closed for the rest of 2020.

We will continue to offer the quality ministry services that Mr. Davis dedicated his life to by conducting online classes. You can now participate in CSA programs from anywhere in the world. All times are Eastern time zone.

## Retreats: You can participate using Zoom.

Visit: [www.csaretreat.org](http://www.csaretreat.org)  
 Code: 980 663 1368  
 Password: 957607

- **Sunday meditation:** 11 am
- **Fall retreat Saturdays**  
 September 26, October 24, and November 14:  
 9 am meditation; 10–11 am, 11:15–12:15 pm, and 1–2 pm seminar classes presented by CSA ministers and teachers.

Saturday, December 5:  
 Holy Season Meditation  
 online. 10 a.m. – 1 p.m.

## Webinar: Use the link in the CSA email newsletter.

The first Sunday of each month at 2 pm, a webinar with minister Ron Lindahn based on Roy Eugene Davis' book, *Seven Lessons in Conscious Living*. [www.csa-davis.org](http://www.csa-davis.org)

Click to listen

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Ron Lindahn

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

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Quantity

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**Paramahansa Yogananda As I Knew Him** 2nd Edition \$8.00 \_\_\_\_\_

**Words That Heal and Transform** (Affirmations) \$2.00 \_\_\_\_\_

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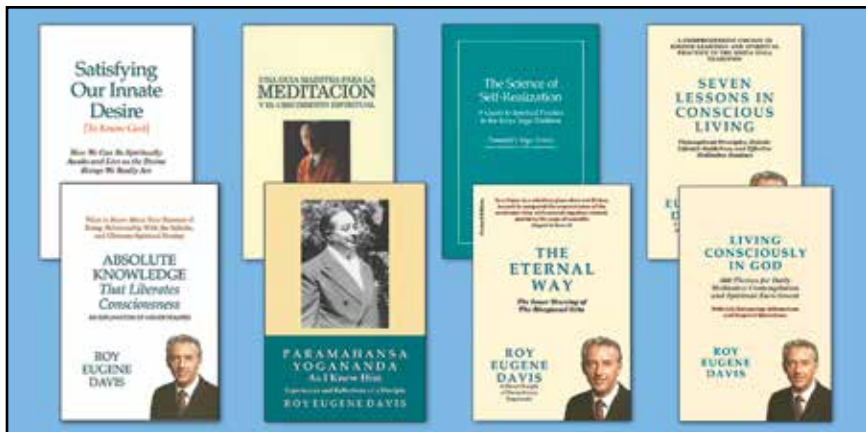
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**Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte**



I had often prayerfully wondered  
What life was for.  
In a still moment, the answer came:  
A sudden insight that emerged from  
Depths long hidden;  
Wordless knowing of that primordial  
*Wholeness* in which all dramas of  
Relative existence flawlessly portray  
Their inherent purposes.  
Tranquil and still, I wondered no more.  
– *Roy Eugene Davis, Mystic Reflections*