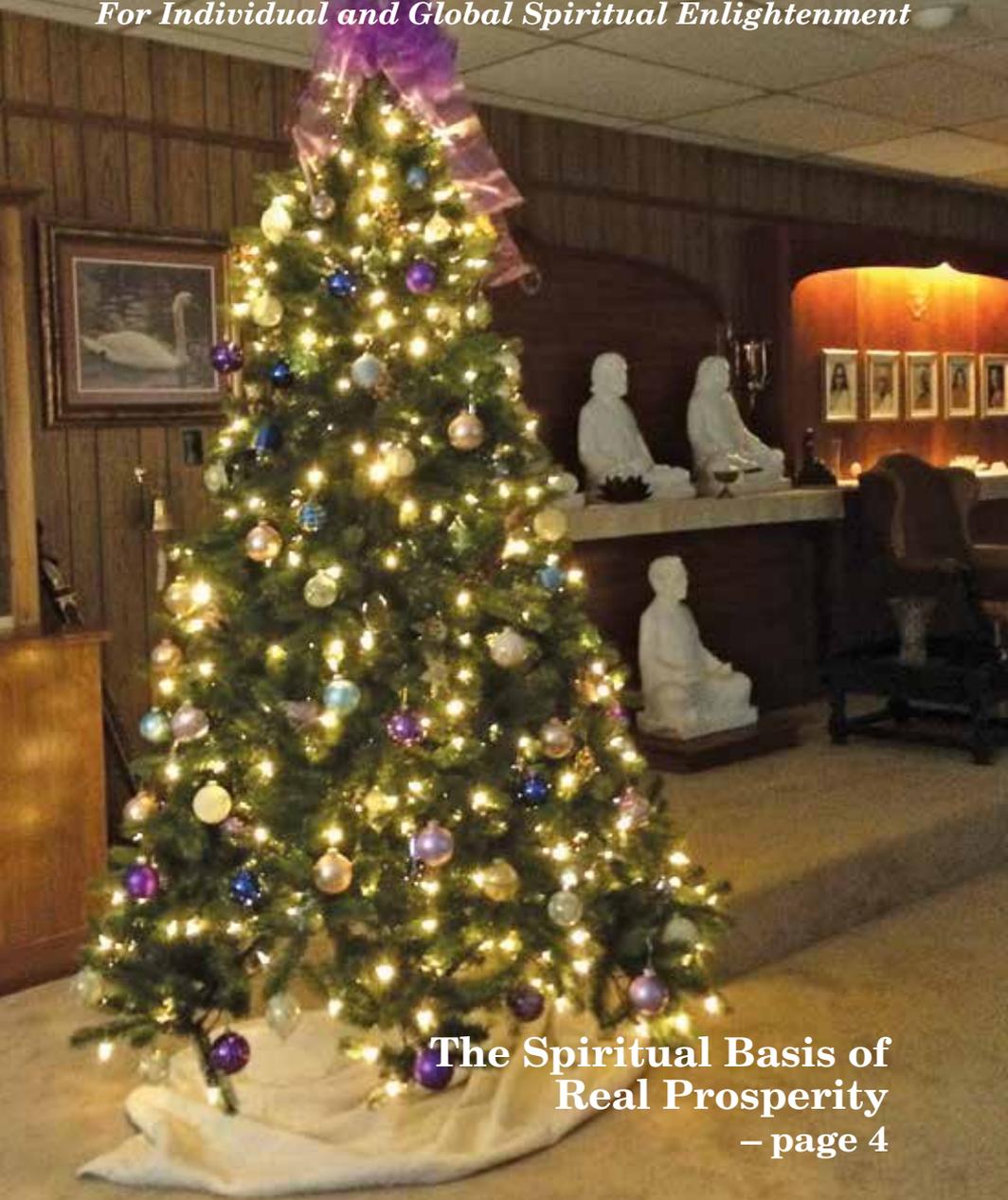


Dec. 2021 – Jan. 2022

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



**The Spiritual Basis of  
Real Prosperity**  
– page 4

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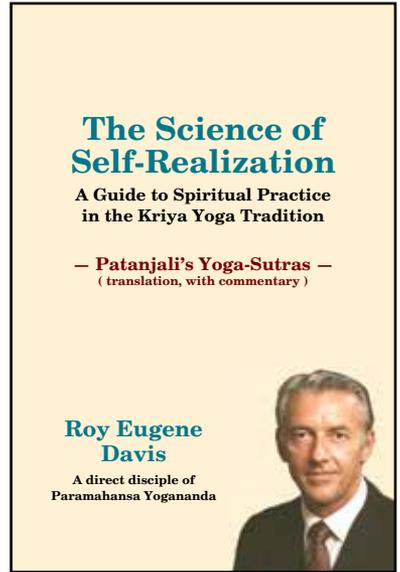
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*Front Cover:* In the CSA Meditation Hall.

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*Below:* CSA Headquarters Meditation Hall and grounds.



Published: February, April, June, August, October, December  
Kathleen Low, Editor

Subscription in the U. S. \$10.00 Other countries \$20.00 airmailed

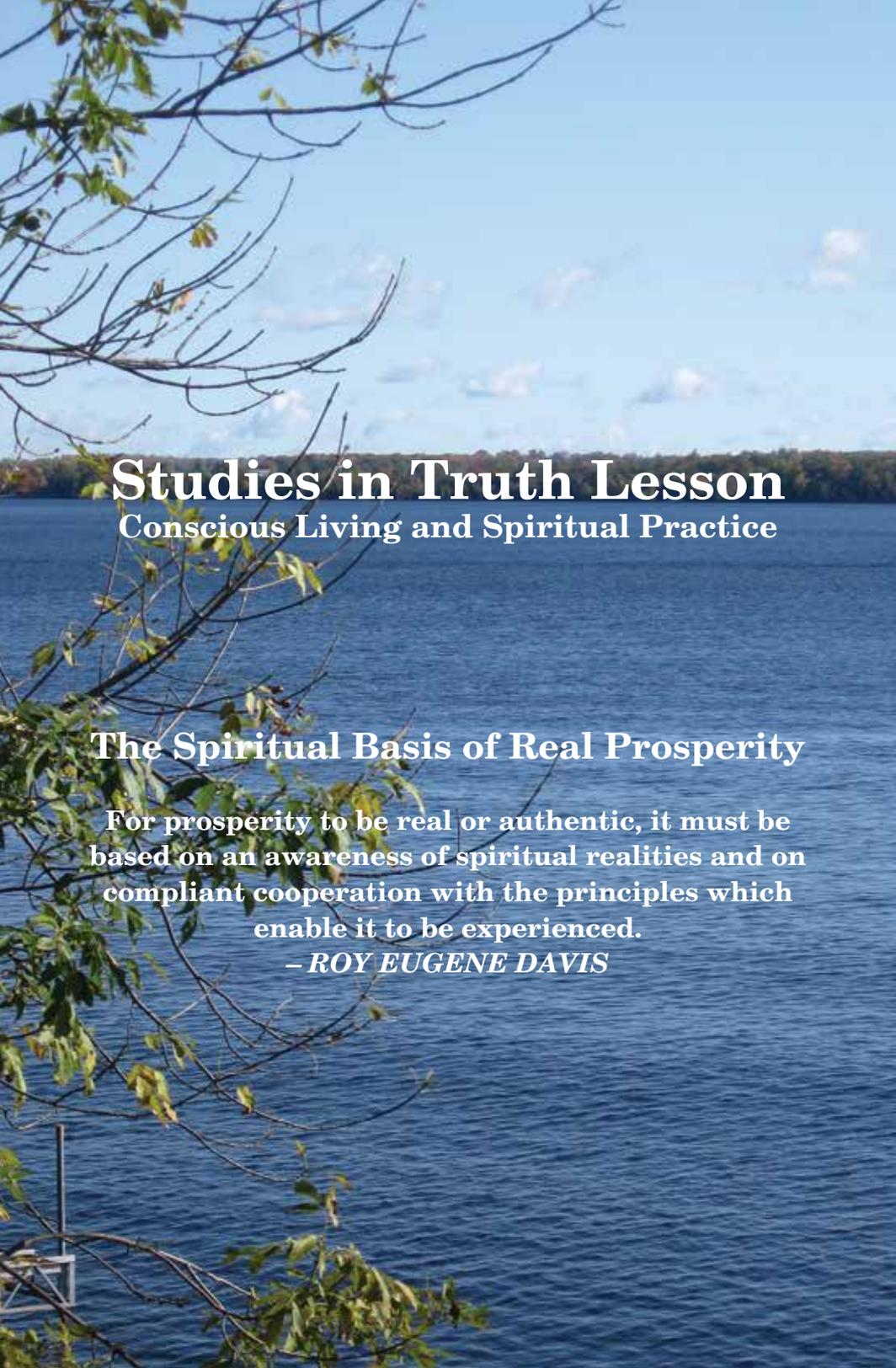
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# **Studies in Truth Lesson**

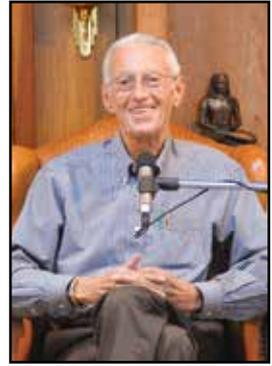
## **Conscious Living and Spiritual Practice**

### **The Spiritual Basis of Real Prosperity**

**For prosperity to be real or authentic, it must be based on an awareness of spiritual realities and on compliant cooperation with the principles which enable it to be experienced.**

***– ROY EUGENE DAVIS***

Life need not be difficult, painful, or restricted. Anyone who is capable of rational thinking can choose to be spiritually awake and serenely happy, live effectively, have life-enhancing desires fulfilled, and consistently accomplish meaningful purposes.



To fully actualize life's highest potential, we have only to aspire to excellence, be decisive, have or acquire knowledge that enables us to act wisely and skillfully, persist with firm resolve, and willingly and appropriately participate with the laws of causation that can produce the desired results.

The spiritual basis of real prosperity is alert awareness of our wholeness as spiritual beings that provides clear perception of the universe as an undivided or whole manifestation of cosmic forces emanating from and sustained by a field of Infinite Consciousness. If we are not always able to thus perceive ourselves and the universe—or if restrictive circumstances are common or occasionally occur and persist—clarification of our awareness that restores it to wholeness is needed.

The words *prosper* and *prosperity* are derived from the Latin word *prosperus*: fortunate. To *prosper* is to thrive, flourish, and be successful; to be affluent: in a continuous flow of resources and supportive events and relationships which assure our highest good. Prosperity is experienced when the spiritual, mental, physical, and environmental components of life are harmoniously integrated.

We are truly prosperous when we:

- Are spiritually aware.
- Are mentally, emotionally, and physically healthy.
- Have harmonious, mutually satisfying relationships with people with whom we associate.
- Can appropriately relate to the world and its ongoing events and circumstances with confidence.
- Can efficiently perform our duties and consistently accomplish our meaningful purposes.

- Have our life-enhancing desires easily fulfilled.
- Always have resources available that provide for our well-being and enable us to live effectively.

The one field of Consciousness which manifests the energies and forms of Nature is self-referring. Because it alone exists, it interacts only with itself. Everything in the realm of objective Nature—light, the quantum field, atoms, molecules, electricity, magnetism, various forms of matter, living things, and the minds and bodies of creatures and human beings—are aspects of the creative power of Consciousness produced by its interactions.

Since all souls that animate bodies are expressive aspects of Consciousness, and Nature is composed of its emanated forces, why do creatures and human beings suffer misfortune and experience hardship and deprivation? Cells, microbes, viruses, bacteria, aquatic life, insects, birds, and animals instinctively thrive when conditions are ideal for their needs. They endeavor to adapt to conditions which threaten their survival and are deprived or die when environmental circumstances are not supportive of them. Human beings, similarly survival-oriented and with intelligence, instincts, and acquired adaptive behaviors, also require supportive environmental circumstances if they are to thrive, satisfy their urges, and fulfill their purposes.

Human beings are usually more conscious than simpler forms of life. Our refined brain and nervous system enable us to have the potential to be more conscious, intelligent, and imaginative, choose our behaviors, and have a considerable degree of control over our environment and circumstances. Although our self-determined behaviors can sometimes get us into trouble, when they are wisely chosen they can be the means by which we may create or choose ideal circumstances for ourselves and others.

Having an abundance of material things is not of itself evidence of real prosperity. We may have a surplus of material things and other resources yet be spiritually impoverished, have poor physical health, be psychologically disturbed, or be severely challenged by a variety of problems and difficulties. We may be healthy and enjoy comfortable relationships, yet be unable or unwilling to

effectively relate to the material world or have an adequate supply of its resources. Symptoms of lack of spiritual awareness—poor health, addictive behaviors, mental confusion, emotional unrest and immaturity, neurosis, psychosis, and thoughts and feelings of insecurity, loneliness, and despair—may be experienced by people who are financially secure and those who are not.

When we direct our attention to the subject of money, questions may arise in the mind. Why are many honest, sincerely spiritually inclined people unable to be successful in their endeavors or to demonstrate overall prosperity in their lives? Why are some people, who are not spiritually awake, whose behaviors are quite ordinary (or neurotic or dysfunctional), wealthy?

Whatever is possible to be experienced by people who are ego-centric (self-conscious) can and may occur because their awareness is dreamlike; they are only partially conscious. Incidents of misfortune or of good fortune are not always directly related to their superficial thoughts or random actions.

Habitual states of consciousness primarily determine personal circumstances, prevailing over even heroic endeavors to think constructively or to act effectively. Some people who do not know about metaphysical principles of causation may have well-developed powers of concentration, be strongly motivated, and have skills which enable them to accomplish their purposes. Others, with knowledge of how to function effectively may not want to do so, or may be inhibited by psychological or other problems.

With even a modest degree of spiritual awareness and knowledge of the principles of cause and effect, we can soon learn how to determine our circumstances by our wise choices and constructive actions.

How can individuals in oppressive political, social, and economic conditions be prosperous? The principles of cause and effect that determine circumstances are impersonal and universal—they operate for anyone, anywhere, anytime. Even when conditions are oppressive, when one becomes aware that choices can be made, and makes them, constructive adjustments of states of consciousness and mental states—reinforced by constructive actions when necessary—will result in improved circumstances.

In recent years, countless books have been published in which the authors have extolled the idea that since the universe is a manifestation of God's creative power you can have as much of its resources as you want if you will learn how to be in harmonious relationship with it. While it is true that the universe can provide for all of our needs, it is not spiritually useful to cultivate an arrogant attitude of acquisitiveness characterized by aggression, greed, and compulsive endeavors to grasp, possess, and control. It is more beneficial, and soul-satisfying, to determine what our major purposes in life are, and learn how to be sufficiently prosperous in every way so that they can be successfully accomplished.

We have a prosperity consciousness when we are undeniably aware of wholeness, of *having*. Endeavors to manifest the effects of a prosperity consciousness—mental, emotional, and physical health, intellectual discernment, creativity, orderly circumstances, supportive relationships, timely events, and abundant resources—without vivid awareness of the wholeness of life will always either fall short of the goal or fail to produce permanent results. Why is this so? Because we cannot experience or manifest that which is not already in our consciousness.

When awareness of wholeness, of *having*, is our normal state, its effects are naturally expressive. States of consciousness and mental states produce effects after their own kind in accord with the natural, therefore reliable and predictable, principles of causation. Our personal experiences, behaviors, and circumstances always perfectly correspond with our habitual, subjective states of consciousness, mental attitudes, dominant thoughts, and consciously known or subliminal desires.

A healthy-minded, emotionally mature person who desires improved circumstances will respond favorably to opportunities to learn how to be self-reliant and to live more effectively. Some individuals, whose actions have been unproductive of desired results or who prefer to believe themselves to be victims of fate, karma, adverse planetary influences, genetic factors, economic or societal trends and circumstances, or the malicious thoughts or actions of others, may not want to be reminded that they are contributing to their suffering and misfortune. They may com-

plain, asserting that God does not love them ... life isn't fair ... others are more fortunate ... no one understands or cares about them ... or that they are incapable of helping themselves because they are victims of circumstances beyond their control. The truth, when apprehended, is liberating: every person who is capable of making choices can learn to be responsible for what they think, do, and experience. They can be fulfilled by acknowledging their spiritual potential and by doing what is necessary to actualize it.

If we are not spiritually aware when we endeavor to demonstrate or experience evidence of prosperity, we may be inclined to be manipulative or to nurture superstitious ideas. Inclinations to control others, events, or circumstances for self-centered purposes indicate a deficiency of awareness of wholeness. Superstitious ideas, and behaviors prompted by them, indicate incomplete understanding of the nature of consciousness, mind, and the laws of cause and effect. We cannot have what we need or desire when we believe and feel that we do not already have it in our consciousness.

Whatever we claim or possess in our consciousness is ours in fact. That which we do not, cannot, or will not claim in our consciousness is not substantial.

No one, and nothing outside of us, can take from us what is established in our consciousness. No one, and nothing outside of us, can permanently provide for us what is not already established in our consciousness. When wholeness is realized (clearly known and vividly experienced), it pervades our consciousness, mind, body, and environment. When beliefs and illusions of lack or limitation are forever banished from our mind and awareness, we cannot experience lack, nor can obstacles to personal expression or successful accomplishment of purposes prevail.

If it seems that our resources, including money, are inadequate to meet our needs or to enable us to easily do the things we need—or want—to do, the problem is not a deficiency of resources. Deficiency in a whole, self-complete universe is impossible. The problem can only be that we have yet to be spiritually aware; effectively use our time, energy, and talents; and wisely manage the resources we have.

How do you live your life?

- Are your activities well-ordered?
- Do you have priorities: duties, routines, or actions that you perform first because they are essential to your well-being and to living effectively and accomplishing your purposes?
- Do you think that you do not have enough time to do what you want to do or to accomplish what needs to be done?
- Do you perform nonproductive actions to appear busy, to avoid boredom, or to avoid thinking about more important matters?
- Have you eliminated nonproductive actions?
- Have you renounced personal relationships and social activities that are meaningless or which distract your attention?
- Do you pray and meditate on a regular schedule?
- Do you plan your work and other important activities so that you can efficiently accomplish your purposes, or are you drifting without a sense of meaningful purpose?
- Do you allow behaviors, relationships, and circumstances to be determined by your whims while thinking that the Spirit of God or your inner guidance is directing your path in life?

We *can* have guidance: the spiritual impulses that determine our destiny can be influential and our intuition can provide insight. However, if our sense of guidance is erroneous or if constructive, life-enhancing events and circumstances are not unfolding, we need to more carefully examine the thoughts we have presumed to be guidance. We need to be practical and use our common sense.

- Are you energetic, enthusiastic, and glad to be alive?
- Do you enjoy living?
- Are you goal-oriented?
- Are you sincerely committed to awakening to your full spiritual potential as soon as possible?
- Do you have an abundance of energy?
- Are you using your energy wisely?

Vital forces are weakened and wasted by:

- Superficial, useless talking.
- Unhealthy dietary habits.

- Irregular lifestyle routines.
- Addictive behaviors.
- Restlessness and purposeless actions.
- Excessive stimulation of the senses.
- Insufficient sleep and neglecting stress management routines.
- Obsessive or habitual daydreaming or fantasy.
- Worry.

Although we receive energy from the food we eat and the air we breathe, the body's primary energy source is soul force. The vital force that enlivens and nourishes the body is increased and transformed into finer, regenerative energies by:

- Constructive thinking.
- Enthusiastic, intentional living to successfully accomplish meaningful purposes.
- Optimism: being habitually inclined to expect the best possible outcomes from personal endeavors and to emphasize the most positive aspects of a situation.
- Prayer, and meditation that clarifies awareness.
- Wholesome lifestyle routines that include a balance of purposeful activity with sufficient rest, relaxation, recreational activities, stress management routines, and nutritious foods that are easily assimilated.
- Having a keen interest in living, learning, growing to mental and emotional maturity, relating knowledgeably and effectively to the universe, accomplishing worthwhile purposes, unfolding innate potential, and fulfilling spiritual destiny to be Self-realized and God-conscious.

How skillfully do you use your talents and abilities?

- Do you know that your potential to unfold and to live effectively is limitless?
- Are your desires constructive and life-enhancing?
- Are you honest, compassionate, and caring?
- Are you fully aware of your talents and abilities?
- Are you using your talents and abilities to their full extent?
- Are you willing to learn how to live more effectively?

- Can you easily comprehend the meaning of what you see, read, or hear? If not, are you willing to improve your powers of perception and your reading and comprehension skills?
- Are you self-motivated to perform actions that are entirely constructive?
- Do you have a clear sense of purpose? If you do, act now to fulfill it. If you do not, ponder until you discover it, then resolve to fulfill it.
- Do you have habits of thinking, feeling, or behavior that restrict your ability to live effectively? If so, replace them with constructive actions.
- Are you aware of circumstances that are restrictive or impose limits? If so decide to improve, heal, or change them, and do it.
- Do you enjoy using your intellectual abilities?
- Can you easily use your intuitive powers?
- Are you a possibility-thinker? Are you able to think of and mentally envision ideal solutions to problems, alternative conditions to replace those which are unsatisfying, the final results of your constructive endeavors, and supportive circumstances and relationships for your highest good and the highest good of others? Is your possibility-thinking habitual?
- Do you habitually exercise pure intention to cause desired outcomes of endeavors to occur or to attract supportive events and circumstances into your life?

Whether your lifestyle is simple and your needs are few, or your lifestyle is expansive and more resources are needed to accomplish your purposes—whatever is needed the universe can easily supply. The universe is whole and self-sufficient. Its energy is constant: energy manifests as material things and material things are transformed into energy.

If we lack spiritual awareness, peace of mind, health, knowledge, skills, opportunities, supportive relationships, resources—anything that we need to enable us to live effectively—we have only to replace our illusions of limitation with accurate perceptions of the wholeness of life and of possibilities for fulfillment, then live in accord with our higher understanding.

## Answers to Questions About the Spiritual Path

**When my life is beinning to be well-ordered and I seem to be making satisfactory spiritual progress, unwanted events occur or unpleasant memories surface in my mind that cause me to become mentally and emotionally disturbed. What can I do to avoid being disturbed?**

It is normal to occasionally be confronted by events that are unwanted and to be aware of memories of various kinds. Use your discriminative intelligence to discern the difference between what you are as a spiritual being and ordinary states of consciousness. Observe events and memories without emotionally reacting to what is observed.

As a spiritual being, you are superior to mental states and emotions. Choose not to allow yourself to emotionally react to what is seen or remembered. What is “out there” can be seen and related to or risen above. The contents of your mind can likewise be observed without reacting to them. Neither events nor memories have any power to cause you to be mentally or emotionally disturbed. You choose or allow your reactions to what is seen or remembered. Choose to be self-reliant and in complete control of your actions and your feelings. You can do it when you sincerely want to do it.

Rather than try hard to overcome inclinations to be disturbed, concentrate on living with a sense of meaningful purpose. When you are more intentional in accomplishing your purposes, you will be less inclined to be influenced by external events and random thoughts.

Superconsciously meditate once or twice a day. Endeavor to be superconscious at all times after meditation. When you are constantly Self- and God-aware, you will always be calm, happy, inspired, and in control of your attention and feelings. Never believe, or declare, that anything external has the power to unduly influence your consciousness.

*What can I do to stay inspired and highly motivated to live up to my full potential and enjoy a long, productive physical life?*

Have goals to achieve and purposes to accomplish that are of great value, and concentrate on having them actualized. You will never be confused, complacent, inclined to be distracted from what you know to be most important, or lacking in energy and enthusiasm.

Productive living will enable you to develop and wisely use your exceptional powers of perception and extraordinary abilities to accomplish your meaningful mundane purposes as well as to meditate effectively and rapidly grow to emotional and spiritual maturity. You are, as is every person, innately inclined to be spiritually awake. To more easily experience rapid spiritual growth, replace mental attitudes, feelings, and behaviors which interfere with it, with mental states, feelings, and behaviors which allow it to spontaneously occur.

To want to be spiritually awake or to forcibly strive to be enlightened without first removing the obstacles to spiritual growth will not produce ideal results. Let go of or remove conditions which inhibit natural spiritual growth and it will effortlessly occur. All obstacles to spiritual growth can be removed by disciplined thinking and living and by frequent, sustained superconscious meditation.

*I seem to be “stuck” in ordinary consciousness. What can I do to rise above it?*

Aspire to expand your awareness beyond ordinary ways of thinking, feeling, and behaving. Imagine what it would be like to be more cosmic conscious. Imagining such possibilities can make you more receptive to experiencing alternative states of mind and consciousness. Also, meditate to bring forth states of consciousness which are more clear and transcendent. Think, feel, and live as you would think, feel, and live if you were now more aware and freely functional.

The only difference between individuals whose awareness is confined and those whose awareness is clear and expanded is how they perceive themselves and objective circumstances.

## The Courage to Change

*Clifford Rosen, CSA President*



In the Kriya Yoga tradition, you will often hear the saying, “You are an immortal unit of the pure essence of ultimate Reality.” To be fully steadfastly awake and aware of your true nature is the fundamental purpose of your life. Do not waste your valuable and relatively fleeting time living this life in useless pursuits. Set aside time for daily superconscious meditation.

The mind receives and processes impressions through the five physical senses. Our sixth sense, intuition, is the projection of accurate information that flows directly from the source of our consciousness beyond the mind.

Willingness to analyze your mind, identifying mental obstacles and preconditioned behaviors that require modification, is helpful. Having the determination and courage to change is precious and life-altering. Superconscious meditation, practiced regularly, effortlessly eliminates troublesome inclinations. Transformation of useless interests, relationships, addictions, and behaviors occurs without great exertion.

The grace, beauty, and wonder of this Kriya Yoga path allow mental obstacles to be dissolved as the true essence of your nature expresses. When orderly and in tune, your life naturally comes into order. Your body is regenerated, your creative thoughts express, pure consciousness expresses, energy flows effortlessly, and all obstacles vanish. You will live your perfect life.

Higher Superconsciousness is experienced when mental modifications are stilled, distractions no longer prevail, and when pure consciousness spontaneously expresses.

– Roy Eugene Davis, *Life Surrendered in God*

## **Guidelines to Inspired Living**

Speak the affirmations aloud with conviction.

December 5 – 11

### **Affirmatively Pray in God**

Meditate until you are peaceful and conscious of abiding in the wholeness of God. Know that you have all that is needed for your highest good. When you pray for others, see them in the wholeness of God.

*I pray affirmatively in God with conviction.*

December 12 – 18

### **Quietly Radiate Cheerfulness and Serenity**

Let happiness express from the innermost level of your being which is always blissful, serene, and whole. As a flawless unit of supreme Consciousness, you have within you all of its capacities and attributes. Express them.

*I am always cheerfully and serenely established in conscious Self- and God-knowing.*

December 19 – 25

### **Live Without Fear or Worry**

Because you abide in the wholeness of God, you always have the support of Nature and God's expressive grace. Knowing this, demonstrate your faith.

*Constantly conscious of abiding in God,  
I am always peaceful and confident.*

December 26 – January 1

### **Joyfully Welcome the New Year**

You have 365 days in 2022 in which to consciously live with high resolve and intentional purpose. Do everything that you know to do to make your life truly worthwhile.

*I look forward to a year of continuous spiritual growth,  
personal fulfillment, and beneficial service to others.*

January 2 – 8

**Review Your Resolutions and Goals**

Concentrate on what is most important. Write what you will do to adhere to your choices of action and to achieve all of your goals. Let the universe, and God's grace, assist you.

*As I think rationally and act effectively, I am always receptive and appropriately responsive to the unplanned good fortune that the universe freely provides.*

January 9 – 15

**Meditate Superconsciously Every Day**

Poised and alert, acknowledge your true nature and your relationship with the Infinite. Meditate peacefully until your mind is calm and your awareness is clear.

*I enjoy meditating daily in the deep silence.*

January 16 – 22

**Read about Metaphysical (Higher) Realities Every Day**

Nourish your mind with truthful information and inspired thoughts. Your innate knowledge will emerge and blossom.

*I nourish my mind with truthful information and inspired thoughts.*

January 23 – 29

**Be an Optimistic Possibility-Thinker**

What you can imagine as being possible for you to have or to experience can be actualized. "See" it and believe it. Do your part to help yourself; let God's grace do the rest. Live freely as the immortal, spiritual being you are.

*I imagine only ideal circumstances and experiences for myself and for others.*

## Vegetarian Rice Pilaf (6 – 8 servings)

**pilaf** A dish made with rice, seasoned broth, and vegetables or other selected ingredients.

3 cups brown or basmati rice (rinsed) 7 cups of vegetable broth  
2 cups carrots, 1/2 inch slices  
2 cups broccoli florets or green peas  
6 garlic cloves, smashed or grated 2 cinnamon sticks  
20 cloves 20 black peppercorns 2 tablespoons butter or ghee  
1 teaspoon turmeric 2 cups crumbled feta cheese

1. Simmer carrots in 8 cups of water for 7 or 8 minutes. Add broccoli or peas, cook 5 more minutes. Put vegetables in a bowl, rinse with cold water to stop cooking, and set aside. Reserve the vegetable broth.
2. Heat the butter or ghee in a 4 quart pot on medium heat. Add the garlic, black peppercorns, and cloves. Stir 3 or 4 minutes. Add the rice, stir to coat rice. Pour 7 cups of reserved hot vegetable broth in the pot (add hot water if necessary to make 7 cups). Add cinnamon sticks and turmeric. Stir to mix.
3. Boil the rice 5 minutes with the lid off. Turn heat to low and put a lid on the pot. Cook until water is absorbed (20 – 25 minutes for brown rice; 15 – 20 minutes for basmati rice). Remove from stove and let sit for 5 minutes with the lid off the pot.
4. Put cooked rice in a 9" x 14" (approximately) glass baking dish or metal pan. Remove the cinnamon sticks. Fluff rice with a fork. Add vegetables and gently stir to mix. Scatter the feta cheese on top. Serve immediately or keep warm in the oven; 150°F (65°C).





*Discovering the Sacred  
In Everyday Life*

## **Five Kinds of Thoughts and Beyond Them**

*Ellen Grace O'Brian*

Sage Patanjali, the great compiler of Vedic wisdom, begins his treatise, the Yoga Sutra, with a life-changing insight into our thoughts. He explains that our thoughts are like waves, and when they are active, our attention and awareness follow them, get involved with them, and then identify with them. We get caught up in our thoughts. This is no secret to us! But the great secret he reveals is what is hiding behind those thoughts: we are. The true Self, the inner light of divinity, can be obscured by those waves of thought activity. We don't perceive our essential Self because we pay attention to the thoughts, not to the inner light of awareness shining upon them. We look externally for wisdom, but the most profound wisdom is within us.

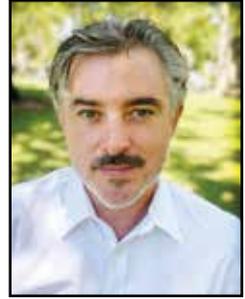
Yogic sages investigating the nature of the mind discovered five different kinds of thoughts, broad categories that describe what they observed as changes in the mental field. According to the sages, the different types of thoughts we have are right knowledge, mistaken perception, imagination, sleep, and memory. We have thousands of thoughts, but they all fit into one of these categories. In addition to naming the broad categories, the sages added that thoughts might either be beneficial or non-useful regarding our spiritual awakening goal.

Realization of what is true fits into the category of right knowledge. It comes to us through direct experience, through inference, or the testimony of a trustworthy, reliable person. Direct experience of what is true may come about through the senses, through contemplation, or intuitive perception.

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## Marvelous, Astonishing *A Wonder to Behold*

*Ryan Phillip Strong*  
*CSA Senior Minister*



There is nothing mundane about this life. There is one ultimate power that produces and sustains everything. Being in, and a part of, the ocean of consciousness is truly wondrous.

Until we are fully spiritually enlightened, we can choose to wholly embrace the magnificence of being alive in the universe. We can choose to acknowledge the magnificence of creation, and we can choose to stay Soul inspired by it every moment.

Even when circumstances may feel challenging, and even if we feel like we are suffering, there is always grace. The regulating force of spiritual evolution is an impersonal governing force of existence that is always guiding us towards knowing lasting fulfillment, nonsuffering, and liberation. There's an unseen hand in everyone's life that encourages every soul towards reawakening to the unbounded, absolute, one unified field of pure consciousness.

May each of us choose to embrace this wonderful gift of life, of God's enlivening grace, and may we always choose to be inspired towards becoming fully spiritually awake.

A Soul is a pure-conscious unit of one reality confined by a mistaken sense of self-identity. When this error in perception is corrected, the truth seeker's consciousness is immediately restored to its original pure wholeness.

– Roy Eugene Davis, *Self-Knowledge*

## Live to Selflessly Serve

*Ron Lindahn*



I once received a report from one of our CSA ministers regarding attendance at meetings. In the statement that only two or three were regularly showing up, I detected a note of apologetic resignation.

My response was a reminder that we never know how we touch others and the effects of our efforts. When we share the light of our consciousness, our heart (essence of being), optimism, hope, joy, and good will, we improve the lives of others. Sometimes the effect is small, sometimes profound. Even if the effect is a minor change for the better, the individuals we touch interact with others, and the positive change in them is passed along. In this way our influence ripples out into the world affecting many that we never personally know.

When we share of ourselves we lose nothing, we help to illumine our world, and in the process we illumine ourselves. Every act of selfless service brings us closer to the experience of our true nature as an expression of God: inseparable, intimately interconnected with all that is, whole, and already perfect.

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.

(Patanjali's Yoga-Sutras 1:33)

– Roy Eugene Davis, *The Science of Self-Realization*



## Three Lines of Work to Facilitate Spiritual Growth

*A. Martin Wuttke*  
*CSA Minister, Neurotherapist*

Here, “work” refers to the actions we take in life to cultivate our intentional participation in the evolutionary process that leads to Self- and God-realization.

Every one of us is part of a larger life with the innate inclination to return to wholeness. We are individualized units of absolute Reality with all the qualities and capacities of that Reality within us.

It is recommended that we balance our lives with three lines of practical activities that complement one another in order to facilitate our development and participation in this process:

1. Work on ourselves for liberation of individual consciousness in this lifetime,
2. Work to support and assist other students/seekers.
3. Work to assist the unfoldment of the enlightenment teachings’ beneficial influence on humanity.

### **Work on Ourselves**

Our daily routine of spiritual practices should not be complicated or overwhelming. Designating specific time to our meditation, self-study, study of higher knowledge and application of self-care routines, including appropriate rest, all serve to increase our efficiency and to ground us.

Meditation is perhaps the most essential thing we can do for our overall health because of its far-ranging benefits which include enhanced cognitive abilities, improved immune function, slowing of biological aging processes, and increased resistance to physical and environmental stressors.

### **Work for Others**

Eventually our individual realization and mature apprehension of higher knowledge can be shared when appropriate. It is not

wise to push information on to anyone who may not have the capability yet to understand, or to share information we ourselves have not yet comprehended. However, when we have a degree of spiritual and emotional maturity and our motives are pure, “planting seeds,” over time, can assist others in their inner understanding.

Apprehension of higher knowledge does not come from just hearing or reading it. It must be apprehended within, and no one else can do this for us. There are moments when revelatory flashes of understanding arise spontaneously from within, but often time is a factor in our evolving comprehension of Reality.

If we can assist others on the enlightenment path by sharing information, or just stay anchored in our own realization of being, this can be most beneficial. So, we can share information, we can be kind and caring, supportive and compassionate to all. This will have a beneficial effect for them and ourselves, always acknowledging the truth, the Essence of Being, no matter the outer appearance.

### **Work for the Teaching**

If we follow or belong to an enlightenment teaching tradition, then it is important to provide support whether through our personal resources or our participation when possible. Organized sources of enlightenment teachings are like ‘schools’ and if we are gaining benefit, our responsibility lies in supporting the ‘school’ so that the teaching can remain available for others. This support can take many forms depending on our circumstances: we can give our physical involvement, we can give from our resources if we have the ability, or we can participate in programs and volunteer work.

### **Balance**

Balancing all three lines of work can serve to round out and clarify what is important to our progress on the path to awakening. By avoiding distractions and superficial involvements our vital energy can be directed to the service of our individual needs, the needs of fellow seekers, and the teachings that provide the direction.

## 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.

All that is required to realize the Self is to be still.

What can be easier than that?

– *Ramana Maharishi (1880 – 1950)*

In the light of the eternal we are manifest, and even this very passing instant pulsates with a life that is needed by all the worlds to express. In vain would we wander in darkness; we are eternally at home in God.

– *Josiah Royce (1855 – 1916)*

Perform your duties with your hands ... let your heart [the essence of your being] be with God.

– *Kabir (1440 – 1518)*

Standing on the bare ground—my head bathed by the blithe air, and uplifted into infinite space—all mean egotism vanishes. I become a transparent eyeball; I am nothing; I see all; the currents of the Universal Being circulate through me. I am part and parcel of God.

– *Ralph Waldo Emerson (1803 – 1882)*

One who abandons all selfish desires and lives free from their influences without attachments or an inflated sense of self-righteousness, experiences permanent peace. – *Bhagavad Gita 2:71*

Life has to be lived. Why not live it the highest way?

– *Paramahansa Yogananda (1893 – 1952)*

A human body has the highest evolutionary value because of [its] unique brain and spinal centers which enable a person to fully grasp and express the highest aspects of divinity

– *Swami Sri Yukteswar (1855 – 1936)*



## IN MEMORIAM

**Iris Jeanette Daurelio**  
**October 1933 – July 2021**

Iris met Roy Eugene Davis in the mid-1980s, avidly studied his books and writings, faithfully attended seminars and retreats, was a dedicated meditator, and led meditation groups for others.

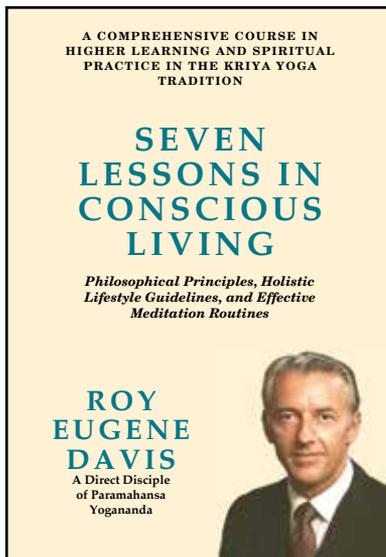
Iris was known for her loving nature, deep understanding, sense of humor, articulate communication, and perseverance. She enjoyed her life, and met any difficulties with spiritual strength. Iris lit up a room by walking in, and leaves a legacy of light and love behind her as she moves on now.

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## News and Highlights Fall 2021



*Above:* CSA minister Davide Riccio with his wife Giada and devotees after he conducted a Kriya Yoga initiation at their Yoga Center, Dharma Gioioso, in Riolunato, Modena, Italy.

– *September 2*

*Below:* CSA ministers Claudio Masettini and Barbara Zanella held a one day seminar with 25 participants at their Kriya Yoga center in Stella, Italy. – *September 11*





*Above:* CSA senior minister Ryan Phillip Strong leading a meditation class at the first in-person private retreat held at CSA headquarters since 2019. *September 23*

*Below:* CSA Ministers Luca Migliaccio and Clara Calabretto held a retreat September 24–26 at the Saint Vincent Monastery, near Rome, Italy. Over 20 attendees participated in meditation, prayers, and sharing the teachings of Roy Eugene Davis.



## Attend CSA Programs IN-PERSON

The CSA retreat facility is open for in-person two-week private retreats. Attendance is limited to 20 participants who will have private sleeping rooms and prepare vegetarian meals in their guest house.

### *Schedule*

- Early morning meditation Monday to Friday at 7 a.m. for approximately one hour followed by a short talk by CSA Senior Minister Ryan Phillip Strong. Afternoon meditation at 2 p.m. Local members are invited to attend.
- Thursday morning: Kriya Yoga initiation. Initiates may also attend for review and to reaffirm their commitment to their spiritual practices.
- Hatha Yoga and/or Qigong offered when instructors are here.
- Occasional educational videos.

### *Reservations and Guidelines*

- Be here for one week or two consecutive weeks. The room rate is \$60.00 per night, with a \$60.00 deposit to hold your room. Call or email to reserve: 706-782-4723, [info@csa-davis.org](mailto:info@csa-davis.org)  
The meditation sessions and classes are on a donation basis.
- 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 by 9 a.m. if attending only the first week so rooms can be cleaned for new guests.
- CDC guidelines for health and safety will be followed.
- 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](http://www.csa-davis.org)  
Click on Retreats page**

## **CSA IN-PERSON Retreats & ONLINE Seminars**

### **Private IN-PERSON Retreat Fall 2021**

**November 29 – December 4, 2021, ending with the Saturday Holy Season Three Hour Meditation 10 a.m. to 1 p.m.**

The Holy Season Meditation will also be online.

### **Private IN-PERSON Retreats 2022**

April 18–22, 25–29. May 16–20, 23–27. June 13–17, 20–24.

July 18–22, 25–29. August 15–19, 22–26. Sept 12–16, 19–23.

October 10–14, 17–21. November 7–11, 14–18.

**December 3, 2022:** Holy Season Meditation 10 a.m. to 1 p.m.

### **ONLINE Seminars 2022**

**Beginning on January 5 for the New Year:**

30 days of 20 minute online meditation sessions for renewed commitment on the spiritual path. 12 p.m. eastern time except Sundays at 11 a.m. On Zoom with Ryan Philip Strong and other CSA ministers.

**January 15, 2022: Paramahansa Yogananda as I Knew Him,** Saturday class from 10 a.m. to 3 p.m. based on the book by Roy Eugene Davis. Request your free copy for the seminar. See the website Calendar for complete daily schedule.

#### **Sunday Morning Meditation Online: 11 a.m. Eastern Time**

For a complete listing of programs and information:

- Call the office at 706-782-4723
- Go to [csa-davis.org](http://csa-davis.org) and click on the **Calendar** tab on the home page
- or Go to the Center for Spiritual Awareness **Facebook Page**

**You can participate in all online classes with Zoom:**

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

Password: 957607

**Note: If you don't have a smart phone or computer,**

Call with your telephone: 1-669-900-6833

Then enter Meeting ID: 980-663-1368 and press #.

When it prompts you for the participant ID, press # again.

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

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

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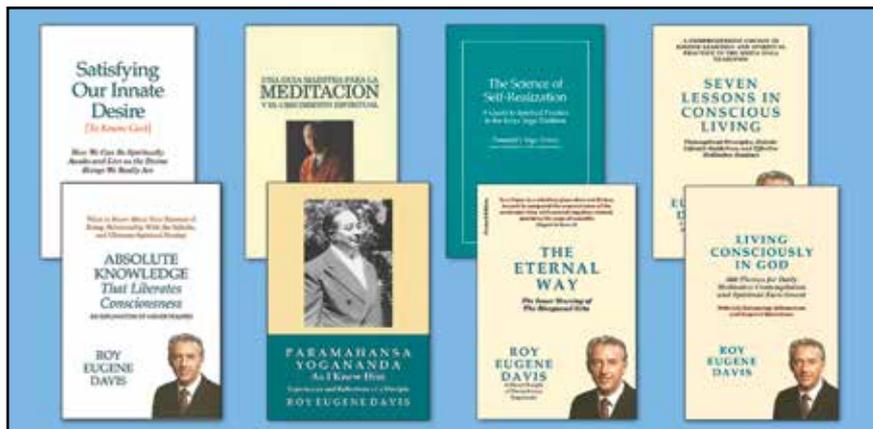
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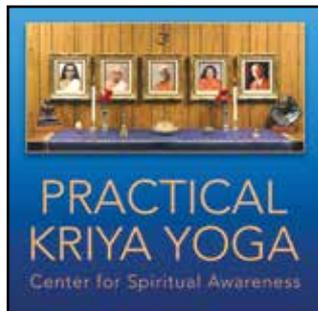
**Germany: Harald and Marlies Reiske. www.kriya-yoga.de**

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

**Walter Berger. Im Heiligtum der Stille**

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