

October – November 2021

54 Years of Continuous Publication

# TRUTH JOURNAL

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



**The newly dedicated Roy Eugene Davis  
Memorial Temple Accra, Ghana – page 27**

**Releasing Your Inner Splendor  
– page 4**

**New**

**Online Version of  
Roy Eugene Davis’  
masterpiece,  
*Life Surrendered in God***

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310 pages. Comprehensive commentary on Patanjali’s *Yoga-Sutras*, meditation techniques, biographies of the gurus in the Kriya Yoga lineage, glossary.

**PART ONE: PHILOSOPHY**

1. The Eternal Way
2. Yoga: Philosophy and Practices

**PART TWO: PROCEDURE**

1. Concentration and Superconscious States
2. The Practice of Kriya Yoga
3. Contemplation and Unfoldments of Unrestricted Soul Abilities
4. Enlightenment and Liberation

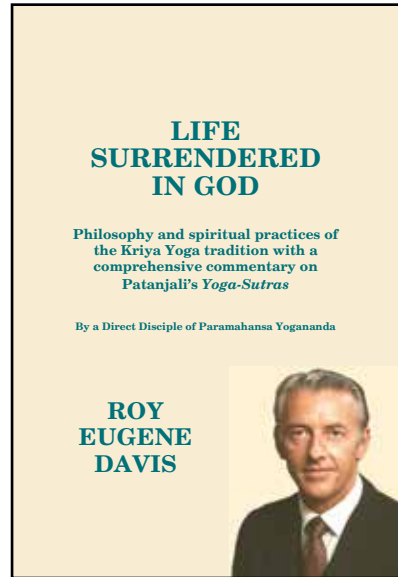
**PART THREE: PRACTICE**

1. Guidelines to Enlightened Living
2. Life-Enhancing Routines to Support Spiritual Unfoldment
3. Kriya Yoga Meditation Techniques and Routines

***Appendix***

The Transmission of the Kriya Tradition in the New Era

I wrote this book for God-surrendered devotees of the present era and for truth seekers centuries hence. It should not be taken merely as an interesting treatise to read once and put away. Repeatedly examine its meaning until understanding dawns in the mind as a result of direct, soul perception. – *From the Preface*



*Front Cover: CSA Minister Samuel Sasu in front of the Roy Eugene Davis Memorial Temple, Accra, Ghana. See page 27*

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*Below: The CSA Headquarters Meditation Hall.*



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**

### **Releasing Your Inner Splendor**

**The divine attributes innate to the soul are spontaneously revealed when restrictions that confine them are removed by right understanding and diligent spiritual practice.**

**– ROY EUGENE DAVIS**

**View of North Carolina mountains.**

**– Photo by Todd Bush**

## Word Meanings to Know

**attribute** A quality or essential characteristic of something.

**capacity** The ability to receive or contain.

**consciousness** This word has two meanings: 1) consciousness as awareness which has an object or supportive relationship; 2) the entity of consciousness itself without an object, which requires no support—often referred to as pure consciousness.

**Consciousness** When spelled with an upper case C, the word is used to refer to the one, self-existent reality (God).

**ego** The illusional sense of selfhood which is other than one's true essence of being.

**God** The one reality. The absolute (pure) aspect is devoid of modifying characteristics. The manifesting aspect has characteristics which make possible cosmic manifestation.

**intuition** The ability to perceive independent of the senses.

**meditation** Conscious withdrawal of attention from external conditions, senses, emotions, and mental processes for the purpose of experiencing Self- and God-realization.

**mind** The faculty that processes thoughts, memory, perception, feeling, will, and imagination. It makes possible our reasoning, thinking, and application of knowledge. Your mind is a unit of Cosmic Mind.

**Om** The vibration of the power of Consciousness (God). Om with its self-expressed attributes of space, time, and cosmic forces forms the field of primordial nature from which the physical universe is emanated and by which it is sustained.

**Self** A unit of pure consciousness: what we really are. A soul is a Self which is identified with modified mental states and objective circumstances to the extent that it “forgets” its true nature.

**Self-inquiry** Insightful examination of our true nature that culminates in Self-realization.

**spiritual enlightenment** Complete awareness and knowledge of the totality of Consciousness and its attributes and processes.

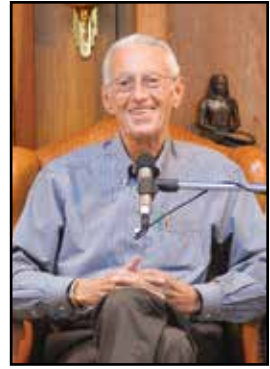
**splendor** From Latin *splendere*, to shine.  
Great luster or light: brilliance. Something magnificent.

When awareness is clarified, the self-shining reality of the essence of being is fully revealed. – *Patanjali's Yoga-Sutras 1:47*

The improved powers of perception and functional abilities, and the supportive circumstances we experience as a result of insightful metaphysical study and diligent spiritual practice, are evidence of the usefulness of our right endeavors. Our ultimate aim, however, should be to awaken to the stage of Self- and God-realization that will culminate in liberation of consciousness. Only then are we permanently removed from the various troublesome conditions common to the ordinary, self-conscious state.

Many spiritual aspirants are primarily interested in being able to have a more comfortable human existence. If they can be healthier, happier, have harmonious relationships, and be more prosperous, they presume that they will be satisfied. They seldom, if ever, seriously think about the inevitability of their departure from this world or what their future condition will be when and after that event occurs.

The only way to ensure our future, enlightened well-being is to nurture spiritual growth now so that we can be fully awake as soon as possible. When this is accomplished, we can effectively live as the immortal spiritual beings we are during our present sojourn in the physical realm and after we leave it. Our present incarnation is but a brief interlude in a longer passage through time and space which will continue until we transcend both of these conditions. Until we rise above the constraints of objective circumstances, we can learn to know them for what they are—manifestations of nature's influences to which we can harmoniously relate without being confined or limited. When we are spiritually enlightened, we intuitively perceive all that is observed in the realm of nature as existing in one field of Reality. We also know that we are units of the one field of Reality.



## The Stages of Liberation

The words *liberation* and *salvation* have the same meaning. To be liberated is to have one's consciousness removed from the mental restrictions that formerly obscured it and its innate knowledge. The word origin of salvation (Latin *salus*, whole, healthy) implies having the ordinary human condition healed of error, death, ignorance of the truth about life, and impurity. This meaning is also evident in the German *Heil*—healing or salvation—and *heil*—the holy or sacred, the source of transformative influences that reclaim wholeness. In many enlightenment traditions the ordinary human condition is viewed as a sickness that can be cured by actualizing soul qualities, acquiring useful knowledge, attitude adjustment, behavior modification, moral living, psychological transformation, and faith in a higher power.

Limited salvation is a condition of being sufficiently healthy-minded and spiritually aware to temporarily be free from discomfort, grievances, and misfortune. For people who tend to be attached to their self-conscious egocentric nature and ordinary social relationships, a condition of limited freedom is often acceptable. When deep-seated unconscious drives, compelling desires, or psychological conflicts become influential, physical weakness and other problems may again be experienced. Circumstances may seem to be overwhelming and apathy and despair may prevail. When aspiration to further spiritual growth wanes and attention becomes overly involved with ordinary secular interests, one may tend to fall back into former states of consciousness and the modes of behavior which correspond to them.

Limited salvation is a confined condition: 1) Self-knowledge is not yet complete; 2) awareness is still restricted by erroneous notions, illusions, subconscious conditionings, and personality-based views of one's self in relationship to God and nature.

A common mistake made by many who are somewhat spiritually awake is to erroneously believe their condition of limited salvation to be final freedom when, in fact, they have not yet overcome or transcended their limitations. Although they may enjoy degrees of cosmic consciousness, experience ecstasies and

have clairvoyant perceptions, be able to demonstrate exceptional abilities, and have some mastery of their mental states, states of consciousness, and circumstances, their spiritual attainment is only partial. They have attained a “semi-divine” condition which indicates a level of spiritual growth to eventually be surpassed.

A dedicated devotee on the enlightenment path will not err in thinking the way—the awakening process and the practices which facilitate it—to be the goal itself. Nor will such a one be enamored of novel theories or glamorous involvements which distract attention from the important matter of focused commitment to self-transformation and transcendence of mundane conditions which blind the soul to Self-knowledge. Neither preoccupation with philosophical opinions, superficial investigation of various methods and practices, constant seeking for new teachers, excessive interaction with other devotees, nor reliance on the help of saints long gone from this world, can be of any real value to one who ardently aspires to be enlightened.

Absolute liberation is accomplished when delusions, illusions, and psychological characteristics which inhibit the free flow of consciousness are absent and Self-revealed knowledge of the reality of God is fully and permanently unfolded. The reliable way to awaken to absolute liberation is to be steadfast in resolve to accomplish it as quickly as possible while living a wholesome, purposeful life and engaging in spiritual practices.

Every truth seeker who is willing to surrender the limitations of the self-conscious condition—the illusional sense of selfhood—in favor of unbounded God-realization can awaken to it by right personal endeavor and God’s influential, redemptive grace.

In its earliest English literary usage “salvation” had only the Christian meaning as deliverance from sin (faulty thinking and living) and death, and admission to eternal, blissful life. Salvation is a universal concern; all religions are religions of salvation because they offer promise of some form of freedom. In its general form, salvation is considered to be made possible by a natural or supernatural power that confers good. All religious traditions emerge from the hope that deliverance from the limitations of ordinary human life is possible.



The means by which the transition from helplessness to fulfillment can be made are set forth in two categories. Some traditions emphasize human weakness and the necessity of divine intervention. Other traditions stress the necessity of actualizing our powers of will and reason, moral behavior, and contemplative meditation. It is not uncommon for beliefs in regard to both categories to be intermingled. In the former instance, believers in divine intervention may endeavor to make themselves worthy of it by living a good life. In the latter instance, individuals who endeavor to actualize their innate, divine potential may also hope that help from an outside power will be forthcoming.

**The Truth About You, and What You Can Do to  
Enlarge Your Capacities and Allow Your Innate  
Attributes to Be Spontaneously Actualized**

Your real nature is pure and knowledgeable. If this is not already known and experienced by you, it can be. Remove or rise above conditions that cloud and confine your awareness and restrict your inclination to be freely expressive, and the full reality of what you are will spontaneously emerge.

Train yourself to be soul-centered rather than ego-centered. Use your powers of intellectual discrimination and intuition to discern the difference between the essence of your being and random thoughts, feelings, and moods. Then, when thoughts are not always orderly or emotions are temporarily unsettled, at the innermost level of your being you will always be peaceful. You will be able to dispassionately view the contents of your mind, your emotions, transitory events, and existing circumstances with insightful understanding.

Mental confusion and restlessness and emotional unrest are the two primary conditions that obscure our perception of our true nature. Cultivation of mental and emotional peace at all times allows spiritual awareness to prevail.

Spiritual awakening and growth is slow or fast in accord with our aspiration to be fully awake, our capacity to acquire useful knowledge, and the intensity of endeavors to remove or transcend the conditions which confine and restrict our awareness.

## **Helpful Practices for Everyone**

These practices will be helpful even if you do not yet fervently aspire to spiritual enlightenment:

- Live a well-ordered life, avoiding activities and relationships which do not enhance your life.
- Adhere to a wholesome self-care regimen: choose a healthy diet, exercise regularly, balance activity with rest.
- Establish your priorities. Decide what is most important for you to do. Think and act in accord with your rational choices.
- Nourish your mind with constructive ideas. Every day, read inspirational literature. Cultivate optimism: expect the best outcome in all situations. Be receptive to your highest good.
- Meditate every day for at least 20 minutes, until your mind is calm and your awareness is clear.
- Silently acknowledge the divine nature of everyone. Pray for their well-being and spiritual fulfillment.

You will be happier, healthier, more effectively functional, and have peace of mind. Your relationships will be supportive.

## **Practices for Fast Results**

To more quickly have your innate qualities unfolded, do all of the above and add the following practices:

- Study to learn more about your real nature, God, and the laws of cause and effect that determine your experiences.
- Meditate daily to the stage of superconsciousness. Sit until your awareness is clarified, then sit longer in the silence to experience the transformative effects of the superconscious influences in your mind and body.
- Learn some advanced meditation techniques. Practice them until you are proficient in eliciting superconscious states.
- Learn to maintain a superconscious state after meditation practice, while engaged in everyday activities.
- Assist others (who are sincere and receptive) to learn to live effectively and nurture their spiritual growth.

You will acquire much useful knowledge, your intellectual powers will increase, your intuition will be more accurate, and your powers of perception and functional skills and abilities will improve.

### **Practices for Faster Results**

To experience rapid spiritual growth, do all of the above and add the following practices:

- When meditating, after sitting for a while in superconscious silence, contemplate what you want to know or experience. Engage in Self-inquiry to realize (apprehend and experience) your true nature as a unit of the one Reality, God. Contemplate the reality of God until you discern what God is. Then renounce any remaining sense of independent selfhood to experience the truth of your being.
- Be receptive to the supportive actions of grace which will be increasingly evident within and around you. Meditation will flow spontaneously. You will be inspired. Your motives will always be pure. Your actions will always be effective. Spiritual growth will continue until you are permanently Self- and God-realized and fully liberated.
- Live as a free spiritual being.

As you abide in conscious awareness of your true nature in relationship with the Infinite, your enlightened consciousness will beneficially influence the collective consciousness of all souls in this and all realms.

*Note:* If you are new on the spiritual path, read *Seven Lessons in Conscious Living* until the philosophical concepts are understood. Adopt the useful, recommended lifestyle regimens and practice the progressive meditation techniques and routines.

Everything in nature contains all the powers of nature.  
– *Ralph Waldo Emerson (1803 – 1882)*

## Studies in Truth Review and Practical Application

Use these pages to review the lesson.

1. What are some indications that our metaphysical studies and spiritual practices are useful?

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2. How can we be certain of our future, enlightened well-being?

---

3. What determines the speed of our spiritual growth?

---

4. Are your lifestyle routines well-ordered?  yes  no  
If not, what will you do to organize your activities?

---

5. Do you adhere to self-care routines?  yes  no  
If not, what routines will you immediately implement?

In regard to the foods you eat:

---

In regard to regular exercise:

---

In regard to maintaining a balance between activity and rest:

---

6. On a separate sheet of paper or in a personal notebook or journal, review your duties and projects and number them in order of their importance.

7. What metaphysical or inspirational books are you reading?

---

8. Are you always optimistic?  yes  no  
If not, cultivate the constructive habit of optimism.

9. Do you meditate every day? [ ] yes [ ] no  
If not, meditate today for a few minutes, then meditate daily from now on. What time will you meditate? \_\_\_\_\_.  
Review the meditation techniques described in *Seven Lessons in Conscious Living*. (Kriya initiates: review the meditation techniques described in *A Guide to Kriya Yoga Practice*.)  
How will you meditate (technique and routine)?
- 

10. Silently acknowledge the divine nature of everyone and pray for their well-being and spiritual fulfillment.  
11. Practice maintaining your clarity of awareness and peace of mind at all times.  
12. Do your best to live as the divine being you are regardless of your present degree of understanding or spiritual awareness.  
13. Look into the near and distant future:

What can you see yourself doing in the next few weeks and months?

---

What can you see yourself doing next year and beyond?

---

What, if anything, should you do to prepare yourself to do what you want to do?

---

Do what you need to do.

### *Affirmation*

My resolve to be spiritually enlightened is firm.  
I will do what is necessary to remove or transcend  
all conditions which interfere with my innate urge  
to have my awareness fully restored to wholeness.  
That flawless Self- and God-realization unto which  
I fervently aspire, I also wish for everyone.

## Answers to Questions About the Spiritual Path

### **How can one discern the difference between a brain- or mind-produced sense of God-awareness and authentic experiences?**

Authentic God-awareness experiences produce noticeable beneficial changes in our mental attitude and how we think and behave because they provide us with a view of ourselves in relationship to others and the world that is more cosmic.

Common characteristics of people who have had authentic experiences of higher realities are: optimism, happiness, and conviction that they are immortal, spiritual beings. They are naturally inclined to live wholesomely and constructively and to continue to learn and to grow to spiritual maturity.

While brain- or mind-produced perceptions may inspire a person to explore spiritual growth possibilities, they seldom result in immediate improvements of mental states, states of consciousness, or personal behaviors. When some parts of the brain are stimulated, or are passive, during meditation practice, what may seem to be mystical experiences may occur.

Such perceptions may also be had when the mind and brain are deprived of sensory stimulation or when an event occurs that causes one to have a near-death episode. During meditation, subjective perceptions (visions, a sense of being without boundaries or of being part of a larger reality) may be mistakenly presumed to be authentic insights or spiritual experiences. Yet, after meditation, one may still be confined by a limited sense of self, erroneous ideas and illusions may prevail, and life-enhancing effects may not be evident. Always use your powers of discriminative intelligence to discern what is real and of practical value.

*Is it necessary to be emotionally mature before the presence of God can be experienced?*

If episodes of transcendence are experienced before one is emotionally mature, emotional growth may be quickened. For a person who is already emotionally mature, it will be easier to

understand the psychological changes that occur and the new insights that are had, and to harmoniously integrate what is experienced with everyday life. Transcendental experiences enlarge one's consciousness and provide direct knowledge of the wholeness life.

*I am not very successful in my attempts to practice meditation by internalizing my attention. I become overwhelmed by many thoughts, memories, and emotions. Is there another way that I can calm my mind and clarify my consciousness?*

With your eyes open, sit and contemplate your pure essence of being, the wholeness of life, and your relationship to it. If at first you are not able to focus attention, observe the natural rhythm of your breathing until you are calm and relaxed. It is not necessary to have your eyes closed to experience superconsciousness. Feel that you are free in space and let your awareness expand. When insights emerge into your awareness, observe them without overly analyzing them. Contemplate, and gently imagine, all that is possible for you to experience and know. Your innate capacities to experience and comprehend higher realities will unfold.

*If it is our destiny to be spiritually awake, why doesn't God provide us with more help in our endeavors?*

We *are* being provided with help. Our innate inclination to be spiritually awake is impelling us to cooperate with it. God is the omnipresent field of supreme Consciousness in which we abide. It is our spiritual duty to acknowledge it and to be receptive to apprehending it. To improve our receptivity, we can learn to be mentally calm, emotionally stable, more Self-aware, and attentive to matters which support our aspirations to be spiritually awake. By doing these things, we are able to live in harmony with the mental, spiritual, and physical laws of cause and effect that are fully supportive of us.

God is not an entity apart from us. As our understanding of God improves, we are able to know what God is and our relationship with God. When we mistakenly think of God as a cos-

mic, humanlike being, we may be inclined to assume an infantile role in relationship to God—hoping that God will be aware of our aspirations and assist us in various ways, just as when we were children we had a dependent relationship with our father, mother, or other adult people.

If God is viewed as a cosmic person, some benefit can be experienced by praying to God in that imagined form and by believing that God cares and is responsive. Such prayer-results do not occur because God is a cosmic person; they can occur because of attunement with a larger reality and faith in the outcome of prayer. When the reality of God is known, former erroneous concepts fall away.

*I want to be spiritually enlightened, but I don't want to have to give up some of my meaningful personal relationships and some of the activities I enjoy. Do I have to renounce these relationships and activities?*

If your personal relationships are really meaningful and your activities are wholesome—and they do not distract your attention from your spiritual practices and contemplation of higher realities—there is no need to renounce them. Effective, enjoyable living is as important as your metaphysical studies and intensive spiritual practices. Learn to live skillfully while constantly maintaining an awareness of your true nature and your relationship with the Infinite. Spiritual enlightenment is a state of permanent, conscious knowing of your true nature and the wholeness of life and its processes. It is not necessary to withdraw from meaningful relationships and activities that enhance your life. Remain focused on the ultimate purpose of your life and your lifestyle choices will be appropriate for you.

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For those ... whose thoughts and mental states are controlled and who are established in Self-knowledge, the happiness of God-realization is undiminished. – *Bhagavad Gita 5:26*



## Wisdom and Prosperity

*Clifford Rosen, CSA President*



Paramahansa Yogananda was a prosperous man. Yet, he owned nothing. The evidence of his vast abundance resides in his wisdom. Anything he truly desired was his. The laws of attraction operate with precision. Yogananda attracted millions of truth seekers through his consciousness expressed in his presence and his written word.

The same forces of nature that create the universe are in and around us. As the mind becomes clear of obstacles, mental hindrances, and doubt, an individual gains wisdom on the spiritual path. Deep superconscious meditation practiced daily physiologically alters the brain. The improved ability to perceive and intuitively know (even a glimpse) the truth of the nature of the Self opens the door to wisdom and prosperity. Roy Eugene Davis stated, “There is a difference between knowledge and wisdom: knowledge is information; wisdom knows how to use it.”

The Latin for prosperity is *fortunate*. Prosperity is good fortune. You may prosper in love, art, science, business, and most importantly, spirit. Each individual is knowingly or unconsciously using the laws of attraction and creation. Knowledgeable ones who use these laws effectively can have their desires fulfilled and live in a free and joyful manner. Have a clear understanding of the true nature of your pure essence of being.

Meditate to a level of superconsciousness. Intuitive knowledge gained in the stillness may change how you see the world forever. Once we awaken to the Truth, life becomes more manageable and a sense of contentment prevails. Fulfillment of wholesome aspirations and material desires occurs effortlessly. You live in the flow of grace.

What we do and what we experience has a direct correlation with our habitual states of consciousness and mental states. The more spiritually aware we are, the more harmonious and fulfilling are our lives. – *Roy Eugene Davis*

## **Guidelines to Inspired Living**

Speak the affirmations aloud with conviction.

October 3 – 9

### **Acknowledge the Wholeness of Life**

From the realm of absolute (pure) Consciousness to the physical realm, the Reality of God is all-pervasive.

*I rejoice in knowing God's wholeness.*

October 10 – 16

### **Acknowledge the Truth of Your Essence of Being**

At the innermost core of your being you are whole, serene, and have complete knowledge of God and of the processes of life. Constantly abide in Self- and God-awareness.

*I am permanently established in Self-knowledge.*

October 17 – 23

### **Your Mind is a Part of a Universal Mind**

Monitor your thoughts, desires, and intentions. Notice their effects as Universal Mind responds to them and you will be able to have your life-enhancing desires easily fulfilled.

*I am always in harmonious accord with Universal Mind.*

October 24 – 30

### **Improve Your Powers of Concentration**

Mastery of attention is the key to effective living and to satisfying spiritual growth. Choose to be alert and attentive and to flawlessly perceive what you observe.

*I am always alert, attentive, and accurately perceptive.*

Read a little. Meditate more. Think of God all the time.

*– Paramahansa Yogananda*

October 31 – November 6

**Be a Constructive Possibility-Thinker**

What ideal experiences and circumstances can you “see” for yourself now? Use your mental powers and intuition to “see” and believe what is possible.

*I always imagine ideal possibilities.*

November 7 – 13

**Choose to Enjoy Healthy, Long Physical Life**

Healthy, long, physical life will allow you to accomplish your mundane purposes and cultivate spiritual growth until you are fully Self- and God-realized. Live as an immortal, spiritual being while you are embodied.

*I am on friendly terms with a supportive universe.*

November 14 – 20

**Always Be in the Flow of Good Fortune**

Integrate the spiritual, mental, emotional, physical, and environmental components of your life and you will always be in the flow of fortunate events. Be happy. Live skillfully while anchored in the Infinite.

*Everything in my life is always in divine order.*

November 21 – 27

**Be Thankful for the Blessings That Are Yours Now**

Think of the things, relationships, and events for which you can be thankful. An attitude of thankfulness will improve your receptivity to continued good fortune.

*I am thankful for the blessings I now have.*

November 27 – December 3

**Begin to Look Forward to a New Year**

Five weeks from now, a New Year will begin. Prepare now to have it be one of the best years of your life.

*I optimistically look forward with enthusiasm.*

## Vitality

*Ryan Strong*  
*CSA Senior Minister*



**Prana** Life force energy that sustains and animates all living things.

**Ojas** The essence of our physical and mental vitality.

The path of Kriya Yoga is a comprehensive life-enhancing approach to consciously remembering, knowing, and experiencing Self- and God-realization. Cultivating prana is an important and supportive practice on our spiritual path. Regular meditation and pranayama helps quicken the process of awakening. Pranayama increases life force and activates dormant subtle forces within the body and vital energy centers. Through our practices life force increases and circulates through the body. Regular meditation and pranayama purify the mind, resulting in a clearer perception and experience of our true nature.

A healthy lifestyle builds, conserves, and strengthens physical vitality. Ojas is the container or vehicle for prana; without healthy ojas, improving prana flow is difficult. If our core vitality is weakened, Kriya Yoga practitioners may not receive the life-enhancing effects of our practices.

Ojas is made up of bodily excretions that nourish all tissues of the body and help support the mind. When we have healthy ojas we feel stable, strong, balanced, loving, and content. If ojas is weak, we suffer from stress, illness, slow healing, a feeling of being unsupported, anxiety, depression, worry, and exhaustion.

Our bodies build ojas through holistic life-supporting practices such as eating a healthy and natural nutrient-rich diet, having good digestion, regular complete elimination of bodily waste, living within nature's rhythms, loving relationships, regular restorative sleep, meditation, and proper exercise.

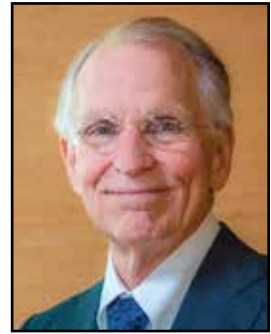
Total wellbeing is essential to Kriya Yoga practices. Everything we do to build vitality further enhances spiritual growth.

### *Affirm*

My enlightened awareness energizes my mind, enlivens my body, and is the cause of my harmonious, supportive relationships and environment. I am peaceful. I am happy.

## Spiritual Practice Transforms and Empowers

*Ron Lindahn*



The regular, effective practice of meditation and pranayama (life force direction through breath) results in increased awareness and energy, and the removal of obstacles and inhibitions. We experience greater freedom and enhanced creativity, ability to fulfill desires, self-confidence, and will power.

To ensure that this access to inner power results in positive life-enhancing transformation, we could also incorporate balanced discipline in our daily life. It can be useful, if we are to experience Self-realization and liberation of consciousness, to follow these guidelines:

- Go slow and steady—commit to long term practice. Just as in learning a musical instrument, it takes time and regular practice to become proficient.
- Begin by meditating for relaxation and increased inner awareness. As you learn to remain settled, aspire to go deeper, to experience your essential nature as pure Consciousness.
- Observe what comes up in meditation and throughout the day. Begin to practice using discipline to redirect attention and energy in a desirable way. Do what is useful; avoid what is not useful.
- Use the disciplines from Patanjali's *Yoga-Sutras* as guidelines for ethical behavior. (Harmlessness, truthfulness, non-stealing, nonattachment, and conservation of energy.)

As discipline builds self-confidence, increase the intensity of your practice. Self-study at all times is helpful for being proactive in adjusting behaviors, thoughts, and feelings.

Discipline and Self-study go hand in hand—assisting one another. Self-observation helps direct our discipline. Develop an ongoing awareness of your inter-connectedness with all of life.

## Nutritious Vegetable Salad

Vegetable salad can be quickly and easily prepared. Wash the vegetables that do not need to be peeled.

**Lettuce** (any kind) Torn into pieces. Tearing lettuce does not break as many of the leaf cells. Cutting lettuce with a knife damages more cells, causing the lettuce to wilt and absorb salad dressing.

**Tomato** Sliced or cut into bite-size pieces. The seeds can be scooped out with a spoon before slicing if desired.

**Avocado** Cut in half, and remove the seed. Scoop out the pulp with a spoon or peel and cut pieces to desired size.

**Black olives** (without pits) Chopped or cut in half.

**Cucumber** Peeled and sliced or chopped. The seeds can be scooped out with a spoon before slicing if desired.

Add any other fresh vegetables of your choosing.

**Dressing** Put 1/4 cup fresh lemon juice or apple cider vinegar and 1/2 cup olive oil in a cup or jar. Add 1 tsp Dijon mustard and 1/4 tsp fresh black pepper. If you like garlic, add a clove of crushed garlic. Stir the mixture. (If you prefer not to have bits of garlic in the dressing, let it sit for an hour or more to absorb the garlic flavor and strain it before using.)

Plants manufacture vitamin C from sugars supplied by the leaves as a product of photosynthesis. The more light the plant gets, the more photosynthetic activity there is, the more sugars are produced, and the more plentiful is the vitamin C. Darker leaves are likely to have more vitamin C and vitamin A. The skins of vegetables and fruits usually contain more vitamins and minerals than the pulp. Example: citrus (grapefruit, orange, lemon) peels have vitamin C concentration 5 to 7 times higher than the juice.

*Note:* Because tomatoes, avocados, and cucumbers contain seeds, they are fruits although generally considered as vegetables.





*Discovering the Sacred  
In Everyday Life*

## **Live from the Inside Out**

*Ellen Grace O'Brian*

One of the great motivations for me to embark upon the spiritual journey of Self-realization was to discover how to know what was true. I wanted to know how I could discern higher wisdom and learn to trust my insights or intuition. How could I recognize or validate what I thought was right? Was there something reliable I could base that on? It's popular to hear teachers say, "Follow your heart!" I had "followed my heart" into a lot of trouble and sorrow-making in the past and I decided that "following my heart" was not a reliable strategy. That left me without a method for discerning what was best for me. Even when I consulted reliable sources, I still had to decide if their guidance was fitting. I needed a map and a compass for the inner life.

Many years ago, Paramahansa Yogananda observed, "It is not a pumping-in from the outside that gives wisdom. It is the power and extent of your inner receptivity that determines how much you can attain of true knowledge, and how rapidly." Previously, my secular education and even religious studies had to do with "pumping-in from the outside." I believed that wisdom was something I could, and would, accumulate through various outer sources. I recognized that my own experiences had a role to play, but I considered that the principal source of actual knowledge was someone other than me. When I discovered the spiritual path of Kriya Yoga and began to study its map and model of consciousness, a doorway opened into my inner life.

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## 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, is God. The different forms of existence are God's myriad manifestations.

– *Kabir (1440 – 1518)*

Let your devotion be like a wood fire that burns steady and long; not like a straw fire that flares up and quickly goes out. – *Paramahansa Yogananda (1893 – 1952)*

... we must learn to look through every gift and every event to God, and never be content with the thing itself.

– *Meister Eckhart (1260-1327)*

Every new experience is an opportunity of knowing God.

– *Phillips Brooks (1835 – 1893)*

There are some souls who cannot dwell upon nor engage their minds with any [transcendent] mystery; they are drawn to a certain gentle simplicity, without other consideration save to know they are before God.

– *St Francis of Sales (1567 – 1622)*

The power of God that nurtures the universe includes us in its actions. Our role in the processes of expression and growth is to learn to cooperate with it by living in harmony with the laws of nature and being receptive and responsive.

Until we are spiritually enlightened, right living requires our alert attention and willingness to continually learn. We can easily know when our spiritual growth is authentic by how we are living our lives and by what we are demonstrating in thought, word, and deed.

– *Roy Eugene Davis*



## IN MEMORIAM

### **John Franklin Earl, Jr.** **June 1948 – June 2021**

A longtime CSA member and fully dedicated Kriya Yoga initiate.

John met Roy Eugene Davis in 1970 at a conference in John's hometown of Atlanta, Georgia.



He immediately became a student and attended retreats led by Mr. Davis at CSA headquarters. He also attended as many seminars as he could when Mr. Davis came to Atlanta, and was later ordained a CSA minister. An avid photographer, John's photographs have appeared in Truth Journal magazine.

When John retired from the U.S. Postal Service several years ago, he regularly attended CSA's private retreats, and many CSA friends and colleagues were inspired by his quiet presence.

A private memorial service for John's family and close friends was held at the CSA Meditation Hall, and broadcast on CSA's Zoom platform, *Saturday, July 10*.

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### **Sandra Parr** **May 1952 – July 2021**

Sandra learned about Roy Eugene Davis and the Center for Spiritual Awareness through her mother, Opal, who became a CSA student in the early 1970s. In 1993 Sandra was initiated into Kriya Yoga practices and was a dedicated member of CSA until today.



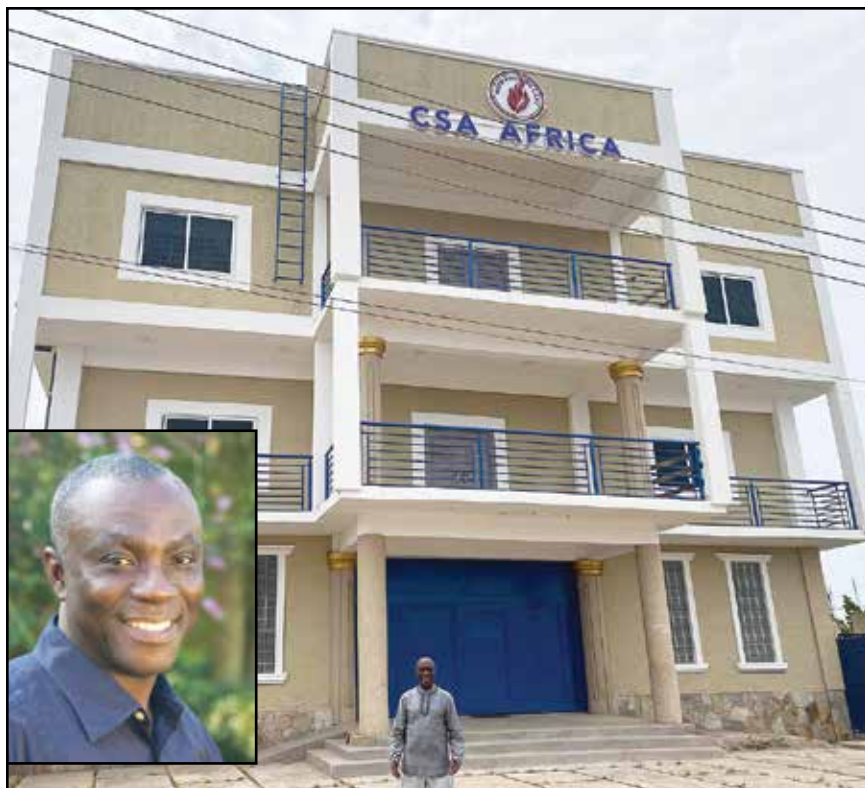
Sandra sponsored Mr. Davis' lectures at the Yoga Association of Alberta in Edmonton, Alberta, Canada. When she retired from Hewlett Packard, she taught hatha yoga and meditation in Edmonton for many years and visited the CSA retreat center as often as she could.

## News and Highlights Summer 2021



*Above: CSA Minister Claudio Cedolin, from Venice, Italy, led a Kriya Yoga initiation service for thirty-three devotees. June 27*  
*Below: Shawn McKay and crew clearing tall pines beside one of the CSA guest houses. July 2021*





The Roy Eugene Davis Memorial Temple was built by local members of CSA Africa. It was dedicated on September 25, 2021.

The ground floor has classrooms for ages 1-5, 6-12, a bookstore/administration office, small kitchen with refrigerator and stove, and space for Hatha Yoga classes.

The first floor [middle] has space for the Youth Chapel for ages 13–19, a guest room, minister’s office, and rest rooms.

The second [top] floor is the Main Auditorium which can seat 500 people.

Rev. Sasu met Roy Eugene Davis in late December 1977 when he came to CSA from Virginia to learn about Kriya Yoga and meditation methods. He studied and attended classes at CSA for two years, was ordained by Mr. Davis, and went home to Accra in 1979 to begin his CSA ministry.

Mr. Davis closely followed the progress of the construction of the new CSA Africa Center building.

## 2021 Fall In-Person 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 Strong. 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 by 9 a.m. if attending only the first week so rooms can be cleaned for incoming 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)**

## **Attend Programs In-Person & Online Fall 2021**

We have opened the CSA retreat facility for in-person two-week private retreats. The Fall scheduled online weekend retreats will also be held.

### **Private In-Person Retreats**

Guidelines described on the previous page:

**October 18 – 22 and 25 – 29**

**November 15 – 19**

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

The Holy Season Meditation will also be online.

### **Online Retreats** (topics to follow)

**September 11 – 12**

**October 16 – 17**

**November 13 – 14**

**Sunday Morning Meditation Is Now  
In-person and Online: 10 a.m. Eastern Time**

**For a complete listing of programs, go to [csa-davis.org](http://csa-davis.org),  
the Calendar on the home page, or 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.

## Books, Videos (DVD format), and Audio CDs

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

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

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

Quantity

Books

**The Science of Self-Realization** Yoga-Sutras soft cover \$8.00 \$ \_\_\_\_\_

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

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

**The Spiritual Basis of Real Prosperity** \$5.00 \_\_\_\_\_

**An Easy Guide to Ayurveda** \$5.00 \_\_\_\_\_

**In the Sanctuary of Silence** \$2.00 \_\_\_\_\_

**How to Use Your Creative Imagination** \$2.00 \_\_\_\_\_

**Living Consciously in God** \$5.00 \_\_\_\_\_

**Seven Lessons in Conscious Living** \$7.00 \_\_\_\_\_

**The Eternal Way** Inner Meaning of the Bhagavad Gita \$8.00 \_\_\_\_\_

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1 DVD **Our Awakening World** \$10 \_\_\_\_\_

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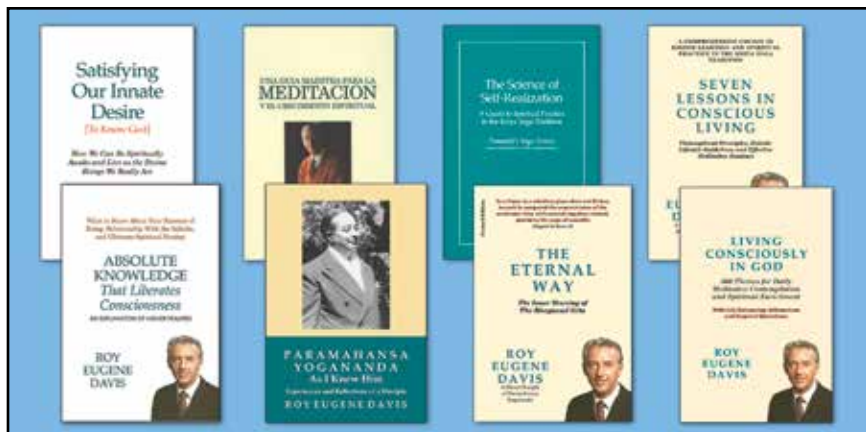
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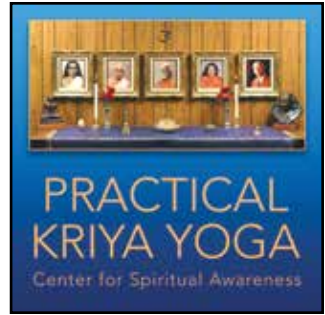
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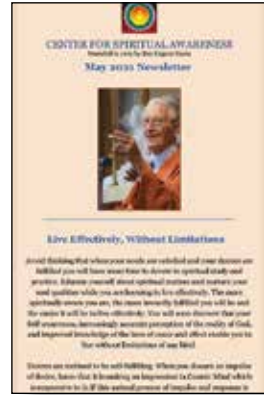
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**Germany: Harald and Marlies Reiske. www.kriya-yoga.de**  
**Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte**

**Audio recordings** of the CSA online retreats are added regularly to our Podcast site, *Practical Kriya Yoga*.  
<https://kriya.podbean.com/>



The **CSA Email Newsletter** includes an article by Mr. Davis, current news about online programs offered by Center for Spiritual Awareness, and activities of CSA ministers around the world. **Visit [www.csa-davis.org](http://www.csa-davis.org) to join.**



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