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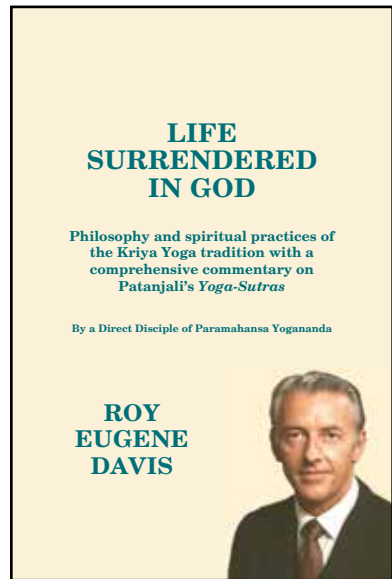
**How to Remove or Rise Above All
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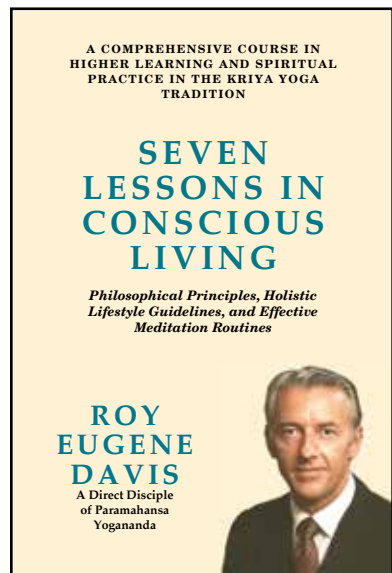
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Front Cover: Shrine of All Faiths Meditation Temple at CSA headquarters, Lakemont, Georgia

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Below: CSA Headquarters Meditation Hall



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Studies in Truth Lesson

Conscious Living and Spiritual Practice

How to Remove or Rise Above All Obstacles to Effective Living and Freedom of Expression

Because you are a spiritual being, you already have the ability to remove or transcend all limiting conditions that may have opposed your endeavors to live freely, enjoyably, and effectively. The resources and supportive events, circumstances, and relationships which are necessary for your highest good will be spontaneously provided and your spiritual growth will be rapid and satisfying. – *ROY EUGENE DAVIS*

Word Meanings to Know

creative Having the ability to create or be productive, especially by using imagination.

absolute Pure. Perfect. Not mixed with anything.

always Consistently. At any and all times.

contemplation To look at meditatively. To consider as possible.

ego The illusional sense of selfhood other than our true essence of being.

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

grace Supportive influences expressing within the omnipresent field of Consciousness and within us.

happiness Marked by good fortune, enjoyment, and satisfaction.

health An overall condition of optimal well-being.

imagination The ability to form a mental image or concept of something that is not yet real or present.

intellect The mental faculty of discernment.

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.

peaceful Tranquil, serene, undisturbed by strife or disagreement.



Nurture Spiritual Awareness

Lack of understanding is the primary obstacle to spiritual growth. Replace unknowingness with insight into your true nature and relationship with the Infinite. You are an individualized unit of one field of Consciousness (God). Ponder this until you clearly comprehend it. While believing this to be so is helpful, realizing (knowing and experiencing) it is redemptive: it restores soul awareness to wholeness. Discard the erroneous notion that

there is a separation between spiritual and material realities. The universe is a manifestation of cosmic forces emanated from and sustained by one field of Consciousness.

Nurture spiritual awareness by using your powers of intelligence and intuition to discern the difference between your essence of being, ordinary (blurred and fragmented) states of awareness, and the various moods that you may sometimes experience. Observe the distinction between you as an observer and what you observe. It is only the acquired habit of identifying with modified mental states and objective phenomena that causes and sustains the illusion (misperception) of independent existence. Replace that troublesome habit with the soul-liberating habit of constant, divine self-remembrance and God-awareness.

Meditate daily to the stage of superconsciousness, then sit in the deep silence for a while. As your awareness becomes clarified, your innate knowledge of the one field of Consciousness and its processes will be unveiled. Exceptional powers of perception and extraordinary functional abilities will emerge. You will discover that whatever you can vividly imagine and believe to be real, if it can be manifested in accord with the laws of nature, can be expressed or experienced.

Develop and Wisely Use Your Mental Abilities

The power to perceive, the illusional sense of selfhood (ego), the faculty of intelligence, and the mind are the four aspects of your individualized awareness. Your mind, which emanates from you and records and processes perceptions, is superior to the brain, its physical instrumental organ. Your mind is blended with, and is a part of, omnipresent Cosmic Mind which is responsive to the mental states you assume or allow to prevail, the thoughts you think, and the desires and aspirations you maintain.

Some troublesome mental conditions which are common when awareness is ordinary are: confusion, restlessness, doubt, pessimism, fantasy, delusions, illusions, inability to concentrate, and subliminal (subconscious and unconscious) conditionings, tendencies, and influences. They blur and fragment awareness and contribute to irrational thinking.

Banish confusion by acquiring accurate information and cultivating the habit of orderly, rational thinking.

Replace restlessness with soul contentment.

Replace doubt with self-confidence, self-reliance, and faith.

Renounce the habit of pessimism by nurturing optimism: expecting the best possible outcome for all situations. Imagine and expect the highest good, and either create ideal circumstances or attract them into your life.

Fantasy is uncontrolled imagination. Avoid fantasies by rational thinking and mastery of attention and mental states.

Delusions are erroneous ideas, opinions, or beliefs. Some delusions that people whose awareness is ordinary may have are:

- Human beings are physical creatures with souls rather than souls expressing through a mind and body.
- God does not exist. God exists but is not involved in universal or human affairs. God is a cosmic person. God cannot be known or experienced. God rewards good people and punishes bad people and creates challenges for us to overcome to encourage us to grow.
- There is an evil force that produces misfortune and causes people to do bad things.
- We are limited by: inherited characteristics, the unfortunate experiences we have had, the false information we acquired during our childhood or later years, karma (subconscious conditionings), planetary influences, our race or gender, our ethnic or cultural experiences, and social, political, or economic conditions.

Acquire valid (logical or verified) knowledge. Disregard ideas, opinions, and beliefs which are not based on fact.

Avoid illusions by insightful observation and analysis of what is observed, thought, heard, or experienced.

Inability to concentrate may be due to lack of interest, emotional unrest, mental restlessness or confusion, insufficient sleep, tiredness or physical weakness, lack of self-discipline, or reluctance to use will power. Replace indifference with curiosity and zest for life. Cultivate emotional and mental peace. Obtain

sufficient sleep. Nurture your physical health. Discipline your thoughts, moods, and behaviors. While avoiding willfulness (self-centered obstinate attitudes and behaviors), be decisive and intentional in thinking and action.

There are four categories of subconscious conditionings and other subliminal influences which may be troublesome:

1. Dormant conditionings or inclinations which may or may not become activated in the near or distant future.
2. Weak influences which can be easily resisted.
3. Strong influences which can be resisted by decisiveness, will power, and intentional performance of constructive actions.
4. Influences which are allowed to determine one's states of awareness, thoughts, feelings, and behaviors.

What is perceived, thought, or felt is impressed in the subconscious mind as a memory. By referring to our memories we can be aware of past events and our acquired knowledge.

The mind's capacity to record and store impressions also enables us to acquire constructive habits of thinking and behavior and to perform routine tasks without having to intentionally think about performing them. Troublesome mental impressions can also be acquired. If we are to live freely, these need to be weakened, disarmed or neutralized, or transcended. If they are allowed to be influential, addictive tendencies, unwise or harmful modes of thinking and behavior, and inappropriate emotional reactions to events or circumstances, may result.

When troublesome subconscious influences are allowed to prevail, they may become stronger. The effective ways to weaken and neutralize troublesome subconscious influences are to:

1. Cultivate a dispassionate (objective, unemotional) attitude in regard to them.
2. Implement constructive thoughts, feelings, and actions to weaken and replace them.
3. Nurture spiritual awareness that will help you transcend them.
4. Practice superconscious meditation to calm them and temporarily remove your awareness from them. Mental impressions made by superconscious awareness are entirely constructive.

Troublesome mental influences are gradually (and sometimes quickly) weakened as the mind is purified and illumined. Superconscious states also allow you to discern and experience the difference between them and ordinary states of awareness. With practice, you will be able to maintain a superconscious state during everyday circumstances. Superconsciousness mixed with ordinary states of awareness and mental processes becomes progressively dominant, resulting in mental illumination and clarification of awareness, to cosmic consciousness.

Avoid thinking, feeling, or saying that you cannot regulate your mental states, thoughts, moods, or behaviors. Because you are a spiritual being relating to the human experience, you are superior to your mind and its contents. You can choose to observe, think, feel, and act in accord with the useful knowledge you have acquired and your innate knowledge which will become more obviously available as you continue to awaken through the stages of spiritual growth.

View memories objectively. Remember pleasant events and experiences without overly dwelling on them. Remember previous successful actions and duplicate them, as necessary, to live effectively.

If memories of misfortune or trauma arouse feelings of shame, guilt, loss, unworthiness, or pain, objectively come to terms with past events and release the debilitating thoughts and feelings associated with those memories. If the emotional impact is very uncomfortable or disturbing, while observing memories which activate the response, inhale and exhale deeply a few times until you are again calm and objective. The act of breathing deeply and the physical pleasure it produces will somewhat weaken and neutralize the unbalanced emotional condition.

If deep breathing does not restore you to a more objective mental and emotional state, walk briskly for twenty minutes or more, being attentive to your actions and observing what is occurring around you, until you feel exhilarated (refreshed and cheerful). Or perform other physical actions which will focus your attention and produce pleasurable feelings: work out with light weights, do

stretching exercises, swim, play golf or tennis, or practice hatha yoga or tai chi. Concentrate your attention and actions on your personal duties, achieving worthwhile goals, and fulfilling purposes which are of value to you.

Constructive, enjoyable actions replace unpleasant feelings associated with memories of misfortune, failure, loss, or pain. You will soon be able to relate to all of your memories without having any unwanted mental or emotional reactions. The psychic (soul) force that was formerly identified with memories of unpleasantness and which blurred your awareness will be released to be used for constructive, life-enhancing purposes.

Maintain Emotional Stability

Emotions are subjective responses to thoughts or to external circumstances. They can also elicit pronounced feelings and physiological changes. Emotional stability is necessary for rational thinking and physical health. Feelings of happiness, love, gratitude, compassion, self-respect, security, self-reliance and self-confidence, and satisfaction are wholesome and constructive. Feelings of unhappiness, strong dislike, envy, jealousy, unworthiness, insecurity, inferiority, incompetence, and dissatisfaction are unwholesome and destructive.

Replace negative feelings with positive feelings, and negative mental attitudes with positive mental attitudes.

Cultivate soul happiness. At the core of your being you are peaceful and happy in Self- and God-knowledge. It is only at the surface of your awareness that confusion can occur. Elicit (bring forth) your innate qualities by choosing to do this.

Be thankful for the good fortune that you now have and for the opportunities to learn, experience the wonders of life, and grow to emotional and spiritual maturity. Demonstrate compassion for others and all forms of life.

Respect your true nature, your spiritual essence, and endeavor to live from the core of your being.

Your security and well-being are related to your knowledge and awareness of being one with the wholeness of life which is supportive of you. Do your best to be responsible for your well-

being while allowing life to nurture and provide for you.

Cultivate self-reliance and self-confidence by being soul-centered and having faith in God rather than thinking that your illusional sense of selfhood is what you are.

Enjoy the satisfaction that naturally results from right thinking and right living without being attached to the feeling of satisfaction or the results of your effective actions.

If you sometimes feel apathetic—devoid of feeling, mentally depressed, physically sluggish or lazy—perform constructive actions that will arouse positive emotions, elicit positive thoughts, and energize your body. Live with inspired purpose and empowering enthusiasm. You are an immortal, spiritual being; live as you are meant to live.

Cultivate Physical Health and Vitality

Healthy, long life will enable you to accomplish all of your worthwhile purposes in this incarnation—including the ultimate purpose of your life, which is to be Self- and God-realized.

Cultivate physical health and vitality: maintain your spiritual awareness, mental peace, and emotional stability; adhere to well-regulated routines of activity and rest; obtain sufficient sleep; exercise on a regular schedule; choose a low (but sufficient) calorie, nutrition-rich diet (vegetarian foods are healthier). Avoid excessive body weight.

To strengthen your immune system:

- Adopt the guidelines recommended in the preceding paragraph.
- Maintain an optimistic mental attitude. Optimistic people tend to be healthier and to live longer than negative thinkers.
- Conserve your vital forces. Don't waste them by excessive talking, excessive or nonuseful social interactions, depriving your body of sleep, addictive behaviors, attachments to harmful habits, or preoccupation with unimportant matters.
- Practice meditation daily. Meditation, correctly practiced, elicits physical relaxation, reduces stress, and strengthens the body's immune system.
- Avoid contact with harmful chemicals and other toxic sub-

stances and harmful bacteria and viruses. Wash your hands before handling food.

If you need healing, cultivate a “health consciousness” and do what is necessary to be restored to total health.

Choose Ideal Environmental Circumstances

Live in a clean, quiet, wholesome environment. Remove your shoes when entering your abode. Have a private space to be used only for meditation and inner reflection. When you go there, disregard all mundane concerns.

When possible, choose a wholesome work environment, with coworkers who are harmonious. If it is sometimes necessary to be in an unpleasant environment or to have circumstances and relationships which are not wholesome and supportive, until you can improve the conditions or remove yourself from them, patiently endure them without complaining. Do not allow anything to disturb your inner peace and Self- and God-awareness.

When unpleasant or challenging social or economic events and circumstances occur, maintain your inner poise. If such events require that you make decisions or perform actions, do so calmly and rationally. Events emerge and fade against the screen of space and time. All mundane circumstances are subject to change.

My guru Paramahansa Yogananda advised me, and others, to view the drama of life with discernment and to play our roles wisely and well. As we do this, we learn by experience how to live effectively in harmonious accord with others and with the processes of nature. We learn to understand the universal, impersonal laws of cause and effect and how to cooperate with them for our highest good and the highest good of everyone.

Nurture wholesome, supportive personal relationships by being cheerful, friendly, and attentive to the needs of others.

Affirm With Decisive Intention

Established in knowledge of my true nature and relationship with the Infinite, I choose to remove or rise above all obstacles to effective living and freedom of expression.

Vitalizing the Physical Body

(*Seven Lessons in Conscious Living*, page 105)

Before traveling from India to America in 1920, Paramahansa Yogananda innovated a routine for vitalizing the physical body which he later taught to many thousands of his students in America. He said that soul force flowing into the body through the medulla oblongata at the base of the brain could be consciously directed by visualization and will. Experiment with these “energization” routines. Do them daily for at least three weeks to become familiar with them and experience benefits. It can be helpful to do them before meditating or whenever you want to reduce stress and feel enlivened.

To practice: with attention at the spiritual eye center, when you gently tense a muscle (only for a moment), imagine and feel life force flowing to it from the medulla center. When you relax the muscle, feel life force withdrawing from it.

1. Stand upright, relaxed and poised. In the following sequence, gently and quickly tense the muscles and attract life force to them, then relax and let the life force withdraw. Back, front, and sides of neck. Upper back. Upper chest. Upper arms. Forearms. Upper stomach. Abdomen. Right and left buttocks. Right and left lower legs. Feet.
2. Stand upright. Bend your knees slightly. Extend your arms to the front, palms together. Close your hands into a fist. While inhaling deeply, mildly tense the muscles of the body from your feet to your neck in a wavelike movement, spreading your arms as you inhale and feeling the body to be vitalized. Exhale and relax while returning to the starting position. Do this two or three times. Inhale through your nostrils. Exhale through your mouth. As you inhale and mildly tense your muscles, with awareness at the spiritual eye and medulla, attract life force into your body. Let the energy withdraw from your muscles as you relax.

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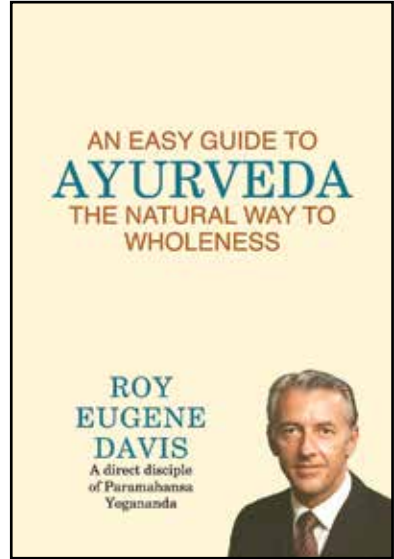
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**The Inner World of Colors, Gemstones, Metals,
and Mantras: Their Special Qualities and
Beneficial Applications According to Ancient
Traditions and Modern Discoveries**

Order Form on Page 30

The Art and Benefits of Self-Discipline

Clifford Rosen
CSA President



Self-Discipline Training to obey rules or a code of behavior. The power to control one's actions, impulses, or emotions.

You are an immortal unit of the pure essence of ultimate Reality. Meditating to the level of superconsciousness helps you experience a degree of soul awareness that will facilitate intentional, conscious living. Then, you will have the heightened intuitive ability to understand the meaning and usefulness of willpower and discipline. Profound understanding of your true nature enhances your ability to use willpower more easily to direct your thoughts, actions, and deeds to be in harmony with natural laws.

Living in harmony with natural laws makes us more receptive to Grace. With this support and the use of will and discipline we may live in a manner that is more trouble free and less accident-prone, and create a wholesome lifestyle that will provide the most ideal living conditions for a satisfying physical and spiritual life.

Self-discipline requires a gentle mental exertion of will power. This, combined with self-discipline, will help transmute nonuseful habits, addictions, and afflictions effortlessly. Subsequent positive repetitive actions create new "good" habits. New neural pathways are created that replace previously troubling mental influences that were imprinted on the physical brain.

Understanding discipline and its true value to you is integral to smoothing the way to create success in both your secular and spiritual pursuits. Discipline is one of the primary requirements in the practice of Kriya Yoga that builds confidence, eliminates troublesome issues, and allows you to progress in a rapid manner towards peace, contentment, and Self-Realization.

The thoughts we habitually think, our mental states, our states of consciousness (level of soul awareness) and the actions we perform determine our experiences. – *Roy Eugene Davis*

Guidelines to Inspired Living

Speak the affirmations aloud with conviction.

April 4 – 10

Let Your Innate Divine Qualities Emerge

At the deepest level of your being you are always whole, peaceful, and spiritually aware. Only the surface of your consciousness can be temporarily clouded and modified.

Let your innate divine qualities blossom.

I allow my mind to be calm, my awareness to be clear, and my innate divine qualities to spontaneously prevail.

April 11 – 17

Let Yourself Be Happy and Optimistic

To refuse to be happy and optimistic is to deny yourself the happiness you deserve to have. Renounce moodiness and habits of thinking that interfere with total well-being.

I choose to always be happy and to expect the best possible outcomes for all unfolding situations.

April 18 – 24

Let Yourself Be Radiantly Healthy

Mental and physical health are natural when your mind-body constitution is balanced and you live in harmony with the laws of nature and the rhythms of life.

I do what is necessary to always experience radiant health.

April 25 – May 1

Let Yourself Be Creatively Expressive

Learn to enjoy being skillfully, creatively expressive.

I joyously perform skillful, creative actions that always produce satisfying results.

May 2 – May 8

Let Your Life-Enhancing Desires Be Fulfilled

Your desires can create and attract supportive events that will make possible their timely, appropriate fulfillment. Desire only what is for your highest good and the highest good of others who may be influenced by the results.

I am thankful that wisely chosen, life-enhancing desires are always easily fulfilled.

May 9 – 15

Let Yourself Be Prosperous

You are prosperous when you thrive in all aspects of your life and all of your real needs are spontaneously satisfied. Remember that there is no separation between spiritual and material realities.

My consciousness of the oneness of life and my right actions enable me to be abundantly prosperous.

May 16 – 22

Let Yourself Be Peaceful

You can choose to always be peaceful. Identify with the essence of your being rather than with mental or emotional states and objective events and circumstances.

I choose to allow myself to always be peaceful.

May 23 – 29

Let Yourself Meditate Effectively

Avoid thoughts, feelings, and behaviors that interfere with your daily meditation practice. Let your innate urge to have your awareness restored to wholeness be influential.

I relax into meditation and allow the radiance of my being to freely shine.

*Roy Eugene Davis Answers Questions
about the Spiritual Path*

**For me to have complete Self- and God-knowledge
in my present incarnation is difficult to imagine
as being possible.**

Frequent practice of imagining that you know God can make you more receptive to knowing God by increasing your capacities to comprehend and experience what God is. As your ability to imagine yourself to be God-conscious improves, it will become easier for you accept the fact that you can be God-conscious during your present incarnation. Aspire to be spiritually awake. Live a well-ordered life. Learn to meditate effectively and do it on a regular schedule. Even if you do not have exceptional meditative perceptions, the practice of meditation will calm your mind, stabilize your emotions, and allow your innate spiritual qualities to emerge.

How can I be certain that what I think I know about God and my relationship with God is accurate?

If what you think you know is accurate, you will actually know at the innermost core of your being. Knowledge of God should enable you to think rationally, be emotionally mature, live more effectively, and be more conscious of the wholeness of life. Having accurate information is a good beginning. What is then needed is to have your innate knowledge actualized.

Are some people born with capacities that can enable them to more easily know God?

Yes, some people are born with exceptional capacities to know and experience the reality of God because they 1) were more conscious when they came into this world; 2) are more highly motivated to learn; 3) are more alert and perceptive.

No intelligent person believes that God allows some people to have knowledge while denying others that opportunity. Truth seekers who were not born with exceptional capacities to know God can develop them.

I want to be God-realized. I tend to allow myself to be moody, pessimistic, and to do things that prevent my spiritual growth from occurring. Why do I do these things? And what can I do to avoid doing them?

If you *sincerely* wanted to be God-realized you would not allow moods, harmful mental attitudes, and erratic behaviors to persist. You have not yet chosen to be emotionally mature and responsible for your behaviors. Avoid thinking that you cannot control them and don't blame memories of past events or experiences for your self-chosen habits and the limitations they create.

Because of prior religious training, I am still inclined to think of God as a person. How can I go beyond this idea?

Many people think of God as a cosmic person. That is why they ask, "Why does God permit disasters to occur and people to suffer and experience hardship?"

To rise above traditional modes of thinking:

- Be willing to outgrow or renounce them.
- Improve your understanding of what God is.
- Meditate superconsciously to experience what God is.

One of the flawed concepts of God that many people have and believe to be true is that "God is love." What may be perceived as love when one experiences a sense of communion with a larger reality is only one of many perceptions one may have. To say that God is love is like saying that an attribute of something is the totality of it. The question may arise: If God is not love, why are some people able to experience a sense of God-communion by cultivating devotion to God? It is because devotion calms the mind, purifies the ego, and enables one to surrender the sense of independent self to a larger field of reality. This practice is *bhakti yoga* (respectful, devotional love that unifies attention and awareness with the object of meditative contemplation).

Other effective regimens that can be used in accord with one's psychological temperament and capacity are:

- **Karma Yoga.** *Karma*: causes that produce or have potential to

produce, effects. Skillful performance of duties without strong attachment to them or their results purifies the ego, enabling a person to live freely without being mentally or emotionally conflicted or unduly influenced by present or past events or circumstances.

- **Jnana Yoga.** Using discriminative intelligence and intuition to acquire knowledge (*jnana*) of higher realities.
- **Raja Yoga.** Superconscious meditation practice to the stage of Self- and God-realization.

Kriya (right action) *Yoga* practitioners harmoniously integrate the practices described above. In Patanjali's *Yoga-Sutras*, *Kriya* *Yoga* practice is described as attentive self-discipline, profound metaphysical study, Self-inquiry, and devotional surrender to God. Devotional surrender to God is the letting go of and rising above one's mistaken sense of self-identity. When the mistaken sense of self-identity is absent, Self-knowledge prevails.

Note: For comprehensive information about *Kriya* *Yoga* practices, read Mr. Davis' books *Seven Lessons in Conscious Living* and *The Science of Self-Realization* (Patanjali's *Yoga-Sutras*).

What kind of work is best for a person on the spiritual path?

The kind that provides opportunities to use the skills and knowledge that you have (or can acquire), and the results of which benefit you and those who are influenced or served by them. This kind of work is enjoyable, meaningful, and satisfying. If your present work is not like this, use your imagination and pray for guidance until you discover what you are best qualified to do.

The Sanskrit word *dharma* is used to refer to the inherent inclination of Nature to be supportive of the processes of life. The ideal way to live is to constructively think and creatively act in ways that will enable you to be effortlessly supported and nurtured by the orderly laws of Nature and God's grace. You will then be doing what is best for you to do.

Atha – New Beginnings

Ron Lindahn
CSA Senior Minister



The first word in Patanjali's *Yoga-Sutras* is *atha*. This Sanskrit word literally means “now, this auspicious moment.” Every new beginning occurs in a present-time moment of decision and intention. And because it sets us on a new course, changes our life in some way, it is considered auspicious.

Mr. Davis reminded us that in our Kriya Yoga tradition initiation is a new beginning. We enter into a new phase of life with commitment and resolve on our journey to spiritual awakening.

For many people the start of the year marks a new beginning: resolutions are made with plans for improvement in some areas of life. Mr. Davis would tell us not to waste time, not to wait until later to begin. He said to start now to awaken fully and live effectively.

We can resolve to avoid dissipating our precious life, energy, time, and attention, with that which is not useful and which is limiting or harmful. This present now is *atha*, an auspicious moment of opportunity to set a new course, to begin a new life. We can make the choice, now, to focus on what is useful, what is essential to our health, happiness, total well being, and spiritual awakening. In the moment of choosing we rise above old habits of thinking and feeling and release our inner power to accomplish, prosper, and fulfill our life's every purpose.

Fervently aspire to be Self-realized. You will be inspired from the core of your essence of being and highly self-motivated to always experience and express excellence in all aspects of your life.

– *Roy Eugene Davis*

Mung Dal Kitchari

A nutritious, easily digested ayurvedic recipe with balanced vata, pitta, and kapha influences. 2 to 4 servings.

- 1 cup yellow mung dal
- 1 cup basmati rice
- 1 small handful of cilantro leaves
- 1/2 cup water
- 3 tbsp ghee
- 1-1/2 inch stick of cinnamon bark
- 5 whole cardamom pods
- 5 whole cloves
- 10 black peppercorns
- 1 inch ginger root, peeled, chopped fine
- 2 tbsp shredded, unsweetened coconut
- 3 bay leaves
- 1/4 tsp turmeric
- 1/4 tsp salt
- 6 cups hot water (heat in separate pot on stove)



1. Rinse mung dal 3 or 4 times until water runs clear. It is easier to digest if soaked in water 2-3 hours. Rinse rice 3 or 4 times until water runs clear.
2. In a blender mix chopped ginger, coconut, and cilantro with 1/2 cup water.
3. Heat ghee on medium-high in cooking pot. Add cinnamon stick, cloves, cardamom pods, peppercorns, and bay leaves, and stir. Add the blended ginger, coconut, cilantro mixture, and turmeric. Stir.
4. Add mung dal and rice, stir well to mix.
6. Add 6 cups of hot water, stir. Boil gently 5 minutes, uncovered. Turn the heat down to very low. Put a loose lid on the pot. Cook until rice is soft, about 25 minutes.

Note: If desired, vegetables (broccoli florets, sliced squash, or carrots) can be cooked with the mung dal and rice.



*Discovering the Sacred
In Everyday Life*

Dispel Your Doubts

Ellen Grace O'Brian

There are times of challenge when our days are filled with a thousand doubts; they are like ants in a kitchen. As soon as you clear them away, another army descends. They capture our attention, and all we can do to stop the invasion is to keep them at bay. During such challenging and doubt-filled times, we may find ourselves asking: *Where is God? Where is the One who will support me in my hour of need?*

A wise ministry colleague suggested that at such a juncture of faith, we are asking the wrong question. Instead of asking, “*Where is God?*” We should be asking ourselves, “*Where am I?*” We then realize that we do not have faith in the power and presence of the Infinite to meet every need. Instead, we are allowing ourselves to be tossed about by our doubt and worry. Our mind has become divided. We are crying out for divine support, yet we are doubting its very existence.

Doubt itself is not the issue. Every great soul we look to has been troubled by doubt. If doubt is not the problem, then what is? Like any other seeming obstacle on our path of realization, the difficulty comes when we allow ourselves to get mired down in doubt and cannot see how to dispel it. We can then bolster our mind with higher Truth. We can apply the yogic discipline of self-study and discern the cause of our difficulty. This can be done by fearless examination of the cause of our doubt. What do we discover? Perhaps fear. Often, attachment. We can then see what we need to let go of in order to restore our faith and our peace of mind.

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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 required to realize the Self is to be still.

What can be easier than that?

– *Ramana Maharishi (1880 – 1950)*

Perform your duties with your hands
... let your heart [the essence of your being]
be with God. – *Kabir (1440 – 1518)*

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)*

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)*



You Are the Entire Ocean

Marty Wuttke
CSA Minister

Rather than seeing Reality as it is, the ordinary mind perceives Reality from an illusory perspective. You are not a body producing consciousness, you are consciousness producing a body.

Self-Realized individuals see the world as a play of light as if projected on a screen. Good and evil, light and dark, “us” versus “them,” are all manifestations of one thing, one divine Presence; there simply is not anything else, because this Presence manifests, upholds, and imbues *all* that exists.

This is not an intellectual understanding to which only scientists studying quantum field mechanics are privy. It cannot be sufficiently conveyed or described with words ... It cannot be known with the mind or intellect. It can only be experienced. A real experience relative to the superconscious state is the Soul’s awareness when it is unencumbered. This may seem beyond our understanding. However, this perception is a potential every individual has within them—each one of us is an expression of the divine Source (divine Consciousness). This Consciousness *is* the life force; it is more evident in animate creatures but is fully present as what appears to be inanimate as well.

The mind, in its ordinary state, sees separation where there is wholeness. We are part of a connected, living, flowing universe. Everyone has a unique role to play in the unfolding of life.

You are not a drop in the ocean,
You are the entire ocean in a drop.
– *Rumi*

Eventually every Soul, without exception, is destined to awaken to full Self-realization.

News & Highlights Winter 2021



Above: Fifty-five members and friends attended CSA Zoom classes led by CSA ministers Ryan Strong, Leode Franklin, and Michael Gadway. January 16, 2021

Below: Walter Berger and Wilma Galindo (left) and Pascale Chambers (right) were ordained as ministers of Center for Spiritual Awareness by President, Clifford Rosen (left), and Senior Minister Ron Lindahn (right). January 21, 2021



The Benefits of Self-Analysis

Walter Berger
CSA Minister



What if you climb the ladder of success, and reach the top, but then realize that the ladder was on the wrong wall?

Shortly after meeting Mr. Davis for the first time in 2009 and being initiated into Kriya Yoga, I found a book “*So kannst Du deine Träume verwirklichen*” (*Creative Imagination*) by Roy Eugene Davis. This book gave me 24 very helpful guiding questions for an honest, straight to the point, self-analysis. I remember that the most important guideline is to know what is most important. Why not follow the questions a realized master recommends?

Question number 18 asks, “What are your essential goals in life? Why?” My very first journal answer to that question included these goals:

- **Spiritual Enlightenment:** to experience real happiness, peace, love, light, connectedness and oneness.
- **Mental clarity:** to do the right things in the right way.
- **Emotional balance:** to observe, learn, decide and act in a balanced, serene, mature manner.
- **Physically healthy:** to enable me to reach my goals easier and faster and to quicken my spiritual growth.

Since then I usually answer these questions every year with new insights, observe which goals are already fulfilled, and which goals are not and why, and realize a steady progress of growing in understanding, sorting out things or ideas, and gaining clarity for real meaningful purposes.

In recent years I also found it very nourishing and powerful to answer these questions at the end of a retreat in Lakemont to plant these insights in my clarified mind. Then I would lay my journal aside, and be patient but consistent. Even a farmer doesn't look at the size of his potatoes every day!

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

15	16	17	18	19	20	21
7:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	10:00 Hatha Yoga Class with Julie Barret
9:00 Meditation & Lesson with Kathleen B.	4:00 PM Meditation with Linda Weaver		7:00 AM Meditation with Alan Craig		2:00 AM Meditation with Karla Chambers	
11:00 AM Meditation & Inspiration with Katherine Gebber						
22	23	24	25	26	27	28
7:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	10:00 Hatha Yoga Class with Julie Barret
9:00 Meditation & Lesson with Kathleen B.	4:00 PM Meditation with Linda Weaver		7:00 AM Meditation with Alan Craig			
11:00 AM Meditation & Inspiration with Leode Franklin						
29	30	31	1	2	3	4
7:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	8:30 Hatha Yoga Class with Julie Barret
9:00 Meditation & Lesson with Kathleen B.	4:00 PM Meditation with Linda Weaver		7:00 AM Meditation with Alan Craig			10:00 - 1:00 Holy Sacrament Meditation with Marie Murke
11:00 AM Meditation & Inspiration with Fanie Schabo						
6	7	8	9	10	11	12
7:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	1:00 AM Meditation with Walter Berger	10:00 Hatha Yoga Class with Julie Barret
9:00 Meditation & Lesson with Kathleen B.	4:00 PM Meditation with Linda Weaver		7:00 AM Meditation with Alan Craig			
11:00 AM Meditation & Inspiration with Clifford Kiser						

Streaming Videos



Wake Up with Roy Eugene Davis: Techniques for Effective Meditation
What to 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 Gta.
21 minutes



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

Attend Programs Online 2021

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

2021 Spring Saturday Seminars:

Go to csa-davis.org, Main Menu, Retreats, for Details and Schedules. Also the Calendar on our Website for a complete listing of programs.

April 10 – Ayurveda for Optimum Health and Well-Being based on *An Easy Guide to Ayurveda*

May 15 – Silence based on *In the Sanctuary of Silence*

June 12 – Creative Imagination based on *How to Use Your Creative Imagination*

July 17 – Develop a Personal Relationship with God based on *Satisfying Our Innate Desire to Know God*

Sunday meditation: 11 a.m. all throughout the year

You can participate in all online classes using Zoom.

Visit: www.csaretreat.org

Code: 980 663 1368

Password: 957607

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



The screenshot displays the website for the Center for Spiritual Awareness. At the top left is the organization's logo, a colorful circle with the text "CENTER FOR SPIRITUAL AWARENESS" and "An International Center for Spiritual Education and Personal Development". To the right is a "Click to Watch" button and a small portrait of a man. Below this are three featured programs:

- Reminders for Challenging Times:** Includes a 10 Minute Guided Meditation. A small video thumbnail shows a person in a red hoodie.
- CSA Retreats - Now Online:** A video thumbnail shows a man in a blue shirt sitting in a chair.
- Meditation Practice:** A video thumbnail shows a group of people in a room.

Each program has a brief description of its content and benefits.

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 \$ _____

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Words That Heal and Transform (Affirmations) \$2.00 _____

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An Easy Guide to Ayurveda \$5.00 _____

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Living Consciously in God \$5.00 _____

Seven Lessons in Conscious Living \$7.00 _____

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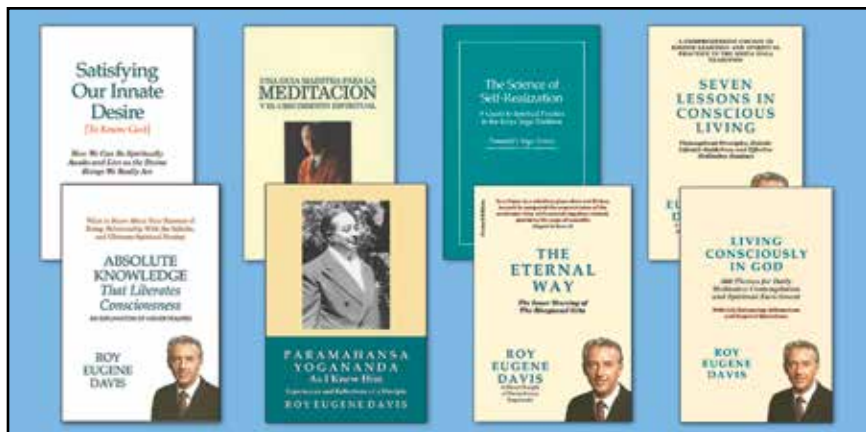
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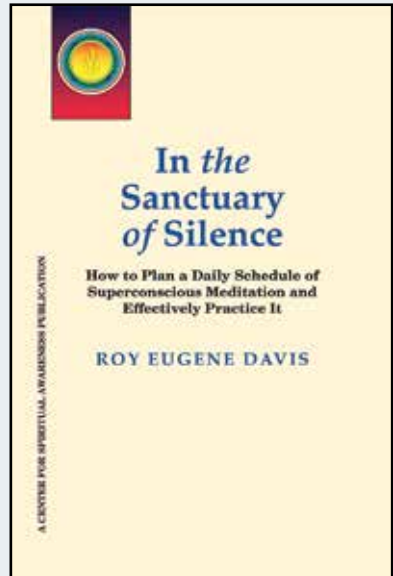
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