

June – July 2021

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TRUTH JOURNAL

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

Healing Ourselves and Others
– page 4



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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

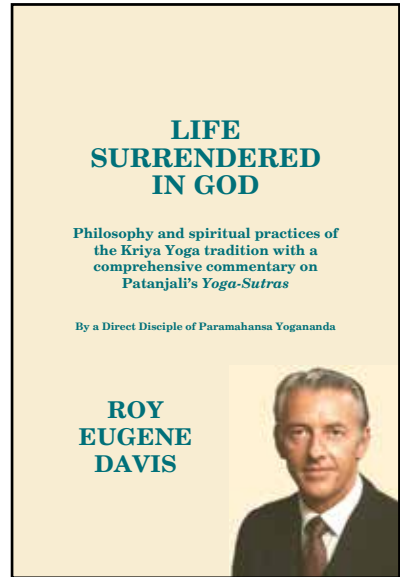
PART THREE: PRACTICE

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: Roy Eugene Davis at the pond on the
CSA grounds, Spring 1996*

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Below: 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

Healing Ourselves and Others

While learning and applying practical procedures, remember that spiritual awareness is the primary determining factor. When we are spiritually awake, we are [naturally] inclined to do what is most beneficial. –ROY EUGENE DAVIS

Word Meanings to Know

absolute Pure. Perfect. Not mixed with anything.

consciousness Awareness. The totality of mental attitudes and states of an individual or group. Also the one omnipresent Being or Reality that is Self-existent and Self-aware (God).



contemplation To look at meditatively. To consider as possible.

ego The illusional sense of selfhood which is other than one's 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.

heal To restore to health, wellness, or spiritual wholeness.

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.

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 reasoning, thinking, and application of knowledge. Individual minds are units of Cosmic Mind.

prosperity To thrive, to be in the flow of good fortune. Prosperity is actual or real when the spiritual, mental, emotional, physical, and environmental aspects of life are harmoniously integrated.

If we are not always spiritually aware, effectively functional, healthy, prosperous, and happy, we are in need of healing. When healing is necessary, we can be restored to wholeness by living in accord with the laws of nature and wisely using our innate knowledge and abilities. Because the power of God within and around us is limitless, when we are receptive to it, it can flawlessly perform its restorative work. When we are established in the Source of the healing power, we may also be able to assist others who are in need of healing.

This lesson emphasizes the importance of spiritual awareness as the basis of healing regardless of whatever else is considered necessary to be done. Let us not be satisfied to have only partial improvement or a reasonably comfortable human experience; let us imagine the highest good that is available to us in all aspects of our lives and realize it.

Let us choose to think, feel, and act as fully conscious, effectively functional spiritual beings. As individualized units of the one Consciousness (God) we have the freedom to live as we are meant to live. As we do our best to become aware of and unfold our innate powers and abilities, all restrictions are removed or transcended and the supportive actions of grace become more obviously influential.

To allow ourselves to be influenced by the negative ideas or misdirected actions of others is unwise. Instead, we should be optimistic, keep our awareness clear by cultivating Self and God-knowledge, and constantly nourish the mind with constructive ideas and thoughts. We will then experience the will (innate inclination) of life through and around us to thrive, flourish, and fulfill purposes which are of real value.

Believe that you are healthy when you want good health; believe that you are prosperous when you want prosperity; believe that you are wise when you want wisdom—then health, prosperity, and wisdom will come into manifestation. —*Paramahansa Yogananda*

Our states of awareness and mental states determine our thoughts, moods, and behaviors. Cultivate the habit of positive thinking and feeling. Replace doubt with faith. Replace fear and

anxiety with trust in God and it will be natural to perform constructive actions, see the good fortune that is possible for you, and attract favorable events and circumstances that will confirm that you are on the right course in life. You will increasingly be aware that you abide in a universe that provides for your every need in appropriate and timely ways. As you become more cosmic conscious, you will apprehend the wholeness of life.

Are you fully, spiritually awake?

Nurture your spiritual awareness by constant Self- and God-remembrance. Acknowledge that you are an immortal spiritual being rather than a limited human creature hoping to eventually become enlightened. Assume the states of consciousness, mental states, and behaviors of enlightened people. Study metaphysical principles (the higher laws of causation that produce corresponding effects in the physical realm) until you understand them. Meditate daily to the stage of superconsciousness, then go beyond preliminary levels of superconscious awareness to refined, transcendental states.

Affirmation

Alert, attentive, and spiritually awake, I acknowledge that I am an immortal spiritual being innately endowed with full knowledge of the wholeness of Consciousness and its diverse processes.

Are you physically healthy and vital?

Adhere to self-care routines that are ideal for your needs: a balanced, natural diet; sufficient rest; regular exercise; and whatever else is required to maintain health and vitality. Conserve your life force by being emotionally calm and avoiding worry, excessive talking, and useless social involvements. To manage stress, meditate regularly, cultivate cheerfulness, and observe thoughts, feelings, and current events with objectivity. Remember that you are not the physical body; you are a spiritual being expressing through the physical body.

Affirmation

Ever established in alert, spiritual awareness,
I am healthy, happy, and radiantly alive.

Do you always think rationally?

Improve your ability to think rationally by cultivating your powers of discernment, acquiring useful, practical knowledge, and controlling your emotions. While being compassionate and caring, avoid being sentimental (allowing reason to be overly influenced by emotions). Cultivate emotional maturity.

Affirmation

I always think rationally and act wisely and decisively.

Is it easy to achieve goals and accomplish purposes of value?

Are your goals realistic? Are your purposes of real value? Learn to think, feel, and act in ways which will enable you to easily experience the fulfillment of your wholesome desires. By knowing the laws of cause and effect and cooperating with them, your endeavors will be successful. Before starting any venture, use your imagination to mentally “see” the desired outcome as being flawlessly manifested.

Affirmation

I always easily achieve my realistic goals
and accomplish my meaningful purposes.

Do you have enough money and other material resources for your personal needs and to allow you to do what you want to do?

Cultivate a prosperity consciousness. You are anchored in the Source of everything that will provide for your needs when the spiritual, mental, emotional, physical, and environmental aspects of your life are harmoniously integrated. If you have had difficulty attracting and having the resources that you need, banish all notions of lack from your mind and awareness. Wisely manage the resources that you have while being receptive to the idea of having a continuous flow of good fortune in your life.

Affirmation

I abide in the Source, am provided for by the Source,
and freely and wisely give from the Source.

Are your personal relationships wholesome, harmonious, and supportive?

Be self-confident and self-reliant while nurturing only the personal relationships which are worthwhile. (Ralph Waldo Emerson wrote: "Self-reliance is reliance on God.") Reach out to others in supportive ways. Be more interested in nurturing them than in being nurtured by them.

Affirmation

Intuitively discerning the innate divine essence of every person and living thing, I am always on friendly terms with a friendly world.

Is your environment clean, well-ordered, and supportive?

Choose wholesome environmental conditions. Is the air you breathe and the water you drink pure? Is where you live and work clean and quiet? Is the mental atmosphere harmonious?

Affirmation

My spiritual awareness, positive thoughts, constructive moods, and effective actions contribute to the wholesomeness of my personal environment and of Planet Earth.

Practice This Creative Process

Until you are permanently established in Self-realization, your thinking is rational, and your actions are appropriate and effective, daily do this:

1. Sit in a quiet place. Be still until you are soul-centered and mentally and emotionally peaceful.
2. Acknowledge the omnipresence, omniscience, and omnipotence of God where you are. Continue to contemplate the reality of God until you are conscious of abiding *in* God.
3. Rest in that realization for a while.
4. If you need physical, mental, or emotional healing, accept it now. If you need guidance, or assistance in accomplishing a purpose, be receptive to it. Whatever you want or need, see and feel it as being manifested and believe that you have it.
5. Conclude with thoughts and feelings of gratitude. Maintain

that awareness of wholeness and satisfaction as you resume your schedule of activities.

How to Help Others to Their Highest Good

Help others by the example of your own God-centered, successful life. When possible, encourage them with thoughtful words and provide them with books and literature that will enable them to acquire useful knowledge so that they can help themselves. To pray or do inner work on their behalf, do this:

1. Sit quietly until you are Self- and God-aware and conscious of the wholeness of life.
2. Think of the person you want to help and include them in your realization of wholeness. Abide in this realization of wholeness until you feel, at the soul level, that all is well.
3. Conclude with thoughts and feelings of gratitude. Maintain that awareness of wholeness.

When doing inner work for others, do not try to change their thinking, behaviors, or conditions to conform to your notion of what might be best for them. Avoid allowing your concern for them to cause you to become sad, worried, or burdened. Your only role in the process is to silently invite them to share your realization of wholeness. Having done this, allow them the freedom to experience the unfoldment of their own spiritual destiny.

Some Questions Answered

When doing inner healing work for others, how often can it be done?

You can do it once, then continue to “know” that others are *in* God, as you are, or you can do it several times as a gesture of compassion. Share your conscious realization of wholeness and release them to their highest good.

When we meditate, how can we know when we are really in a superconscious state?

Indications of superconsciousness are peace of mind and

clarity of awareness. Early stages of superconsciousness may be mixed with thoughts and emotions. When thoughts and emotions subside, refined superconscious states emerge.

How can we always be Self- and God-aware and clear-minded and at the same time relate to others who are not spiritually aware and the challenging events that occur in our changing world?

= By attentive practice we can always be anchored in Self- and God-awareness regardless of what we are doing or what is occurring. This state has been described as “being in the world but not of it.” In this realization, rather than being aloof or disinterested, we observe without being influenced by what we observe.

What are the primary obstacles to Self- and God-Realization?

Lack of spiritual understanding; a tendency to misperceive what is observed; and fascination with sensations, things and circumstances to which we are sentimentally attracted. Right spiritual understanding enables all problems to be solved.

Avoid attempts to force spiritual growth. Remove the obstacles to spiritual growth and it will effortlessly occur.

Affirm With Intention

While living in accord with nature’s laws I acknowledge
and am receptive to the healing power of God.

Your personal notes:

Lesson Review and Practical Application

There is no separation between material and spiritual realities. The wholeness of God is where you are. Clearly define your needs. Write the ideal conditions you desire to have.

1. Are you as spiritually aware as you want to be? [] yes [] no
What is the permanent state of spiritual awareness you desire to have?

What will you do to realize it?

2. Are you as healthy as you should be? [] yes [] no
What conditions need to be improved or healed?

What will you do to experience radiant health?

3. Do you always think rationally? [] yes [] no
What will you do to improve your ability to think rationally?

4. Do you always easily achieve your goals and accomplish your purposes? [] yes [] no
If not, what will you do to improve your functional abilities?

5. Do you have enough money and other material resources to enable you to easily satisfy your needs and freely do what you want to do? [] yes [] no

If not, what will you do to be prosperous?

6. Are your personal relationships wholesome, harmonious, and supportive? [] yes [] no

If not, what will you do to nurture harmonious relationships?

7. Is your environment clean, well-ordered, and comfortable? [] yes [] no

If not, what will you do to improve your circumstances?

8. Practice the creative process described in this lesson to clarify your awareness until you are Self- and God-aware.

9. Practice the healing process for others. If you do not know of any individuals who might benefit from your inner work, do it for all people everywhere. Include everyone in your realization of wholeness. Share the radiance of your God-realization with the collective consciousness of the planet.

10. Write an affirmation for yourself that clearly defines your commitment to God-centered, fulfilled living.

Note: If you need assistance in learning metaphysical principles or for healing of any kind, obtain it from a fully qualified person.

For prayer support for yourself or others, send your name and/or the names of others to Center for Spiritual Awareness to be placed in the prayer chest near the altar in our Meditation Hall. Send by mail to our address or e-mail: info@csa-davis.org

Creative Imagination: A Natural Process

Clifford Rosen
CSA President



There is an enlivening power nurturing the universe and we can learn to cooperate with it. – *Roy Eugene Davis*

... From AUM (the Word, the manifestation of the Omnipotent Force), come Time, Space, and the Atom (the vibratory structure of creation). – From *The Holy Science 1:3*, *Swami Sri Yukteswar*

Sri Yukteswar observed that very few individuals comprehend the unified nature of our multi-dimensional universe. There is no separation between the unseen (astral, causal) dimensions and the observable physical universe.

Just as you may conceive an idea in your mind and express it with pen and paper, so does the creative cosmic force express the thought projections sent forth from your brain/mind. The vibratory creative force of AUM that receives the “information” naturally puts in motion forces that bring your worthwhile creative ideas into experience on this physical plane. The universe expressing the creative energy set in motion by the human mind is comparable to you physically expressing your brain/mind induced ideas through pen and ink on paper.

An exercise: Close your eyes. Imagine a simple object or situation that you “wish” for yourself. In your imagination observe your hand drawing and illustrating the conception perfectly onto a piece of paper. Stare into and impress the image into your memory. The enlivening intelligent energy that is firing neurons in your brain, telegraphing the message to your mind, is the same energy that sets in motion the transmitting of the vibrations of imagery from your brain/mind into the intelligent, creative source of time, space, and fine cosmic particles: AUM.

Resources, relationships, events, and circumstances are the resulting manifestation of the creative force expressing in the physical realm. I know from repeated personal experience that the ebb and flow of my ideas coming into fruition is directly tied to creative mind. Mr. Davis initially envisioned and drew an approximate diagram of what, years later, manifested as the Center for Spiritual Awareness.

Create your perfect life. Now.

Thou art the fire,
Thou art the sun,
Thou art the air,
Thou art the moon,
Thou art the starry firmament,
Thou art Brahman Supreme:
Thou art the waters—thou,
The creator of all!

– From *The Spiritual Heritage of India: Book 1*

The Vedas and the Upanishads by Swami Prabhavananda

How to Use Your Creative Imagination

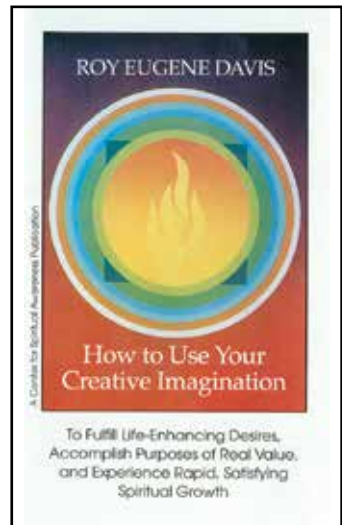
by Roy Eugene Davis

To fulfill life-enhancing desires, accomplish purposes of real value, and experience rapid, satisfying spiritual growth.

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Imagination The ability to form a mental image or concept of something that does not yet exist or is not presently perceived. – page 7



Guidelines to Inspired Living

Speak the affirmations aloud with conviction.

May 30 – June 5

Cultivate Constant Spiritual Awareness

You are an immortal spiritual being. Discern the truth of what you are and think and act from that awareness.

I have no need to strive to become a spiritual being because I KNOW I AM AN IMMORTAL SPIRITUAL BEING!

June 6 – 12

Cultivate Constant Peace of Mind

Your mind receives and processes your perceptions. Observe mental processes with detachment while being established in Self-knowing.

Calmly viewing events, circumstances, and my thoughts, I am always soul-centered and peaceful.

June 13 – 19

Cultivate Constant Inspired Thinking

Let your thoughts be impelled and empowered from the very essence of your being rather than allowing them to be motivated by superficial urges and inclinations.

My thoughts are always rational, and constructive.

June 20 – 26

Cultivate Constant Emotional Stability

You can be emotionally stable by knowing that you are a spiritual being and staying anchored in that knowing.

Soul-centered, I am always emotionally stable.

June 27 – July 3

Cultivate Constant Happiness

The happiness that arises within you from the depths of your being can never be diminished by external conditions. Let yourself be constantly happy.

Established in Self-knowledge, I am always happy.

July 4 – 10

Cultivate Constant Feelings of Compassion

Care about the real needs of others and assist them to their higher good in practical ways and by your prayers and good will. Bring forth ideal circumstances by seeing them as they can be and having them actualized.

I care about the welfare of others and do what I can to assist them to their higher good.

July 11 – 17

Cultivate Constant Feelings of Total Well-Being

Feelings of well-being, like happiness and other wholesome feelings that emerge from within you, energize your mind, enliven your body, and attract life-enhancing events and circumstances.

Ever established in conscious awareness of my true nature, I enjoy constant feelings of total well-being.

July 18 – 24

Cultivate Constant Enthusiasm for Living

To be *enthused* is to be enlivened and creatively impelled by the spirit of God that is within you. Let your thoughts and actions be spiritually empowered.

I am glad to be alive and effectively functional, and to have all of my thoughts and actions spiritually empowered.

July 25 – 31

Cultivate Constant Thoughts of Accomplishment

What are the goals that you want to achieve and the worthy purposes that you want to fulfill? As you successfully achieve your goals and accomplish purposes of real value, you will be more spiritually conscious and fulfilled.

I easily achieve my goals and accomplish my purposes.

Refreshing Cucumber Salad

Servings 4

2 medium cucumbers
peeled, cut lengthwise,
seeds scraped out with
a spoon, and sliced thin

1 small red (or Vidalia)
onion, sliced thin

3 or 4 thinly sliced
red radishes (optional)

2 tablespoons cider vinegar

1/3 cup sour cream (yogurt)

1/3 cup finely chopped dill, cilantro, or parsley

1/8 teaspoon each of sweetener of choice and salt

(optional) a pinch of black pepper, freshly ground if available



1. Spread cucumber slices on a paper towel-lined baking sheet (or cake pans) and refrigerate for 20 minutes.

2. In a small bowl combine onion, radish, and apple cider vinegar.

Set aside for 20 minutes at room temperature.

3. In a larger bowl, whisk sour cream, dill (or cilantro or parsley), sugar, and salt. Add cucumbers and vinegar and onion mixture. Add a pinch of black pepper and toss to combine.

Cucumbers were domesticated in India almost 2000 years ago and arrived in the Mediterranean region 1000 years later. They are the second most important *curcurbit* (food plant characterized by a melon-like mass of tissue with many seeds within a protective rind) in the world after watermelon. They are noted for being crisp, moist, mild, and refreshing. The larger a cucumber grows the lower will be its acidity and the higher its modest sugar content (of 1 to 2 percent). – *This information is from the book On Food and Cooking by Harald McGee*

In some cultures, eating cucumbers is said to have a calming effect on the body and mind.



*Discovering the Sacred
In Everyday Life*

Rely on the Infinite

*Ellen Grace O'Brian
Spiritual Director, Center for Spiritual
Enlightenment, San Jose, California*

When conditions in life are not what we hoped, when others betray or disappoint us, we are most empowered by taking responsibility. The error is our own. When we examine fearlessly and compassionately, we can see that we looked to others, or to conditions, as the source of our support. We confined our well-being to a condition. When our expectations were not met, doubts about our spiritual path, or even doubts about God, arose. When we give up Self-reliance, we plant the seeds of doubt and nurture the crop of our grief.

To dispel our doubts, we practice being curious about their root cause. What are we clinging to that troubles our mind and blocks our access to inner peace? When have we given up relying on our divine Self as our support?

When we discern the cause of our doubt and grief, we have already elevated our awareness from the reactive thinking mind to the light of our awakened faculty of discriminative wisdom. Thinking mind looks outward and is prone to affirm the reality of conditions, but our faculty of discernment has the capacity to also look within, to turn toward the divine Self and receive higher guidance. From the summit of our awakened discernment and intuition, we can begin to affirm our faith. We can turn from reliance on circumstances to reliance on the Infinite—the intelligent power and presence pervading the universe.

To experience support when we need it, we feel, affirm, know, and declare our confidence in that which has ever sustained us. When we face a challenge and cannot decide what is best to do, our breakthrough is preceded by faith in Spirit and the willingness to rely on the Infinite. This means letting go of worry, confusion, and doubt. Know that guidance will come. Be open to it.

Expectation and Intention

Ron Lindahn
CSA Senior Minister



When I first became involved with Kriya Yoga through the teachings of Roy Eugene Davis it was easy. My expectations were very high: enlightenment, freedom of expression, full Self- and God-realization.

At the same time my intention was probably medium. I was willing to make some easy lifestyle changes to support a meditation practice. I began reading inspirational books and articles, attending lectures and workshops. I was fully engaged as long as my practice didn't interfere too much with my "normal" life. Here the ego (feeling of independent existence) was in charge, thinking that through my practice I would become stronger, more powerful, and have full control over my destiny.

As I practiced, over time, it got harder. My expectations lowered because enlightenment hadn't been experienced yet, and it took stronger intention to stay fully involved with my practice. I did feel a little more peaceful, grounded, and open. For some, the lowering of expectations makes it easier to skip a meditation session, and choose books and programs for entertainment rather than inspiration and motivation. The spiritual path can become more like a hobby than a focused program of progressive awakening.

When I first sat to meditate with the instruction to flow attention to That which is beyond thought and sensation, I realized that this was not an easy thing to do. The ego, thinking mind and emotional nature, resists being put aside. Attempting to experience the essence of one's being with the mind still active, and feelings dominant, is only inner struggle.

With regular practice it became easier. I experienced some progress, with moments of thoughtless awareness, less time being distracted, and a growing sense of connection with the nurturing, supportive, aspects of ultimate Reality. My intention

became much stronger to persist, to be attentive, to go all the way to full Self-realization.

Kriya Yoga practice is defined as intentional self-discipline, proper study of one's own nature, and letting go of the ego. Together, these three practices are designed to bring us closer to God. It can seem to be an easy, or difficult, path, depending on your point of view and dedication. Maximize both your intention and expectation. Be persistent, keep the intention to be fully Self-realized as the top priority in life, AND hold the expectation to be ever aware of the presence of God. If you sincerely believe in your heart that it is possible, and you remain steadfast in practice, you cannot possibly fail.

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for access to current Newsletters, Saturday seminar schedules and podcasts of the speakers, and links to current and past issues of *Truth Journal* magazine.



Creative Imagination for Spiritual Unfoldment

Leode Franklin
CSA Minister



Imagine being free of conditionings and ordinary states of consciousness that limit your awareness and ability to be spiritually awake. The Creative Imagination technique is the use of our imagination to envision circumstances or understandings that currently do not exist. If conditions or circumstances need improvement, this technique can be applied to establish a newly desired state. One can change behaviors, remove subconscious conditionings, change self-image, and quicken spiritual unfoldment. Practicing on a regular basis allows us to remove limitations of ordinary states of consciousness, and moves us toward expressing our highest qualities and toward revealing our true nature.

Living in ordinary consciousness is being identified with beliefs, perceptions, and programs that were learned throughout life. Expressing in ordinary consciousness, one reacts to situations from existing conditionings, and mistaken beliefs and perceptions are reinforced. It is important to be aware of our mental attitudes and state of consciousness. Learn to direct and accept only thoughts, feelings, and actions that are positive and support spiritual awakening. Consciously controlling thoughts and feelings is a form of awakening and begins to transform our life.

When Creative Imagination is practiced correctly, we cooperate with the natural laws of causation. Natural laws can be known intuitively, and are entirely objective, impartial, and orderly. Natural laws are supportive and cause an effect in our outer lives based on habitual thoughts, feelings, and desires. In other words, the outside world is a reflection of our inner world. Notice how thoughts and beliefs you hold in your mind are manifested in your daily life.

Our individual mind is a part of Cosmic Mind and is always

interacting with it. Cosmic Mind is produced from supreme Consciousness, and its natural inclination is to respond to our mental states. When we consciously interact with Cosmic Mind by effectively imagining a desired state, Cosmic Mind responds to externalize the newly-sustained imagined desire.

The best time to practice Creative Imagination is after meditation when you are in a calm and clear state of awareness. Imagined desires or goals should be life-enhancing, and reasonable, constructive endeavors that you can accept for yourself. If a circumstance in your life needs improvement, use Creative Imagination to bring forth a change. If your life is in good order, awareness is settled, relationships are harmonious, and needed resources are easily attained, use Creative Imagination to promote further spiritual unfoldment.

Imagine you are Self-realized, established in clear awareness, peaceful, and in harmony with the world. Feel a complete acceptance of this Self-realized state. Hold the image with sustained thought and conviction. To establish this feeling, it can be helpful to picture how you would think, feel, speak, and act if you were Self-realized. Maintain acceptance of being Self-realized as you perform daily activities. Function from awareness of being whole and complete. You may be inwardly led to take appropriate action to further spiritual awakening. If doubt or old perceptions should arise, use intention to shift thought and feeling to the desired state. Continue to practice the technique until the imagined state is fully accepted and evidenced.

Practice, persistence, and patience will bring forth desired results. Once fully established in acceptance of the newly imagined state, be open to allowing Consciousness to bring forth the actualized desire in the best way for your circumstances.

Know that you can live without restrictions of ordinary human mental attitudes and that you are always supported by the processes of nature and God's grace.

Use creative imagination to increase your capacities to perceive, comprehend, and experience your highest good and to assist others to the highest good which they are capable of experiencing. – *Roy Eugene Davis*

Why We Want to Know God

Excerpted from *Satisfying Our Innate Desire [To Know God]*,
by Roy Eugene Davis, and will be featured during
the July 17 Saturday online seminar.

To get at the core of God ... one must first get into the core of the self ... Go to the depths of the soul ... the secret place of the Most High, to the roots, to the heights, for all that God can do is focused there. – *Meister Eckhart (1260 – 1327)*

A compelling urge from the deepest level of our being makes us yearn to have our awareness restored to its original, pure state and we cannot be completely satisfied until this is permanently accomplished.

When thoughts and emotions are calm, we can intuitively discern that we are not mere physical creatures fated to be forever confined by illusions or limited by conditions over which we are powerless to control. We may then be aware that we are immortal, spiritual beings with innate powers yet to be actualized and an inherent capacity to be fully awake to the truth of what we are and our relationship with the Infinite.

When you have such insights, be happy, for you can then be inspired and motivated to decisively choose to rise above habitual ways of thinking, feeling, and behaving which may not always be compatible with your aspiration to be Self- and God-realized.

God is not what most people think God to be. Mental concepts fall short of defining what God is. It is human nature to imagine God to be a cosmic person: male, female, or androgynous (having both characteristics). Or to presume God to be kind, capable of rewarding good behavior, punishing bad behavior, healing painful conditions, and saving souls from the suffering and limitations common to ordinary human conditions. God may be imagined as a supreme intelligence, a cosmic mind, an omniscient, omnipotent, formless being, or as goodness or love in accord with one's ideas regarding the meanings of those concepts.

Millions of people regularly pray to God even if their prayers are not answered because they feel they should, hope that a

response will be forthcoming, feel better when they do it, or have no place else to turn for help or solace. And millions of people faithfully participate in private or public ritual worship without having a vivid or meaningful sense of relationship with God.

Although the innate urge to know God is present in everyone, few people know how to actually experience the reality of God. Every soul, as an individualized unit of pure Consciousness, is living in God now. This truth only has to be realized.

The often asked questions: What is God?, How can I find God?, Why does God allow suffering?, are based on lack of understanding of God as a field of supreme Consciousness of which we are individualized units.

God need not be sought as though existing in a remote place. The invisible Presence is all-pervading; its ruling power is expressing in and as everything in the universe. Because we are units of God's being, all knowledge of God is within us.

God is not responsible for human suffering and misfortune. Unpleasant conditions result from lack of God-knowledge, mental and emotional confusion, and unwise behaviors. By self-training in rational, optimistic thinking and by conforming our behaviors to impersonal laws of cause and effect, most suffering can be avoided and good fortune can be experienced.

Many people who say they want to know God and to live freely and enjoyably are not always sincere. They want only enough knowledge of God and of how to live better that will enable them to have more peace of mind and personal circumstances that are somewhat improved. Dedicated truth seekers who choose to learn how to grow to emotional and spiritual maturity can soon rise above ordinary human conditions and awaken rapidly through the stages of spiritual growth.

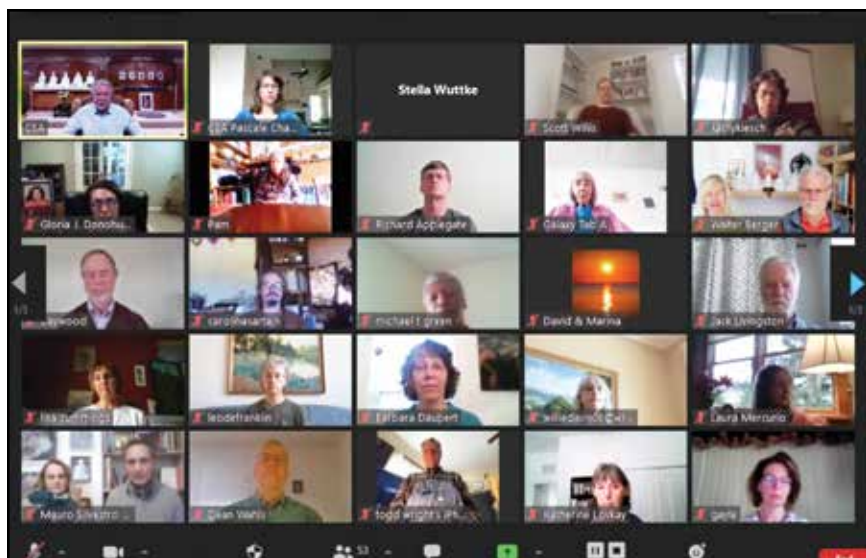
When we know God as God is, our awareness is no longer ordinary (fragmented and blurred by mental and emotional confusion and subconscious influences); it is illumined. Knowledge of our true nature in relationship to the wholeness of life then emerges. This is not only possible for every sincere person to realize, all are destined to awaken to it. The possibility exists at every moment.

News and Highlights Winter, Spring 2021



Above: This year, CSA Minister Dr. Mahadevan celebrated Paramahansa Yogananda's birthday (Jan. 5), and Roy Eugene Davis' birthday (March 9) by donating clothing and food to the children at the Aumpranavashramam Orphanage Center in *Tamilnadu, India*. Pictured are the children and their teachers. *Below:* The main parking area and driveway at CSA Headquarters being repaired and seal coated. *March 2021*





Above and Below: The March 6th online seminar commemorating the birthday of Roy Eugene Davis and the mahasamadhi of both Paramahansa Yogananda and Sri Yukteswar was well attended. CSA ministers Clifford Rosen (seated), Marty Wuttke (left) and Ron Lindahn (right), led the classes from the CSA Meditation Hall.



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 Summer and Fall Saturday Seminars:
For a complete listing of programs, go to
csa-davis.org, the Calendar on the home page,
or the Center for Spiritual Awareness
Facebook Page

June 12 – Creative Imagination based on *How to Use Your Creative Imagination*. This issue of *Truth Journal* features helpful articles on this subject.

July 17 – Develop a Personal Relationship with God based on *Satisfying Our Innate Desire to Know God*. Excerpt page 24.

Topics to follow for these dates:

August 14 September 11 October 16 November 13

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

You can participate in all online classes with 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 shows the website for the Center for Spiritual Awareness. At the top left is the logo, which consists of a colorful circular emblem with the text 'CENTER FOR SPIRITUAL AWARENESS' and 'A Non-Profit 501(c)(3) Organization'. To the right of the logo is a 'Click to listen' button with a small portrait of an elderly man. Below the logo, there are three main program listings, each with a small circular image and a title:

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

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 _____

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In the Sanctuary of Silence \$2.00 _____

How to Use Your Creative Imagination \$2.00 _____

Living Consciously in God \$5.00 _____

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

Satisfying Our Innate Desire to Know God \$4.95 _____

Absolute Knowledge That Liberates Consciousness \$7.95 _____

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DVD **Paramahansa Yogananda Remembered** \$5 _____

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

1 DVD **Infinite Life** 2010 Kriya Congress talks \$10 _____

1 DVD **Experiences With Paramahansa Yogananda** \$5 _____

1 DVD **Know Your True Nature** \$5 _____

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4 Audio CDs **Absolute Knowledge** Audio Book. \$20- \$15 _____

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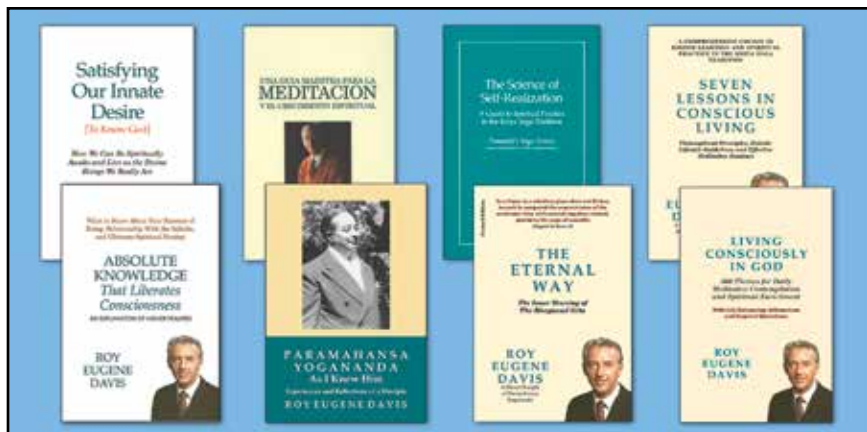
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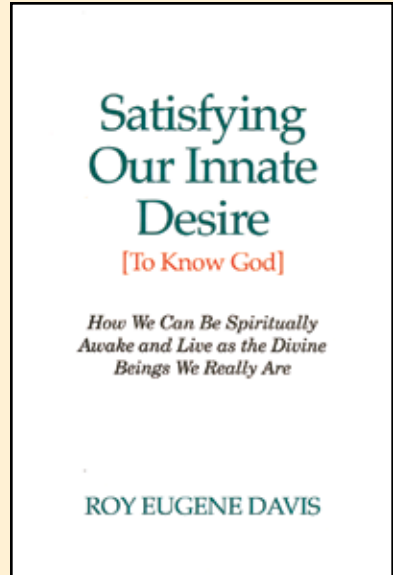
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Why We Want to Know God • How to Know What to
Believe • How to Know God • Living in God
Appendix: Understanding the Reality of God
Glossary: Words and Philosophical Concepts to Know

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Affirm With Realization

The radiant purity of my essence of being continuously
illuminates my mind and consciousness. The peace of mind
and happiness that I have, I lovingly wish for others.