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**Your Relationship with
Cosmic Mind – page 4**

2nd Edition
Revised and Enlarged

PARAMAHANSA
YOGANANDA
As I Knew Him

by Roy Eugene Davis

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Revised Second Edition 2018

PARAMAHANSA
YOGANANDA
As I Knew Him
Experiences and Reflections of a Disciple
ROY EUGENE DAVIS

Mr. Davis was an ordained disciple of Paramahansa Yogananda. He describes his experiences in this book. Many of the author's observations of his guru—what he was like and what he taught—differ from what other people have said because their experiences and perceptions were different.

Chapter Titles

Beginnings — Early Experiences With My Guru
Observations and Reflections of a Disciple
Transitions — Continuing Grace

Addendum

Answers to Questions About the Spiritual Path
Philosophy, Traditions, and Essential Practices of Yoga
The Inner Meaning of the Bhagavad Gita
Lineages of Gurus in this Kriya Yoga Tradition

Glossary

Precise definitions and explanations of more than 150
English and Sanskrit words and philosophical concepts
that are helpful to know

Order Form on Page 30

Front Cover: Roy Eugene Davis in the CSA Meditation Hall 2013

Your Relationship with Cosmic Mind	4
Answers to Questions about the Spiritual Path	11
Consciousness	15
Guidelines to Inspired Living	16
Conscious Food Preparation: Red Lentil Soup	18
Discovering the Sacred in Everyday Life	19
Observations, Insights, and Discoveries	20
Grounded	21
Spiritual Awareness: Our Unfailing Guide	22
The Unknown History of Patanjali and the Yoga Sutras	24
Mystical Reflections	27
Online Retreat Information	28&29
Book List	30

Below: CSA Headquarters Meditation Hall



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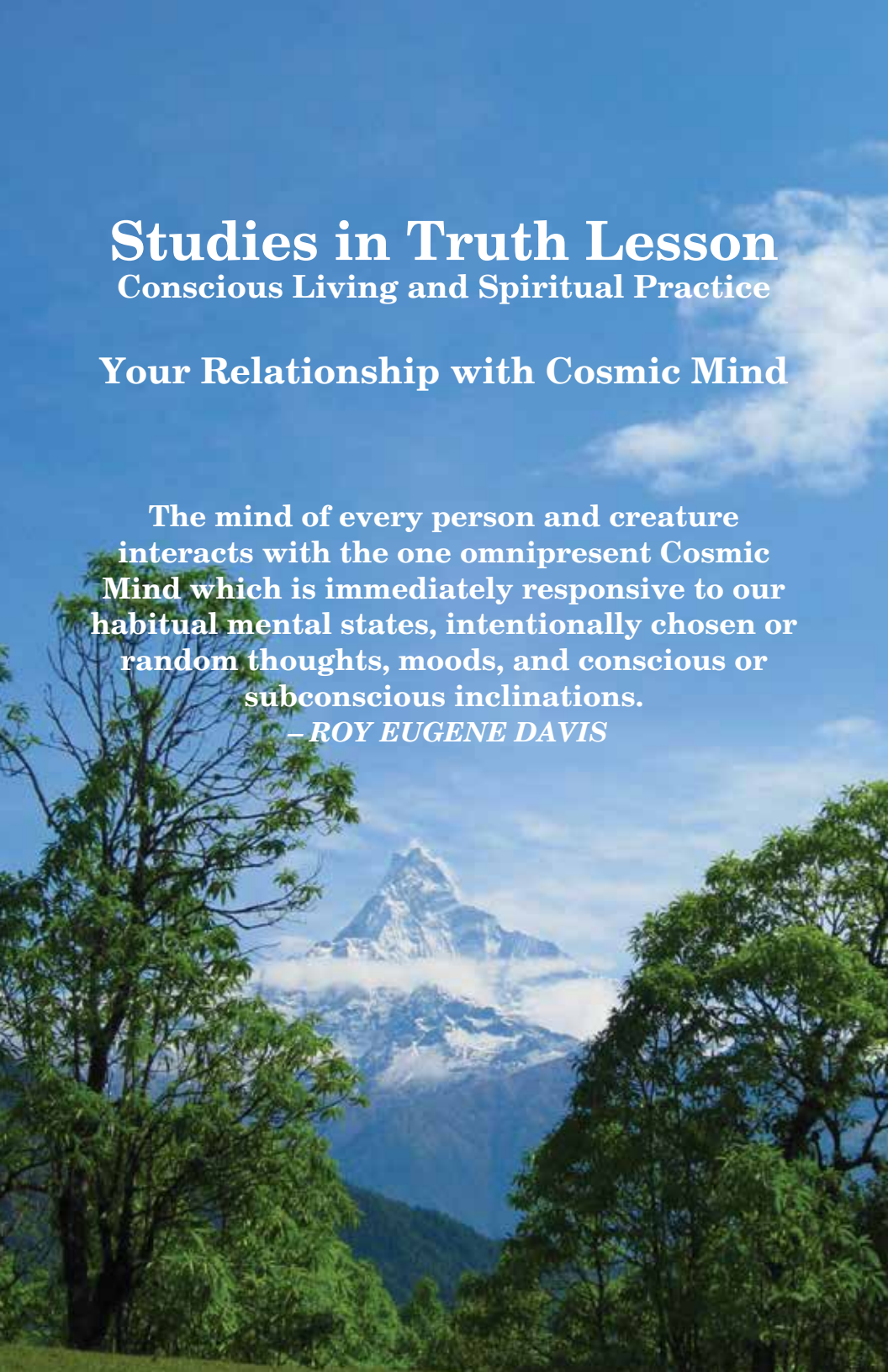
Studies in Truth Lesson

Conscious Living and Spiritual Practice

Your Relationship with Cosmic Mind

The mind of every person and creature interacts with the one omnipresent Cosmic Mind which is immediately responsive to our habitual mental states, intentionally chosen or random thoughts, moods, and conscious or subconscious inclinations.

– ROY EUGENE DAVIS



The metaphysical, mental law of cause and effect is simply described: The impersonal responses of Cosmic Mind always correspond* to the mental states of individuals. Knowing this, if we sincerely want our circumstances to be improved, we must conform our mental states and habits of thinking to conditions we consider to be ideal.



It is not uncommon for a person who does not know about this mental law of cause and effect—or who knows about it, but is not emotionally mature or self-responsible—to think or say, “If my circumstances were more harmonious, I would be happier, feel better, and be able to think positive thoughts and make better decisions.” What has to be understood is that it is we who determine our personal circumstances by the moods and habits of thinking that we nurture and the actions we perform. To assert that others, or events or conditions that are beyond our ability to control, cause our misfortune is to be irresponsible. Some people believe that their personal karma (conditioned subconscious tendencies and inclinations accumulated because of prior experiences, thoughts, and desires) is too strong to overcome or that astrological influences determine their behaviors and experiences. Others think that God is either punishing them or trying to teach them lessons they have yet to learn.

If we believe that external causes are controlling our lives, we are choosing to be victims of circumstances rather than be self-reliant, rational, discerning, and responsible for what we do and experience. Subconscious mental impressions can be changed by replacing troublesome tendencies and drives with constructive thoughts, feelings, and actions. Astrological influences can be cooperated with and transcended. The more spiritually aware we are, the more we are inclined to flow with supportive circum-

***correspond** Latin *com-*, together, and *respondere*, to respond.

To be in accord, consistent, or compatible.

correspondence The act or fact of conforming.

stances and to transcend conditions which are not supportive. God is not a cosmic person who interferes with our lives or causes us to have problems or misfortune. If we are willing to make choices and perform actions that will enable us to live freely and effectively, we can learn the facts of life and by personal experimentation experience the fulfillment we deserve. When we do what we need to do to accomplish our purposes, results will always be in accord with our mental and physical actions.

Your True Self, Your Mind, and Cosmic Mind

As a spiritual being, you are a flawless unit of one field of Consciousness (God). Because this is so, all knowledge of the one field of Consciousness is within you and you have innate powers of discernment and functional ability to become aware of and use. Choose to be God- and Self-aware and to be aware of and use your knowledge and functional abilities.

- When you were individualized by the interactions between Consciousness and its own energy manifestation (Om) and its self-expressed aspects of space, time, and cosmic forces, you assumed a mistaken sense of self-identity (the ego).
- Your awareness enables you to apprehend and feel.
- Your intellect enables you to discriminate.
- Just as Cosmic Mind emanated as a magnetic field from the one Consciousness, so your mind emanated from you and blended with Cosmic Mind when you first became involved with the material realm. That is why your mental states interact with Cosmic Mind.

Be still. Be aware of your feelings, thoughts, and physical sensations. Notice that because you observe and perceive, you are not what you observe or perceive. Notice that, as you are aware of your memories and of having moved through time and space and had a variety of experiences during the years you have been in this realm, *you* are not any older because, in truth, *you* have not aged.

Whenever you feel overwhelmed by circumstances or are mentally confused or emotionally disturbed, assume this still, calm state and see circumstances, thoughts, and feelings with

objectivity. If you have decisions to make, do it in this state of Self-awareness, then maintain this understanding as you go forward with your plans.

The universe (Latin *unus*, whole) floats in Cosmic Mind. When your mind is purified (illuminated) and your awareness extends to and includes the entirety of Cosmic Mind, you will be cosmic conscious. Then, while observing various aspects of objective phenomena, you will know the wholeness of life and your relationship to it.

It is a common saying that “thoughts are things.” It is true that thoughts which are sustained by intention influence your circumstances. Clearly defined, intentional thoughts can cause specific effects. Confused thoughts or mild hope cannot produce positive results. Clearly defined, intentional thoughts impress Cosmic Mind which expresses corresponding effects. They can also attract resources and events that enable circumstances which are visualized to manifest. Some saints who are spiritually advanced can even materialize objects by concentrated visualization and will power, although it is rarely done. A few people who are not spiritually advanced can also manifest their intentions, though their actions are not always constructive. Knowing that our thoughts are influential, it is important that our motives always be pure.

Visualization is more effective when will power or decisive intention is *gently* used by accepting the desired outcome as being easy to manifest. The impulse of intention or desire causes a sequence of orderly events to occur in Cosmic Mind that, if not modified by indecision or doubt, produces the intended results. Because your mind is one with Cosmic Mind, your ordinary needs in relationship to your well-being can be and often are spontaneously provided for by Cosmic Mind because of its inclination to be responsive. The more spiritually aware you are, the easier it will be to live effectively and have all of your real needs provided for by God through the medium of Cosmic Mind.

Seek first to be Self- and God-realized, and live in the right way, and all things [what is needed for your well-being] will be provided for you. – *Gospel of St. Matthew 6:33 / Modern translation.*

Mental telepathy (communication by means other than the

senses) occurs between people and living things because all individualized minds are one with Cosmic Mind which is simultaneously everywhere in the universe. Thoughts do not have to travel “from here to there.” Cosmic Mind transcends space and time. Distance does not separate us from each other or from anything else in the universe. Just as we abide in the wholeness of God, so we abide in the oneness of Cosmic Mind.

Think Rationally and Live Freely

What can you do when you feel as though you are drifting through life without a clear sense of meaningful purpose and your circumstances are unsatisfying or uncertain?

Remind yourself that you are a spiritual being superior to your moods, thoughts, and circumstances.

Assume a self-confident, self-responsible mental attitude.

Refuse to allow unpleasant memories or troublesome conditions to disturb your mental and emotional peace. As you sustain constructive thoughts and perform constructive actions, your circumstances will definitely improve.

Be optimistic and nurture only positive thoughts. Imagine ideal possibilities. *See* them with inner vision. *Feel* that you have them. Disregard ideas, feelings, and circumstances which are not in accord with the ideal life you deserve to live. *Claim* for yourself only that which you want to be true for you. Never affirm weakness, fear, lack, mental incompetence or lack of intelligence, inability to function and accomplish purposes, addictions of any kind, or any other soul-limiting characteristics.

Avoid allowing your mind to be influenced by the words or behaviors of others with whom you might have to associate who are egocentric, narrow-minded, confused, or addicted to petty behaviors. Silently acknowledge the divine essence of all people while attending to your own “spiritual business.”

Nurture your physical health and adhere to wholesome lifestyle routines. Although you are a spiritual being, in this world you are expressing through a physical body. Keep your body in a healthy, vital condition.

Study metaphysical principles to acquire a comprehensive

understanding of God, your true nature, and the universal yet impersonal laws of cause and effect. Test what you learn and prove it by personal experience. By doing this, you will know the truth about life and its processes. Your accurate knowing and freedom of expression will liberate you from all troubles and misfortune.

Avoid confusion about what God is. Know God as God is, rather than be satisfied with an unclear concept of God. God is the one Reality: the only Being, Life and Power expressing as all that is. Because you are a unit of God's Being, you are one with God now. You only have to directly acknowledge and consciously realize this truth about your Self.

In the formative years of the New Thought movement, which originated in the latter half of the nineteenth century, some teachers of metaphysics who were aware of a Higher Reality but did not completely comprehend it, used the word Mind as a synonym for God. Just as you have a mind which you use but does not define you, the allness of God is not limited to Cosmic Mind. Cosmic Mind emanates from God (as your mind emanates from you) to make possible the universe and its processes and your interaction with it.

Nurture your spiritual growth by daily meditation practice until you easily experience superconsciousness. Preliminary superconscious states may be mixed with emotions and ideas that arise in your mind so long as restlessness prevails. As you become more proficient in superconscious meditation practice and your awareness is clarified, you will experience pure, transcendental superconscious states that will enable you to know your true nature and the reality of God.

Cultivate awareness of the presence of God at all times as you live a well-ordered, purposeful life. Eventually, you will always be God-conscious regardless of what you are doing.

Having done your best to help yourself, live with absolute faith in God, knowing that you always have the full support of Cosmic Mind as you maintain a positive mental attitude and perform constructive, appropriate actions.

Lesson Review and Practical Application

Review the lesson. In a separate notebook, answer the questions and apply the recommended practices.

1. What is the metaphysical, mental law of cause and effect?
2. What is the origin of Cosmic Mind?
3. What is the origin of your mind?
4. Define *ego*.
5. How are units of Consciousness individualized?
6. Are you always optimistic? If not cultivate optimism: anticipate or expect the best possible outcome for every situation.
7. Do you know that karma and/or planetary influences need not be in control of your life? Improve your understanding of Cosmic Mind and nurture emotional and spiritual growth.
8. Do you know that God is not responsible for difficulties or misfortune that might be experienced—by you or anyone else?
9. Are you claiming or strongly holding onto any erroneous ideas or nonuseful or destructive mental attitudes, habits, behaviors, relationships, or circumstances? If so, let them go.
10. Improve your meditation skills until you experience super-conscious states easily, by choosing to do so.
11. When thinking, allowing moods to prevail, or performing actions, remember your relationship with Cosmic Mind.
12. Cultivate your awareness of the presence of God until it is constant.
13. Write an affirmation that clearly defines your relationship with Cosmic Mind and your resolve to always think and act so that its responsiveness to you is entirely supportive of your highest ideals for your life.

Answers to Questions about the Spiritual Path

– Roy Eugene Davis

How Can We Know That What We Want or Desire Is Really for Our Ultimate or Highest Good?

Desire only that which enhances your life and the lives of others. Aspire to fulfill the four purposes of your life: 1) to be in “your right place” doing what you can best do with the skills and knowledge you already have or can acquire; 2) have desires which are of real value to you easily fulfilled; 3) have resources you need (money, things, relationships, timely events) readily available; 4) continue to awaken and quickly grow through the stages of spiritual growth until you are Self-realized and your consciousness is liberated (devoid of erroneous ideas and illusions).

Should we schedule a regular time to decide on our goals or to visualize desired circumstances, or should we maintain a mental picture of ideal circumstances?

Until you are effortlessly in the flow of good fortune, every day, after meditation practice when you are calm, ponder your circumstances. Are you on the right course in life? Are all of your needs satisfied? Are you healthy? Are your relationships wholesome and supportive? Are there problems that need to be solved? Do you need physical or psychological healing? Are you as emotionally mature and self-responsible as you should be? Are you as prosperous as you want to be? Do you like the work that you do and is it of real value to you and to others? Do you have any habits or behaviors that need to be changed? Is your understanding of yourself and your relationship with God improving? Is your spiritual growth progressing to your satisfaction? Be objective, without allowing emotions to interfere with rational thinking and decision-making.

Here is a useful way to conclude your meditation practice:

- Imagine (mentally picture) the light of pure consciousness (the radiance of your being) pervading and illumining your mind.

Acknowledge that your mind is well-ordered and your intellectual powers are flawless. Know that all addictive or troublesome tendencies are dissolved. Affirm that you are capable of rational thinking and can easily solve problems and make right choices.

- Imagine and *feel* superconscious influences pervading your body, strengthening the immune system, slowing biological aging processes, circulating regenerative energies, refining your brain and nervous system, and directing the actions of the organs, glands, and systems of your body.
- Expand your awareness beyond the body. *Know* and *feel* that you are in harmonious accord with the rhythms of the cosmos; you are always in your right place in life doing what is best for you to do; your constructive thoughts and actions always have the full support of Cosmic Mind. *Know* that necessary resources and ideal events, circumstances, and relationships will always harmoniously and appropriately unfold for your highest good.
- Acknowledge all souls in the universe. Breathe a prayer for their total well-being and spiritual enlightenment.
- Conclude your practice session. Be peaceful and happy.

When you have specific problems to solve, needs to be met, goals to achieve, or projects to be completed that have obstacles to be overcome, do this:

- After meditation, or anytime, be still.
- Acknowledge your true nature as a spiritual being, that you abide in God, and that your mind is one with Cosmic Mind.
- Disregard all thoughts or feelings of limitation. Know that problems can be solved, needs can be easily fulfilled, worthwhile goals can be achieved, and useful projects can be completed. Solve problems by being receptive to knowing the solutions. Have your needs met by doing what you can do to satisfy them and use creative imagination to attract what you need. Complete useful projects by “seeing” them successfully completed, then do what you need to do to play your role in the accomplishment-process. When you are able to inwardly “see” and “accept” desired outcomes, they can be actualized.

- Conclude the session with thoughts and feelings of freedom and thankfulness.

While engaged in this procedure, you may not always be able to immediately solve a problem. Insight may suddenly emerge later or timely events will solve the problem for you. In relationship to achieving goals or completing projects, time may have to be considered because events occur in time. The manifestation process will be faster when obvious obstacles are removed. If your confused or negative thinking, or lack of appropriate, right actions are the major obstacles, first correct those conditions before attempting to overcome the obstacles that seem to be (or are) external.

If our personal circumstances are already satisfactory, how can our understanding of our relationship with Cosmic Mind be helpful to our spiritual growth?

Use your understanding of your relationship with Cosmic Mind to attract ideal circumstances that support metaphysical studies and spiritual practices. When meditating, transcend mental processes to realize (be aware of and experience) *that* which transcends them. Even spiritually enlightened people relate to Cosmic Mind so long as they abide in this or other realms because all realms are within the one Mind of God.

When you are spiritually enlightened, your thoughts will be spontaneously well-organized; thinking will be rational; intellectual powers will be flawless; intuition will enable you to directly know all that you want or need to know; actions will always be appropriate; you will live effortlessly by your own right actions and the unrestricted support of God's grace.

Can our awareness of our relationship with Cosmic Mind be helpful to others?

Yes, we can and should be helpful without any desire to control or dominate their circumstances. When others are troubled or in need of help, look beyond outer appearances to their divine nature. Looking beyond their problems or difficulties, *see* the ideal conditions they can have and silently invite them to be actualized.

See them as they can be: alert, healthy, prosperous, effectively functional, and spiritually aware. If they are receptive to learning, educate them about what they can do to help themselves. If they are not receptive, continue to see them as they can be, allowing them freedom to either be responsive to your silent help or to remain as they are. Don't try to force them to change or feel that your inner work on their behalf is useless. The best way to help others is to assist them to spiritual awakening and growth and to provide them with information that will be useful. They can then make their own choices.

In regard to the fact that everyone's mind is a part of Cosmic Mind: Can we be influenced by the negative thoughts and mental states of others?

We can only be influenced if our awareness is ordinary or blurred. When we are Self-aware and living in the right way, the negative thoughts, words, or actions of others cannot influence us. If we relate to or identify with blurred states of awareness and negative mental states of others, we can be inclined to become like them. We do not need to pray for "protection" from such influences; to do so would be to acknowledge them as being a threat to our well-being. Just live a Self- and God-aware life, accomplish your purposes, and fulfill your spiritual destiny.

Affirm With Conviction

Knowing my relationship with Cosmic Mind,
I think constructively, act wisely, live effectively, and
quickly awaken to complete God- and Self-realization.

When one has put away the cravings of the mind and is content in Self-knowledge, one is said to be established in wisdom.

– *Bhagavad Gita 2:55*

In the ... dance of life the Soul sees the fountain of life and the fountain of Spirit, the source of Being. For we are not cut off from our source nor separated from it ... we are more truly alive when we turn towards it, and in this lies our well-being.

– *Plotinus (205 – 270)*

Consciousness

Clifford Rosen
CSA President



consciousness Often means “awareness” in everyday usage. Used metaphysically with a capital C, Consciousness is another word for ultimate Reality.

The true Self, our inmost center of being, is a unit of the pure (beyond description in sensory words) aspect of Consciousness.

In addition to the pure aspect of Consciousness, there is an expressive aspect of Consciousness. Time, space, and particles flowing forth to manifest as the causal, astral, and physical realms of nature are attributes of the expressive aspect of Consciousness.

When the clamoring outwardly directed mind and senses become still, the pure essence of the Self simply knows Itself as It is: clear awareness, and the joy of immortal existence.

When we even partially realize the true nature of our being, stillness and clarity emerge into our awareness and the flow of grace prevails. We are then more able, through our innate soul essence and the use of creative imagination, to create a world of joy, peace, intuitive knowledge, and contentment.

Affirm:

As a flawless unit of the pure essence of ultimate Reality I calmly observe with loving empathy unfolding world events, and in doing so I express calm wisdom.

... I discerned the fullness of God, in which I understood the whole world, here and beyond the sea ... brimming over with wonder and cried out with a loud voice, “The whole world is full of God.”

– *Angela of Foligno (1258 – 1309)*

Guidelines to Inspired Living

Speak the affirmations aloud with conviction.

January 31 – February 6

Be An Optimistic Possibility-Thinker

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

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

February 7 – 13

Affirmatively Pray in God

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

I pray affirmatively in God with conviction.

February 14 – 20

Quietly Radiate Cheerfulness and Serenity

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

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

February 21 – 27

Live Without Fear or Worry

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

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

February 28 – March 6

Renounce Attachments and Aversions

Change is a characteristic of the processes of Nature. Learn to observe transitory events and circumstances with serene objectivity. Do not allow anything to disturb your soul peace.

Always soul-centered, I calmly observe changing events and circumstances with dispassionate objectivity.

March 7 – 13

Improve and Wisely Use Your Intellectual Powers

Use your powers of discriminative intelligence to discern the truth of what you observe or examine. With practice, your powers of perception will be flawless.

I wisely and skillfully use my intellectual powers.

March 14 – 20

Awaken and Use Your Intuition

Intuition is direct perception enabling you to know what cannot be known through the senses or by the intellect. It is the soul's innate capacity to know by knowing.

I wisely and skillfully use my powers of intuition.

March 21 – 27

Wisely Direct the Creative Power of Intention

Instead of merely hoping for your highest good to be actualized, intend to experience it, and you will.

I wisely direct the creative power of intention.

March 28 – April 3

Silently Share Your God-Consciousness with Others

Your consciousness of God effortlessly benefits everyone.

God, through me, equally blesses everyone, everywhere.

God is your life; you never had any other [life].

– Paramahansa Yogananda

CONSCIOUS FOOD PREPARATION

Red Lentil Soup

4 to 6 servings

Ingredients

¼ cup extra virgin olive oil

1 yellow onion and 2 carrots, peeled and chopped

4 stalks of celery, chopped

1/2 butternut squash, peeled and chopped

2 tomatoes or one small can chopped tomatoes

4 garlic cloves and 1 inch of ginger, minced

2 teaspoons ground cumin 1 teaspoon curry powder

1 cup red lentils, picked over and rinsed

1 15 oz can full-fat coconut milk 4 cups vegetable broth

Add water to desired consistency

Salt and black pepper to taste

1 cup chopped fresh collard greens or kale, tough ribs removed

1 to 2 tablespoons lemon or lime juice, to taste

Instructions

1. Warm the olive oil in a large Dutch oven or pot over medium heat. Once the oil is shimmering, add the chopped onion, celery, squash, and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
2. Add the garlic, cumin, and curry powder. Cook until fragrant while stirring constantly, about 30 seconds. Add diced tomatoes, lentils, broth, coconut milk, and water. Add 1 teaspoon salt and freshly ground black pepper.
3. Raise heat and bring mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer for 25 to 30 minutes. Transfer 2 cups of soup to a blender. Protect your hand from steam with a towel placed over the lid, and purée soup until smooth. Pour puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
4. Cook the chopped greens separately until softened. Remove pot from heat and stir in 1 tablespoon lemon juice. Taste and season with more salt, pepper, and/or lemon juice. For spicier soup, add a pinch or two red pepper flakes. Serve while hot.





*Discovering the Sacred
In Everyday Life*

Give Up Control

Ellen Grace O'Brien

Giving up control is letting go of the idea that we are in control, releasing the fallacy that we can control outcomes. There are several things that we seemingly have dominion over. I say seemingly because we should consider that we cannot control whether or not we will take another breath, whether or not our heart will make the next beat. Sobering thoughts! Yet, we move through life acting as if we can impose our will on it. To a certain extent, and within limits, we can.

What is helpful to recognize is that while we do the very best we can to meet a goal, do a job, or offer a service, there is always an “unknown” factor involved. You run into traffic and are late. The dog chews up your report. You catch a cold and lose your voice. Instead of the twenty people you expected to show up for the workshop you are offering, fifty show up. Where are the chairs?

When we realize there is an enlivening power running this universe and our job is to cooperate with it, we can begin to genuinely relax. We are not in charge of the universe! But we are supported by it. Surrender is letting go into being supported.

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Neither mind nor personality have independent power. God's power expressive in the universe is within you at the core of your being. Never say that you are powerless.

– *Roy Eugene Davis*

Observations, Insights & Discoveries

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



Photo by Jeannette Wulff

The influences of our constructive thoughts and prayer intentions can be instantaneous; they do not have to travel through space. A universe (Latin *unus*, one) is whole. What occurs anywhere can be immediately influential everywhere. The most effective way to prayerfully assist others is to meditate until you are established in Self- and God-knowing, then be aware that everyone and everything abides in a unified wholeness in which neither time nor space can be limiting factors.

Keep your mind and awareness pure by nurturing kind thoughts and feelings for others, compassion for their misfortune, and happiness for their well-being. Be emotionally calm and mentally peaceful at all times.

— Roy Eugene Davis

**You are Invited to Sign Up
For the CSA Email
Newsletter with Access to
Online Classes.**

CSA Email Newsletter includes an article by Roy Eugene Davis with current news about online programs and activities of CSA ministers around the world.

Visit www.csa-davis.org to join.

CENTER FOR SPIRITUAL AWARENESS
Founded in 1975 by Roy Eugene Davis

JUNE NEWSLETTER

The Center for Spiritual Awareness (CSA) is a non-profit organization dedicated to the spiritual growth and development of individuals and communities.

After receiving the award of 2014 for the most innovative spiritual practices and the highest quality of work, CSA is proud to announce the release of its new newsletter, which is available to all members.

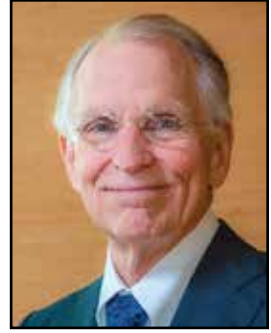
Awakening your Devotions and Aliveness to Permeate Spiritual Enlightenment

When receiving the blessing of communion in the state of spiritual enlightenment, one can naturally experience the experience of ultimate freedom, both in action and in the state of spiritual freedom. It is this state, it is true, to be released and to be free, but often, one must overcome higher wisdom, wisdom, skills, and spiritual and higher ethical values of enlightenment. To make it complete, the individual is required to be completely devoted to the state of enlightenment and enlightenment.

In the process of enlightenment and spiritual enlightenment, the individual can be released and released and be completely released or freed, when the individual is free, it is the state of enlightenment and enlightenment.

Grounded

Ron Lindahn
CSA Senior Minister



grounded (*spiritual*) Being fully present in each moment, anchored in awareness of our true nature.

The future is uncertain. We tend to see potential threats to our continued well-being and security in the realms of health, politics, economy, environment, social interaction, and fair and just treatment for all. Every day we face an onslaught of information from media sources about what might happen next. The result is fear, frustration, and anger. We do not have to suffer. Armed with wisdom, remaining ever aware and mindful, we can rise above normal reactions to circumstances and events, and develop our ability to respond appropriately.

The future has never been certain. We never really know what will happen next, yet we live in the illusion that all will continue in a predictable way. This supports a sense of being in control, secure, and comfortable. Changes happen all of the time, but usually are slow enough that we don't notice.

The future is imaginary. Considerations about what might happen are ideas that often result in suffering. Without grounding, the mind swirls a storm of ideas, and can easily take one off course. People are sometimes floating, untethered, disconnected from the stabilizing earth element, with their attention on screens, enchanted by a never ending stream of data.

You cannot control the circumstances and events that unfold in life. Instead, learn to be grounded in full awareness of each moment, and appropriately respond to conditions as they arise. With Self-realization, always be peaceful, centered, and content. Face the future with confidence and optimism. Be fully engaged. Instead of fear, share love and support; instead of criticism, practice compassion and understanding; instead of worry about your well being, look to the opportunities you have to participate and make a positive contribution to the future.



Spiritual Awareness: Our Unfailing Guide

Harald Reiske
CSA Minister

“Let go and let God.” There is more to say about this quotation.

When we overly identify with modified mental states we assume a mistaken sense of self-identity and feel separated from the one Reality which is our life. It is important to really understand that we are not alone in any moment of challenge in our life, let alone in these days of global pandemic.

To be spiritually aware means to acknowledge and to feel that there is within us a spirit of infinite love, wisdom and guidance ever at hand. A power that is ready to lead us into fulfillment of our highest good. Let us be assured that God is our unfailing guide we can trust. Let spiritual consciousness guide us through any time of doubt, fear or confusion into peace and confidence: God is our unfailing guide.

Let go of spiritual ignorance and let God. Because the presence of God is within us we truly can say:

- I am in divine order
- My mind is in divine order
- My body is in divine order
- My life is in divine order

Let us not only affirm, but also listen to this inner guidance. In the book of Psalms 32:8 we can read: “I will instruct you and teach you the way you should go. I will counsel you with my eye upon you.” It is a specific and definite remembrance which has to be trained. The conviction that we are guided will lift us out of doubt and fear into a revitalized faith, out of human weakness into growing strength as a spiritual being.

Guidance most often comes in gentle movements as a still

small voice within our mind, as a gentle nudge within our heart. Sometimes guidance may be inconspicuous amid the noisy clamor of demanding situations confronting us. So let us be always open and spiritually aware for guidance into our highest good.

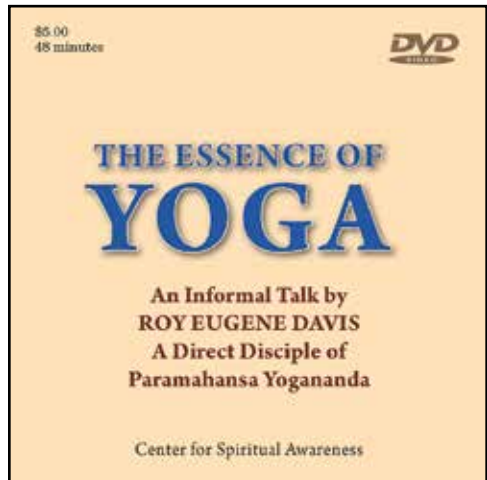
Yogananda used to chant, “I make Thee polestar of my life.” Let us be focused on the right goal in our life. Let me give an example: Nowadays we use modern gadgets like a GPS in our car for guidance. First we have to set the right destination. Then we will be guided along. When we take a wrong turn, it reroutes us. But it never gives up until we reach our destination. You can ignore it or switch it off, but if you follow it, it makes your journey more enjoyable and peaceful.

Therefore let us acknowledge and accept with gratitude the activity and working of God’s guidance and blessings in our life, ever increasing our spiritual awareness and the awareness of Divine guidance.

An Informal Talk by Roy Eugene Davis

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The Unknown History of Patanjali and the Yoga Sutras

Michael C. Gadway
CSA Minister

The historical Patanjali is unknown to us: myth, lore, and legend are all that have come down through time to assuage our curiosity. We do not know when Patanjali lived; scholars place him from as early as the fourth century BCE to as late as the fifth century CE. We know he lived prior to the fifth century CE only because of an early commentary by Vyaas, but even these dates have been debated with little agreement.

Some experts argue that Patanjali was not a single author but that the name was titular and that the sutras were written by a lineage of gurus over centuries. They claim as their evidence the linguistic differences between the first three padas (quarters) and the fourth pada.

Other researchers have asserted that Patanjali, whether a single man or several men, did not write the sutras at all but compiled them from as many as five different sources. They have gone so far as to delineate the various “forms” of yoga within the text itself as proof of the distinct origins. Yet other experts claim that there never was a Patanjali, man or lineage, but that Vyasa himself was Patanjali.

The only collective agreement academics have come to is that the Yoga Sutras can be separated into two general categories: Kriya Yoga and Ashtanga Yoga [the Eight-fold path]. For our purposes, we will accept the demarcation of Kriya Yoga and Ashtanga Yoga academically, but as practicum, we yogis reject any implied disparity.

Contrary to the yoga community’s shared misbelief, Patanjali’s Yoga Sutras were not always the accepted yoga authority they are today. From the twelfth century to the nineteenth century, this definitive yoga composition fell into relative disuse and obscurity. Few commentaries were written during this time

and none of great repute.

It was not until Henry Thomas Colebrooke's *The Sankhya Karika* in 1837 that Europeans were exposed to the Yoga Sutras and Vivekananda's inclusion of Patanjali's Yoga Sutras with commentary in his classic book *Raja Yoga*, first published in 1896, that Americans became familiar with the perennial text. The Yoga Sutras have continued to grow in popularity and authority to this day.

The title *Yoga Sutras* means "threads of union." The Yoga Sutras are 196 aphorisms [concise statements] written in Sanskrit and placed in a precise order within four chapters, inscribed on just five pages. With only a handful of verbs throughout the entire text, many of the aphorisms are written in apposition [themed groupings]. This was done to facilitate memory and flow, implying the possibility that the Yoga Sutras were in place as an oral tradition (shruti) long before they were codified: "The great sages heard the sounds and memorized them; later, the holy instructions were committed to paper."* The succinct language of the Sutras, mathematical in form, has invited an extensive tradition of commentary with richly diverse interpretations of the Sanskrit. This is not surprising as Sanskrit words often have many definitions with slightly different connotations. With numerous possible interpretations for each word, expertise in yoga, discernment, and intuition are required to illuminate the esoteric language of the Yoga Sutras.

... The Ashtanga Yoga of Patanjali teaches not only an enlightened moral and ethical code of mental and physical behavior but also a practical and experiential approach to living. We are taught how to think, speak, act, and meditate which channels our efforts toward a single goal: attainment of Self- and God-realization.

* (Yogananda, Paramahansa. *God Talks With Arjuna, The Bhagavad Gita*, Internal Publications Council of Self-Realization Fellowship, 1995,. pp. 631)

– from the introduction to the author's book, *The Ashtanga Yoga of Patanjali. The Eightfold Path to Liberation*. Holy Fig Tree Publications. Available from Amazon.com

News & Highlights Fall – Early Winter 2020



Above: Harald and Marlies Reiske hosted a weekend Kriya Yoga retreat on Oct. 2 – 4 in Niederalteich, near Passau, Germany.
Below: The CSA Retreat held on October 2-5 in Savona, Italy, was led by CSA Ministers Claudio Massettini, Barbara Zanella, and Swami Nirvanananda. Several participants took Kriya Yoga initiation for the first time. CSA Senior Minister Ron Lindahn offered a class via Zoom.

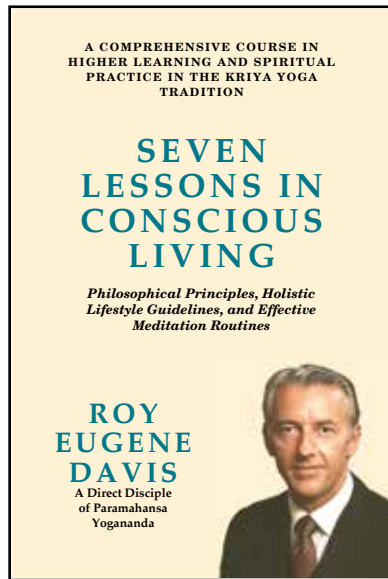


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Visit Our Web Site Often to View the CSA Calendar of Online Events and Videos of Roy Eugene Davis

November–December 2020

15	16	17	18	19	20	21
7:00 AM Meditation w/John Walker Berger 9:00 Meditation & Lesson w/Kathleen B. 11:00 AM Meditation & Inspiration w/Katherine Giebler	1:00 AM Meditation w/John Walker Berger 4:00 PM Meditation w/Linda Weyer	1:00 AM Meditation w/John Walker Berger	1:00 AM Meditation w/John Walker Berger 7:00 AM Meditation w/John Craig	1:00 AM Meditation w/John Walker Berger	1:00 AM Meditation w/John Walker Berger 2:00 PM Meditation w/Julie Barratt	10:00 Hatha Yoga Class w/Julie Barratt
22	23	24	25	26	27	28
7:00 AM Meditation w/John Walker Berger 9:00 Meditation & Lesson w/Kathleen B. 11:00 AM Meditation & Inspiration w/Leode Frankin	1:00 AM Meditation w/John Walker Berger 4:00 PM Meditation w/Linda Weyer	1:00 AM Meditation w/John Walker Berger	1:00 AM Meditation w/John Walker Berger 7:00 AM Meditation w/John Craig	1:00 AM Meditation w/John Walker Berger	1:00 AM Meditation w/John Walker Berger	10:00 Hatha Yoga Class w/Julie Barratt
29	30	1	2	3	4	5
7:00 AM Meditation w/John Walker Berger 9:00 Meditation & Lesson w/Kathleen B. 11:00 AM Meditation & Inspiration w/John Sclavo	1:00 AM Meditation w/John Walker Berger 4:00 PM Meditation w/Linda Weyer	1:00 AM Meditation w/John Walker Berger	1:00 AM Meditation w/John Walker Berger 7:00 AM Meditation w/John Craig	1:00 AM Meditation w/John Walker Berger	1:00 AM Meditation w/John Walker Berger	8:30 Hatha Yoga Class w/Julie Barratt 10:00 - 1:00 Hatha Meditation w/John Sclavo
6	7	8	9	10	11	12
7:00 AM Meditation w/John Walker Berger 9:00 Meditation & Lesson w/Kathleen B. 11:00 AM Meditation & Inspiration w/Clifford Rosen	1:00 AM Meditation w/John Walker Berger 4:00 PM Meditation w/Linda Weyer	1:00 AM Meditation w/John Walker Berger	1:00 AM Meditation w/John Walker Berger 7:00 AM Meditation w/John Craig	1:00 AM Meditation w/John Walker Berger	1:00 AM Meditation w/John Walker Berger	10:00 Hatha Yoga Class w/Julie Barratt

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, 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

In order to support the safety of our members and staff, the CSA Retreat Center in Lakemont, Georgia will be closed in early 2021.

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

Retreats: You can participate using Zoom.

Visit: www.csaretreat.org

Code: 980 663 1368

Password: 957607

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

• **Sunday meditation:** 11 am

• **2021 Winter Saturdays:** csa-davis.org, **Main Menu, Retreats, for Details and Schedules**

February 13

March 6

See Calendar on our Website for a complete listing of programs.



The screenshot shows the website for the Center for Spiritual Awareness, founded in 1979 by Roy Eugene Davis. It features a navigation menu with 'Home', 'About Us', 'Programs', 'Contact Us', and 'FAQ'. A 'Click to listen' button is visible in the top right corner. The main content area includes three featured items: 'Reminders for Challenging Times' by Roy Eugene Davis, 'CSA Retreats - Now Online', and 'Meditation Practice'. Each item has a small image and a brief description.



The screenshot shows the August 2020 Newsletter from the Center for Spiritual Awareness. The header includes the center's logo and name, 'Center for Spiritual Awareness', and 'Founded in 1979 by Roy Eugene Davis'. The main title is 'August 2020 NEWSLETTER'. Below this is a quote: 'An Enlivening Power is Nurturing the Universe and We Can Learn to Cooperate with It.' attributed to 'Roy Eugene Davis'. A photograph of a group of people in a room is featured. The main article is titled 'Skillful Living' and discusses the relationship between life-knowledge, mundane purposes, and spiritual destiny. It states that mundane purposes are related to the realm of nature, while spiritual purposes are related to the realm of spirit. The article concludes that mundane and transcendental purposes can be fulfilled.

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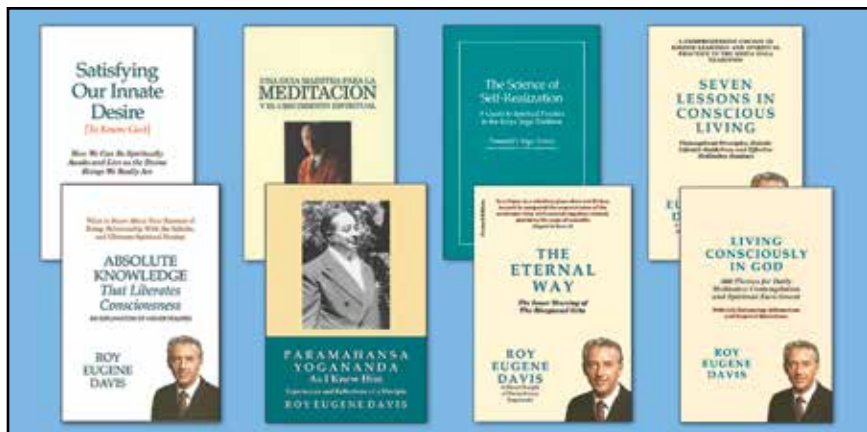
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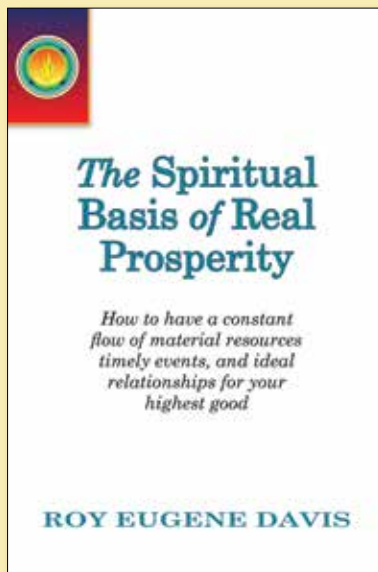
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