

April – May 2016

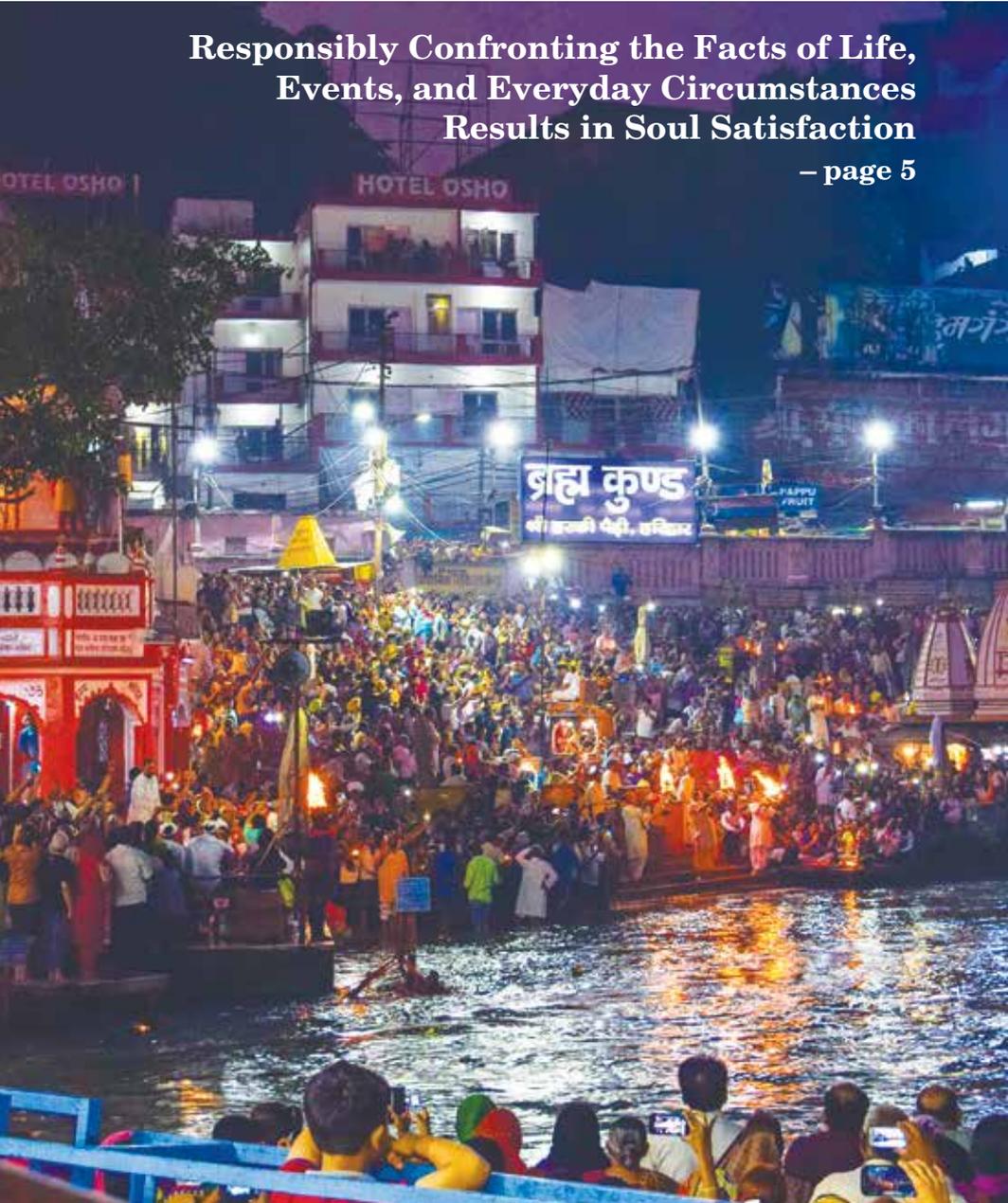
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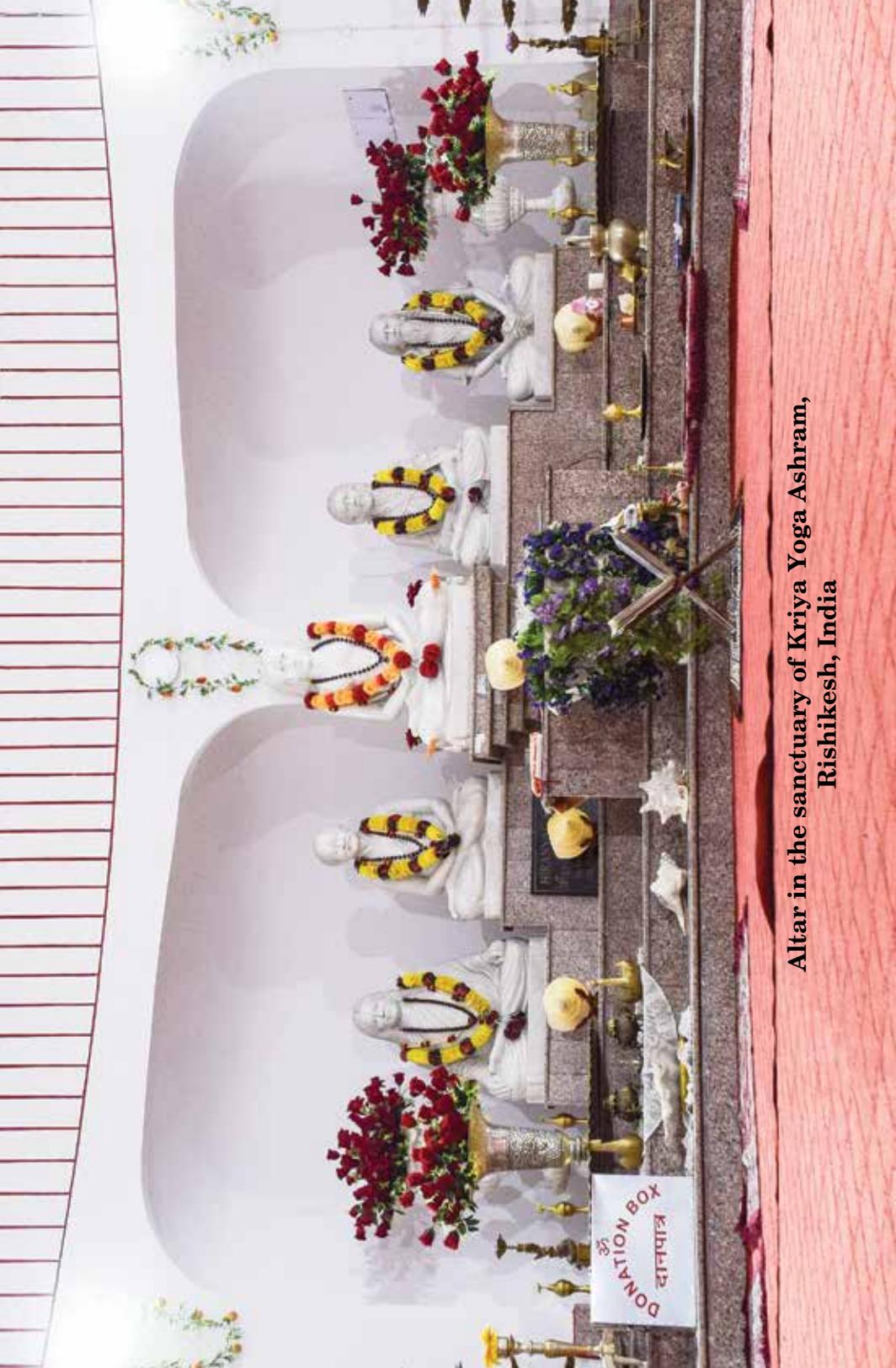
TRUTH JOURNAL

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

**Responsibly Confronting the Facts of Life,
Events, and Everyday Circumstances
Results in Soul Satisfaction**

– page 5





**Altar in the sanctuary of Kriya Yoga Ashram,
Rishikesh, India**

Front Cover: Evening aarti (devotional service offering light to the deity). Haridwar, north India, October 2015.

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Books by Roy Eugene Davis recently published in the Turkish language. Arrangements were made by CSA representative Sabiha Betul. www.gazikitavevi.com.tr



Published: February, April, June, August, October, December
 Subscription in the U. S. \$10.00 Other countries \$20.00 airmailed
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Word Meanings to Know

The first seven words are listed in the order used in the title of the article that begins on the facing page.

responsibly Making rational moral and behavioral decisions and being accountable for them and for the results of thoughts and productive actions.

confronting Latin *com*, together, and *frons*, front. To be “face to face” with or directly see or know something that may cause a degree of emotional arousal and mental alertness and require decisions and/or responsiveness.

facts of life What is true about ultimate Reality, processes of cosmic manifestation, laws of Nature, and causes and effects.

events Happenings or situations that occur.

everyday Common or ordinary.

circumstances Conditions to be known in order to properly relate to them, make right choices, and/or perform effective actions.

soul Every person’s real nature as a unit of the pure essence of ultimate Reality.

satisfaction Fulfillment or gratification of desires or needs.

More Word Meanings to Know

God A word derived from Old German used to refer to “the highest good.” One ultimate Reality has an absolute, pure essence and an expressive aspect with energetic attributes which produce and maintain universes.

meditation A steady flow of attention to an object or ideal being alertly examined or contemplated. Superconscious meditation clarifies awareness and reveals our true nature as pure consciousness.

spiritual path A course of actions and effective practices that bring forth or reveal our divine qualities, Self-awareness, and knowledge of higher realities.

**Responsibly Confronting the Facts of
Life, Events, and Everyday Circumstances
Results in Soul Satisfaction**

It can be easy to have peace of mind and be emotionally stable when environmental circumstances and habitual thoughts and moods are harmonious. We may not always have inner contentment when we do not yet understand our true nature and ultimate Reality or how to effectively relate to events or circumstances that are commonly observed or encountered.

One way to always be serenely observant and functional is to cultivate Self- (soul) contentment in all circumstances by choosing to be inwardly peaceful and discerning the difference between what is observed or experienced and our changeless pure-conscious essence.

Knowing that, as spiritual beings, our essence is constantly pure, calm, and Self-knowing, we can choose to identify with it rather than be reactive to external conditions or to modified or unsettled mental or emotional states.

Two thousand years ago a man in India known as Patanjali wrote a text composed of sutras (a series of concise statements and teachings) to explain how to be Self-actualized (fully conscious and able to easily express innate qualities and knowledge). He, as many enlightened people have done and do, emphasized that the ultimate (highest) aim of human life is *yoga* (unification of attention and awareness with our pure essence).

The following excerpts are from *The Science of Self-Realization*, my commentary on *Patanjali's Yoga-Sutras*:

Some obstacles to Self-Realization are doubt, confusion, failure to improve mental attitudes and behaviors, instability, addictions, attachments, misperceptions, and distracted attention. Indications of distracted attention are anxiety, restlessness, and irregular breathing. (1:30,31)

Solutions are provided in sutras 32 to 37:

These obstacles can be overcome by meditatively contemplating a chosen ideal. The mind is purified by cultivating thoughts and feelings of friendship for others, compassion for those who suffer, happiness for the well-being that others have and enjoy, and dispassion [objectivity] regarding what is thought about or observed. One may overcome all such conditions by pranayama [regulation or detached observation of breathing that calms the mind and reduces stress]. Subtle subjective perceptions [that provide insights] contribute to mental and emotional stability. Beneficial changes can occur because of the luminosity of mind and awareness that prevails [during superconsciousness]. Mental and emotional stability can also be experienced by contemplating states of consciousness and virtuous mental attitudes and behaviors of spiritually enlightened people.

Notice that intentional, constructive practices can remove conditions that cause mental, emotional, and physical discomfort and restore our awareness to its original purity and wholeness. Because we can choose what to think and how to act, we don't have to agree to be victims of circumstances or events that may seem to be beyond our ability to avoid, control, or understand.

We did not plan our incarnation and cannot avoid growing through the progressive stages of biological life and emotional and mental development, having to learn to live responsibly, and eventually departing from the body. We can, however, learn to cooperate with natural laws of physical, mental, and spiritual causes and effects, live skillfully, and quickly awaken from confined, limited states of consciousness to complete Self-awareness and knowledge of higher realities.

We cannot wholeheartedly think kindly about others and at the same time mistreat them or have thoughts or feelings of ill will, jealousy, or envy. Our kind thoughts silently bless them even when they are not aware of our good will and bless us by providing peace of mind, emotional calmness, well-being, and clear states of consciousness which can attract fortunate circumstances and enable us to live more skillfully. We should constantly remember that, behind conditions that produce and

maintain ongoing processes of life and evolution, there is *that* which is whole—and pervading the universe is a cosmic mind, of which every mind is a part, which can produce and attract what we habitually think about, feel, or imagine.

A *golden* (considered to be of great value) *rule* or principle is a reciprocal (between two or more persons) mode of ethical moral behavior that has been taught and practiced in various cultures for many centuries. Examples:

Never impose on others what you would not choose for yourself. – *Confucius/China*

Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss. – *Laozi/China*

That which you dislike being done to you, do not do to another. – *Egypt/664 to 323 B.C.E.*

Hurt not others in ways that you find hurtful. – *Buddhism*

Do to others what you would want them to do to you.
– *Christian New Testament, adapted from the Hebrew Torah*

That which you want for yourself, wish for everyone. – *Islam*

Listening to wise scriptures, disciplined behavior, respectful faith, social welfare, forgiveness, purity of intent, sacrificing [renouncing] inferior thoughts or habits in order to have those which are of better quality, compassion, truthfulness, and self-control are indications of good character and the basis of prosperity and right living. All the worlds are made harmonious by *dharma* [right actions]. By right conduct, treat others as you treat yourself.

– *A royal counselor's advice to a king in the Mahabharata, a long, poetic literary treatise written in ancient India – which includes the eighteen chapters of the Bhagavad Gita*

Behavioral guidelines are for ordinary people who need to be reminded about how to behave or for people who are already well-disciplined but need to be more attentive to doing what is proper. Paramahansa Yogananda's guru Swami Sri Yukteswar told his disciples that human conduct is not reliable until it is established in divine consciousness. Regarding mistakes that are made, he advised people to forget them and resolve to do better in the future.

I am occasionally asked how to heal or get rid of thoughts and feelings of guilt or remorse and sadness regarding past unwise or flawed behaviors. Past behaviors cannot be changed, but current behaviors can be wisely chosen. Emotional distress that inclines us to perform constructive actions can be helpful, then discarded or transcended. It is easier to control thoughts and emotions when we are well-nourished, have had sufficient sleep, and are energetically purposeful. When we can imagine pleasant future experiences and look forward to having them, constructive mental attitudes and emotions can more easily replace troublesome subconscious influences.

We can master our mental states, emotions, and states of consciousness by being Self-determined—making right choices as spiritual beings rather than allowing thoughts and feelings to be ego- or personality-based. I recently talked with a person who informed me that he had been challenged for many years with inability to sleep comfortably and a variety of minor physical complaints. When I suggested that he affirm with conviction that he was healthy and vital while doing practical things to strengthen his body's immune system and solve his problems, he immediately said that trying to control his mental attitude, moods, and states of consciousness didn't work for him. *Trying* doesn't produce ideal results; *doing* is effective.

There are some situations we have to confront that require an immediate, responsible response. Others may not be urgent, and some may be ignored because they are not important. It is best to learn to make wise choices and perform effective actions rather than to emotionally react or do things that are not helpful and may even be harmful.

To have inner strength and the skills that are necessary to wisely relate to external events and circumstances, it is helpful to regularly detach attention and awareness from them and be peacefully established in meditative silence and experience of our pure essence of being. Being constantly outgoing can cause us to temporarily forget our true nature and ultimate Reality or think and live superficially.

Without being judgmental, think about people you know. How many are spiritually conscious (or hope to be)? How many seem to be satisfied to be ordinary: to think and live as though material conditions were the only ones of value.

From time to time, honestly answer these questions:

1. Am I sincere about being Self-realized?
2. Am I firmly resolved to be spiritually enlightened during my current incarnation?
3. What am I doing to allow my innate qualities to emerge and be fully expressive? It can be helpful to write your answers to this question, then frequently review them and write the changes you make.

Settle into a long-term schedule of right living and intensive (concentrated) study of higher realities and meditation practice to help your spiritual awakening steadily improve. Be patient and calmly purposeful by cultivating Self-contentment when circumstances are ideal and when they are not. Be attentive to insights that emerge and notice how the universe is supportive of you when you are optimistic, your thoughts and moods are orderly, and you are cooperating with the laws of Nature.

Affirm With Realization

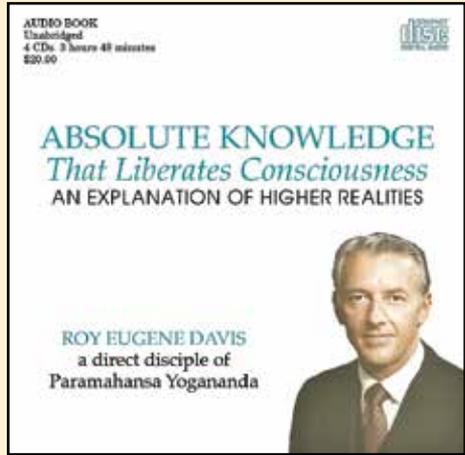
Because I am Self-aware and perform all actions skillfully and appropriately, I always have the full support of the laws of Nature, emerging events, and the influence of grace in all of my constructive endeavors. Necessary material resources and supportive events and relationships effortlessly emerge for my highest good and the highest good of others who are influenced by my states of consciousness and actions.

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and Practices*

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See a complete list of CDs and DVDs on page 30.

How does “right living” contribute to our spiritual enlightenment?

Right living provides us with harmonious environmental and personal relationships, mental calmness, emotional stability, and clarity of awareness that enables our spiritual growth to more easily occur.

Wavelike movements and changes in our mind and awareness that interfere with concentration are activated by restless impulses from below the threshold of conscious awareness. When our mind and emotions are calm and our awareness is clear, our permanent pure awareness can be revealed.

When I try to meditate, I cannot concentrate very long without being distracted by random thoughts, memories that come and go, and physical sensations. How can I stay focused?

Be very attentive and more curious about what is occurring and what might be perceived or experienced. Sit upright and stay alert. If you use a form of meditation (prayerful, affirmative, breath awareness, mantra, or any other method) stay with it until your attention is focused. If your attention wavers, bring it back to the process. Regular, attentive practice will be most helpful. Even while you are endeavoring to concentrate and your best endeavors are not effective, maintain the understanding that you are a spiritual being and at the core of your being you are always whole and enlightened. Don't allow feelings or thoughts of helplessness to influence your mind, moods, or actions. If you sometimes feel helpless, audibly affirm with resolute conviction:

As an immortal, spiritual being,
a flawless unit of ultimate Reality,
I have unlimited freedom and power
to control my states of consciousness,
thoughts, and actions,
and I wisely do it!

To be spiritually enlightened, how important or helpful is it to intellectually know about ultimate Reality and the processes of cosmic manifestation?

Having some accurate information about such matters can make it easier to recognize and comprehend authentic insights that might emerge with spiritual awakenings. One yoga guru who was asked by newspaper reporters why he encouraged his young disciples to acquire knowledge of secular matters and spiritual realities replied, “I don’t want to be responsible for producing a group of ignorant saints.”

Deep examination of higher realities can elicit insights and improve our understanding of them. When you examine them, remember that at the innermost level of your being you know what is true and can learn to recognize it when you see or hear it and when it emerges from within you.

I have conflicts when I think about God, what some people say God is, and what I am trying to understand. How can I know that Reality and my relationship with it?

Many mistaken ideas and opinions about ultimate Reality are talked and written about. The increasing number of people who boldly assert that an ultimate Reality does not exist are usually talking about a personal idea of God that never existed, and are not yet aware of intelligence-directed influences that produced and maintains universes, and them.

Rational examination of ideas about ultimate Reality may be helpful; much discussion or debate is not helpful. Are the people who talk much about God intelligent and insightful, or are they small-minded and prejudiced? Regardless of what others say, we have to discover for ourselves what ultimate Reality is and our relationship to it. We may accept the ideas of someone who seems to be knowledgeable and trustworthy until our realization emerges—as it will when we persist in our quest in the right ways.

When contemplating to discover what ultimate Reality is like, disregard your beliefs and opinions and those of others in order to allow the truth to emerge in your awareness.

I seldom have satisfying results when I pray for myself or others or try to imagine and have ideal circumstances and experiences. What can I do to pray and imagine effectively?

When praying or imagining for yourself, be sure that the results will be what you want and are possible to have, then believe that what is wanted is already yours in your mind and consciousness and expect it to be actually experienced. If actions are needed to produce results, do what you need to do. If you don't know what to do, or cannot do anything that is helpful, expect to have positive results.

When praying or imagining for others, wish for their total well-being: spiritual awareness; physical, mental, and emotional health; and harmonious circumstances and relationships. "See" and believe it for them. When possible, also teach them to think and live effectively so they can be responsible for their choices and behaviors.

I recently read an article in which Krishna as portrayed in the Bhagavad Gita was said to be a real person. I had thought that the Gita was a fictional story with significant teachings rather than a description of historical events.

Yes, the *Bhagavad Gita* is an allegory, an inspired story in which characters, actions, and words represent spiritual and moral teachings. The "Krishna" in the story represents every person's enlightened consciousness. Arjuna, the disciple who is taught about higher realities and how to live in the highest way, represents the qualities of the lumbar chakra: energetic self-discipline and determined will to accomplish purposes. His four brothers represent qualities of the other four chakras in the spine: calmness and stability at the two lower chakras; power of pranayama to be victorious over physical and psychological obstacles to Self-realization at the dorsal chakra; and discriminative discernment at the cervical chakra. Their "wife" Draupadi represents the aroused energy (*shakti*) of soul power (*kundalini*) that enlivens the chakras and helps to express their qualities.

The Gita story is about every person's endeavor to be Self-

realized by overcoming or eliminating influences of confusion, restlessness, modified states of mind and awareness, delusions (erroneous ideas), and illusions (misperceptions). At the end of the first chapter, Arjuna is reluctant to confront the “army” of troublesome mental and emotional conditions and habits which he views as being members of his “family” of subjective states and influences that compose his personality. In the following chapters, higher knowledge of his enlightened consciousness is revealed. In the final chapter, as Self-knowledge is recovered, his consciousness is restored to its original, pure wholeness.



Arjuna (seated) refusing to confront the “army” of his troublesome mental conditions and habits. Krishna (enlightened consciousness) prepares to spiritually educate him.

Note: Read “The Inner Meaning of the Bhagavad Gita” in my books *The Eternal Way* (commentary on the *Bhagavad Gita*), *The Science of Self-Realization*, or *A Guide to Kriya Yoga Practice* (a book given to our Kriya Yoga initiates).

Why are many people unaware of their true nature, seem to be uninterested in knowing about it, or have difficulties trying to know it?

The main problem is strong identification with a small sense of self as confined, limited, and considered by them and others to be their real nature. When we are very young, it can be easy to assume or adopt mental attitudes, opinions, and behaviors of people in our environment and maintain them for many years. To awaken spiritually, it is necessary to be willing to let go of

false or mistaken ideas, imagine possibilities for learning and growing, acquire accurate information about our true nature and higher realities, sincerely want to awaken to clear states of consciousness, and go forward with confidence.

Affirm With Realization

Never satisfied with ordinary states of consciousness or limiting conditions, I bring forth and wisely allow my divine qualities to enable me to experience and express excellence in all aspects of my life.

When I meditate, I don't see inner light, hear subtle sounds, or have pronounced pleasurable feelings. Should I try harder to have such perceptions? What can I do that will be helpful?

Such perceptions can be interesting to have and may support concentration for a while. If or when they occur, they will eventually have to be transcended to allow refined states of superconsciousness to be experienced.

Subtle sensations and perceptions change. Want to know what doesn't change. Contemplate (meditatively examine with alert expectation of discovery) your permanent pure-conscious essence while aspiring to experience a shift of viewpoint from looking at or thinking about it—to being it.

As a unit of the pure essence of ultimate Reality, you are whole and Self-knowing. When meditating, go more deeply into your pure essence.

Two ways to be Self-realized are: 1) use highly developed powers of discriminative intelligence to accurately know our true nature and ultimate Reality; 2) meditate effectively to have direct experience (realization). Both ways should be used.

Discriminative intelligence can support meditation practice and enable us to understand what is realized. Our meditative realizations can confirm intellectual insights.

Guidelines to Inspired Living

Speak the Affirmations With Conviction

April 3 – 9

Enthusiastically Begin Each Day

To be *enthused* is to be filled with divine qualities knowledge, capacities, and powers. As a spiritual being, you already have those attributes. Acknowledge them.

I joyously anticipate experiencing each day.

April 10 – 16

Live Each Moment With Intentional Purpose

To be *intentional* is to be decisively Self-determined and motivated to accomplish purposes of value to you and to others and the environment.

I always live with intentional purpose.

April 17 – 23

Be Constantly Self-Aware While Almost Effortlessly Performing Duties, Achieving Goals, and Accomplishing Purposes

Skillfully live without strong attachments to what you do or the results of your actions.

I live freely, joyously, and creatively.

April 24 – 30

Imagine Ideal Circumstances

Do it for yourself and for others. What is imagined that is possible to be actualized in accord with natural laws of cause and effect can be experienced.

I constructively imagine for myself and others.

May 1 – 7

Constructively Use Your Creative Abilities

Constructive use of your creative abilities
will improve them and quicken your
spiritual awakening.

*I always use my creative abilities constructively
while I experience progressive spiritual growth.*

May 8 – 14

Superconsciously Meditate Every Day

Superconsciousness is above, beyond, and other
than ordinary, modified states of consciousness.
Superconscious meditation allows us to be
Self-aware and comprehend higher realities.

*I am firmly resolved to superconsciously
meditate every day.*

May 15 – 21

Pray for the Well-Being of Everyone

Pray or wish with thoughts and feelings of good
will for the complete well-being of everyone in
physical, astral, and celestial realms.

*I compassionately pray for the total well-being
of everyone, everywhere.*

May 22 – 28

Be Aware of the Oneness of Life

From the expressive aspect of ultimate Reality
to the material realm, everything exists
in a unified wholeness.

I acknowledge the oneness of life.

CONSCIOUS FOOD PREPARATION

Roasted Beet and Lettuce Salad

Servings: 2

2 or 3 medium size beets

3 or 4 handfuls of lettuce

1. Peel beets, cut them in 1/2 inch (1 cm) slices, lightly coat with olive oil, and put them on a parchment paper lined baking sheet. Bake at 400F (200C) for 40 minutes or until they can be easily pierced with a fork or knife blade.
2. Cut or tear lettuce into small pieces and put it on a plate or in a bowl.
3. Add beets and dressing of your choice and lightly toss.

Optional: Add other vegetables or items of your choice, such as sliced red onion, chopped tomato, chopped bell pepper, sautéed mushrooms.





Discovering the Sacred
in Everyday Life

Choosing to Deeply **MEDITATE**

Ellen Grace O'Brian

Enter into the quietness of meditation with the light
of intuition burning on the altar of your soul where
there is no restlessness, searching, or striving.

Come into the silence of solitude.

– *Paramahansa Yogananda (1893 – 1952)*

Meditation that produces psychological transformation can be practiced with benefit by [almost] anyone who learns how to do it and follows through with consistent participation. When one saint was asked about the right way to meditate he replied, “steady practice.”

Publisher's Note: Meditation is not advised for individuals who have serious psychological or neurological problems, extreme mood changes, or are inclined to fantasize.

While meditation can be practiced for stress management and other personal benefits, its greatest value is that it can refine the mind, clarify awareness, and allow us to experience our true nature. If we meditate with the aim of illumination of consciousness, improved well-being is usually experienced as a side effect. Superconscious meditation for spiritual realization involves intentional directing of attention and awareness to our essence of being or true nature. Techniques can be used to focus attention and settle restless thoughts. When thoughts become less demanding, the mental field can be clarified. The reality of our changeless Self may then be experienced along with peace, oneness, or joyousness. When our essence is revealed we can be free from mental restlessness.

I remember my first timid approach to meditation many

decades ago. I had been outward directed and was afraid to be quiet. I didn't know how to be still and wasn't sure I wanted to be still. What if I discovered something about myself or the life I had worked hard to build that I didn't want to know? What if the Divine revealed Itself to me in that silence? Thankfully, my desire to know the truth about myself and God overcame my fear of being still. When I began to try to meditate, I met the second obstacle: my own restless thoughts.

Trying to avoid or stop thoughts may elicit more thoughts. Meditation techniques can provide us with something on which to focus our attention, whether it is as simple as watching our breathing or using a mantra: mental repetition of a word or word phrase. With concentrated intention we can gently focus our attention on a meditation theme or ideal. Thoughts will subside and meditation can spontaneously occur.

One of the most helpful choices we can make to enhance our lives is to decide to meditate every day. Regular practice is a way of declaring to ourselves what really matters; that each day is meant to be lived with the full aliveness that soul-awareness can provide.

Living the right way, constantly contemplating the nature of your essence, experience peace. It can be had by cultivation of dispassion, study of scriptures, instructions of the guru [spiritual teacher], and persistent Self-enquiry. If your intelligence is keen and sharp, you will have it without those other methods.

– *Vasistha's Yoga*

One who has happiness, delight, and knowledge of the Self within, can know the fullness of ultimate Reality.

– *Bhagavad Gita 5:24*

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Observations, Insights, and Discoveries

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



Energy saving suggestions recommended in *Consumer Reports* magazine (October 2015 issue).

Save on heating bills by having duct work of forced air systems sealed. Fill cracks in window frames and doors with caulk or weather stripping. Adequately insulate the attic to minimize heat loss.

Water heater more than ten years old: consider replacing it with a more efficient model. Wash clothes in cold water. Install low-flow faucets and shower heads.

If the refrigerator and/or washing machine is 10 years or more old, replacing it with a modern energy efficient model can save electricity. Run a dishwasher with a full load; rarely use “rinse-hold” because it may use 3 to 7 gallons of water.

Replace an old cooling system with one that is efficient. Keep thermostats at a comfortable temperature to avoid wasting electricity. If you have new windows installed, choose glass that will reflect some of the external heat.

Install efficient LED light bulbs that use 80% less energy than incandescent bulbs. Unplug blenders, toasters, and other kitchen appliances, and computers or electric powered gadgets when they are not being used; they consume small quantities of electricity even when they are not turned on.

Cars and other road vehicles: use the recommended fuel; inflate tires to recommended levels of pressure; drive at moderate speeds; use heating or air conditioning only when necessary; avoid unnecessary driving. To conserve your own energy and have peace of mind, be calm, observe speed limits, and be courteous to other drivers.

A common cause of failure to achieve goals, accomplish purposes, adhere to wholesome lifestyle regimens, have satisfying relationships, or be attentive to spiritual practices that could expand and clarify awareness is not doing what one knows should be done even when one has the ability to do it. Attempts to explain noncompliance may include preoccupation with ordinary situations, distractions, forgetfulness, disinterest, or feelings of unworthiness. The solution is to review what needs to be done to be successful, and skillfully do it.

Some ocean clams can live 500 or more years. Other creatures that can live long: bowhead whales, 200 years; eels, 150 years; Galapagos Tortoise, 190 years; Greenland Sharks, 200 years; Koi (carp), 200 years; Macaw (bird), 80 to 100 years; Asian elephant, 85 years. Animals with shorter lives: horses 25 years or a little longer; snakes, 10 to 25 or more years for some species; dogs and cats, 10 to 14 years; mice, 2 to 5 years in captivity, fewer in a natural environment with predators.

A few people have been known to live for 125 years. Stories (that cannot always be verified) about yogis describe some that lived 130 to 200 years, or more. The United Nations recently estimated that there were a little more than 300,000 people in the world more than 100 years of age. In some cultures, long physical life seems to be related to a diet of vegetables, fruits, and grains, and low levels of meat or dairy products; a low-stress lifestyle; family or social support; and conviction or belief that one has worthwhile purposes to accomplish.

Can you count 100 consecutive repetitions of inhalation and exhalation without being distracted? Allow 20 minutes for this experiment. Sit upright. Relax. With closed eyes, breathe naturally. Mentally count when you inhale and exhale until you reach 100. If your attention wanders, start again. If you cannot easily do it with your eyes closed, try it with your eyes open. Recent studies indicate that the attention span of many people is as short as 5 seconds. With alert practice, ability to concentrate with intention can be greatly improved.

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.

When a difficulty suddenly arises, the important thing [to do] is to immediately change our thoughts from the difficulty to the Presence of God. Perhaps for most people the quickest and surest way to do this is simply to say to oneself, there is nothing but God, repeating this several times if necessary. You should first acquaint yourself with just what you mean by this statement so it will have vital significance for you.

– *Emmet Fox (1886 – 1951)*

The most beautiful emotion we can experience is the mystical. It is the power of all true art and science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe is as good as dead. To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty, which our dull faculties can comprehend only in their most primitive form—this knowledge, this feeling, is at the center of religiousness. In this sense, and in this sense only, I belong in the rank of devoutly religious men.

– *Albert Einstein (1879 – 1955)*

A spiritually unawake person innately aspires to experience [pure] conscious existence and bliss [joyousness of Self-awareness] which are not related to external things, but are characteristics of one's own [true] nature.

– *Swami Sri Yukteswar (1855 – 1936)*

Guru of Paramahansa Yogananda

Fearlessly Explore the Truth

When examining philosophical principles and ways to live and cultivate spiritual growth, it is best to be rationally analytical rather than emotionally sentimental or inclined to adhere to views that support our preferences or prejudices.

Reading or hearing words that describe information can be a practical way to acquire that information. Sometimes, however, we may be inclined to attribute meanings that were not intended or to interpret what others have said to serve personal views or opinions.

The *King James* translation of The Gospel of Matthew 6:22: “The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.” *The World English Bible* translation: “The lamp of the body is the eye. If therefore your eye is single, your whole body will be full of light.” Other translations from the original Greek text are similar.

Some modern truth seekers have endeavored to describe this verse as having an esoteric or inner significance by providing an inspirational, metaphysical, or spiritual interpretation that conforms with their personal opinion or because they are attempting to make it seem to be compatible with philosophical ideas they want to promote. They say the “single eye” refers to a “spiritual eye” between the eyebrows in proximity to the front lobes of the brain associated with impulse control, decisiveness, and concentration.

That explanation may inspire modern spiritual aspirants who meditate to be more dedicated to their practice or try to be aware of a bright light in the front region of the brain, but it is unlikely that mention of a spiritual eye would be included in a talk presented to a group of ordinary people.

Scholars who are interested in precise definitions of words rather than theological ideas say the Greek word translated as “light” in various editions of Christian bibles can also mean “generous” towards others and “single-minded” regarding aims, or major purposes. Several verses in this Sermon on the Mount

section of the *New Testament* advise people to be kind to others and completely devoted to knowing God rather than be greedy or overly involved with material things and activities. When we are fully committed to accomplishing higher purposes we are likely to be more spiritually aware, enthusiastic, and have pronounced feelings of “lightness” or well-being.

The Importance of Accurate Use of Words

Individuals who don’t always speak or write with precise intention may be advised to, “Say what you mean.”

When we use words such as “God,” “soul,” “mind,” “intellect,” “ego,” “contemplate,” or “love,” do we know their meanings and do others know what we mean when we use them?

In Lewis Carroll’s* children’s story *Alice’s Adventures in Wonderland*, the following conversation between Alice and an odd, egotistical character named Humpty Dumpty is described:

“I don’t know what you mean by ‘glory,’” Alice said.

Humpty Dumpty smiled contemptuously. “Of course you don’t until I tell you. I meant ‘there’s a nice knock-down argument for you’.”

“But ‘glory’ doesn’t mean a ‘nice knock-down argument,’” Alice objected.

“When I use a word,” Humpty Dumpty said, in rather a scornful voice, “it means what I choose it to mean; neither more nor less.”

“The question is,” said Alice, “whether you can make words mean so many different things.”

“The question is,” said Humpty Dumpty, “which is to be master, that’s all.”

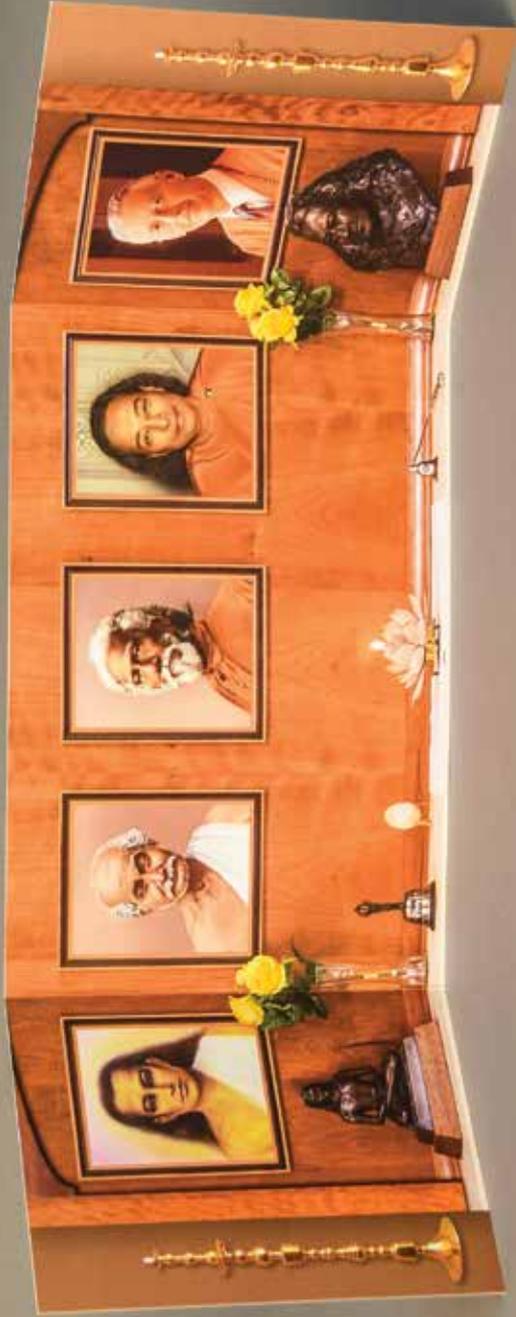
Note: The last comment indicates disregard for accurate use of words because of a neurotic need to be in control of situations or appear to be superior to others.

* Lewis Carroll was the pen name of Charles Lutwidge Dodson (1832–1898), Oxford, England, educated mathematician, logician, Anglican Dean, and early pioneer in photography.



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Saturday, December 5, 2015

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— *Paramahansa Yogananda (1893 – 1952)*



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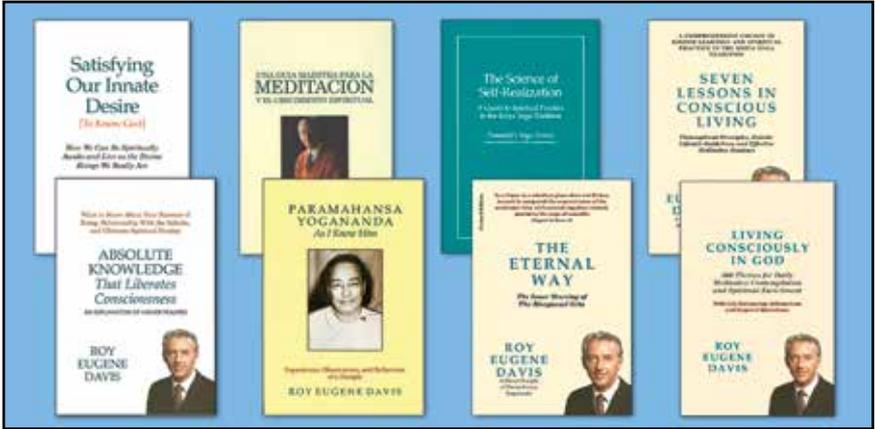
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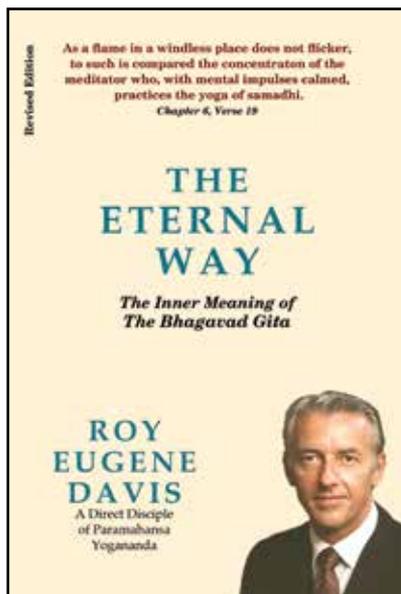
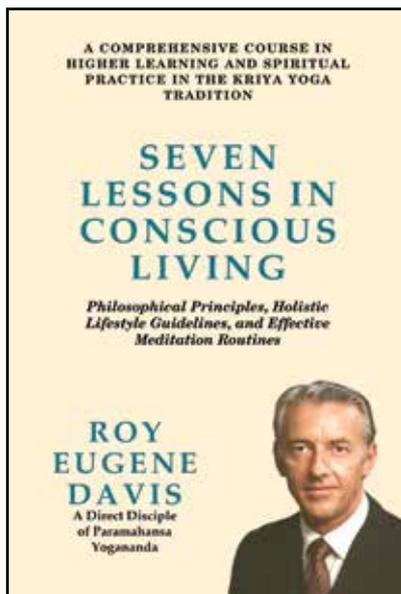
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