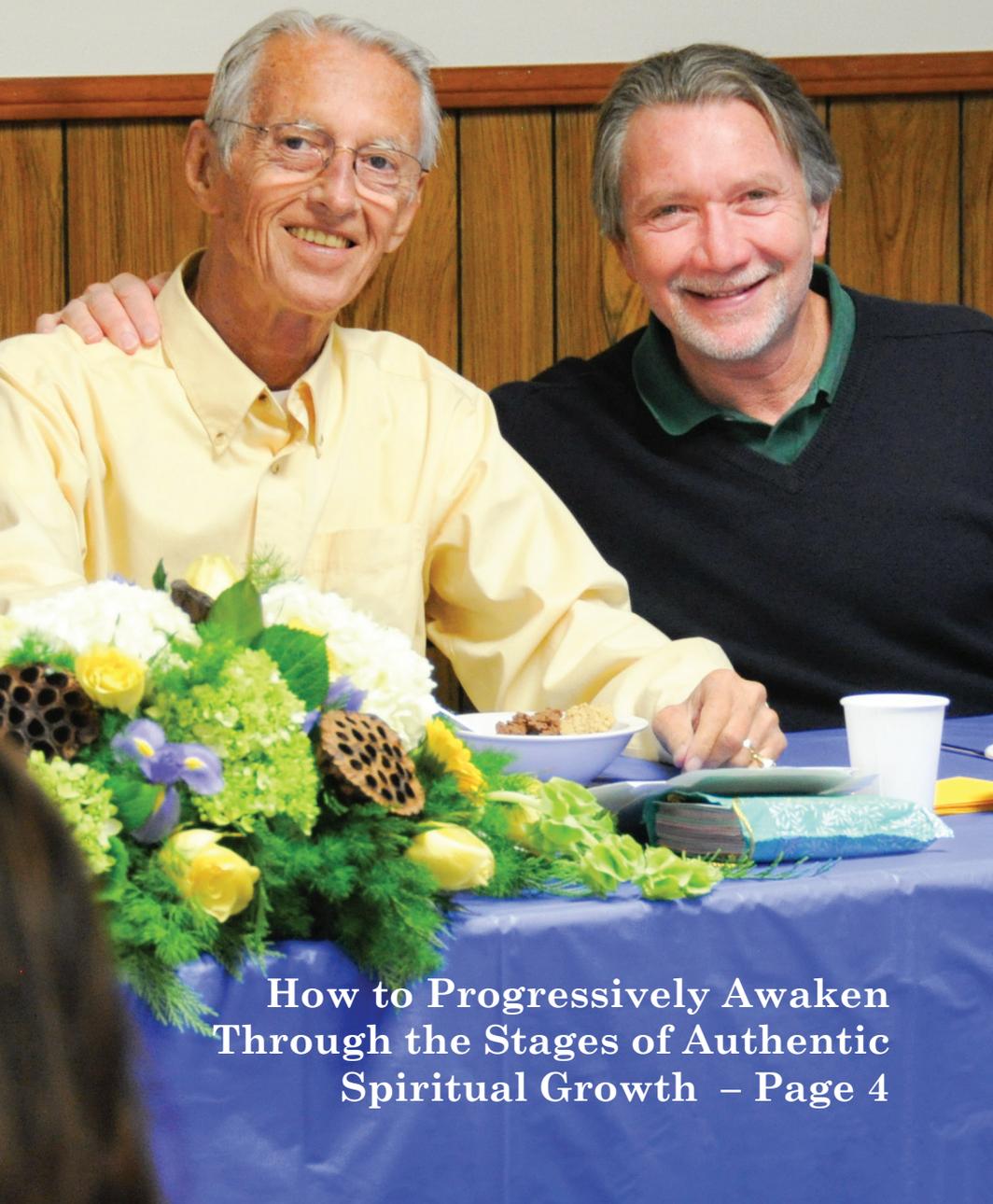


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How to Progressively Awaken
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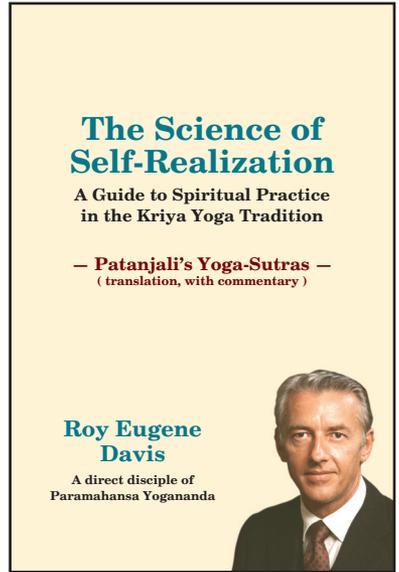
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Front Cover: Roy Eugene Davis and CSA President, Clifford Rosen during Mr. Davis' birthday celebration March 2011

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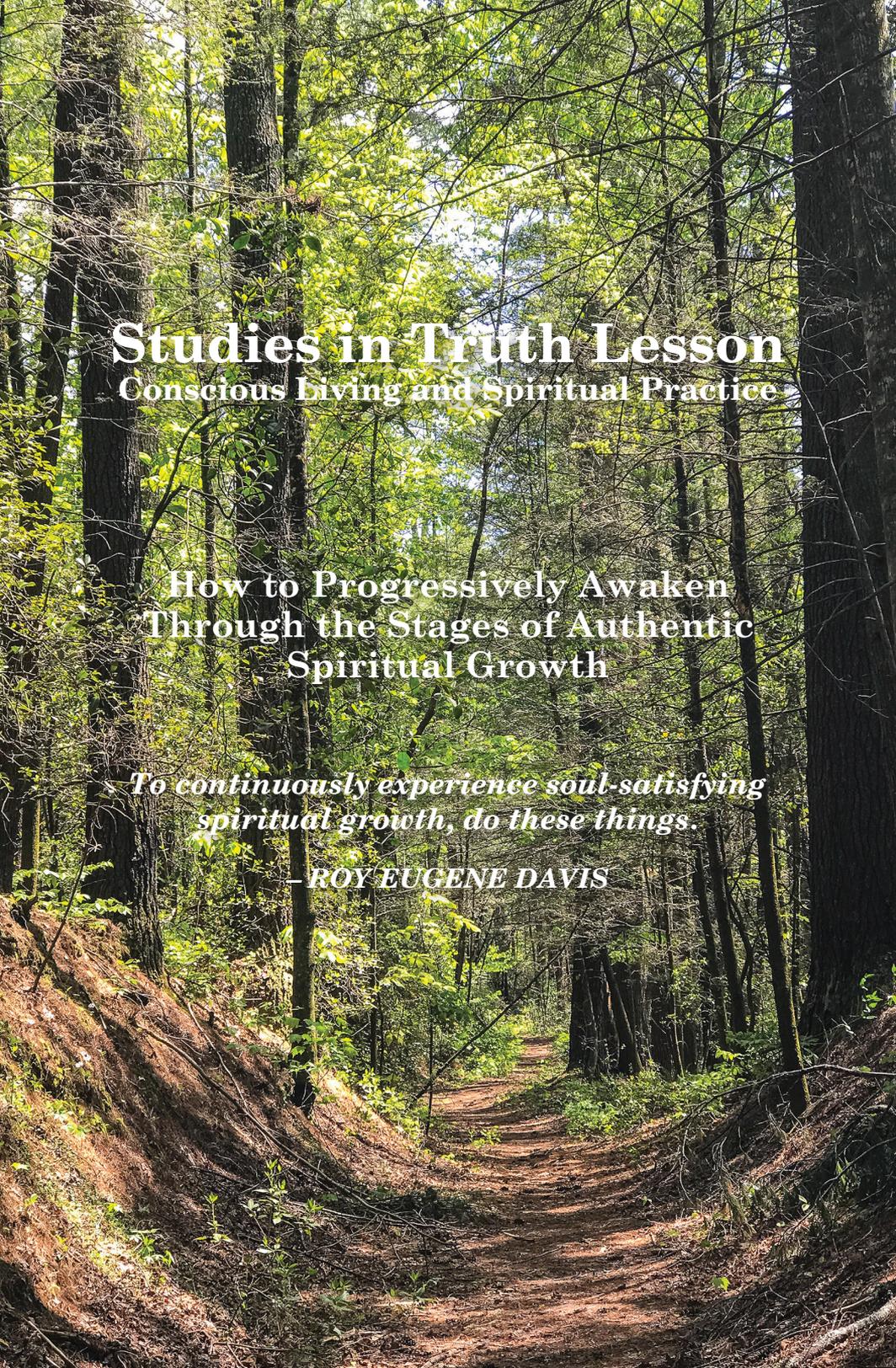
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Studies in Truth Lesson
Conscious Living and Spiritual Practice

**How to Progressively Awaken
Through the Stages of Authentic
Spiritual Growth**

*To continuously experience soul-satisfying
spiritual growth, do these things.*

— ROY EUGENE DAVIS

To *awaken* is to become more conscious and aware. Just as we awaken from unconscious and subconscious sleep to the normal state of being awake, we can awaken from the normal awake state to higher, clear states of consciousness.



Authentic spiritual growth is the progressive unveiling, emergence, and actualization (which may occur gradually or more quickly) of innate, divine qualities and capacities.

The stages that can be experienced are:

- Awakening from complete egocentric self-identity to partial awareness of one's spiritual essence of being. At this stage, one may have an intuitive sense of a higher reality without accurate knowledge of it.
- From ordinary self-consciousness to superconsciousness and clarified states of awareness that enable rational thinking and intellectual powers to be creatively used.
- Self-realization: actual experience along with knowledge of one's spiritual essence of being.
- God-realization: actual experience along with knowledge of the reality commonly referred to as God.
- Cosmic consciousness: awareness that everything is a part of a unified whole, that there is no separation between inner and outer realities or spiritual and material realities.
- Liberation of consciousness: freedom from all conditions that formerly blurred and confined it.

Until liberation is flawless, false ideas and some troublesome subconscious influences may yet exist. When liberation is complete, false ideas are absent; troublesome subconscious influences have been neutralized or transcended; and nothing more needs to be done, or accomplished. After liberation, further insights into cosmic processes (which constantly cause transformations to occur), more expansive states of cosmic consciousness, and higher realizations may continue to be experienced.

Firmly Resolve to Realize Your Ultimate Purpose in Life

The boast of heraldry, the pomp of pow'r,
And all that beauty, all that wealth e'er gave,
Awaits alike the inevitable hour:

The paths of glory lead but to the grave.

– *Thomas Gray (1716 – 1771)*

Elegy written in a country churchyard (1750)

You are on earth for but a little while. The real reason for your being here is very different from what you may have imagined.

– *Paramahansa Yogananda*

Your ultimate (most significant and of greatest value) purpose for being in this world is to be fully, spiritually awake as soon as possible. Learn to do what is necessary to provide for your mundane needs while being aware of your need to constantly nurture authentic spiritual growth that illumines your mind, clarifies your awareness, and improves your knowledge of your relationship with the Infinite. Every hour of every day, aspire to be more conscious of your immortal essence of being.

Examine your usual thoughts, feelings, actions, and choices of personal relationships. Are they always in accord with your aspiration to be fully, spiritually awake—or are you inclined to think of spiritual growth as a process to be nurtured after you have attended to your mundane interests?

What are your first thoughts when you awaken from sleep? Do you think of your relationship with the Infinite—or are you primarily concerned with ordinary matters?

Are you firmly resolved to accomplish the ultimate purpose for your current incarnation—or have you not yet decided what you will do?

When the right choice has been made with firm resolve, it is much easier to think, feel, and act in ways which are entirely supportive of your aspiration to be Self- and God-realized. The right choice will empower you to go forward with confidence.

Affirm With Conviction

I am firmly resolved to accomplish my ultimate aim in life.

Acquire the Information You Need to Have to Accomplish Your Ultimate Aim in Life

The three means of acquiring valid knowledge are direct perception, inference, and the testimony of others who are knowledgeable. – *Patanjali's Yoga-Sutras 1:7*

Direct perception provides information which will be accurate if one's powers of perception and discernment are flawless. Inference is the process of arriving at a conclusion based on a premise of what is thought to be evidence. The quick way to acquire accurate knowledge is to obtain it from someone who already has it.

Children and young adults attend schools and colleges to learn what they need to know to live effectively. People of any age may attend special classes and seminars to acquire helpful information. Most people who are on the spiritual path can derive benefit by learning from others who know more than they know and are proficient in eliciting higher states of consciousness.

Spiritual aspirants need to: 1) know how to live effectively in harmony with nature and with others; 2) examine higher realities until they clearly understand that there is no separation between them and material realities.

One Reality, commonly referred to as God, produced and sustains the universe. Its interactions with its emanated forces produced individualized units (souls) which express in the fine, subtle, and gross material realms. The awareness of souls which overly identify with external conditions is clouded and fragmented. Spiritual awakening restores soul awareness to its original, pure wholeness.

Ask, "What is my original nature?" When the right answer is discovered, you will clearly perceive the difference between what you *are* and what you are not. Although the right answer may be intellectually or intuitively known, an illusionary sense of self-identity may not be immediately transcended. As your spiritual awakening progresses, your intellectual and intuitive knowledge will be replaced with realization (direct experience).

Affirm With Conviction

I acquire all of the information I need to have to accomplish my ultimate aim in life, and wisely use it.

Adhere to Supportive Lifestyle Regimens and Effective Spiritual Practices

Whoever shall be a lamp unto themselves and a refuge unto themselves, shall not seek an external refuge, but holding fast to the truth as their lamp, it is they who shall attain the topmost height. But they must be intent on learning.

– Attributed to Gautama, the Buddha

What you do that enhances your life and allows your spiritual growth to occur, continue doing. What you do that does not contribute to your total well-being, avoid doing. Living will then be enjoyable, satisfying, productive, and fully supportive of your aspiration to be freely functional and spiritually awake.

Spiritual growth cannot be forced; it occurs naturally when mental attitudes, emotional states, and behaviors are constructive and clear states of consciousness are cultivated.

Avoid all circumstances and behaviors that may complicate your life or distract you from what you intend to do. By always concentrating your attention and energies on worthwhile goals and purposes, you will experience rapid spiritual growth.

The final, personal advice Paramahansa Yogananda gave to me in early 1952 was this: “Don’t allow what others do or don’t do to disturb your mind. Don’t look back. Don’t look to the left or to the right. Look straight ahead to the goal [Self- and God-realization] and go all the way in this incarnation.”

Affirm With Conviction

I am always attentive to supportive lifestyle regimens
and spiritual practices that allow my spiritual growth
to be rapidly progressive.

Be Receptive to the Influences of God's Grace

Amazing grace! How sweet the sound! That saved
a soul like me. I once was lost, but now am found;
Was blind but now I see.

– *John Newton (Written after surviving a violent
ocean storm, 1748) Modern Modified Version*

Assistance or provision that is freely provided is a gift of grace because it is not produced by our personal endeavors. The supreme-intelligence-directed power that impels evolution and nurtures all life can more easily assist and provide for us when we are receptive to its influences.

Avoid thinking that you are not worthy of being blessed by God's grace or that you must bargain with God to have it. Open your mind and your heart (essence of being) to all of the good fortune that can be yours. Think rationally; act wisely and decisively. Be receptive to unplanned, supportive events that will be provided for you and the beneficial changes that will spontaneously occur in your mind and consciousness. You will soon learn that the Source of everything includes you in its processes.

Affirm With Conviction

Always responsible for the thoughts I think, the feelings
I nurture, and my intentional actions, my mind and my
being are open and receptive to all of the good fortune
that can be mine.

Aspire to be so spiritually aware that the purity
of your essence of being constantly illumines
your mind and consciousness, vitalizes your body,
and blesses everyone who is influenced by your
mental states, states of consciousness,
and actions. – *Roy Eugene Davis*

Although I Sincerely Want to Be More Spiritually Awake, I Have Not Been Able to Do It.

The habit of feeling ordinary—confined by one’s mistaken sense of self-identity—is not always easy to overcome. As you continue to aspire to be spiritually awake, also endeavor to be more conscious of your pure essence of being. View yourself as the observer of your thoughts and feelings, rather than being unduly influenced by them. Imagine that you are spiritually awake. Expand your consciousness. See yourself as a flawless unit of pure consciousness abiding in a beginningless, endless ocean of infinite, supreme Consciousness.

In the course of time, your thoughts and feelings will be conformed to your knowing of what you are. When you notice that you are inclined to think and feel in ordinary, limited ways, adjust your mental attitude, nurture feelings, and adopt behaviors that enable you to be established in Self-knowing. Have absolute confidence in your ability to rise above ordinary states of mind and consciousness. The more attentive you are to cultivating clear states of consciousness, your progress will be faster.

I understand that the ultimate purpose of my life in this world is to be spiritually enlightened. I don’t know what worthwhile purposes I should have regarding my day-to-day life and for the weeks and years that are before me.

Attend to all matters which enable you to be physically and psychologically healthy and fully functional. What can you do with the knowledge and skills that you have (or can acquire) that will enable you to feel at the deepest level of your being that your life is meaningfully productive? While you are doing what you have to do for your well-being, what can you do that will be of value to others? Think and act constructively without mental or emotional attachment to the results of your thoughts and actions. You will grow to emotional and spiritual maturity.

I understand the value of adhering to supportive lifestyle regimens and effective spiritual practices. After doing it for a while I tend to either be lethargic or hyperactive. When I am lethargic, I aimlessly drift through the hours and days. When I am hyperactive, I talk too much, stay up too late, and allow events and circumstances to distract my attention.

Cultivate mental peacefulness and emotional stability. Be in control of your thoughts, feelings, and behaviors. Do what you need to do as your spiritual duty. When you feel lethargic (sluggish or indifferent) use will power to arouse your energies and be decisive. When you are excessively emotionally aroused or mentally and physically stimulated, calm your emotions and thoughts. As a spiritual being, you are superior to your thoughts, feelings, and actions. Have a balanced schedule of activity, rest, eating, sleeping, metaphysical study, and meditation practice. You will then be happier, healthier, mentally and emotionally stable, and soul-satisfied.

Why aren't the influences of God's grace more obviously evident in the lives of more people in the world?

The invisible processes of life are inclined to be supportive of us and all living things. When we are mentally and emotionally calm and live in harmonious accord with our environment, it is easier for life-enhancing influences to express through and around us. Since the Reality we call God is not a cosmic person (it is impartial), the effects of grace are evident wherever there is receptivity to them. Having faith makes it easier to experience the actions of grace.

I am having difficulty in my endeavors to comprehend what God is. My intellectual and intuitive insights are sometimes mixed with traditional, mythic concepts.

Myths are traditional stories about supernatural beings, ancestors, or heros that appeal to the consciousness of people by embodying their cultural ideas or ideals, or by giving expression to deep, commonly-felt emotions.

Because what the one Reality is, is not known to most people, they tend to imagine it in human-like concepts, as a father or mother, and as being loving, caring, or even judgmental. It is normal for people whose intellectual and intuitive powers are not highly developed, or who are emotionally immature, to want to have an infantile, dependent relationship with what they think God to be. Some people who have been indoctrinated with traditional religious beliefs are reluctant to question what they were taught or to try to discover for themselves what is true.

The names that are used when referring to the one Reality reflect what people imagine it to be like:

- God (Old German, “the highest good”).
- Lord (of high rank, a guardian, having authority to rule).
- Allah (Arabic, “all glorious one”).
- Brahman. Considered as the transcendental, absolute (pure), unchanging Reality which, while being the only source and underlying essence of objective phenomena, is not influenced by mundane events or circumstances.
- Brahma (from the Sanskrit verbal root *brih*, “to grow or to expand”). The creator or producer of the worlds.

However that which is called God is contemplated, worshipped, or supplicated (prayed to), sincere endeavors to know it or to experience a relationship with it can result in transcendence of ordinary states of mind and consciousness. That which is true can be partially, intellectually discerned and intuitively apprehended or understood. When it is realized (directly experienced), there is no possibility of mental confusion.

Note: For more information about higher realities and spiritual practices that nurture authentic spiritual growth, read Mr. Davis’ book *Absolute Knowledge That Liberates Consciousness*. Also available as an audiobook. See order form on page 30.

How can I make my meditation practices more productive and satisfying?

Do what will “allow” your meditation practices to be more

productive and satisfying. Meditate with firm intention to be superconscious. Remove your attention from personal concerns and from thoughts and emotions. Contemplate only that which you want to experience or know. Alert and attentive, patiently wait and observe until the mind is calm and you are peaceful. Sustain your aspiration to be fully awake. Regular, attentive meditation practice will allow the ideal results you want to have to be experienced. When you are Self-knowing, you will be supremely satisfied.

My job was terminated several months ago. I have applied for a job at several employment agencies without having a positive response. What else can I do?

The *job* you now have is to either *find* or to *create* an ideal situation. Don't wait for a response from employment agencies or other places that you have contacted. Early every morning, for as many hours of that day as may be necessary, go to places where you would like to work. Describe your skills and affirm that you are reliable. Imagine and feel that you are gainfully employed. Avoid thoughts and feelings of dependency or neediness and comments or behaviors that indicate such thoughts or feelings. Radiate self-confidence and enthusiasm. There *is* a *right place* in this world for you. Discover, attract, or create it. Don't aimlessly wait for fortunate events to occur.

Define egocentricity, egotism, self-esteem, and humility.

Egocentricity is the condition of being overly identified with a mistaken sense of self. The true Self (what we are) is a unit of pure consciousness. Seeing through, awakening from, or rising above the sense of being confined by ego-consciousness is the direct way to be Self-knowing. Spiritual practices are but preparation for that moment of discovery.

Egotism is an inflated or exaggerated sense of self-importance which is assumed to compensate for feelings of inferiority or inadequacy, or for arrogance: a haughty sense of superiority.

Self-esteem is defined as self-satisfaction with one's current state of being and degree of competence. If self-esteem helps a

person to be highly motivated to live effectively, it is of value. If it fosters pride or complacency (over-contentment with less than ideal circumstances) it can be troublesome.

Humility is indicated by the absence of egotism. A humble person who is still egocentric has a better opportunity to learn and to grow to emotional and spiritual maturity than does a person who is self-righteously arrogant.

How can I know if I am becoming more spiritually conscious? I don't have any exceptional meditative experiences or insights.

Mental calmness, rational thinking, improved intellectual and intuitive ability, emotional stability, and awareness of the wholeness of life are indications of being spiritually conscious.

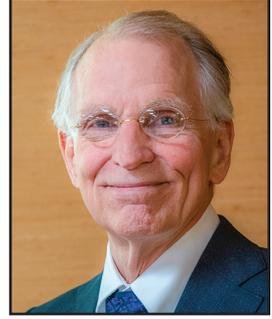
Exceptional meditative experiences or perceptions are not necessary. While they can be interesting, and even enjoyable, they are transitory. Aspire to be Self-aware, and then to know your relationship with the larger Reality.

Affirmation

Established in Self-awareness, optimistically aspiring to my highest good, intent on acquiring useful knowledge, and persisting on the path in life that I know to be best for me, I am progressively awakening through the stages of authentic spiritual growth.

The Path of Attentive Action

Ron Lindahn
CSA Senior Minister



One approach to spiritual awakening, Self- and God-realization, and liberation of consciousness is Kriya Yoga. The Sanskrit word Kriya means action, and the word Yoga means focused attention on an object. On this path our attention is completely focused on specific actions we engage in.

In the second chapter of the Yoga-Sutras*, Patanjali begins by defining the path of Kriya Yoga as three intentional actions that result in Self-realization, freedom from suffering, and freedom from the illusion of separation from God. They are: 1. attention to learning through study of enlightened teachings and by observing our thinking, feeling, actions, motivations, desires, and reactions, in order to come into the awareness of what we truly are and the nature of our relationship with God; 2. attention to making wise choices and following through with useful endeavors based on what we have learned; and 3. attention to our intimate, inseparable, interconnected wholeness, as an aspect of the expression of ultimate Reality—our relationship with God.

The popular practice of mindfulness is a path of passive observation, increasing one's awareness of Self by simply noticing, without judgement, thoughts, feelings, and actions as they arise. The path of Kriya Yoga is one of active engagement, attentive action. You can choose to be fully awake by paying attention to, and incorporating, the guidelines for effective living offered in our Kriya Yoga tradition. You can be happy, healthy, prosperous, and totally free. You can meditate on a regular basis to experience superconsciousness. You can live in harmony with our awakening world: peaceful, content, fulfilled in every way.

*For more in-depth understanding read *The Science of Self Realization*, a commentary on the Yoga-Sutras by Roy Eugene Davis. Now available in a trade paperback edition. Order form on page 30.

Guidelines to Inspired Living

Speak the affirmations aloud with conviction.

March 29 – April 4

Acknowledge the Reality of God

The transcendental aspect is pure existence-being.
The expressive aspect produces and nurtures universes.

God is omnipresent: where you are.

I acknowledge the truth of the reality of God.

April 5 – 11

Acknowledge the Truth of Your Essence of Being

You are an immortal spiritual being, a flawless,
individualized unit of the one, omnipresent Reality.
At the core of your being you are pure and whole.

I acknowledge the truth of my essence of being.

April 12 – 18

Live in Harmony With the Rhythms of Life

Be in harmony with the rhythms of life by wisely
choosing your thoughts, emotional states and
behaviors, living in accord with nature's laws,
and daily sitting in silence to practice
superconscious meditation.

I choose to live in harmony with the rhythms of life.

April 19 – 25

Easily Fulfill Your Wholesome Desires

Choose desires which, when fulfilled, will enhance
your life. Cooperate with the universal, impersonal
spiritual, mental, and physical laws of cause and effect.

*Choosing desires which, when fulfilled, will enhance
my life, I cooperate with the impersonal laws of cause
and effect.*

April 26 – May 2

Thrive and Flourish in All Aspects of Your Life

Accept that you can live without limitations and go forward with confidence. Your own right endeavors will be productive and God's grace will support you.

All circumstances in my life are in divine order.

May 3 – 9

Have Spiritual Enlightenment as Your Ultimate Aim

While you are living freely in this world, remember that the ultimate aim is to awaken to Self- and God-realization that culminates in spiritual enlightenment.

My ultimate aim is permanent liberation of consciousness.

May 10 – 16

Clarify Your Awareness

Awareness reflects to your mind that which is observed.

Clarify your awareness by being alert and attentive and cultivating superconsciousness. Your awareness will reflect the radiant purity of the essence of your being.

I am always alert and attentive.

May 17 – 23

Perceive Accurately, Think Rationally

Use your senses, intelligence, and intuition to accurately perceive what you observe. With accurate knowledge and well-ordered thoughts, rational thinking will be easy.

My perceptions are flawless and my thinking is rational.

May 24 – 30

Awaken Through the Stages of Spiritual Growth

To *awaken* is to become more conscious and aware. We can awaken from the normal awake state to clear states of consciousness.

I joyously anticipate my progressive awakening through the stages of authentic spiritual growth.

CONSCIOUS FOOD PREPARATION

Pasta Primavera

In the 1970s, the owner of New York City's Le Cirque restaurant who created this basic recipe for his customers named it spaghetti primavera (*primavera* is Italian for "spring").

Approximate servings: 4

Ingredients:

- 1 cup sliced carrots
- 1 medium zucchini squash,
cut into 1/2 inch cubes
- 1 cup peas, fresh or frozen
- 2 cups sliced mushrooms
- 3 tbsp butter
- 2 plum tomatoes, peeled and
chopped into medium chunks
- 1/4 cup cream (or yogurt)
- 1 clove of garlic
- 1 cup shredded basil leaves (or spinach)
- 1 tbsp lemon juice
- 1/2 lb dry fettuccine, bow tie, or other pasta of your choice
- 1/4 cup grated Parmesan cheese



Sauté mushrooms and garlic in butter. Add the tomatoes. Set aside.

Boil 2 quarts of water. Add the carrots and simmer for ten minutes. Add the squash and peas, cook for 5 minutes. Drain and rinse in cold water to stop the cooking process.

Put pasta in 4 quarts of boiling water; cook for five to seven minutes (or until done but still firm). Drain off water in a colander in the sink and put the pasta back in the pot.

Add in the vegetables, mushroom/tomato mixture, cream or yogurt, and a small quantity of ground black pepper if desired. Mix gently and serve.

You may use any vegetables of your choice.



*Discovering the Sacred
In Everyday Life*

Focus, Focus, Focus!

Ellen Grace O'Brien

To experience the freedom of spiritually conscious living, we must stay focused on it. It is that simple. Without a spiritual focus, most of us readily get distracted for hours, days, or sometimes, even years. And when something brings our attention back to seeking a life of freedom, we wonder, “How could I have forgotten?” We got distracted because we did not establish spiritual focus as our priority. We let other things get in the way. Perhaps we let something else take priority because it was important or urgent. Then, that one thing led to another, and off we went down the path of distraction. There is not one situation or circumstance in our life that would not be helped by having stronger faith and clearer spiritual awareness. There is no place we go that cannot be lit by the inner light of divine realization.

Focusing on spiritual truth is the heart of spiritually awakened living, the foundation for a conscious, joyful existence. It is purposeful living—keeping our hearts and minds aloft with divine thoughts and remembrance. It is the harvest of a daily, devoted practice. Think of your daily devotion to God in prayer, meditation, study, and ethical living as the seeds you sow every day that blossom into the garden of your spiritually conscious life. No one who is wise among us expects to have a beautiful garden in full bloom that has not been carefully tended. Why would we think spiritual realization could remain strong without daily care?

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1146 University Avenue San Jose, California 95126
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AYURVEDA (*ayu*, life; *veda*, knowledge)

Daily Regimen

Ryan Strong
Ayurvedic Doctor, CSA Minister



Dinacharya is a Sanskrit term that means daily regimens that are everyday healthy routines or habits. Ayurveda considers daily habits to be vital for health and well being.

Dinacharya supports our life by synchronizing our biological rhythms with the natural rhythm of the sun. This creates a structure that can profoundly benefit an individual’s health, focus, and energy. It is through the adoption of daily habits that we begin to improve our intellect and wisdom. Listed below are three simple Ayurvedic routines that are helpful for all aspects of our life, and specifically for establishing a routine of daily meditation, inner contemplation, and spiritual study—what Mr. Davis sometimes referred to as “doing our spiritual duty.”

1. Waking up at the same time, ideally before or with sunrise.
2. Eating meals at regularly scheduled times.
3. Going to bed every day before 10 p.m.

If our schedule of waking, sleeping, and eating is not consistent, then our daily spiritual practices will be inconsistent. It is difficult to create any positive habits if the times we sleep, wake, and eat are always changing. This constant changing can negatively impact our energy level, digestion, work, relationships, and creativity. This can make long-term goals like regular spiritual practices difficult to achieve.

To establish positive habits, they need to become recurring patterns. By adopting daily habits and regulating our eating and sleeping patterns, we will find that regular meditation, inner contemplation, and spiritual study are more attainable. We may then also discover more enjoyment and depth to our Kriya Yoga practices. Effective meditators and spiritually awake individuals claim benefit from waking up early, eating healthy meals on a regular schedule, going to bed early, and getting good sleep.

2nd PRINTING

An Easy Guide to Ayurveda

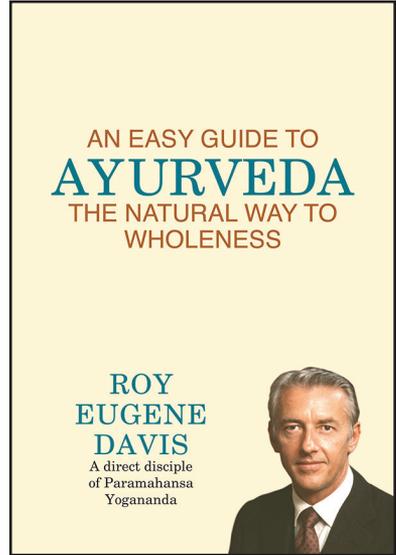
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Chapter Two

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Chapter Three

**Choosing Foods and Behaviors for
Inner Balance and Spiritual Growth**

Chapter Four

Routines for Mental and Physical Cleansing

Chapter Five

**Rejuvenation, Enlightened Living,
and Conscious Immortality**

Appendix

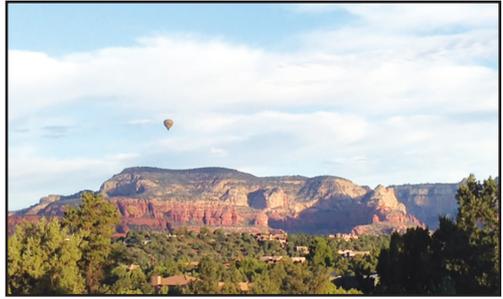
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and Skillful Living
Nurtures Emotional
and Spiritual Growth*



What Hatha Yoga Does to Your Body According to professional yoga instructors, Hatha Yoga relaxes and destresses the body creating a feeling of lightness. It relieves muscle tension. The combination of stretching and deep breathing helps the brain to make calming slow wave patterns. Hormones that leave one feeling at ease are produced. Circulation is increased. The entire body is well-oxygenated leaving one feeling present and awake.

Yoga can contribute to better, deeper, refreshing, and rejuvenating sleep. It can also bring some deep-seated feelings, normally held as tension in various muscles and organs of the body, to the surface where they can be gently dissipated through intentional breathing and movement. – *Bustle News: What Doing Yoga For The First Time Does To Your Body*, Carolyn Steber

The Benefits of Chanting OM Paramahansa Yogananda used to teach different OM techniques for meditation practice and among those was one to chant OM aloud. He mentioned that it is possible to achieve Samadhi by chanting OM alone. OM consists of three sounds A-U-M, usually pronounced as one word OM. It represents the vibrational power of consciousness and expresses its creative, preserving, and liberating aspects. According to Patanjali's Yoga-Sutras, (1:27-29) "Meditation on Om results in cosmic consciousness and the removal of all mental and physical obstacles to success on the spiritual path."

Repeating OM can be helpful to keep the attention focused on the object of meditation and can help prevent mind-wandering, a mental obstacle. Repeating a mantra supports the ability to be in the present moment, which by itself increases one's perceived happiness as a recent study in the journal *Science* showed.

Because of the vibrational nature of chanting OM aloud, researchers wondered whether it has an influence on physical obstacles as well. In a pilot study, they compared chanting OM with chanting “ssss,” and with a resting state, while scanning the participant’s brain with fMRI. Astoundingly, only the OM vibration had a different and specific effect. It calmed the activity of the limbic system. The limbic system is responsible for emotional processing and thus is on high alert when a person is in fight or flight mode. In traumatized persons it is often overactive as an overcompensation from the memory of the experience even though no danger is present. Results of the pilot study indicate that chanting OM, but not chanting “ssss,” calmed the main parts of this network (the amygdala, anterior cingulate gyrus, hippocampus, insula, orbitofrontal cortex, parahippocampal gyrus, and thalamus). Interestingly, these are the same brain areas that become deactivated through electrical vagus nerve stimulation for treatments of depression and epilepsy. The vagus nerve is the tenth cranial nerve and an integral part of the parasympathetic part of the autonomous nervous system supporting restorative processes (rest and digest) of the body that are essential for well-being and health in general. The vibration produced by chanting OM specifically appears to activate the vagus nerve with its calming and relaxing nature which in turn deactivates the limbic system.

The manifestation of OM creates the visible world. So OM, being the manifestation of the eternal nature of the Infinite, is inseparable from and nothing but the Infinite himself; as the burning power is inseparable from and nothing but the fire itself. – *Sri Yukteswar, The Holy Science, Sutra 3*

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– *Dr. Stella J. Wuttke (PhD)*

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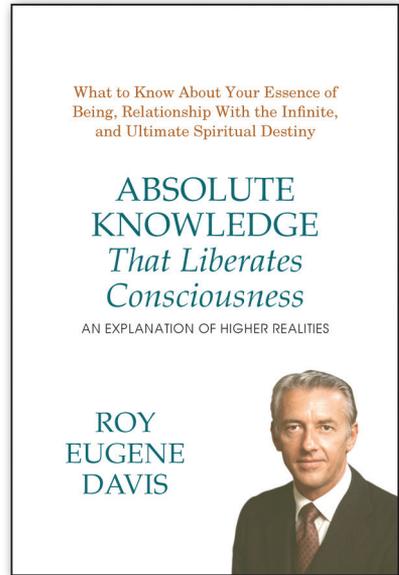
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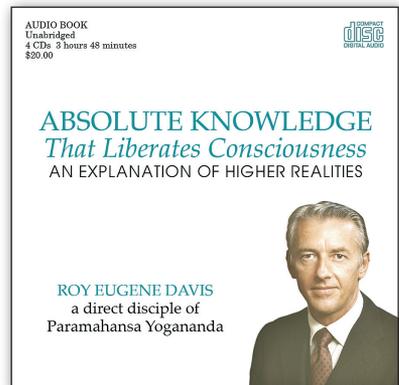
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News & Highlights



2019 CSA Holy Season meditations: *From top:* Harald and Marlies Reiske, Germany; Gloria Donohue-Little, Kansas; Furio Sciano and Manuela La Iacona, Italy.



Above: Sabiha Betul conducts monthly Kriya Yoga Seminars in Ankara, Turkey. The photo above shows the December 22 meeting with 59 in attendance.

Below: CSA Minister Chris Sartain conducted Kriya Yoga Initiations in Concepción, Chile in November and Los Angeles, Chile in December.





Above: January 12, 2020 CSA Board President Clifford Rosen, and Senior Minister Ron Lindahn, conducted a Kriya Yoga Seminar and Initiation in West Palm Beach, Florida.

Below: While in Florida, Mr. Lindahn visited the Kriya Yoga Institute in Homestead. He was given a tour and wonderful lunch.



2020 Retreats

Attendance is limited to 20 participants who will have private sleeping rooms and prepare vegetarian meals in their guest house. Donate at the end of the week.

New in 2020: *Retreats will be silent in the guest houses and in the meditation hall.* Necessary conversation only. Free time to read, meditate, exercise moderately, rest, and reflect on your relationship with the Infinite.

Schedule

- Early morning meditation Monday to Friday at 7 a.m. for one hour followed by a short talk by CSA senior minister Ron Lindahn. Local members are invited to the morning meditations. Afternoon meditation and workshops by CSA ministers are also scheduled.
- Thursday morning: Kriya Yoga initiation. Initiates may also attend for review and to reaffirm their commitment to their spiritual practices.
- Optional Hatha Yoga and/or qiGong when instructors are here.
- Videos of Roy Eugene Davis.

Reservations and Guidelines

- Be here for one week or two consecutive weeks.
- Let us know when you will arrive Saturday or Sunday. Arrive before 7 p.m. Bedding, towels, and cookware are provided in the guest houses.
- Depart the following Saturday morning if attending only the first week. Rooms will be cleaned at 9 a.m.
- No alcohol, tobacco, “recreational” drugs, or pets.
- Don’t wear shorts, tank tops, or T-shirts with slogans. Help maintain the Retreat Center as a quiet place that supports everyone’s spiritual aspirations.
- Don’t bring friends or family members who aren’t interested in participating.

**A travel map is on our web site: www.csa-davis.org
Click on Retreats page**

2020 Retreat Schedules & Application Information

Guest house location and room number will be on the bulletin board in the lower parking lot.

Private Retreats described on the previous page:

April 6 – 10 and 13 – 17 May 4 – 8 and 11 – 15
June 1 – 5 and 8 – 12 July 6 – 10 and 13 – 17
August 3 – 7 and 10 – 14 September 7 – 11

October to December Weekends, arrive Friday:

October 24, 25. Three meals on Saturday. Sunday breakfast.
Saturday: 7 a.m. meditation. 10 a.m. class. 12:30 p.m. class.
6 p.m. meditation & video. Sunday: 10 a.m. meditation.

November 14, 15. Program like October (above).

December 5:

Saturday 10 a.m. Three hour meditation. Lunch 1:15 p.m.

Retreat dates _____

Arrival date _____ Departure _____

Email _____ Tel _____

Name [s] _____

Address _____

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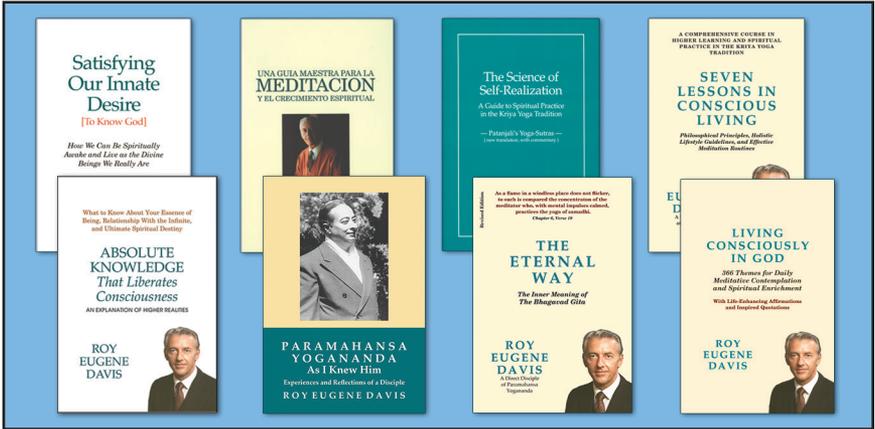
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You Are Invited to Sign Up for the CSA Email Newsletter & Free Webinars the First Sunday of Every Month

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CSA Email Newsletter includes an article by Mr. Davis with current news about programs at Center for Spiritual Awareness and activities of CSA ministers around the world.

A one hour webinar is available to email subscribers on the first Sunday of each month at 2:00 p.m. eastern time.

Visit www.csa-davis.org to join.



CENTER FOR SPIRITUAL AWARENESS
Founded in 1972 by Roy Eugene Davis

JUNE NEWSLETTER



Roy Eugene Davis founded Center for Spiritual Awareness in 1972 and continued to lead it as its headquarters and main center for the last 47 years of his 88 year journey.

After his passing on March 27, 2019 the CSA staff and personally trained ministers continue with the mission to bring to each individual of this planet the early and effective steps to Self-awakening to Self- and God-Realization while enjoying a progression, lasting, meaningful life.



Awakening From Delusions and Illusions to Permanent Spiritual Enlightenment

When awakening from functional self-consciousness to states of clarified awareness occurs, one can intimately comprehend the existence of ultimate Reality, their true nature, and how to more easily spiritually awaken. At this stage, it is easy to be virtuous and Self-aware, live effectively, profoundly investigate higher realities, maintain stability, and experience and explore refined states of consciousness. To awaken to complete Self-realization it is important to be completely dedicated to it and avoid all unnecessary and distractions.

As superconscious experiences and personal insights clarify awareness, Self-realization can be constant and ever-evolving and awareness can be completely illumined or purified. Before Self-realization is finished, it may be mixed with false ideas, sub-conscious influences, and mild