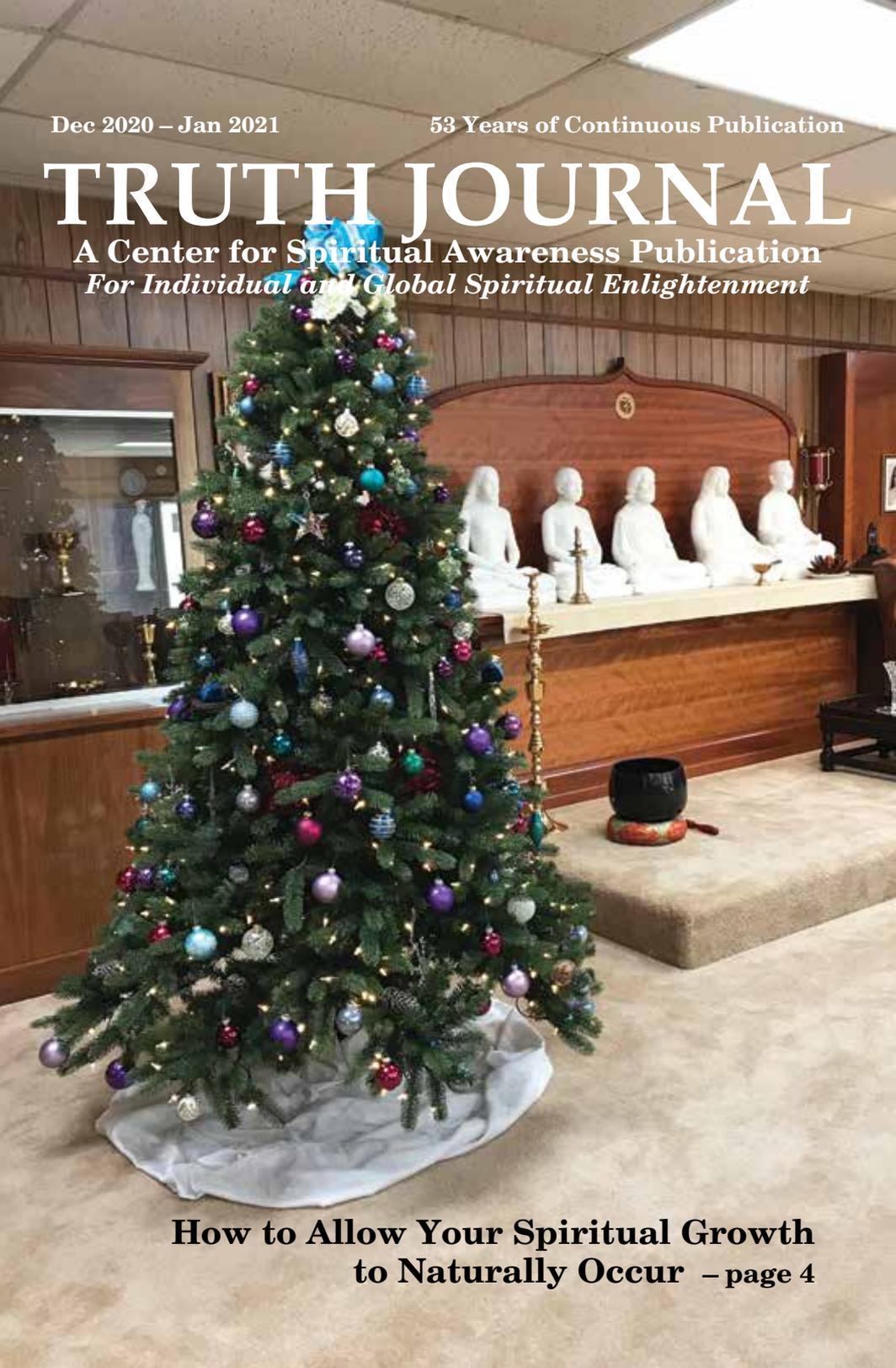


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For Individual and Global Spiritual Enlightenment

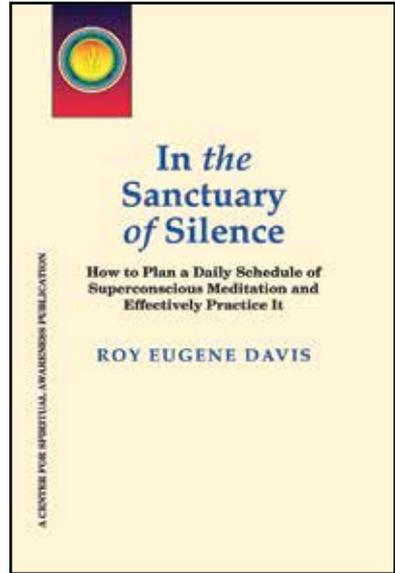


**How to Allow Your Spiritual Growth
to Naturally Occur – page 4**

In the Sanctuary of Silence

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Adapted, revised, and expanded from an article
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Imagination That Can Precede Discovery

Transcendent Meditation

The Seven Chakras

**Overcoming and Avoiding Obstacles
to Effective Meditation Practice**

See Order Form on Page 30

Front Cover: In the Meditation Hall

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Below: CSA Headquarters Meditation Hall



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Kathleen Low, Editor

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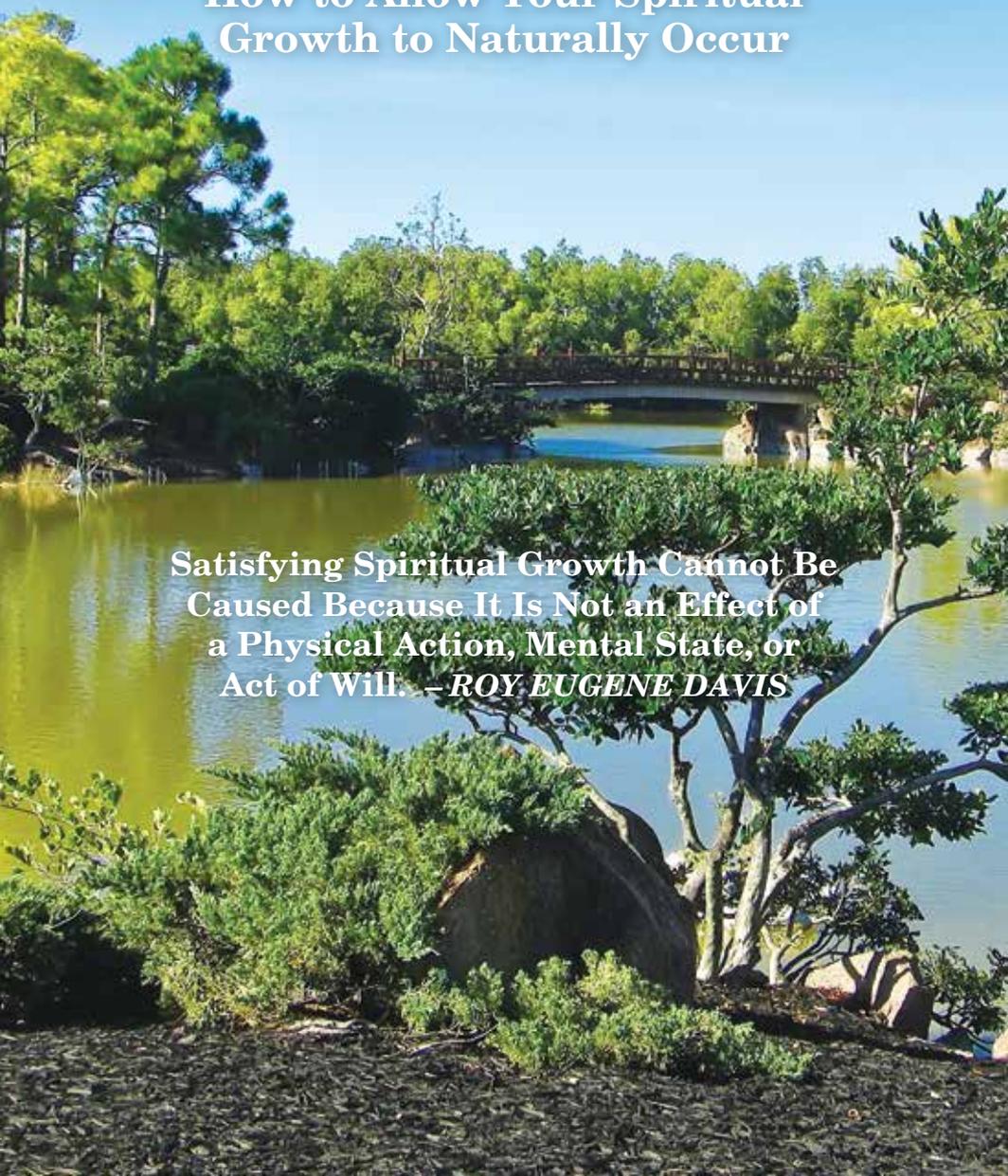
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Conscious Living and Spiritual Practice

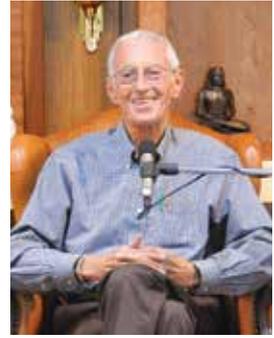
How to Allow Your Spiritual
Growth to Naturally Occur

Satisfying Spiritual Growth Cannot Be
Caused Because It Is Not an Effect of
a Physical Action, Mental State, or
Act of Will. – *ROY EUGENE DAVIS*



allow To permit or let happen.

spiritual growth The progressive unveiling and emergence of our innate qualities, and increase of our intellectual, intuitive, and functional capacities.



When our mental states are calm and orderly, emotions are stable, behaviors are ideal, and awareness is clear, we are allowing our spiritual growth to occur.

The primary obstacle to spiritual growth is excessive identification with a mistaken sense of self-identity which blurs our awareness and interferes with attempts to accurately perceive what is observed, and to freely express.

Your Spiritual Growth Can Be Easier and Faster

Spiritual growth can be quickened by condensing your experiences by concentrated endeavor.

– *Paramahansa Yogananda*

Memorize the above statement. Let it inspire you to always be conscious of what your ultimate destiny is—and motivate you to allow it to be quickly fulfilled. Spiritual growth is spontaneous (seemingly effortless) when obstacles to its emergence are removed or avoided.

Condensing (compressing by concentrating on important or useful matters while avoiding unimportant, nonuseful matters) enables us to learn, experience, or accomplish that which is of value in a short period of time. Examples:

- *Learning* can be fast when attention is fully absorbed in our endeavors to acquire accurate knowledge while disregarding useless information.
- Life-enhancing *experiences* can be had by being receptive to having them, imagining (and feeling) what it is like to have them, making wise choices, and doing what is necessary to produce or attract them.
- Goals can be quickly *accomplished* by constructive thinking

and skillful performance of productive actions while avoiding nonproductive actions.

- Spiritual growth can be *allowed* to quickly occur by sustained aspiration to be spiritually awake, wholesome living, diligent study of higher realities, daily superconscious meditation, and using powers of discrimination and intuition to see through and rise above ordinary states of mind and consciousness.

Some indications of authentic spiritual growth are:

- Constant, inner joyousness—as egocentric self-identity is replaced by awareness of your true essence of Being.
- Peace of mind and emotional calmness as you become more Self-aware, comprehension of higher realities improves, and events and circumstances are viewed with objectivity.
- Rational thinking and improved powers of concentration.
- Enhanced ability to live effectively.
- Harmonious personal relationships and circumstances.
- A vivid sense of being a part or unit of the wholeness of life.
- Easier superconscious meditation and ability to be superconscious after meditation.

Have Self-realization as your major aim. Believe that you can be spiritually enlightened in your current incarnation. Conform all of your thoughts, feelings, and actions to that goal. One of the reasons why many truth students do not grow spiritually is that they only mildly hope to be Self-realized while continuing to think, feel, and act in ordinary ways.

Affirmation

My constructive thoughts, feelings, and actions
allow my spiritual growth to be easy and fast.

Be Constantly Attentive, Enthused, and Intentional

attentive Aware, perceptive and appropriately responsive.

enthused Divinely inspired. Highly motivated and empowered by enlivening influences that emerge from our essence of Being.

intentional Having specific aims or plans that guide, direct, or determine our actions.

I call that mind free which escapes from the bondage of matter, which instead of stopping at the material universe and making it a prison wall, passes beyond it to its Author.

– *William Ellery Channing (1780 – 1842)*

When you were a child, or an adult in a learning situation, someone may have asked you to “pay attention” to what was being said or to what you were doing. Attentiveness enables us to acquire knowledge and to enthusiastically perform intentional actions. Inattentiveness may indicate disinterest, inability or unwillingness to concentrate, or preoccupation with thoughts and feelings unrelated to existing circumstances.

When we are not attentive, the words, intentions, or actions of others may not be fully comprehended; work may not be efficiently performed; behaviors may be inappropriate; mistakes in judgment may be made; accidents may occur. Some insurance companies that have investigated the causes of accidents have reported that many people who were involved in accidents were emotionally upset shortly before the accident occurred, or said they had been tired, sleep-deprived, or unduly concerned about a personal situation.

When you are soul-centered, alert, and curious, it is natural and easy to always be decisive, intentional, and energetically motivated to learn, grow spiritually, and skillfully perform constructive actions for your highest good and the highest good of others.

Affirmation

I am constantly alert, enthused, and intentionally think and act wisely and effectively.

**How to Choose Thoughts, Feelings, and Actions
That Enhance Your Life and Allow Spiritual
Growth to Spontaneously Occur**

Knowledge which enables the imperishable Being
to be perceived and honored in everyone is pure.

– *Bhagavad Gita 18:20*

Chapters sixteen to eighteen in the Bhagavad Gita provide information about the mental attitudes, emotional states, and behaviors which either clarify and expand consciousness, cause the mind to be restless and confused, or dull the intellect and blur awareness.

The easy way to think, feel, and act for your highest good is to always do what will enhance your life and allow your spiritual growth to progressively unfold. Avoid doing what causes mental, emotional, or physical discomfort, complicates your life, is not supportive of others who are influenced by you, or harms the environment.

A well-ordered lifestyle, a balanced schedule of purposeful activity and sufficient rest, appropriate exercise, and a natural food diet will nurture your physical and psychological health.

While doing what enhances your own well-being, do things that will benefit others. At the core of their Being, every person is pure and whole, just as you are. One ultimate Reality is expressing as and through everyone. By remembering this, it will be easier for you to kindly relate to others in helpful ways that will bring forth their divine qualities.

Affirmation

I always choose thoughts, feelings, and actions which enhance my life and allow my spiritual growth to spontaneously occur.

The soul, when it has driven away from itself all that is
contrary to the Divine Will, becomes ... immediately
enlightened by and transformed in God.

– *St. John of the Cross (1542 – 1591)*

Lesson Review and Practical Application

Read this lesson several times during the next 30 days. With a pen or pencil, mark the themes that you want to more carefully examine or that describe constructive things which may be helpful for you to do.

What are you diligently doing to allow your spiritual growth to be easier and faster?

Write a specific, clearly defined affirmation that declares and affirms your total commitment to your spiritual path.

Be thankful that you are on the right course for your life.

Radiate Compassion

Just before concluding your meditation practice session, do this:

1. Meditate until you are firmly established in awareness of the wholeness of life.
2. Include everyone in the world, and beyond, in your awareness of wholeness.
3. Radiate to them your compassionate good will. Prayerfully wish for them their complete well-being. See them as being spiritually awake.
4. Rest for a while in this awareness of wholeness in which all souls everywhere are included.
5. Be thankful for your opportunity to share your compassion in this helpful way.

During all of your waking hours, when you think of anyone (or everyone), silently radiate your illumined consciousness into the collective consciousness of the universe

Note: Recent studies of skillful meditators revealed that when a compassionate attitude toward others was maintained during meditation, their brain waves indicated a serene state of superconsciousness (clarified awareness).



Answers to Questions about the Spiritual Path

– Roy Eugene Davis

How Can We Really Know That We Are Immortal, Spiritual Beings?

While the affirmative testimony of enlightened people may be helpful, more helpful is our own certainty that we have when we use our powers of intelligence to determine what is true, our intuition to directly perceive the truth, and our ability to calm the mind and have direct experience of our essence of Being.

When we quietly ponder what we are in relationship to the Infinite, we can know that we are changeless observers of objective events and mental and emotional states. As we view the passing years, we may think, or say, “My body is changing but I don’t feel that I am changing.”

During our sojourn in this time-space realm we can become so Self- and God-realized that in all future circumstances we will always be fully Self-knowing and freely functional.

Accept without doubts what wise people say while you are progressively awakening to higher understanding. From time to time, during interludes of meditative contemplation, inquire: “What am I? What is my true nature?” Then wait and observe until you know your changeless essence.

If spiritual growth can naturally occur, why are there so few spiritually conscious people in the world?

Many people are so overstressed, confused, egocentric, and involved with outer conditions and relationships that clear states of consciousness are not easily experienced—or they are not inclined to be more spiritually awake. Even if a person is not intentionally on a spiritual path, their innate urge to be fully awake will eventually unveil their divine qualities and impel them to explore higher possibilities for their lives.

Why does a good God allow suffering and misfortune?

There is no satisfactory answer to this question for people who think of God as being “good.” The word *god* is derived from Old German “the highest good,” which people imagine to be one of the qualities of the one, ultimate Reality which produces and sustains the universe and individualizes units of itself we call souls. That Reality is neither good nor not good. The processes of cosmic manifestation operate according to the natural laws of cause and effect which can be observed and understood.

Environmental conditions and personal experiences which people consider as being ideal or supportive are said to be good. Those which are not ideal are said to be bad.

Suffering and misfortune—or pain-free existence and good fortune—can be produced or attracted by conscious or unconscious choices, actions, or reactions. Groups of people who have similar mental attitudes or states of consciousness may have experiences which reflect those mental attitudes and states of consciousness. Individuals may have physical or psychological problems because of a genetic predisposition (which can often be changed). The suffering that is experienced in many regions of our world because of wars, poor economic conditions, climate changes, unwise use of natural resources, and lack of education can be avoided in the future by improving human behaviors.

No “evil” influence causes suffering or misfortune, nor are such conditions produced by God’s will. Natural laws of cause and effect produce environmental conditions, circumstances, and experiences that we have or see others having.

The more cosmic conscious we are, the easier it is to understand why events occur, why human beings think and act the way they do, and why conditions are as they are.

You have written that “channeling” is not spiritually beneficial, yet some people who do it seem to say things that are insightful. Why should it not be done?

Channeling is a modern word for mediumship—presumed communication with a disembodied being. It is not spiritually

beneficial because it 1) is based on lack of knowledge; 2) keeps a person who does it—or is fascinated by it—confined to their ignorance of the facts of life.

Souls in astral (or other) realms do not talk to, or through, people in our world. People who claim to be conduits through which disembodied souls speak (or express in other ways) are either deluded (have erroneous beliefs) or are untruthful. Even if it were possible for a disembodied soul to communicate through a person—which it isn't—the mind of the person “channeling” the communication would filter and distort it. Every spiritually enlightened person that I have known, and know about, has said that such involvements should be avoided.

When I pray to a saint or a “spiritual master” I sometimes have a helpful response. At other times, no guidance or any kind of help is evident. Why?

The helpful responses that you have are due to your faith or your improved receptivity to good fortune.

Can worship of God be spiritually beneficial? If it can, what is the best way to do it?

worship 1. The reverent offering of love or allegiance to a deity or presumed deity. 2. The forms (prayers or rituals) by which such love is expressed. 3. Ardent, humble (selfless) devotion.

Various ways of worshipping God have spiritually benefited millions of people past and present. Until we actually (in fact) fully realize our true nature and our eternal relationship with the Infinite, devotional practices can calm the mind, clarify our awareness, and result in a vivid sense of communion with God. Praying, singing, chanting, lighting a candle, playing music, or performing a meaningful ritual at an altar or in one's private “sacred place” where meditation is practiced, may be done.

Spiritual aspirants who have a human-like concept of God can worship it until insight provides an accurate perception of what God is. If a concept, or knowledge, of God is abstract (a supreme Consciousness or transcendental Reality), it can be

contemplated until actual realization occurs.

Worship is most beneficial when it is performed with alert attention and focused concentration, without allowing emotions to be overwhelming or to obscure superconscious perceptions.

Inattentive performance of rituals may provide a degree of mental peace and emotional satisfaction, and enable a person to live more comfortably. It is better to worship in a way that elevates awareness beyond ordinary states of consciousness.

A young man daily sat in a temple and put flower petals on the altar in front of a picture of his favorite form of God.

One day, a visitor observed him putting flower petals on his own head, and asked him why he was doing that.

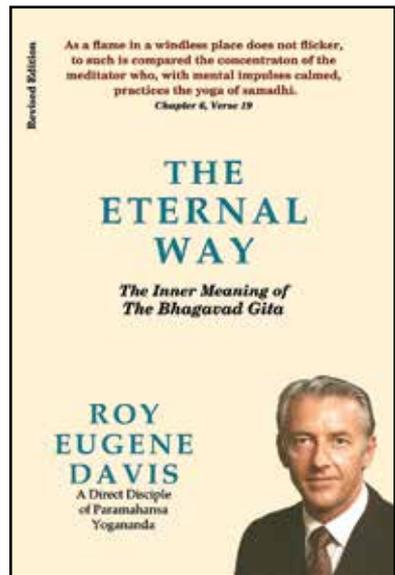
The young man blissfully replied, “Before today, I was devoted to worshipping God outside of my Self. Now I know that God dwells in my body-temple.”

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That one who is satisfied with [higher] knowledge, who is unchanging and has mastered the senses, to whom all things are known as manifestations of one reality, is established in yoga [oneness-consciousness]. – *Bhagavad Gita 6:8*

The Gift of Consciousness: *To Be Awake and Aware*

Clifford Rosen, CSA President



This holiday season, and into the New Year, give yourself the most meaningful gift possible: the gift of conscious awareness of your true Self, recognizable and observed in superconscious meditation. Resting in the presence of the Absolute you become content and wise. The choices you make and the life you live are enriched.

Always remember you are not your mind or the thoughts produced by it. Most thoughts are repetitive and useless. Left to its own undisciplined meanderings, thinking will often create “thought problems” and unnecessary stress. Being cognizant or even partially aware of the nature of your true Self as the pure essence of ultimate Reality changes you forever. You then have the ability to separate your soul-inspired presence from the aimless repetition of mindless thinking.

Simple Kriya Yoga meditation procedures used regularly and effectively will allow your higher Self to become the more prevalent intuitive mental principle. Your practice will give you great peace and contentment. This in turn will allow your creative faculties to use thought effectively and productively and you will prosper in all ways.

For the holidays, spend additional time in the silence practicing techniques that will naturally and effortlessly give you control of your thoughts. Use this time to know the presence of your true Self. What a beautiful gift.

Affirm:

I am a flawless unit of pure consciousness. Anchored in the true nature of my being I observe my mental processes and effortlessly allow my Self to direct my mental faculties.

Guidelines to Inspired Living

Speak the affirmations aloud with conviction.

November 29 – December 5

Cultivate Harmlessness and Compassion

Every person, creature, and living thing is an expression of Divine impulses that produced and sustains them. Compassionately relate to everyone and everything.

My thoughts and actions are always kind and constructive.

December 6 – 12

Be Truthful in All Actions and Relationships

Let your intentions be purely motivated, your actions supportive, and your interactions with others result in their highest good.

My motives and actions are always life-enhancing.

December 13 – 19

Be Honest in All Actions and Relationships

Let what you do to and for others always be determined by what you know to be right and just. Have faith that the Source will abundantly provide for you, and them.

I am honest in all of my actions and relationships.

December 20 – 26

Discipline Your Thoughts, Feelings, and Actions

Avoid wasting your vital forces with worry, anxiety, restlessness, and nonproductive behaviors. Let them strengthen your immune system, vitalize your body, and empower your constructive actions.

My thoughts, feelings, and actions are always purposeful and constructive.

December 27 – January 2

Live Freely, Joyously, and Creatively

Knowing your eternal relationship with the Infinite, effortlessly express your divine qualities.

I live freely and joyously without limitations.

January 3 – 9

What You Can See Can Be Real for You

See only that which is for your highest good and the highest good of others while being receptive to the unplanned good fortune that life can and will provide.

I clearly see, and thankfully acknowledge, all of the good fortune that is being abundantly provided.

January 10 – 16

Let Your Innate Knowledge Emerge

All knowledge of the Infinite and its orderly processes is within you. Let it come forth and blossom.

With each new day my understanding of my relationship with the Infinite is revealed from within me.

January 17 – 23

Abide in the Essence of Your Being

By always being Self-aware, you can easily live as the immortal, spiritual being you are.

I choose to live as the immortal, spiritual being I am.

January 24 – 30

Speak These Words with Decisive Intention

The radiant purity of my essence of being continuously illumines my mind and fully liberates my consciousness.

We should always expect the highest good for ourselves and for others. Expectations impressed into the cosmic mind can be expressed as objective circumstances.

– Roy Eugene Davis

CONSCIOUS FOOD PREPARATION

A Favorite Fruit Cake Recipe

Oven: 250 degrees F (122 degrees C).
Tube cake pan, lightly oiled and dusted with flour. Cut a clean piece of parchment paper to fit inside bottom of pan. Assemble all ingredients.



Method and Ingredients:

In a large bowl mix:

- 2 sticks of room temperature salt-free butter
- 4 eggs, or substitute flax seed. (In 3/4 cup water in blender, add 4 tbsp flax seed. Blend for 30 seconds. Use a little more water or a little more flax seed to obtain a thick yet flowing consistency.) Mix with the butter. Add:
 - 1 cup light molasses
 - 5 cups all purpose flour (more or less), added gradually
 - 1 tsp baking soda (added with the flour).
 - 1 cup buttermilk, or yogurt
 - 1 cup orange juice
- If batter is too thin, add flour. If too thick, add liquid
- 3 tbsp orange rind, thinly peeled, cut in short, thin strips
- 3 tbsp lemon rind, thinly peeled, cut in short, thin strips
- 1 tsp cinnamon
- 1 tsp mace
- 1/2 tsp allspice (choices of spices are optional, use less if desired)
- 1 lb raisins or a variety of diced, dried fruit
- 1 lb nuts (pecans, walnuts, etc.) chopped. Put fruit and nuts in separate bowl and dredge lightly in flour, then add to batter. Stir well, and pour into prepared cake pan.

Bake up to 4 hours, with a pan of water on the lower rack to provide moisture. Test for doneness after 3 1/2 hours. Press lightly on top of cake to see if it springs back or insert a toothpick to see if it comes out clean. Remove from oven. After 10 minutes, run a knife blade between cake and sides of pan and tube. Remove cake from pan and let cool on a wire rack. Serve the same day or wrap in plastic wrap to prevent drying out. Store in a cool place. Dip blade of sharp knife in hot water before cutting each slice.



*Discovering the Sacred
In Everyday Life*

Allow Things to Unfold

Ellen Grace O'Brien

There is timing and flow to what we do that is in harmony with the rhythms of nature and the presence of divine grace. Have you ever noticed that sometimes your work flows in a natural and graceful way, and other times it feels like you are pushing a boulder uphill? I notice that with my writing.

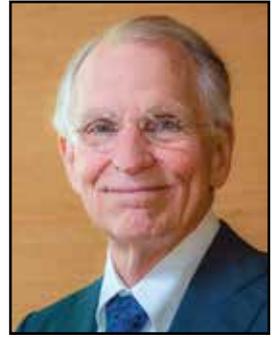
There are times when I can't type fast enough to capture the stream of inspiration that wants to flow from my mind onto the page, and other times when I am typing and then backspacing to erase that first sentence, again and again. Inspiration is nowhere to be found. Deadlines are a challenge. Even within a time constraint, I know better than to try to "push the river." Instead of typing that same first sentence again, I get up, walk around a bit, go outside, or my favorite intervention—lie down on the floor. It's my "asana" of surrender. I let go. I breathe and relax and know that inspiration will come in its own time.

If you find yourself struggling to try to make something work, check your timing. Would it be okay to just step back, take a conscious breath and remember God is in charge? Step back into remembering that divine Reality will bring forth what is needed at the right time as you open yourself to it? The key is to allow things to unfold in divine timing. It's not always the timing we want, but usually, we see in hindsight, the timing that was right.

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Cooperate with God

Ron Lindahn
CSA Senior Minister



An enlivening Power is nurturing the universe, and we can learn to cooperate with it. – *Roy Eugene Davis*

The *universe*, including every one and everything, comes out of and is an expression of God (*enlivening Power*) which supports and cares for (*nurtures*) itself as each one of us. The expressive aspect of God is well-ordered and intelligent. It is ever evolving, moving from darkness to light, from chaos to order.

Evolution is a process of continual change. At times the pace of evolution is slow and barely noticeable. At other times the changes are more dramatic. Letting go of old ways of thinking, feeling, and relating in order to make way for the new can seem chaotic and challenging.

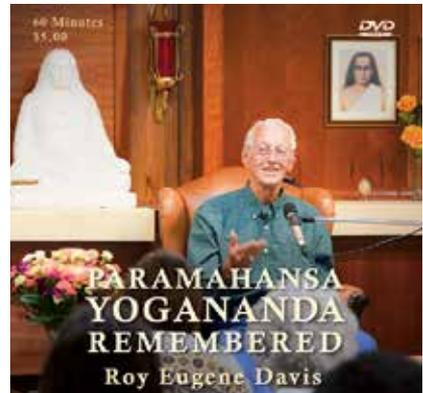
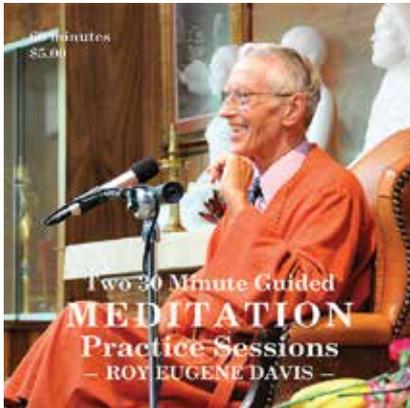
In the early 1700s the agricultural revolution changed the nature of farming, greatly increasing the yield of vegetables and livestock over the next fifty years. In the process a large number of small farmers were displaced and forced to move to cities in search of a livelihood. By the late 1700s the advent of steam engines, and the movement from small shops to factory production, supported by the labor now available from the move from rural to city dwelling, resulted in the industrial revolution. During this period from 1760 to 1830 mass production made products more affordable. The changes were uncomfortable, unsettling, and disruptive. Regular wages (not dependent on weather and growing seasons) provided extra disposable income and more leisure time. By the late 1800s the quality of life in much of Europe and America had improved in significant ways for most people.

We are now in the middle of a digital revolution. We are experiencing exponential growth in technology, information, and communication. It is evolving so rapidly that there is little time to assimilate and metabolize what is happening. The result is

uncertainty, discomfort, fear, and anxiety about what the future holds. Again we face uncomfortable, unsettling, and disruptive circumstances and events.

We can learn to cooperate with unfolding evolutionary trends by remaining grounded in our spiritual practice: regular super-conscious meditation, purposeful living, self-care routines, self-discipline, dispassion, optimism, gratitude, and faith in God. Replace uncertainty with trust in your own innate intelligence; replace anxiety with a positive outlook; replace fear with love; and keep a compassionate, open heart.

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Observations, Insights & Discoveries

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



Photo by Jeannette Wulff

It is known that some accomplished meditators can be absorbed in a superconscious state for an extended period of time during which their heart rate is slower, breathing slows to perhaps 3 or 4 times a minute, and body temperature is a few degrees lower than normal. Contrary to some opinions, their heart doesn't stop beating and they don't stop breathing. The psychological and physical benefits reported by many people who meditate effectively for even 20 to 30 minutes daily result from deep relaxation, less stress, slowing of biological aging, strengthening of the body's immune system, mental and emotional calmness, and improved powers of perception.

Praying for others is good for your spiritual, mental, and physical health. Even when the results of intercessory prayer are not always obvious, people who compassionately pray are benefited. Sincerely caring about the welfare of others and sending thoughts and feelings of good will to them contributes to harmonious interactions between the hemispheres of the brain, strengthens the body's immune system, temporarily removes attention from a sense of being confined by a small sense of self-identity, and may elicit a sense of communion with the wholeness of life. Regular interludes of compassionate prayer also incline a person to be more thoughtful, caring, and generous in their ongoing personal relationships.

In recent studies of proficient meditators, brain wave patterns indicated that, when they selflessly radiated compassion to others, their minds were calm, their awareness was clear, and concentration (an undisturbed, focused flow of attention) was effortless. At other times, in the midst of daily activities and while relating to others, they were relaxed, alert, and cheerful.

God's Grace

Leode Franklin
CSA Minister



For by grace are you saved through faith;
and that not of yourselves: it is the gift of
God. – *Ephesians 2:8*

God bestows grace upon each of us. Roy Eugene Davis defines grace as “unearned, freely provided support, provision, or other kinds of good fortune.”

Grace is evident in our lives in various ways and often appears at a time of need. Each of us can recall an experience of having received support or benefit in our lives without having expected it. It could have come in the form of a supportive statement, a helping hand, a warm embrace, timely reading of an inspiring message that helped us see through a concern, a healing of the body, or even as financial means. This is all grace from God.

God's grace is also demonstrated when we are provided with an intuitive insight to clearly understand sacred teachings and passages and when wisdom is expressed to always make wise decisions and take appropriate action. Grace is experienced when we see the divinity in all individuals and throughout all of this manifest universe. Grace inspires us to understand and cooperate with the nurturing, supportive, harmonious, and orderly process of creation. It is God's grace that assists us in seeing beyond our narrow self-identification (ego) and reveals to us our true nature, our pure essence of being.

Evidence of grace becomes more apparent as we progress on our spiritual path. Being constantly faithful to our practices of promoting best thoughts, speaking kind and compassionate words, performing right actions, filling our mind with thoughts and awareness of God, and meditating regularly to a superconscious experience set the stage that allows God's grace to reveal our true nature: Pure Awareness.

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.

There is not in the world a kind of life more sweet and delightful than that of a continual walk with God. Those only can comprehend it who practice and experience it.

– *Brother Lawrence (1611 – 1691)*

The sum total of religion is to feel that ... our being and living is a being and living in and through God.

– *Friedrich Schleiermacher (1768 – 1834)*

How present and sensible to my inner being is the unity of everything! It seems to me that I am able to pierce to the sublime motive which, in all the infinite spheres of existence, and through all modes of space and time, every created form reproduces and sings within the bond of eternal harmony.

– *Henri Frederic Amiel (1821 – 1881)*

You can only apprehend the Infinite by a faculty superior to reason, by entering into a state in which you are your finite self no longer—in which the divine essence is communicated to you. This is ecstasy. It is the liberation of your mind from its finite consciousness. Like only can apprehend like; when you thus cease to be finite, you become one with the Infinite. In the reduction of your soul to its simplest self, its divine essence, you realize this union—this identity. – *Plotinus (205 – 270)*

God is the substratum [underlying reality] of all souls.

– *Ralph Waldo Emerson (1803 – 1882)*

God's Being is my life ...

– *Meister Eckhart (1260 – 1327)*



Simplify, Simplify, Simplify

A. Martin Wuttke
CSA Minister, Neurotherapist

All time is wasted that is not spent in seeking God. – *Lahiri Mahasaya*

Life can be simplified and arranged so that we shift our time allotment from mundane matters to spiritual pursuits. First we devote some time every day to prayer, meditation, and to studying the nature of consciousness through spiritual literature and devotional practices. Eventually our spiritual senses begin to awaken.

There is nothing wrong with socializing, cultural engagements or media entertainment, but we should be discreet and on guard as to what we let into our consciousness.

Over time, as we progress, we will find that many of the mundane pursuits only provide temporary satisfaction, are a waste of time, and consequently lose their attraction. The satisfaction of our unfolding Soul awareness begins to overwhelm all else.

Over time, we will find that every spare moment is given to our spiritual disciplines, not because we “should” but because we realize that it is the single most important thing we can do, and the Soul satisfaction we experience as a result is beyond words. We arrange our lives around our spiritual disciplines rather than trying to “fit in the time.”

This does not mean that we have to become renunciates and isolate ourselves from the world and live like hermits. True renunciation is not an outer condition—it does not happen by avoiding, depriving, or taking things away. One can have nothing and be attached to everything. In truth, renunciation is internal and means we can *enjoy* all that comes to us but simply not be attached. We renounce our attachment to the things of this world so that we can find our real satisfaction within our Soul in communion with God.

– From his book *The Brain Sutras, Keys to the Revealed Consciousness* published 2019 by A. Martin Wuttke. Paper cover, 127 pages, \$12.99. At bookstores and Amazon.com.

News & Highlights Fall 2020



Above: CSA Ministers Harald and Marlies Reiske led a Kriya Yoga Seminar in Passau, Germany on August 22-23.

Below: CSA Minister Barbara Zanella teaching a class during a July retreat in Northwest Italy. Property has been purchased and plans made for a permanent retreat center to be built at this idyllic location.





Above: On September 17 we conducted an online Kriya Yoga initiation and blessing ceremony for 40 participants as part of our CSA retreat. This was the first CSA group online initiation.
Below: Removing a tree stump beside the Meditation Hall reflecting pond. The pond border was recently replaced with flagstone.



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

CSA Calendar of Online Programs (Eastern time) click event for details

Today July 2020 Month Week Day

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|-----|
| <p>7:00 - 7:30 AM Meditation w/ Benjai</p> <p>11:00 - 12:00 Online Morning Meditation w/ Mary Wutke</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> <p>8:30 - 7:00 PM (New Time) Meditation - Pascale C</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> | |
| <p>7:00 - 7:30 AM Meditation w/ Benjai</p> <p>11:00 - 12:00 Morning Meditation & Ignorance w/ Ryan Strong</p> <p>2:00 - 3:00 PM Webinar with Roy Eugene Davis: How to Enhance Your Meditation Practice</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> <p>10:00 - 11:30 AM Retreat Meditation & Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat Meditation</p> <p>2:30 - 3:30 Retreat Workshop w/ Chris Cortese: The Disidentification with the Klesas</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> <p>10:00 - 11:30 AM Retreat Meditation & Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat Meditation</p> <p>2:30 - 3:30 Retreat Workshop w/ Ryan Wutke: The Transformation of the Brain & Nervous System through Kriya Yoga</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> <p>10:00 - 11:30 AM Retreat Meditation & Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat Meditation</p> <p>2:30 - 3:30 PM Retreat Workshop w/ Ryan Strong: Using Breath for Awakening and Health</p> <p>11:30 PM Meditation - Natural & Precious</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> <p>10:00 - 11:30 AM Retreat Meditation & Lesson w/ Ryan Strong</p> <p>2:00 - 2:30 PM Retreat Meditation</p> <p>6:30 - 7:00 PM (New Time) Meditation - Pascale C</p> | <p>1:00 - 1:30 AM Meditation w/ Benjai</p> | |

Streaming Videos



Wake Up with Roy Eugene Davis: Techniques for Effective Meditation
 What to do when meditation practice is not producing results: prayer, mantra, breath, affirmation, contemplation, pranayama, om, and visualization.
 24 minutes



Wake Up with Roy Eugene Davis: Guided Meditation with Visualization
 Mr. Davis leads a guided meditation including a visualization using expanding light.
 19 minutes



Wake Up with Roy Eugene Davis: Devotion and Surrender to God
 Mr. Davis answers a question about devotion and surrender to God.
 3 minutes



Wake Up with Roy Eugene Davis: Compassion, Chakras & Bhagavad Gita
 Mr. Davis discusses the chakras and their relation to the Bhagavad Gita.
 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 for the rest of 2020 and 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

- **Sunday meditation:** 11 am
- **Saturday, December 5:** Holy Season Meditation online. 10 am – 1 pm
- **2021 Winter Weekends**
See Calendar on Our Home Page for Times & Details
 January 16 and 17
 February 13 and 14
 March 6 and 7

Webinar: Use the link in the CSA email newsletter.

The first Sunday of each month at 2 pm, a webinar with minister Ron Lindahn based on Roy Eugene Davis' book, *Seven Lessons in Conscious Living*. www.csa-davis.org



Ron Lindahn

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Meditation Practice

CENTER FOR SPIRITUAL AWARENESS
 Founded in 1974 by Roy Eugene Davis

JULY 2020 NEWSLETTER

An Enriching Power is Nurturing the Universe and We Can Learn to Cooperate with It.
 -Roy Eugene Davis

WISE USE OF MIND AND BODY

Some causes of discontent or illness over which we have conscious control are: mental conflicts and psychological disturbances; excessive use of the senses and of the body; inefficient use of the senses and of the body; misuse of mental abilities, the senses, the body, and knowledge; and environmental factors.

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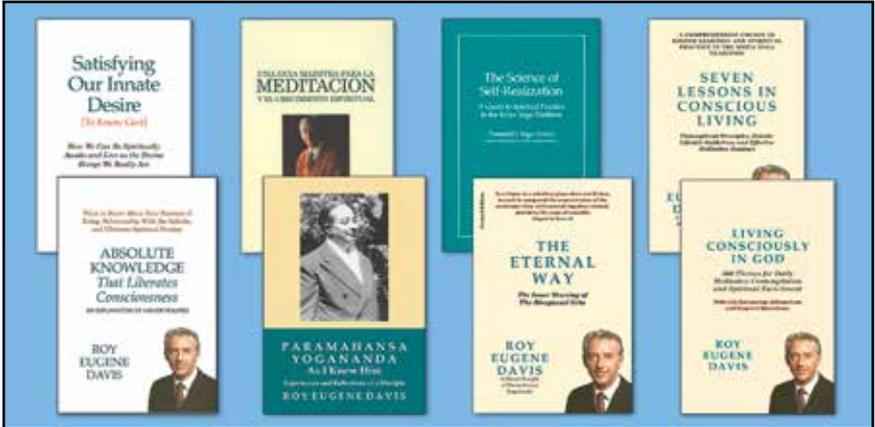
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Il desiderio innato di conoscere Dio Il libro della vita

Germany: Harald and Marlies Reiske. www.kriya-yoga.de

Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte



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In thought-free silence, *we* can know.
And therein peacefully abide.
– *Roy Eugene Davis, Mystic Reflections*