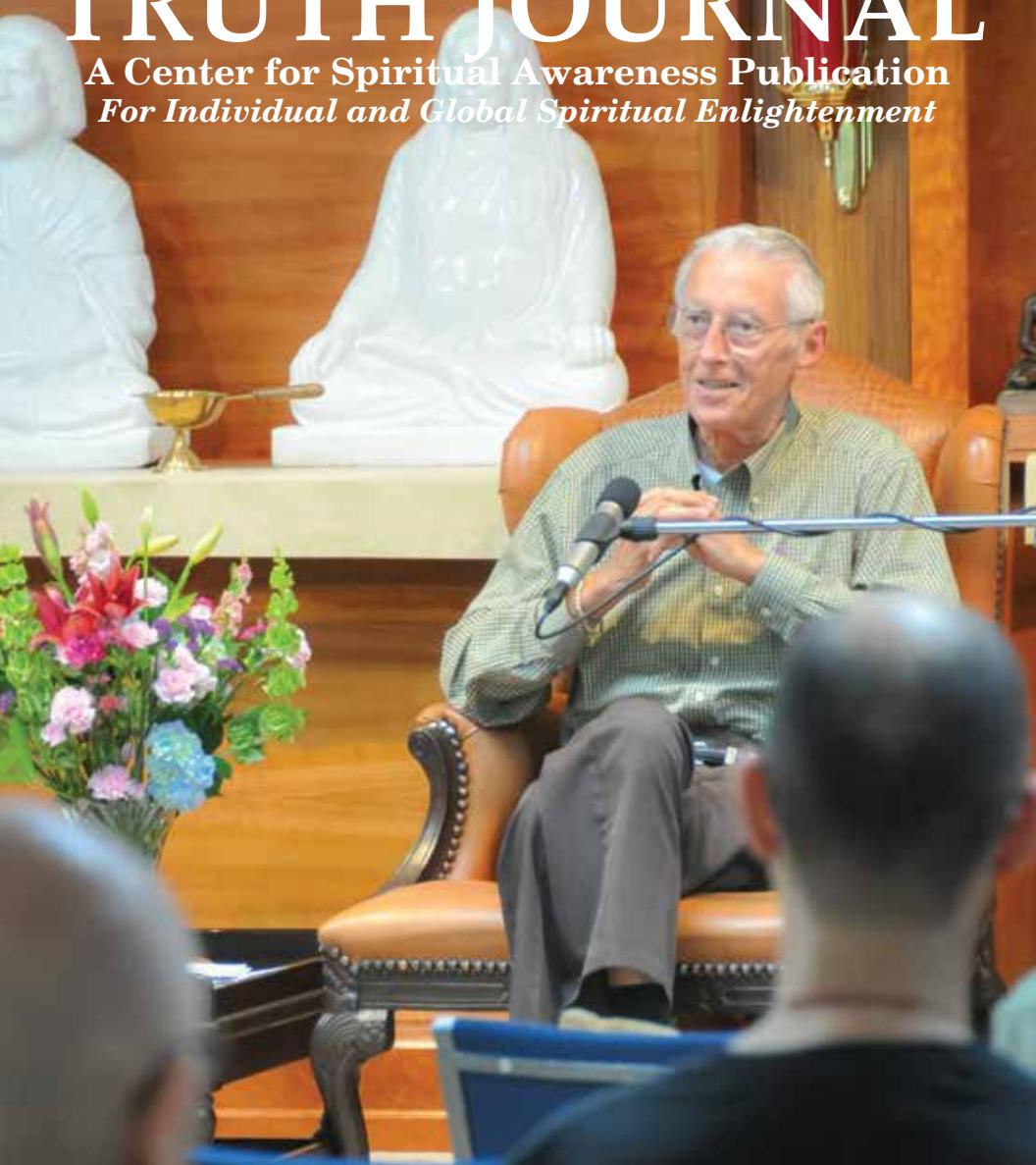


August – September 2020

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# TRUTH JOURNAL

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*For Individual and Global Spiritual Enlightenment*



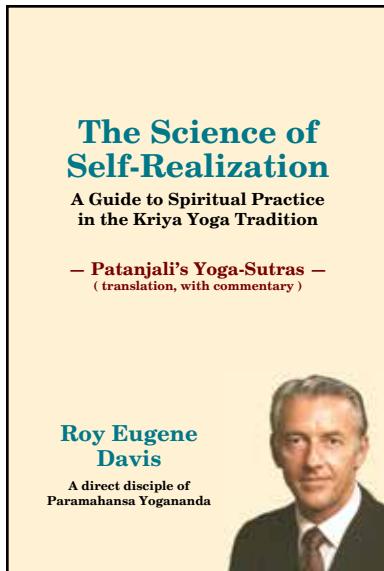
**How to Consistently Demonstrate  
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**sutras**—“threads,” Sanskrit verb root *siv*, “to sew.” Aphorisms, concise statements that may require a commentary or explanation. Patanjali’s text was composed two thousand years ago.

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*Front Cover: Roy Eugene Davis conducting a class in the CSA  
Meditation Hall. June 2013*

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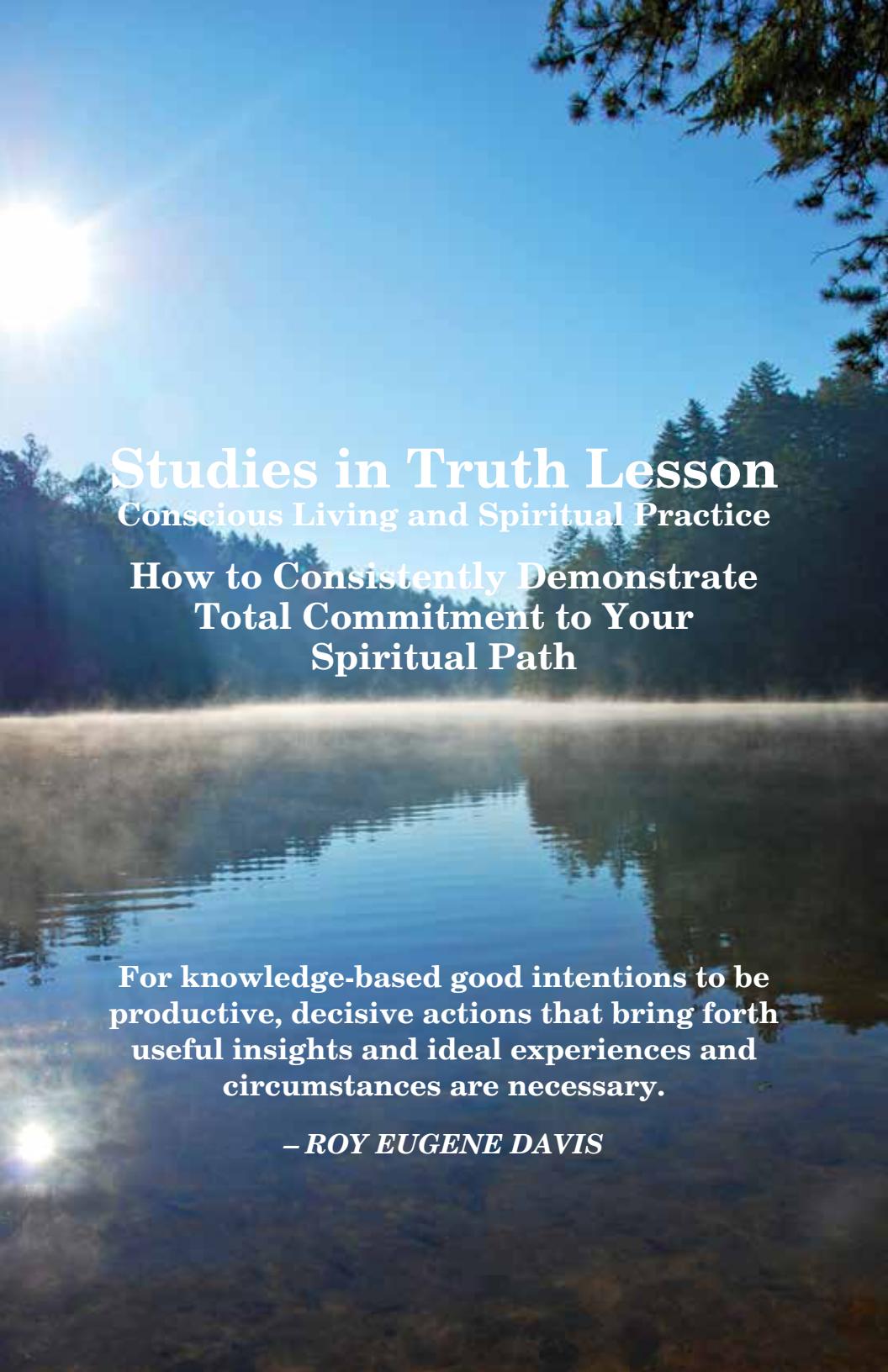
*Below: CSA Headquarters Meditation Hall*



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Kathleen Low, Editor

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# **Studies in Truth Lesson**

## **Conscious Living and Spiritual Practice**

### **How to Consistently Demonstrate Total Commitment to Your Spiritual Path**

**For knowledge-based good intentions to be productive, decisive actions that bring forth useful insights and ideal experiences and circumstances are necessary.**

***— ROY EUGENE DAVIS***

**consistent** Unwavering conformance to the same principles or course of actions.  
**commitment** To pledge or firmly agree to do something.

**demonstrate** To illustrate or show by practical application.

**spiritual path** An intentional course of actions or behaviors adhered to for the purpose of nurturing one's total well-being and authentic spiritual growth.



Since beginning my intensive spiritual studies and practices in 1950, I have noticed that, among the many hundreds of people I have known who were attracted to a spiritual path and who outwardly seemed to be sincerely devoted to it, very few were completely Self-realized. Although many of them were mentally and emotionally peaceful, they had not yet discerned the difference between their conditioned mental states and their pure essence of Being. Their mental attitudes, speech, and habitual behaviors indicated that they thought of themselves as being ordinary while hoping to be enlightened in the near or distant future. Psychological transformation that allows awareness to be clarified, the mind to be purified, and consciousness to be illumined had not yet occurred.

The primary purpose for being dedicated to right spiritual practice is to quickly awaken to Self-realization that liberates our consciousness. Ordinary states of consciousness are blurred and fragmented by random thoughts, emotional conflicts, and subliminal impulses and inclinations.

You can quickly learn to be detached from restrictive conditions by:

- Attentive\* use of discriminative intelligence to discern that you are not what is external to you (thoughts, feelings, and objective conditions).
- Attentive contemplative meditation regularly practiced until you are fully identified with your essence of Being and know that you are a pure-conscious unit of one Reality.

\***attentive** To be alertly observant.

## How to Know Which Spiritual Path Is Right for You

To know what our real needs are, we should rely  
on observation, experimentation, and reason.

– *Swami Sri Yukteswar, guru of Paramahansa Yogananda*

Your spiritual path should be compatible with your psychological temperament and your capacity to adhere to it.

Constructive thinking, emotional stability, holistic lifestyle regimens, study of higher realities, meditative contemplation of one's true nature, and correcting the mistaken perception of self-identity (thinking or feeling that one is an ego-mind-physical being) are fundamental practices taught in all spiritual enlightenment traditions. They are for all people who aspire to be fully awake regardless of their cultural circumstances, environmental conditions, and religious or philosophical views.

The performance of rituals and participation in group metaphysical studies or spiritual practices are only of value if they help you progressively grow to emotional and spiritual maturity. Privately adhering to wholesome lifestyle regimens, while diligently doing what enhances your life and clarifies your awareness, is most important. You will know that your spiritual path is right for you when your heart (Being) sings with joy. You will be peaceful; personal circumstances will be harmonious; awareness of your true nature and relationship with the Infinite will improve.

### *Affirmation*

My powers of intellectual discernment, intuition, and rational thinking reveal the spiritual path that is right for me.

There is a tide in the affairs of men,  
Which, taken at the flood, leads on to fortune;  
Omitted, all the voyage of their life  
Is bound in shallows and in miseries.

– *William Shakespeare  
(1564 – 1616, Julius Caesar, IV, iii, 217)*

## Be One Hundred Percent Committed to Your Spiritual Path

Let your devotion [to your spiritual path] be like a candle flame that burns steady and long; not like a wood fire that flashes up brightly and soon dies out.

— Paramahansa Yogananda

If you know that your spiritual path is right for you, faithfully adhere to it. Renounce debilitating thoughts, feelings, habits, and behaviors. Rise above ordinary states of mind and consciousness. Your ultimate destiny is to be spiritually enlightened: to have complete knowledge of your true nature and the processes of life. Your sustained aspiration, firm resolve, and right actions will empower you. God's grace will assist you to rapidly awaken through the stages of spiritual growth: from ordinary states of consciousness to superconsciousness; Self-realization; cosmic consciousness; God-consciousness; and final, permanent liberation of consciousness.

Aspire to be spiritually enlightened in your current incarnation. Don't talk about your inner life or your spiritual practices with others; doing that will distract your attention from important matters, weaken your mental powers, and dissipate your vital forces. Nurture spiritual awareness. Avoid thoughts, feelings, behaviors, and situations that do not support your intention to accomplish purposes that are of real value to you.

A few years ago a person told me, "I don't think I can be one hundred percent devoted to my spiritual path because I have many personal duties and responsibilities." I advised him to blend his spiritual practices with his necessary activities and to begin each day with meditation practice.

### *Affirmation*

I always skillfully do everything that I know to do  
to enhance my life and clarify my awareness.

## Nourish Your Mind and Consciousness With Constructive Metaphysical Studies

**metaphysics** The branch of philosophy that encourages profound investigation and examination of the first principles of ultimate reality, the nature of being, and cosmology (the origin, characteristics, and processes of the universe).

Be sure that what you study is worthwhile. Use your powers of discriminative intelligence to accurately perceive the truth of what is examined. Even information which is authentic may not always be clearly described, or may be mixed with opinions, untested theories, or flawed philosophical concepts. Avoid preoccupation with fantasies and superficial ideas. Improve your intellectual and intuitive powers, and use your common sense. When metaphysical concepts are not clearly understood, continue to examine them from time to time until they are fully comprehended. As your awareness becomes clarified, it will be easier to know what you want to know.

If what you read or hear is contrary to what you know to be true, disregard it rather than doubt your own insights. Because knowledge of your real nature and of higher realities is within you, you can learn to immediately recognize what is true when it is presented to you or emerges from within you.

Knowledge is of little value if it is not wisely used. Use what you learn to live more effectively, improve your personal circumstances, and quicken your spiritual growth. The best knowledge to have is that, as a spiritual being, you do have the ability to choose to rise above ordinary states of mind and consciousness and to live without limitations.

### *Affirmation*

I enjoy regular, profound investigation of higher realities that enables me to wisely use what I learn to live freely and effectively as an immortal spiritual being.

## Superconsciously Meditate Every Day

**super** Above or beyond. Superconsciousness, being pure, transcends ordinary, modified states of consciousness.

Daily superconscious meditation will more quickly clarify your awareness, strengthen your body's immune system, calm your mind, purify the subconscious and unconscious levels of mind, and help you to be emotionally stable.

The direct way to meditate superconsciously is to sit still, put your attention in the front and higher region of your brain, and relax into meditation. Sit 20 to 30 minutes or until you are peaceful and your awareness is clear.

If a helpful technique (such as breath awareness, mantra, affirmation, or prayer) helps you to be relaxed, calms the mind, and improves concentration, use it until it is not necessary.

Avoid being passive or inattentive. Stay alert and focused on the purpose of meditation practice. Use your imagination or an affirmation to be more intentional:

1. Imagine what it will be like to have your attention detached from your usual sense of self-awareness and from thoughts and emotions. Be fully conscious in the present moment. If your attention wanders, reclaim that present-moment state.
2. Mentally affirm, "The radiant purity of my essence of Being continuously illumines my mind and consciousness." Then, without mentally affirming, contemplate and feel the purity of your essence of Being emerging to continuously illuminate your mind and consciousness. Rest for a while in that pure awareness of Being.

### *Affirmation*

As I daily superconsciously meditate, I easily awaken to and vividly experience my changeless, true nature.

## Constantly Knowing Your Eternal Relationship With the Infinite, Realistically Live with Clearly Defined, Constructive Purposes

I truly am pure consciousness, eternal, pure, free,  
blissful, with flawless knowledge, infinite.

– *Adi [the first] Shankara (8th century India)*

**constantly** Continuously occurring; persistent.

**eternal** Forever, without ending. The Infinite One Reality, without boundaries or limits. Referred to as God, Spirit, and by other names used to indicate or define it.

**realistic** Having an awareness of things as they are. An accurate representation of facts.

**defined** A precise stated or described meaning.

**purpose** From Latin “to put forward.” The object toward which one strives or for which something exists. A desired or intended result.

Be so aware of your eternal relationship with the Infinite that you always think and act as a limitless Being with your attention and actions focused on accomplishing constructive purposes. Be realistic by wisely cooperating with the laws of cause and effect that will enable you to live effectively while progressively awakening to complete Self- and God-realization in your current incarnation. Acquire knowledge of the facts of life, improve your powers of perception and functional capacities, and nurture your aspiration to be fully, spiritually awake. Have unwavering faith—firm belief and conviction—that all of your clearly defined purposes will be fully actualized.

What you can imagine—and believe—to be possible, can be experienced by your right actions and the flows of grace that emerge from within you and occur around you.

### *Affirmation*

I truly am pure consciousness, eternal, pure, free,  
blissful, with flawless knowledge, infinite.

## Lesson Review

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.

1. Do you know that your spiritual path is right for you?
2. Are you one hundred percent committed to your spiritual path?
3. Do you regularly nourish your mind and consciousness with metaphysical studies?
4. Do you meditate superconsciously every day?
5. Are you realistically living with clearly defined constructive purposes?

If your answers are affirmative, continue to do what you know to be for your highest good. If there are better choices you can make or things you can do to improve your spiritual practices, make the right choices and skillfully perform productive actions.

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

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

## Answers to Questions about the Spiritual Path – Roy Eugene Davis

### **Even though I want to experience rapid spiritual growth, I often allow myself to be influenced by nonuseful habits or avoid doing what I know I should do. How can I stay inspired, motivated, and intentional?**

When you are constantly inspired, you will be strongly self-motivated and it will be easy to be focused and intentional.

Consider total well-being and satisfying spiritual growth to be most important for you. Think, feel, and act in ways that allow ideal results to come forth. Nonuseful habits will be replaced by habitual behaviors which will enhance your life.

When you are inclined to avoid doing what is best for you to do, examine your thoughts and feelings to discover why. If the cause is apathy, use will power to rise above that condition. If the cause is an inclination to allow existing personality traits and conditioned behaviors to persist, remind yourself that you are destined to be spiritually enlightened and go forward in the right way with renewed enthusiasm. Disciplined thinking and behaviors are basic spiritual practices. Memorize this axiom: “If I do what I know I must do to succeed, I cannot fail.”

*I have read about many spiritual practice systems, and tried some of them. I am not certain what practices are best for me. How can I know how to proceed?*

Concentrate on four essential spiritual practices: 1) mental and behavioral discipline; 2) profound study of higher realities; 3) regular meditative contemplation on your true nature until it is permanently realized; 4) letting go of your false sense of self-identity to allow your true nature to be unconfined.

A false sense of self-identity exists when the body, mind, or personality is believed to be what one is. When insight or direct experience reveals the truth, one’s essence of Being is known to be a unit of pure consciousness that expresses through a mind,

body, and personality. Right spiritual practice progressively clarifies our awareness and allows our innate Self-knowledge to emerge. Practices that do not bring forth this result are non-productive rituals. They may provide a degree of mental peace or emotional satisfaction that may be erroneously believed to be evidence of spiritual growth. Some indications of authentic spiritual growth are rational thinking, emotional stability, improved intellectual and intuitive powers, optimism, improved ability to live effectively, compassionate behaviors, and a vivid awareness of being a part of the wholeness of life.

*What effects do states of consciousness and mental and emotional states have on the physical body? Can physical ailments be healed by changing our states of consciousness, mental attitudes, and emotional states?*

Clear states of consciousness, calm mental states, and emotional peacefulness nurture physical health. Conflicted states of consciousness, mental confusion, and emotional unrest may produce troublesome physical conditions.

Some symptoms and (perhaps) contributing causes:

- *Arthritis.* Holding onto anger and resentment regarding past painful experiences. Feelings of guilt, shame, and remorse. Difficulty forgiving self and others. Complaining about circumstances; worrying while not wanting to make necessary changes. Feelings of being helpless, hopeless, and limited. Holding onto rigid personal opinions or beliefs.

Many years ago, at one of my lectures in San Francisco, a woman asked me if her arthritic condition could be healed. I explained that, sometimes, irritation and stiffness in joints of the body might be related to rigid mental attitudes. She suddenly stood tall, said that doctors had informed her that her condition was incurable, held her head high in a gesture of self-righteous defiance, and marched triumphantly from the room with her companions.

A few years later, while I was being interviewed on a late-night television talk show in Florida, viewers were invited to participate by telephone. When the subject of physical heal-

ing was being discussed I mentioned the possible relationship between arthritis and mental and emotional states. Within a few minutes, a man telephoned the television show host and emphatically declared that he didn't believe his, or anyone's, arthritis could be cured.

- *Headaches.* Stress, feeling overwhelmed, tired, or not in control. Self-criticism, judgmental. Excessive, confused concern about minor or major problems. Feeling confined, frustrated.
- *Insomnia.* Inability to relax, along with worry, fear, anxiety, or thoughts and feelings of powerlessness. Feelings of guilt or resentment.
- *Upper body tightness or restricted or difficult movement of shoulders.* Suppressed feelings, worry, stress, strained endeavors. Unable to confront or resolve challenging circumstances or make firm decisions. Feeling stuck, fear of future events or circumstances. Not knowing how (or unable or unwilling) to release emotional pain or sadness.
- *Psoriasis* (uncomfortable skin inflammation characterized by white, scaly patches). Feeling insecure, irritated, or rejected. Inclined to blame others or circumstances rather than to be responsible for one's thoughts, feelings, actions, and circumstances. Suppressed emotions, frustration. Feelings of disappointment. Self-punishing thoughts and behaviors. Feeling disconnected or lost. Uncertainty about what to do or what one's future circumstances will be.

Removing mental and emotional causes of discomfort can allow rapid healing to occur.

*I usually view meditation as a practice to be used to calm the mind and remove attention from thoughts. Doesn't using imagination and/or affirmation during meditation practice interfere with superconscious perceptions?*

Using imagination and/or affirmation can keep attention focused and improve your receptivity to superconscious perceptions. After imagining an ideal state of consciousness or using an affirmation to enhance your awareness, calmly endeavor to maintain a thought-free superconscious state.

## **God Is Visible**

*Clifford Rosen  
CSA President*



The unmanifest field of pure consciousness out of which our universe expresses may be intuitively sensed, communicated with, and known with absolute certainty. The Self-expressed field of pure consciousness is perceived to the extent that we have eliminated all mental obstructions that cloud our field of awareness.

Have a clear sense of meaningful purpose in your life. Dive deep into your commitment to metaphysical study and meditation practice. You are an immortal unit of the pure essence of absolute reality. Daily practice of meditation to a level of superconsciousness will place you firmly on the path to Self-Realization. Kriya Yoga practice in its entirety condenses and accelerates the clearing of hindrances that obscure your true nature. Kriya Yoga as carefully set out by the lineage of Kriya Gurus is a superhighway to higher levels of consciousness and to God-consciousness. This instruction is a gift selflessly offered to us by the saints and sages of our tradition.

There are innumerable ways to know the truth of your essence of being. The Kriya Yoga method is time-tested and valid. This scientific method resonated with me from the moment I met Roy Eugene Davis. From the day I first heard Mr. Davis (my Guru) speak over 40 years ago, up to this moment, I have not looked to the left or the right, but straight ahead to the goal: God-consciousness and complete Self-realization. If you practice and live the simple lifestyle regimens and follow the clear guidelines, you will progress, find final contentment, and prosper in all ways.

Harmonious integration of your spiritual, mental, emotional, physical, and environmental components of your life will enable you to live freely and enjoyably and experience spontaneous (effortless), progressive spiritual growth. – *Roy Eugene Davis.*

## **Guidelines to Inspired Living**

Speak the affirmations aloud with conviction.

August 2 – 8

### **Your Eternal Relationship with the Infinite**

That which is infinite is without boundaries or limits. As a unit of the one Reality, your potential to be Self-realized and freely expressive is unlimited.

*I am always conscious of abiding in the Infinite.*

August 9 – 15

### **Nurture Your Spiritual Growth**

Unwavering aspiration to be spiritually awake while removing all obstacles to Self-realization allows your spiritual growth to spontaneously occur.

*I constantly nurture my authentic spiritual growth.*

August 16 – 22

### **Acquire Knowledge of Higher Realities**

The higher realities that govern the processes of nature constantly support you and provide for your needs.

*I acknowledge the higher realities that are continuously expressive in nature, support me, and provide all that is needed for my highest good.*

August 23 – 29

### **Maintain a Positive Mental Attitude**

What you imagine as being possible for you to experience, and believe to be real, can actually be experienced.

*My positive mental attitude, creative imaginings, and unwavering faith in the goodness of life produce and attract ideal circumstances for me.*

August 30 – September 5

**Think with Decisive Intention**

You have the freedom and the ability now to decide what you will do and to choose what you want to experience.

*I decisively choose my productive actions and the life-enhancing experiences that I want to have.*

September 6 – 12

**Actualize Your Innate Divine Qualities**

Your innate divine qualities are unveiled and emerge when you allow your desire to have your awareness restored to its original, pure wholeness to prevail.

*As I allow my innate divine qualities to be fully actualized, I experience effortless, progressive spiritual growth.*

September 13 – 19

**Enlarge Your Consciousness**

Refuse to feel confined by a mistaken sense of self-identity. Enlarge your consciousness until you are always aware of the omnipresent wholeness of life.

*As I enlarge my consciousness, I rise above all conditions that confined it and joyously become increasingly conscious of the wholeness of life.*

September 20 – 26

**Discipline Your Thoughts, Feelings, and Behaviors**

By wisely controlling your thoughts, emotions, and behaviors you will learn the spiritual value of self-mastery and be able to express your full potential for excellence.

*I always wisely choose my thoughts, emotional states, and constructive actions.*

## CONSCIOUS FOOD PREPARATION

### Wild Rice Salad

Cook time: 1 hour Serves 4 to 6

Prep the ingredients and make the dressing while the rice is cooking.

#### *Ingredients:*

1 cup brown rice wild rice mix

2 1/3 cups water

1/2 teaspoon salt

1/2 cup dried cranberries

1 cup chopped pecans  
(toasted or untoasted)

1/2 cup sliced green onions

3 tablespoons lemon juice

2 tablespoons extra virgin  
olive oil

1 tsp grated orange peel (optional)

1/4 cup of fresh orange juice

Salt and freshly ground pepper to taste



To make the rice, use the amount of water for the rice according to instructions on the package.

Bring rice, 1/2 teaspoon salt, and water to a boil, reduce heat to low, cover and cook for 50 minutes. Do not stir. Do not uncover. Remove from stove and let sit, covered for 10 minutes. Then uncover, fluff up with a fork, and let cool to almost room temperature.

Mix the rice with dried cranberries, pecans, and green onions in a medium size serving bowl.

#### *Dressing:*

In a separate jar, mix the lemon juice, olive oil, orange peel, and salt and pepper to taste. Add to rice mixture just before serving.

– Adapted from *Simply Recipes*



## *Discovering the Sacred In Everyday Life*

### **Let Go of the Struggle**

*Ellen Grace O'Brien  
Senior Minister  
Center for Spiritual Enlightenment*

The Master keeps her mind always at one with the Tao;  
that is what gives her her radiance.  
The Tao is ungraspable.  
How can her mind be at one with it?  
Because she doesn't cling to ideas. – *Tao te Ching*

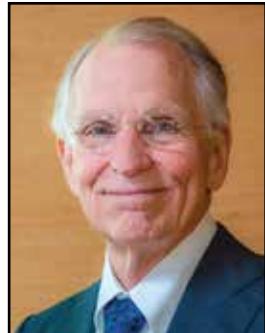
Perhaps the greatest advice for establishing our spiritual foundation is *surrender*. Let go of the mistaken idea that you are now, ever were, or ever can be, separate from the Source. You are inextricably connected to the Source of all that is. Recognizing this truth and realizing it, changes our approach to life and our fundamental experience of it. We don't stop bringing forth our very best energy and effort, but we do stop struggling. We no longer make our life a burden but allow it to be a joy.

The practice of surrender introduced in Patanjali's *Yoga Sutras* is surrender to that divine intelligence and power that permeates creation—the Creator or the One that is the Source of all that is.

The sutras offer this promise of surrender: "From surrender to Ishwara, comes the perfection of samadhi." Or, "Self-realization is perfected by devotional surrender to God." The crux of this practice is simply letting go of the false belief that we are separate, that we are egoic, autonomous individuals—on our own, without a basis of support, without a foundation for our existence. We are individuals, operate through an ego-identity, and are autonomous. Yet, all of that is only possible because we are individualized expressions of a higher Reality. Surrender is coming to recognize that and to count on it as our unfailing source of support. With surrender comes the culmination of all practice: we are restored to our original, innate wholeness.

## Choose to Be Happy

*Ron Lindahn  
CSA Senior Minister*



On March 17, 2019 Roy Eugene Davis made his usual live telephone recording of the *Guidelines to Inspired Living* series he had been offering for many years. It was his practice to prepare several months of the weekly *Guidelines* in advance. This week he did not use the previously scripted offering. Instead he was inspired to deliver the following message:

“Choose to be happy. Happiness is not dependent on external conditions. It is your innate state of being to freely express. Affirm: I always choose to express my innate happiness.” And then he concluded with his normal closing statement, “Be optimistic, cheerful, confident, and receptive to all of the good fortune life can, and will, provide for you.”

I have come to see this brief statement as a profound synopsis of his teaching emphasis.

He begins by emphasizing that we can choose to be happy, that happiness comes from within, and most importantly, that it is the result of our free expression. In order to express freely, to have integrity, and to live without limitation, we must be fully awake and no longer subject to physical, mental, emotional, or spiritual constraints. Here he recognizes the underlying motivation behind most decisions, the desire to be happy, and offers the only effective solution: to freely express.

*Be Optimistic.* When we are awake, experiencing life fully as it is, we are aware of evolutionary trends that continue to move toward awakened consciousness, with corresponding improvements in well-being, communication, standard of living, and cooperation. Many people operating in ordinary states of consciousness react to short-term events and circumstances. With no anchor, or rudder, their lives are tossed about on restless seas of uncertainty.

It can be difficult to see how evolution is moving when we are in the midst of great transformation. Old structures and systems must give way to the new. This process is often chaotic and can feel destructive. Out of the chaos of dissolution emerges new order, restructuring, with some improvement. In this way evolution continues to move forward. Make it your discipline to avoid reacting to short-term challenges. Instead, practice looking for the signs of positive progress that are being made every day in so many ways. Choose to be optimistic.

*Be Cheerful.* As Mr. Davis reminds us in this guideline: we can choose to be happy, or not. We are not destined to be miserable, depressed, frustrated, anxious, and upset. Choosing to be happy improves our immune system and bodily function, ability to think clearly and focus attention, and ability to be receptive to the supportive grace that is always present for us. Pay close attention to your moods and feelings. Practice being cheerful until it becomes normal: a natural expression of who you are.

*Be Confident.* Life is a great gift. We are born, and our body grows out of itself, directed by innate intelligence. We mature and develop through interactions with parents, teachers, friends, and the environment. All this is orchestrated through the same guiding intelligence. We are not separate from our environment, or society. We evolve in relation to them. If we are honest we must admit that influences beyond our control have somehow conspired to make us what we are and to bring us to where we are in life now. Of course there have been challenges and hardships along the way. Often these have resulted from our inability to perceive inner guidance, or, more often, from having avoided doing what we know we should do.

By observing the myriad ways that you have been supported and nurtured throughout your life, see how you have been guided, and invited to what is ideal for you. Gain confidence, develop trust: faith that Life will continue to provide, and lead you to what is useful and fulfilling. Banish all fear, worry, and doubt.

Begin each day “optimistic, cheerful, confident, and receptive to all the good fortune that life can, and will, provide for you.”

# **Observations, Insights & Discoveries**

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



New photo of Jupiter  
from an earth-based  
telescope.

*Courtesy of NASA*

**You are a space traveler.** Our planet turns on its axis at a little more than one thousand miles (1600 kilometers) per hour. It orbits the sun at 65 thousand miles (105,000 kilometers) an hour and travels 600 million miles (970 million kilometers) in one year.

Our solar system is turning around the center of the Milky Way Galaxy at 486 thousand miles (782 thousand kilometers) per hour. It completes its journey in 225 million years—a Galactic Year—and has done that approximately 20 times since our planet's origin four to five billion years ago. Our galaxy, approximately 100 thousand light years across, is also moving through space. A light year is the distance light travels in a vacuum in a year at 186 thousand miles (300 thousand kilometers) a second. If you were in a space ship that could travel 100 thousand miles an hour, your trip across the galaxy could be made in perhaps 900 million years. The Milky Way Galaxy is one of many billions of galaxies in our universe. Some scientists think that there may be many universes in other space-time dimensions.

The next time you are sitting quietly with nothing of interest to contemplate, think about how you are traveling through a universe so large that the mind cannot imagine it. Contemplate the ultimate Reality which didn't have a beginning, will never end, produced and maintains the universe, and includes you in the ongoing drama of life. Be happy, and thankful.

**Secrets of vital, long life**, avidly sought by some scientists in modern times, were known by a few people in India, China, and the Middle East at least two thousand years ago. Charaka, whose

treatise on Ayurveda (*ayus*, life; *veda*, [revealed] knowledge) is one of the earliest, wrote that “medicine” is of two kinds: one is for physical rejuvenation and vitalization; the other is for the healing of diseases. Of the two, substances and procedures that would enable a person to be physically healthy and vital far beyond the normal span of life were given special attention. Early ayurvedic teachers said that the primary purpose for having a healthy, long life is to enable a person to continue to engage in spiritual practices until enlightenment and liberation of consciousness are accomplished.

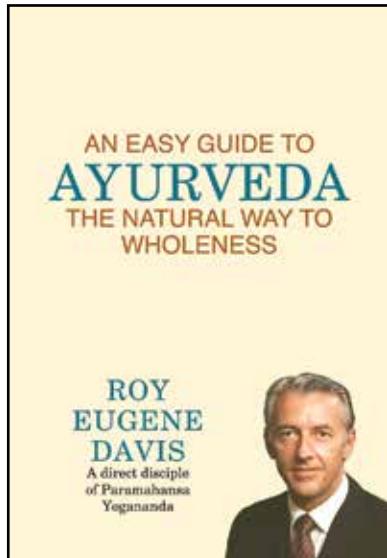
General guidelines for a person who is intent on experiencing the benefits of rejuvenation and vitalization procedures include stress management, physical purification, attitude and behavior modification (for psychological health and supportive interaction with nature’s forces), and regular practice of deep, superconscious meditation. Special herbs and foods are also prescribed. It is emphasized that if one does not have a spiritual orientation, the various regimens will only be moderately effective.

**Experience the benefits of a mental cleansing diet.** An ordinary diet is a regulated selection of foods. A “mental diet” is a regulated selection of mental attitudes and thoughts. For one week, cultivate an optimistic mental outlook by expecting the best possible outcome for everything you do and for all emerging events. *Creatively imagine* your near and distant future circumstances as being harmonious and satisfying. Creative imagining produces and attracts corresponding events and circumstances. Uncontrolled imagining is fantasy. Avoid being judgmental or opinionated. Renounce anxiety and worry. One way to regulate mental attitudes and thoughts is to be aware of what you say and how you say it. Speak with conscious intention. Renounce gossip and superficial or meaningless talking. How you habitually talk reveals your mental states and states of consciousness. When you have experienced the positive results of a seven-day mental diet, permanently adopt it.

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AYURVEDA (*ayu*, life; *veda*, knowledge)

## Re-Minded

*Ryan Strong  
Ayurvedic Doctor, CSA Minister*



Neglecting daily spiritual practices is often one of the biggest challenges to overcome. Why is it so challenging for people, even for those who are truly inspired to be consistent with their daily spiritual practice? Why is it that, even when people know what they need to do, they still don't do it? How can we overcome this?

Prajnaparadha is a Sanskrit term that translates to failure of our intellect or wisdom. The ancient science of Ayurveda explains that the primary cause of illness and suffering is choosing to ignore that which causes us harm. People usually know what they should do, or should not do. However, people can harm themselves (or choose not to help themselves) by going against their own knowing, guidance, and wisdom. Even though many yogis know what they need to do, they fail to apply their intellect or wisdom towards supportive behaviors.

All of our spiritual practices are ultimately practices of remembering. Kriya Yoga is the path of knowing and experiencing the essence of our being, remembering our true Self, and making wise choices.

Helpful to ordering thought processes and balancing emotions is to live with intentional purpose. By doing what we know to be most useful, we learn to live successfully. ... We awaken spiritually, become healthy-minded, and improve our functional abilities when we focus on essentials and disregard nonessentials.

— Roy Eugene Davis, *An Easy Guide to Ayurveda*

## 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.

Nothing is impossible [to accomplish] unless you think it is. When you use life's experiences as your teacher and learn from them, the true nature of the world and your role in it, your experiences become valuable guides to eternal fulfillment and happiness. — *Paramahansa Yogananda*

There are some souls who cannot dwell upon nor engage their minds with any mystery; they are drawn to a certain gentle simplicity before God, and held in this simplicity, without any other consideration than to know that they are before God. — *St. Francis of Sales*



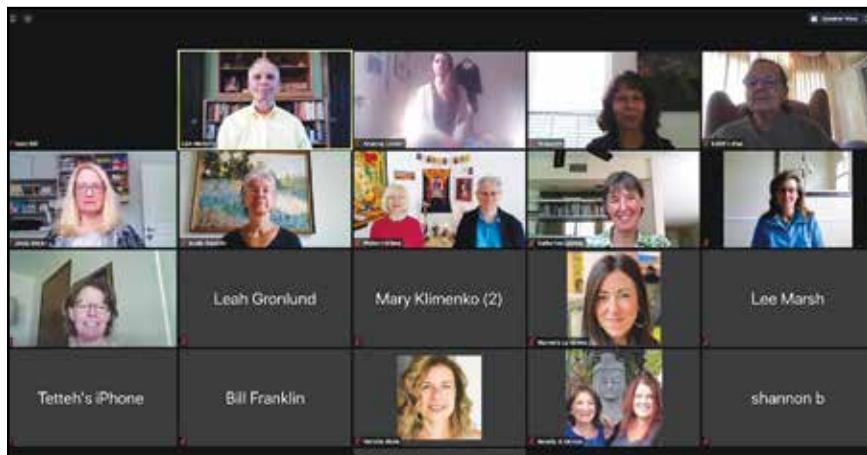
### *IN MEMORIAM*

**Curt Chadwick**  
**August 1940 – May 2020**

A longtime CSA member and fully dedicated Kriya Yoga initiate.

Curt earned a PhD in Engineering at Stanford University and was employed for 30 years in the high tech industry. He and his wife, Bernadette, met Roy Eugene Davis in 1983, attended Mr. Davis' classes held in San Jose, California every year, and traveled to CSA, Lakemont for retreats through the 1980s to 2007. When they came to CSA for private retreats, Curt, an accomplished gardener, enjoyed trimming the trees near the CSA Meditation Hall.

## News & Highlights



Above: Online Zoom retreat class with CSA senior minister Ron Lindahn. Pictured are some of the students who participated.

– May 2020

Below: Work continues on the CSA grounds. Left, repairing a pathway at a guest house. Right, small gardens at the Meditation Hall and on the grounds are well-maintained.



## **2020 Retreats Update**

**Because of the uncertainty regarding travel,  
and social distancing restrictions, we haven't  
set a date for opening the CSA retreat center.  
Current information will be published in the  
monthly email newsletter, on our web site,  
[csa-davis.org](http://csa-davis.org)  
or you may call our office.  
706-782-4723 weekdays  
8 a.m. – 3 p.m. Eastern time.**

# Attend Programs Online

In order to support the safety of our members, while continuing to offer the quality ministry services that Mr. Davis dedicated his life to, you can now participate in CSA programs from anywhere in the world. All times listed are Eastern time zone.

## Retreats: You can participate using Zoom.

Visit: [www.csaretreat.org](http://www.csaretreat.org)

Code: 980 663 1368

Password: 957607

### • Sunday meditation: 11 am

• **Online private retreats**  
the first two weeks of August (weekdays 3–7 & 10–14) and September (7–11 & 14–18) with meditation and interaction at 10 am and 2 pm

### • Fall retreat Saturdays

September 26, October 24, November 14, & December 5: 9 am meditation; 10–11 am, 11:15–12:15 pm, and 1–2 pm seminar classes presented by CSA ministers and teachers.

### 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](http://www.csa-davis.org)



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 Reminders for Challenging Times  
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 CSA Retreats  
Our retreat programs are for quiet reflection and focused study. If you are new to our teachings, explore, to derive maximum benefit, read *Seven Lessons in Conscious Living* before attending.

 Meditation Practice  
For Personal Benefit and Spiritual Growth  
Meditation is a natural process of refocusing attention from external conditions and directing it inward to a chosen focus of concentration.



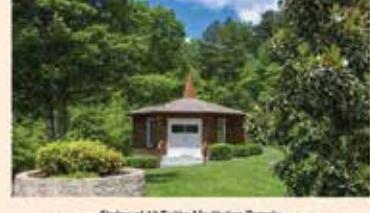
**CENTER FOR SPIRITUAL AWARENESS**  
Founded in 1972 by Roy Eugene Davis

**MARCH NEWSLETTER**

Welcome to the March edition of the Center for Spiritual Awareness monthly newsletter including inspiration from Roy Eugene Davis and news about CSA ministry activities.

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

 Roy Eugene Davis in 2008  
at a public lecture in Ankara, Turkey

 Shrine of All Faiths Meditation Temple  
where Mr. Davis' ashes will be permanently placed on March 29th.

**BECAUSE GOD IS THE LIFE OF ALL.**

When the worlds were framed, when time began,  
we were there.

When God came into manifestation, He came as  
you and as me, and as everyone else.

He did not come as us without purpose, He came  
to fulfill a marvelous plan.

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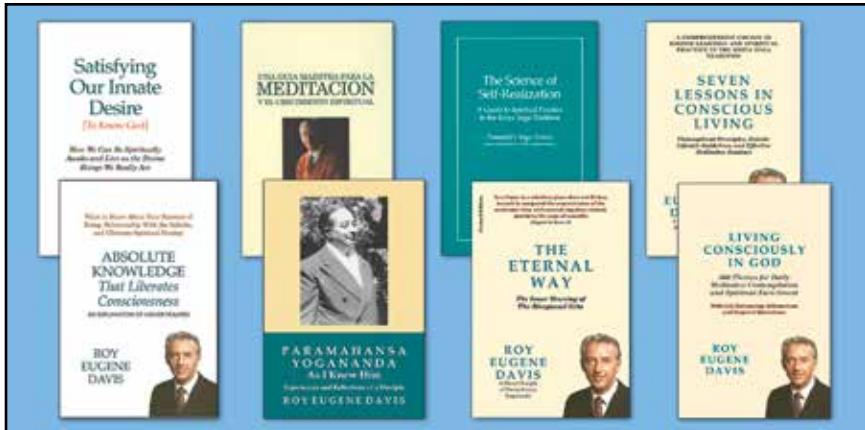
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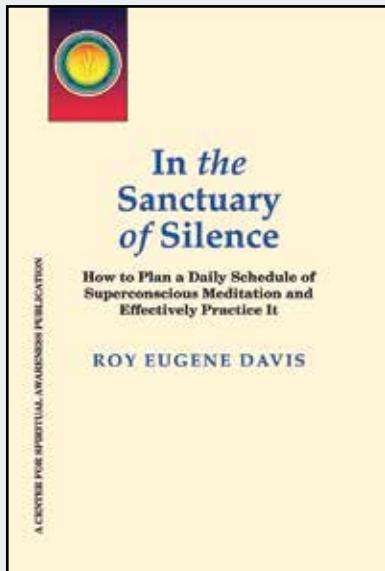
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