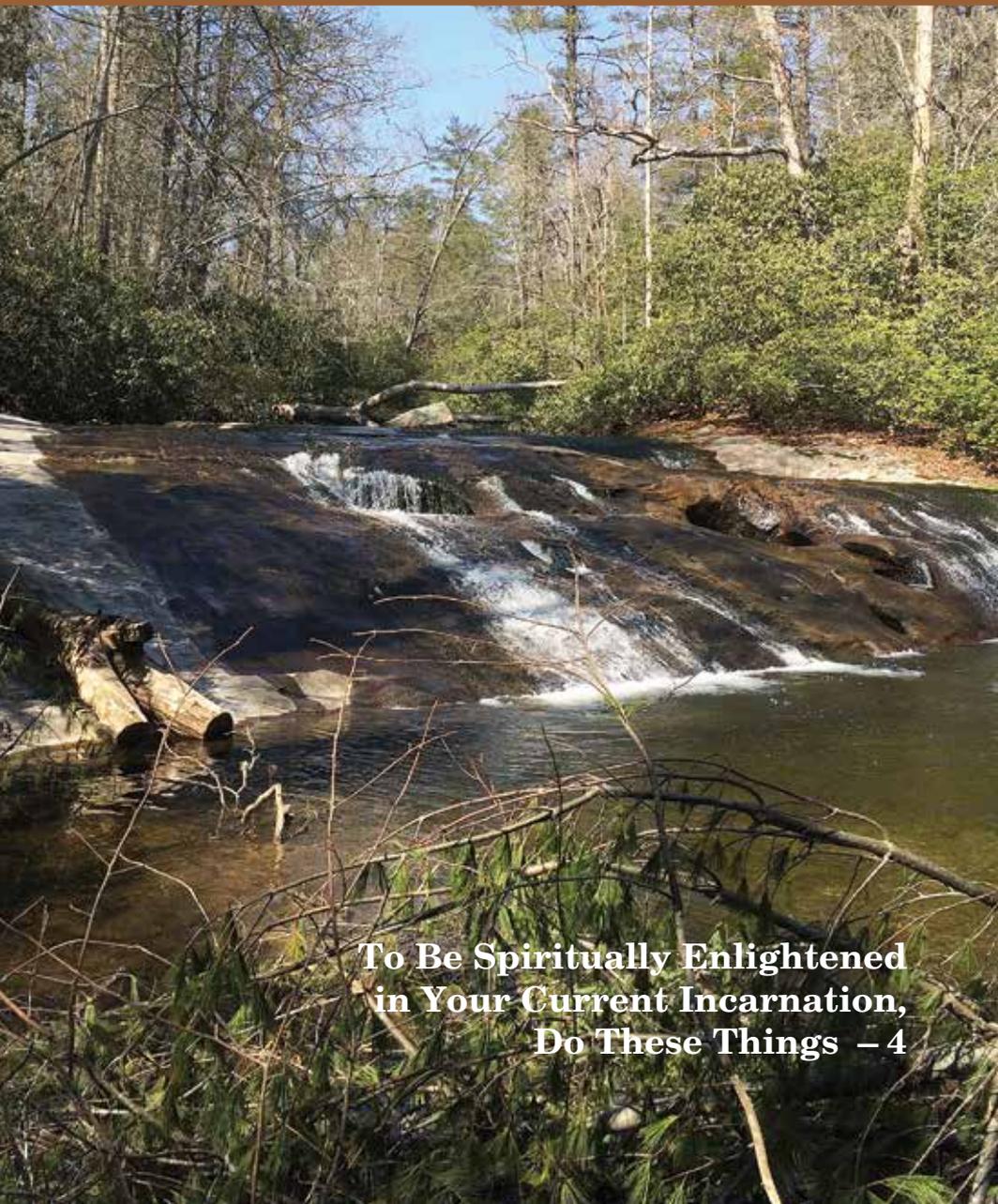


February – March 2018

51 Years of Continuous Publication

TRUTH JOURNAL

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



**To Be Spiritually Enlightened
in Your Current Incarnation,
Do These Things – 4**

Center for Spiritual Awareness international headquarters is in the low mountain region of Rabun County 90 miles north of Atlanta and 90 miles from Greenville, North Carolina, and Asheville, North Carolina. On 11 secluded acres are six guest houses, the Meditation Hall, Shrine of All Faiths Meditation Temple, library, bookstore, and publishing department.

Our spiritual director, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda, has taught for more than sixty five years in North and South America, Japan, West Africa, India, and Europe. His books are widely published (see page 31).

Our understanding is that one ultimate Reality exists. Its transcendent, pure aspect is devoid of attributes. Its expressive aspect has attributes (energetic influences) that emanate and nurture universes and all forms of life. Because every person essence is a unit of the pure essence of ultimate Reality, every person is destined to have their awareness fully restored to its original, pure wholeness.

Our mission-purpose is to use all available, useful methods and resources to spiritually educate, inspire, and motivate sincere spiritual aspirants to be clearly aware of, and freely express, their innate divine qualities and knowledge of higher realities. Eighty percent of our funding is provided by hundreds of our dedicated members and spiritual friends throughout the world.

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Front Cover: Highlands, North Carolina

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Sunday, March 4

For Our Members and Spiritual Friends Within Easy Travel Distance to CSA Headquarters

10 a.m Meditation 11 a.m. Brunch

Anniversaries Observed For That Week

Wednesday, March 7 66 Years After the
Mahasamadhi of Paramahansa Yogananda (1952)

Friday, March 9 82 Years After the
Mahasamadhi of Swami Sri Yukteswar (1936)
Roy Eugene Davis' 87th Birthday (March 9, 1931)

maha (great) *samadhi* (transcendent oneness)

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Our guest houses are not open in March.

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Offices and Retreat Center at 151 CSA Lane off Lake Rabun Road

Studies in Truth

Conscious Living and Spiritual Practice

**To Be Spiritually
Enlightened in Your
Current Incarnation,
Do These Things**

**To be spiritually enlightened is to
consciously experience and know
your true nature as a unit of the
pure essence of ultimate Reality.**

– ROY EUGENE DAVIS

Spiritual enlightenment is not a condition caused or produced by personal efforts. It is an awakening to our true nature which is always pure and self-knowing. It can be more easily experienced when our awareness is clarified and our innate qualities and knowledge can effortlessly emerge as revelations, discoveries of what was not perceived. Being aware of what spiritual enlightenment is, it is not helpful to think or behave as though it could be attained by ordinary endeavors.

Millions of people who endeavor to nurture their spiritual growth fail to have satisfying results because they don't know how to harmoniously discipline their thoughts, feelings, and actions or allow their innate desire to be spiritually conscious be freely expressive. The examples of spiritually enlightened people should inspire us to also be Self-realized.

Although we may be inspired by the stories, and words, of enlightened people past and present, that information doesn't illumine our mind and awareness nor do for us what we must do for ourselves. The emphasis in this article is on how you can be spiritually enlightened if you want to be fully conscious and freely functional.

Decide to Be Enlightened

Many people who say they want to be enlightened don't believe it can be possible for them in their current incarnation. If you sincerely want to be enlightened, firmly decide to be fully conscious as soon as possible, learn to overcome or remove the inner conditions that interfere with being Self-realized, and expand and clarify your awareness. Do what you need to do to grow to emotional and spiritual maturity rather than talk with others about your spiritual aspirations.

When practice is concentrated and progress is fast,
enlightenment can be soon [quickly experienced].
Progress is in accord with [right] endeavor, whether
it is mild, medium, or extremely concentrated.

– *Patanjali's Yoga-Sutras 1:21.22*

Lifestyle routines and meditation practices are intensive or concentrated when our behaviors are always wisely chosen and elicit (bring forth) our innate qualities and clear awareness of our true nature and ultimate Reality.

Affirm With Conviction

I think wisely, behave properly, act skillfully,
and am quickly awakening to Self-Realization.

Be Well-Informed

Facts about the processes of life, how to live, and how to nurture spiritual growth can be obtained from reliable sources, inferred by observation, and directly discerned.

Examples of inference are: 1) when we see smoke, we know that it is probably produced by fire; 2) when we perceive our world and its processes, we know something caused it to be as it is—that it didn't come into existence from nothing. When we think about the "big bang" concept of the origin of the universe we should also think about what produced the very small dot of compressed energy that preceded it.

Know that you are a unit of the pure essence of an ultimate Reality that has a pure, transcendent aspect and an expressive aspect with attributes that manifest universes. View yourself as an observer and knower rather than as being confined to a small sense of self-identity. Express through your body, mind, and personality rather than be fully identified with them.

Ultimate Reality, commonly thought of as God, a supreme being, intelligence, or power, doesn't have human-like personality characteristics that are imagined by people who haven't been informed about what it is, are not able to comprehend it, or prefer to retain their personal ideas about it.

Because all people are spiritual beings, all are destined to be spiritually enlightened and have their awareness restored to its original, pure wholeness.

Ordinary human awareness is fragmented and modified by irrational ideas and wave-like movements in it and the mind that keep thoughts and emotions restless and unsettled. When

the fluctuating changes in our awareness and mind cease, our true nature is revealed.

Spiritual enlightenment is not an attainment of something other than we are, nor can it be caused or produced by what we do. It is the result of awakenings to what we are which can be nurtured by aspiration, constructive thinking and living, and various practices, including introspective meditation.

Affirm With Understanding

I choose to be well-informed, nurture my spiritual growth, attend to my personal duties, and accomplish purposes of value to me, others, and the environment

Think Rationally

Rational thinking is thoughtfully based on reliable information and intellectual discernment rather than influenced by flawed or biased ideas, fantasy, or emotions. Rational thinking is easier when we are mentally calm, emotionally peaceful, physically rested, and well-informed. During quiet interludes of rational thinking we can also have intuitive insights that enable us to more completely comprehend what is being examined.

If you are not always able to immediately know what you want to know or solve a problem by thinking about it, expect knowledge to emerge from within you when you are engaged in activities or to be provided by what you happen to read or by what others say or do.

Imagine what you want to do. Plan the procedures you will use to accomplish your purposes. “See” in your mind’s eye the end results and “feel” what you will feel when you have them. Do this to have ideal circumstances and relationships, improve your well-being, and quicken your spiritual awakening. Always use imagination wisely.

All minds are parts of one cosmic mind that can respond to thoughts, mental attitudes, imagination, desires, expectations, hopes, and fears. Think rationally, be optimistic, desire and imagine only what you want to experience or have, expect fortu-

nate events to occur, and perform actions to produce or attract what you want to experience rather than merely hope to have it. Replace fear with confidence.

Affirm With Intentional Resolve

I think rationally and creatively use my mental powers, intuition, and imagination.

Improve Your Powers of Intellectual Discernment

Intellect is usually considered to be the mental faculty that enables us to discern (perceive and comprehend) what is true or false. *Discernment* may begin as an intuitive perception or insight that is confirmed by close intellectual examination and rational thinking.

Improved powers of intellectual discernment enable us to avoid having illusions (mistaken perceptions), flawed opinions, and false or superficial ideas and opinions.

The faculty of intellect is other than the mind that receives and retains impressions (memories) of perceptions that enable us to be aware of past perceptions and experiences, relate to current events and circumstances, think, and reason.

Many enlightened people say that if we don't know our true nature as a unit of the pure essence of ultimate Reality it is because of our inability to intuitively and intellectually discern it or our unwillingness to examine it. When a mistaken sense of small self-identity (ego) is dissolved, seen beyond, or transcended, Self-realization prevails.

The mind and intellect can be purified by rational thinking and cultivation of superconsciousness (clear awareness) during meditation and at other times.

Use Common Sense

Common sense is sound or realistic discernment based on perceptions of a situation. A person who doesn't see, or doesn't try to see, obvious evidence or indications of a situation is said to lack common sense.

Knowing the laws or principles of cause and effect, we can use our common sense to determine why circumstances are as they are, make wise choices, and perform effective actions.

Knowing that managing stress, being optimistic, eating nutritious foods, exercising on a regular schedule, and having a balanced schedule of activity and rest contributes to our well-being, we only need to use common sense to do those things.

Knowing that mental and emotional calmness and regular, superconscious meditation will clarify our awareness and bring forth our innate spiritual qualities and higher knowledge, we can use our common sense to cultivate inner peacefulness and superconsciousness.

We don't have to be exceptionally intelligent to do what will enhance our lives and allow spiritual growth to more easily occur. As we become more spiritually aware, our powers of discriminative intelligence and abilities that enable us to live more effectively will quickly improve.

Affirm With Intention

I use common sense to accurately comprehend
what I perceive, cultivate inner peacefulness,
clarify my awareness, and live effectively.

Live Skillfully

To be *skillful* is to be competent, proficient, and efficient in the performance of duties and whatever else is done. Skillful thinking and living can also be spiritual practice that improves our capacities to learn, be more creative, and become aware of our almost unlimited potential to be spiritually enlightened.

Be skillful in everything you do. Avoid allowing whims or bad habits to influence your moods, thoughts, and actions.

For as long as you live in space and time, choose to learn all that is useful to know, live with meaningful purposes, and use your powers of perception and functional abilities wisely. Don't just drift through the years mildly hoping that your life will be better, sometime, or a dramatic spiritual awakening will occur to remove troublesome conditions and illumine your mind.

Remember these *axioms* (self-evident truths):

What is worth doing, is worth doing well.

Skillfully doing what should be done assures success.

When it is not always possible to do extraordinary things,
do ordinary things extraordinarily well.

Decisively Affirm

I choose to alertly perform all productive actions
while steadily awakening to Self-realization.

It can be helpful to know about the three attributes (Sanskrit *gunas*: purifying, transformative, and inertial) that pervade and influence the processes of Nature and living things.

Read about their influences in my book *The Eternal Way* (The Inner Meaning of the Bhagavad Gita), chapters 16,17 &18.

Lesson Review and Practical Application

Read the lesson a few times and mark the ideas or themes you want to examine more closely. Write the following items in a private notebook or journal along with your responses.

Enlightenment is knowing what is true about something rather than having unverified information or ideas about it. *Spiritual enlightenment* is actual experience along with accurate knowledge of our pure essence and ultimate Reality.

1. Do you want to be spiritually enlightened in your current incarnation?
2. What are you doing to be spiritually enlightened?

Frequently visit our Web site: www.csa-davis.org

Read *Truth Journal*, articles in English and several languages, and books in Spanish. *Listen to video and audio talks* by Roy Eugene Davis. Helpful information, news, meditation retreat and seminar schedules, online book, DVD, and CD ordering.

**To improve your understanding of higher realities ...
read this book and listen to these CDs**

Chapter Themes

The Truth About Your Essence
of Being and Your Relationship
With the Infinite

The Sequential Categories,
Specialized Capacities, and Orderly
Processes of Cosmic Manifestation

The Psychological and
Physiological Basis of
Spiritual Enlightenment

Superconscious Meditation
That Clarifies Awareness
and Facilitates Authentic
Spiritual Growth

Guidelines to Dedicated
Discipleship

Three Transformative
Practices to Effectively Use

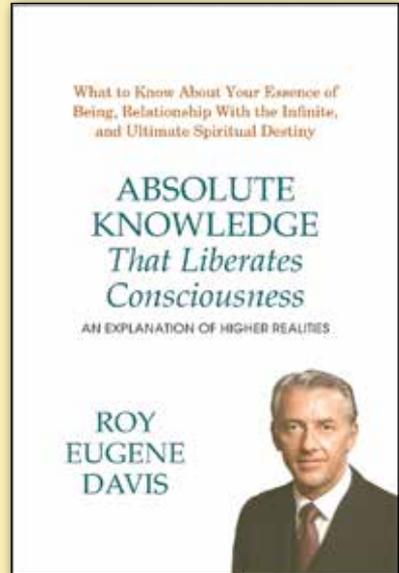
Infinite Life

Addendum

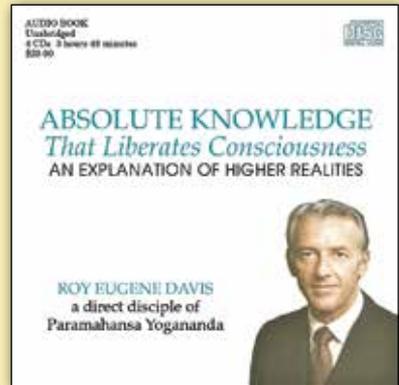
The Evolution of Religious
Beliefs and Practices

*Glossary of Key Words and
Philosophical Concepts*

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Preoccupation with modified states of mind and consciousness causes and sustains an illusional sense of self-identity. When this error in perception is corrected, our awareness is immediately restored to its original, pure wholeness. – *Roy Eugene Davis*

Can I awaken to Self- and God-realization if I am not a regular or skillful meditator?

Regular, skillful meditation can help you be mentally and emotionally calm and clarify your awareness so that your real or pure essence can be experienced and known. If you can meditate but don't do it on a regular schedule because you are lazy or "don't feel like doing it," renounce those habits. If you cannot skillfully meditate, aspire to be Self-realized and expect your innate qualities and Self-knowledge to emerge. There are no cosmic rules that require everyone to perform the same actions to nurture spiritual growth. If you cannot skillfully meditate, at least sit quietly for 20 or more minutes daily and endeavor to be aware of your pure essence and relationship with the Infinite. You are destined to be spiritually enlightened.

Affirm With Realization

The purity of my essence of being that continuously illumines my mind and consciousness unveils and reveals my innate knowledge of my true nature and the wholeness of ultimate Reality.

When I listen to an inner, subtle sound frequency while I am contemplating the Om vibration, am I really hearing Om or is it some other sound?

The subtle sounds heard in the ears are produced by your nervous system. Some yoga teachers say that by listening to them while "feeling" the location of the chakras in the spine from the bottom chakra upward through the second, third, fourth, and fifth chakras, different sound frequencies may be heard.

When a constant, clear sound is heard, it can be used as a self-manifesting mantra to attract and focus attention when one is meditating. The Om vibration can be *imagined* as being omnipresently in and through the universe, and identified with for a while. Then a meditator can direct attention to the source of Om, the expressive aspect of ultimate Reality with attributes. Then,

beyond that aspect to the pure essence of ultimate Reality without attributes, of which our essence is a unit.

I like to regularly meditate to manage stress and enjoy peaceful silence even though I don't have unusual perceptions. To have obvious spiritual awakenings, what should I hope to perceive or experience?

It is most spiritually beneficial to experience thought-free clarity of awareness rather than have perceptions which are often produced by the mind and don't result in psychological transformation or useful insights.

Aspire to be aware of your pure essence. Knowledge of your true nature and ultimate Reality will be revealed from within. Such soul-satisfying revelations are liberating.

Revealed knowledge is liberating because it replaces false ideas, prevents mistakes in perception, and weakens and dissolves troublesome subconscious influences.

Complete spiritual awakening is Self-realization that is so flawless that limiting conditions do not exist.



At the November 2017 CSA meditation retreat.

To more quickly awaken, would it be helpful to withdraw from activities and relationships and concentrate on spiritual studies and practices? If doing that is not necessary, or possible, what is the best way to live so that spiritual growth can occur?

It isn't necessary to completely withdraw from *all* activities and relationships. It can be helpful to withdraw from or avoid activities and relationships that are not necessary or are not wholesome or life-enhancing. You will then have more time and the freedom to concentrate on spiritual studies and practices. It is important to be sufficiently inspired and disciplined to do what is most helpful in enabling you to accomplish your aims.

It can be helpful to have occasional retreats from ordinary circumstances, either at home or another quiet place where you can be secluded. During that private time, read informative spiritual literature, meditate two or three times a day, exercise moderately, eat lightly, obtain sufficient sleep, and avoid radio, television, or Internet communications.

Affirm With Conviction

I wisely choose to do what is beneficial for me and for others while concentrating on essential matters and ignoring those that cannot enhance my life and my spiritual awareness.

How can we know when to use our imagination, intention, and abilities to accomplish purposes and when to accept what seems to happen without our thoughts or actions? Sometimes events that influence my life and circumstances are better than what I might have imagined or tried to cause or create.

Use creative abilities when you need to do it and when you are inspired to act decisively. Be responsible for your thoughts and actions while being receptive to unplanned good fortune that can be provided by evolutionary trends and the thoughts and actions of others. Don't be impelled by egocentric urges or thoughts or feelings of needing to control everything that happens. When you are inspired to do something that doesn't seem like it is going to happen, rest a while and think about the situ-

ation. Perhaps it is not yet the ideal time for results to emerge. You may be trying too hard to make things happen as you think they should happen. Or you may need to have a more receptive mental attitude that will enable you to think and act effectively, attract helpful influences, and enable you to have the results you want to have.

Affirm With Confidence

I rely on my intelligence, intuition, and common sense to know how to wisely use my imagination, intention, and creative abilities while being receptive to unplanned good fortune that the processes of life can and will provide for me.

I formerly used mood-changing drugs and now think I should devote my life to helping others overcome their addictions, as I was able to overcome mine. Would that be good for me to do?

If you help others overcome their addictions, what will they then do? Will they move forward and live wisely? Help others who want to be helped when you can effectively do it without devoting all of your resources to that activity. Don't be overly involved with troubles others have or feel that you need to try to "save" them from their harmful actions. Refer them to places where they can be helped. Concentrate on having a fulfilled, spiritually conscious life.

People addicted to alcohol, drugs, food, harmful habits, impulsiveness, lying, stealing, egotism, violence, laziness, moods, or other debilitating attitudes and behaviors are unhappy and dissatisfied. They may be avoiding a need to grow to emotional maturity or don't have a clear awareness of higher purposes for their lives. If they had worthwhile purposes to accomplish they would be doing what would enable them to be successful. The greatest satisfaction would be experienced by skillful living without being overly attached to the results or proud because of what is accomplished.

Living can be almost effortless and very enjoyable when we are constantly Self-aware and not confined by mistaken ideas

about our true nature. When we are Self-aware and make wise choices, addictive mental attitudes and behaviors cannot exist. As spiritual beings, we can choose our mental attitudes, emotions, and behaviors.

Affirm With Conviction

As a conscious, responsible, Self-reliant spiritual being
I am always wisely purposeful, easily control my thoughts
and behaviors, and live enjoyably and effectively.

I don't know if I am progressing on my spiritual path. Although my life is satisfying and my mental attitude is good, I am not as spiritually conscious as I think I should be. What should I do about this situation?

Do everything that you know you should do and let results be what they will be. Have faith (conviction) that you are progressively awakening to Self-realization even if you aren't aware of transformative changes in your awareness.

Remind yourself that at the innermost level of your being you are pure, poised, and Self-knowing. That which you are can and will be completely revealed.

Identify with your true nature. Acknowledging it and your relationship with the Infinite will help bring forth your divine qualities. Having a small sense of self-identity will confine and blur your awareness.

People who don't know they are spiritual beings think and live as limited human beings. When a false sense of self is allowed to exist, they may think they have to "become" spiritual or seek to "find" God. When their understanding is accurate, awareness and knowledge of ultimate Reality will prevail.

Affirm With Realization

I am steadily awakening to Self-realization.

The golden rule of conduct is mutual toleration; we will never all think alike and shall always see Truth in different ways.

– Mohandas K. Gandhi (1869 – 1948)

Can special meditation techniques enable a person to quickly be Self-realized?

Some spiritual organizations teach meditation methods, which they say were formerly taught many centuries ago and recently (within the past 200 years) rediscovered, that enable people to more easily “know” God. Such a claim is false.

They may describe God as love, light, joy, infinite wisdom, or bliss, their presumed attributes or characteristics of God, but don’t accurately define ultimate Reality.

They often refer to God as he, him, she, or a cosmic being who wants our acknowledgement and devotion and with which we need to be reunited after a long separation.

They may teach that evil forces are trying to keep people from knowing God, while also saying that God alone exists and all cosmic forces are God’s emanated influences. Devoted followers seldom notice the conflicting philosophical ideas.

Ask representatives of such organizations, or some of their members, to inform you of one person among them who is spiritually enlightened because of having used the meditation method they promote. Even though they will not be able to do it, they will usually continue to insist that their practices are of great value and encourage their use.

One or more of several meditation methods can be used to calm the mind and elicit superconsciousness that allows further spiritual awakening to be experienced. Some practical forms of meditation are devotional prayer, superconscious affirmation, breath observation with or without a mantra, pranayama that results in free flows of life force in the body, and profound contemplation of our pure essence and ultimate Reality.

Practical forms of meditation are most effective when they are supported by constructive thinking and living, aspiration to be spiritually enlightened, and alert expectation of discovery of what is eternally real.

Regard everyone as equal since God’s
light is in the heart [essence] of each.
– *Guru Nanak, Adi Granth (1469 – 1539)*

Guidelines to Inspired Living

Audibly Speak the Affirmations With Conviction

January 28 – February 3

Choose to Acknowledge Your Real Nature

Your real nature is pure, whole, and serene.

A mistaken sense of self-identity is small
and limited.

I choose to acknowledge my real spiritual nature.

February 4 – 10

Choose to Know the Truth

Improve your intellectual powers until
you can always know what is true.

I choose to discern the truth.

February 11 – 17

Choose to Think Rationally

Examine facts with common sense, discernment
and intuition. Avoid fantasy and wishful thinking.

I choose to think rationally.

February 18 – 24

Choose to Be Completely Healthy

Maintain your mind-body constitution in perfect
balance with optimism, emotional stability,
regular schedules of activity and rest,
good nutrition, and appropriate exercise.

I choose to be completely healthy.

In a virtuous action, I properly *am*,
in a virtuous act I add to the world.
– *Ralph Waldo Emerson (1803 – 1882)*

February 25 – March 3

Choose to Be Prosperous

Perform practical actions and open your life to all of the good fortune life can and will provide for you.

I choose to be prosperous in all aspects of my life.

March 4 – 10

Choose to Be Happy

Happiness is not dependent on external conditions. It is your innate state of being to freely express.

I choose to always express my innate happiness.

March 11 – 17

Choose to Be Emotionally Mature

Be responsible for your thoughts, moods, behaviors, and their effects.

I choose to be emotionally mature.

March 18 – 24

Choose to Be Compassionate

Be aware of needs people have. Pray for their well-being and support them in practical ways.

I choose to be compassionate.

March 25 – 31

Choose to Be Spiritually Enlightened

Be fully conscious of your pure essence.

I choose to be spiritually enlightened.

Only that which is apart from me can be doubted by me. How can I then doubt God who is my being?

– Ludwig Feuerbach (1804 – 1872)

CONSCIOUS FOOD PREPARATION

Gluten-Free Pound Cake

A rich, dense cake best made for special occasions. Serve plain or with butter, jam, fresh fruit, ice cream, milk, tea, or coffee.

Cut a piece of parchment paper to put on the inside bottom of a 4 X 7 inch cake pan to allow the cake to be more easily removed. Grease the inside of the pan with butter and add a light coating of flour. Shake out the excess flour. Put the paper in the bottom. Oven temperature: 350F (180C)

2 sticks or 1 cup (240ml) unsalted butter, room temperature
1 cup natural sugar
5 large eggs. 1 tsp (5ml) vanilla extract
1.75 cups (420ml) quinoa flour
mixed with 1 teaspoon (5ml) baking powder

1. Beat butter and sugar medium-fast speed 6 minutes. Scrape bowl, then beat another minute.
2. Turn mixer to medium-slow. Add eggs slowly, then vanilla.
3. Add flour/baking powder mixture slowly until well combined.

Put batter in pan. Smooth top with a knife or spatula. Bake on center oven rack approximately 55 to 60 minutes or until a toothpick comes out with few or no crumbs.

Cool in pan on wire rack 1 hour.
Remove from pan to finish cooling on wire rack.



Discovering the Sacred
in Everyday Life

Knowing Our True Nature

Ellen Grace O'Brian



Is meditation necessary to become enlightened?

A story in the Zen tradition is about a student who meditates with the guidance of a spiritual master. One day, the master asked, “What are you doing?”

The student said, “I’m meditating to become enlightened.”

The master sat by the student, took a brick out of his bag, put it on the floor, and used a cloth to vigorously rub the brick. The student asked, “What are you doing?”

The teacher quietly replied, “I am polishing this brick so it will become a mirror.”

The student replied, “Doing that won’t make the brick into a mirror.”

The teacher’s lesson was obvious: no amount of meditation will create enlightenment. Meditation is not Self-improvement. The true Self cannot be improved; it is already perfect, whole, and complete. The student was taught by his master to meditate, and perhaps we meditate, every day. Why do we do it?

As we study Yoga or metaphysical realities, we may discover that some scriptures indicate that at the innermost level of our being we are already enlightened: awake, blissful, and wise. Effective meditation practice provides opportunities to experience our enlightened Self. When the mind is calm and clear, our true Self can be effortlessly be revealed.

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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.

The Absolute is being-existence, knowledge, infinite Reality in which the worlds are interwoven, from which all emanated and into which all are absorbed, and which being known makes everything known.

It is formless and unreachable (by the mind or intellect), undefinable, realized by knowledge and samadhi (oneness with it), that from which vital forces emanate, one, subtle without blemishes, actionless, the essence of Consciousness, beneficent, calm, immortal, and beyond all phenomena.

It is the absolute (pure) field of Supreme Consciousness. You are *That*, one, shining, the essence of the true Self, the omniscient which regulates all things and is the reality of all beings, is hidden in all beings, and is the source of all beings. It produces, supports, and dissolves everything. O knower of the Supreme Self, you shall be free from all limitations.

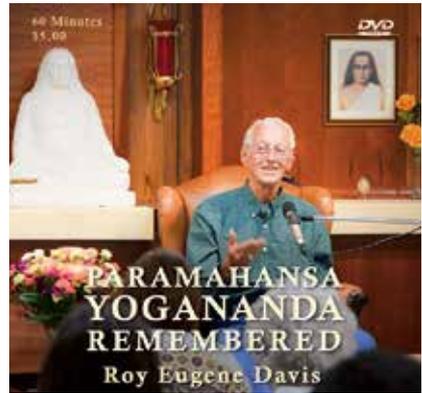
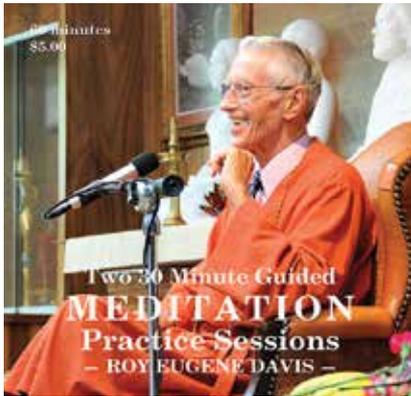
From the *Shandilya Upanishad* written several centuries ago. These are the words of the teacher Arthavan to his disciple Shandilya during conversation as imagined by the person who composed the text. *Upanishad*: “to sit down near” the teacher.

This is a little known Yoga Upanishad. There are more than 100 more widely known Upanishads which have been published with commentaries by various scholars.

Even though they represent philosophical speculations that are sometimes considered to be revealed truths, they should be carefully examined until what is true is discerned.

Note: The complete text of *Shandilya Upanishad*, with a brief commentary, is in *The Science of Self-Realization*. See page 30.

Helpful Audio and Video Recordings



Audio recording: 60 minutes

Two 30-Minute Guided Meditation Sessions

Sessions begin with routines to calm the mind and focus attention. Use the short periods of silence to contemplate your pure essence and ultimate Reality.

DVD color video: 60 minutes

Paramahansa Yogananda Remembered

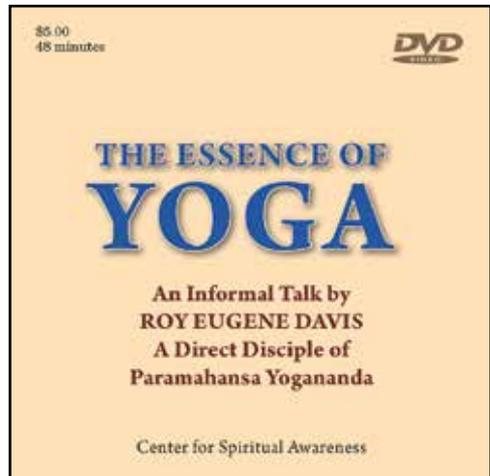
Roy Eugene Davis shares stories about his experiences and observations during his early years with his guru.

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An Informal Talk by Roy Eugene Davis

An explanation of classical Yoga systems with emphasis on Kriya Yoga philosophy and practices, meditation, and stages of spiritual awakening to complete Self-realization.

Recorded During a Summer Meditation Retreat at CSA Headquarters



Spiritual Healing and Alternative Wellness Systems

Various alternative forms of help or healing are promoted in the United States and other countries: spiritual mind treatment, prayer, energies transmitted by touch or will power, and influences of disembodied souls by mental telepathy or expressed through a person who is said to have mediumistic or psychic abilities. Are any of them of real value?

So-called spiritual mind treatments, prayers, energies flowing through a spiritually aware person, and some alternative wellness systems may be helpful. Claimed communication with disembodied souls is fantasy that may appeal to people who are unable to discern the truth.

In the late 1880s the Christian Science movement attracted attention when it taught that physical ailments, psychological conditions, and other problems were due to lack of spiritual understanding. The solution was to “know” the nothingness of limiting conditions and acknowledge that, in the wholeness of one Reality, there can only be perfect order and harmony. The concept, attractive to contemplate, was not always easy to demonstrate—by practitioners of the movement or people who wanted to believe it. Mary Baker Eddy, the founder, said that some personal problems could be caused by negative thoughts and influences of others.

Ernest Holmes established his Science of Mind Institute in Los Angeles, California, in the early 1900s and taught people to heal themselves and others, and have ideal circumstances, by acknowledging one Presence and Power and a universal mind that is responsive to mental attitudes, beliefs, and expectations. The process often works when it is skillfully used.

Many New Thought groups and independent metaphysical teachers have taught similar ideas and practices for the past 100 or more years. There has been much emphasis on teaching the basic doctrines and wide distribution of books and other litera-

ture, but very few enduring healings or transformed lives.

For approximately twenty years I was a member of the Executive Board of the International New Thought Alliance which represents several hundred churches, teaching centers, and individual members. During that time I was not aware of any exceptional indications of spiritual awakenings or healings.

There have been several individuals who were said to have a healing consciousness and had substantial followings. I don't know of any of them who were always effective in helping their patients be healthier, happier, more prosperous, or spiritually conscious. Their most useful influence seemed to be that they could inspire people to believe conditions could be better.

Several years ago I read a short article about a man who had managed a very successful cosmetics company for several years. Before he died he told close associates what had made the company successful. He said, "Our products are similar to those of other companies. The only difference is that we give people *hope* that they can have the results they desire to have."

When we need healing, if we can be helped by someone who is capable of helping us, we should be thankful. Even then, we should not be emotionally dependent on others. It is better to learn to be responsible for our thoughts, actions, and states of consciousness that can maintain our total well-being.

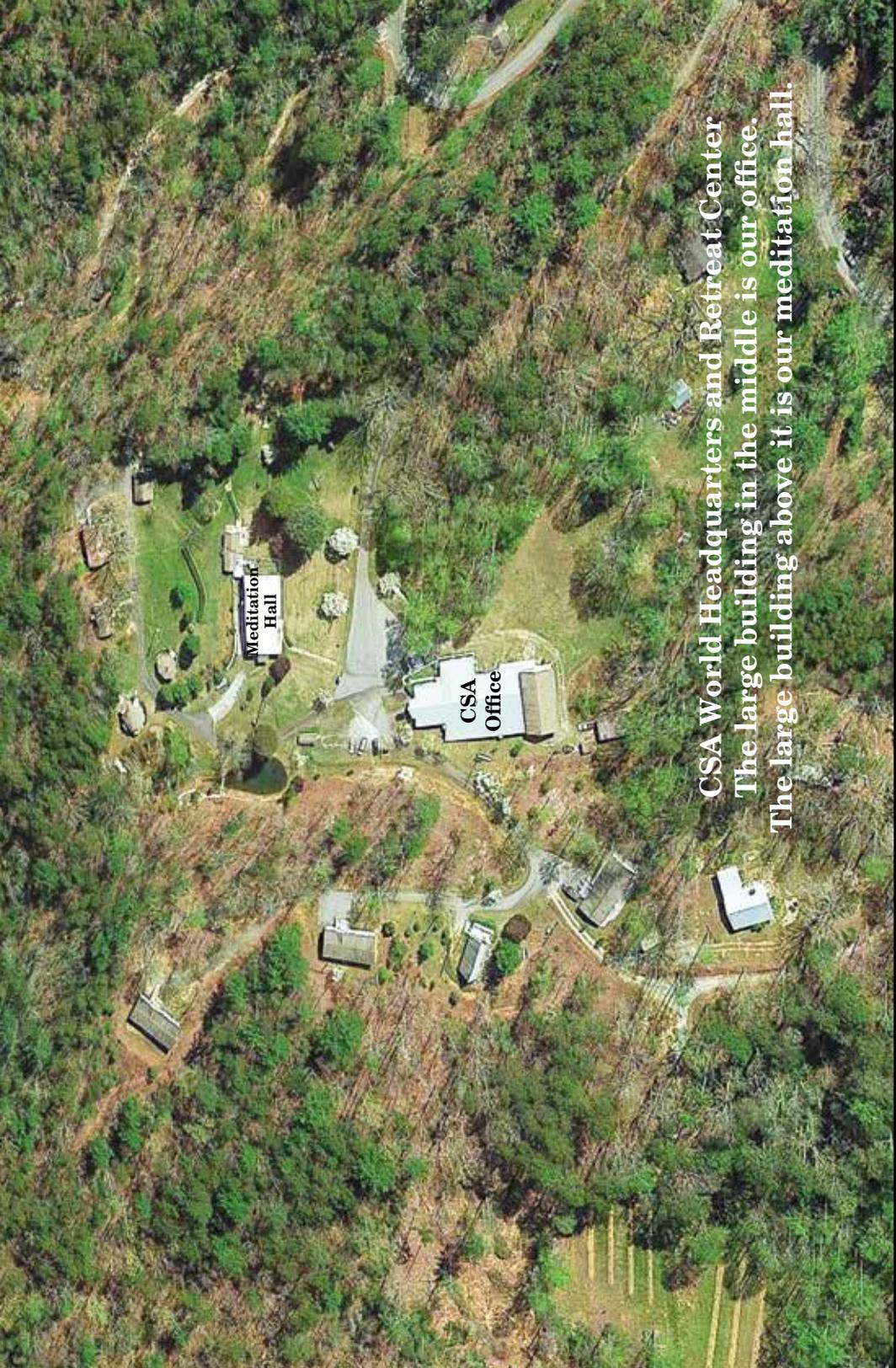
Wellness systems such as chiropractic, acupuncture, tai chi and qiGung, Hatha Yoga, massage, and ayurveda can often be helpful. The services of competent medical doctors should not be avoided when conditions require their knowledge and skills.

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CSA World Headquarters and Retreat Center
The large building in the middle is our office.
The large building above it is our meditation hall.



*Above: Memorial service for Elizabeth Helen Spencer
(January 13, 1944 – October 9, 2017)*

A devoted member since 1992, Beth lived in West Palm Beach, Florida, and moved to Lakemont about a mile from CSA when she retired. She regularly attended our Sunday morning meditation services and retreats. In the early 1990s she went to India with one of our pilgrimage groups and a few years later went there again. Beth's quiet, friendly demeanor endeared her to everyone.



Ronald Lindahn led a celebration of life memorial service in our Meditation Hall on Sunday, October 15, attended by members of Beth's family and CSA friends.

2018 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.

Schedule

- Early morning meditation Monday to Friday at 7 a.m. for approximately one hour followed by a short talk by Roy Eugene Davis. Local members are invited to the morning meditations. An afternoon meditation will also be scheduled.
- Thursday morning: Kriya Yoga initiation. Persons already initiated may attend for review and to reaffirm their commitment to their spiritual practices.
- Optional Hatha Yoga and/or qiGong sessions when teachers are here.
- Occasional educational videos.

Reservations and Guidelines

- Be here for one week or two consecutive weeks.
- Let us know when you will arrive Saturday or Sunday. Arrive before dark. We provide bedding and towels 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.
- Avoid unnecessary social interactions. Use your free time to read, meditate, exercise moderately, rest, and reflect on your relationship with the Infinite.

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

2018 Retreat Schedules & Application Information

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

Retreats described on the previous page.

April 2 to 6 and 9 to 13 April 30 to May 4 and May 7 to 11
June 4 to 8 and 11 to 15 July 2 to 6 and 9 to 13
July 30 to August 3 September 10 to 14 and 17 to 21

October to December Weekends:

October 20, 21. Three meals on Saturday. Sunday breakfast. Arrive Friday before dark.

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 17, 18. Program like October (above).

December 1:

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

Retreat dates _____

Arrival date _____ Departure _____

Email _____ Tel _____

Name [s] _____

Address _____

Center for Spiritual Awareness
Post Office Box 7 Lakemont, Georgia 30552-0001
Tel 706-782-4723 weekdays 8 a.m. to 3 p.m.
info@csa-davis.org www.csa-davis.org

Books, Videos (DVD format), and Audio CDs

U.S. packing/postage \$3.00 for 1 book; 30 cents for each extra book.

DVDs or CDs alone: \$2.00 for one; 20 cents for each extra one.

Other countries: double the U.S. postage for airmail.

Quantity

Books

- Words That Heal and Transform** (Affirmations) \$2.00 \$ _____
- The Spiritual Basis of Real Prosperity** \$5.00 _____
- An Easy Guide to Ayurveda** \$5.00 _____
- In the Sanctuary of Silence** \$2.00 _____
- Living Consciously in God** \$5.00 _____
- Seven Lessons in Conscious Living** \$7.00 _____
- The Eternal Way** Inner Meaning of the Bhagavad Gita \$8.00 _____
- Satisfying Our Innate Desire to Know God** \$4.95 _____
- Absolute Knowledge That Liberates Consciousness** \$7.95 _____
- Paramahansa Yogananda As I Knew Him** hc \$12.00 _____
- The Science of Self-Realization** yoga-sutras hc \$10.00 _____
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- 1 DVD **Infinite Life** 2010 Kriya Congress talks \$10 _____
- 1 DVD **Experiences With Paramahansa Yogananda** \$5 _____
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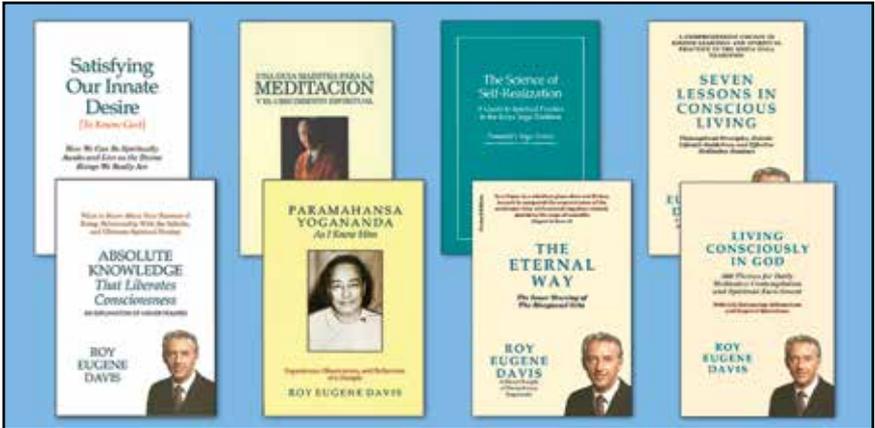
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SAN JOSE, CALIFORNIA
MEDITATION SEMINAR
with Roy Eugene Davis
A direct disciple of Paramahansa Yogananda

All Welcome

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Saturday, March 17 10 a.m. – 4 p.m.
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408-283-0221 info@csecenter.org
www.csecenter.org

Affirmation, breath awareness, mantra, pranayama,
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Kriya Yoga Initiation 2 p.m.



Paramahansa Yogananda



Roy Eugene Davis

