

Dec 2013 – January 2014

46 Years of Continuous Publication

TRUTH JOURNAL

for individual and global spiritual enlightenment



A Center for Spiritual Awareness Publication

**Our Inevitable Awakening to
Self- and God-Realization – 5**

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2014 January – April

Roy Eugene Davis

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Second Session 1 p.m. Kriya Yoga Initiation 2:30 p.m.

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See the inside back cover of this issue of Truth Journal

Front Cover: Summer meditation retreat class in the Meditation Hall at CSA headquarters.

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CSA Meditation Hall and bookstore (upper level)

Published bimonthly: February, April, June, August, October, December

Subscription in the U. S. \$10.00 Other countries \$15.00 airmailed

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**Manifest plainness, embrace simplicity,
reduce selfishness, have few desires.**

Lao-tsu (604 – 531 B.C.E.)



Our Inevitable Awakening to Self- and God-Realization

inevitable May be delayed, but cannot be avoided or prevented.

awakening Being more conscious, aware, alert, and knowing.

Self With an upper case *S*: our essence or true nature; a unit of the pure essence of ultimate Reality.

God The one, ultimate Reality, with a pure essence and an aspect with energetic attributes, which emanates and nurtures universes.

realization Direct (without using the senses, mind, or intellect) experience along with accurate knowledge.

In the distant past, because of being influenced by inertia that blurred our awareness, we assumed a mistaken sense of self-identity, identified with modified states of mind and awareness and objective phenomena, and “forgot” our true nature. Spiritual awakening that culminates in Self- and God-realization restores our consciousness to its original, pure wholeness.

Why and how the expressive field of ultimate Reality produces universes and why and how souls are individualized as units of the pure essence of ultimate Reality cannot be clearly intellectually understood. It can be realized (experienced and known) when our awareness is clarified and modified states of mind are transcended.

Why We Become Interested in Spirituality

We should know why we are interested in spirituality. Do we primarily want to be Self- and God-realized? Do we want to improve our functional skills so we can live effectively? Do we want physical healing, improved living conditions and personal relationships, or permanent removal of causes of suffering, discomfort, or unrest?

Regardless of why we become interested in spirituality, if we are willing to learn and to grow to emotional and spiritual maturity, our awakening can be fast and changes that enhance our

life in many ways can occur. If we want to escape into fantasy or only have egocentric desires fulfilled and ordinary needs satisfied, complete fulfillment will not be experienced.

Various conditions may cause suffering which may be constantly painful; disabling; uncomfortable; troublesome; or only occasionally bothersome or distracting.

The causes of physical suffering can often be discovered and removed, and future physical discomfort avoided.

Psychological causes of distress—trauma; anxiety; worry; grief; fear; thoughts of unworthiness, insecurity, or incompetence; egotism; confusion; depression; mood changes; addictions; or other conditions—can be healed.

Short- or long-term accumulations of subconscious mental impressions (desires, whims, inclinations, habits, memories of pleasant and unpleasant and pleasurable and painful experiences, decisions, beliefs, opinions) may be allowed to influence thoughts, moods, private behaviors, and how we act or react in ongoing situations. These subconscious impressions make up our karmic (causative) condition which we can modify, change, weaken, and neutralize by making wise choices and performing constructive actions.

Compulsive, impulsive, unethical, inappropriate, or illegal behaviors can produce or attract painful consequences.

Unwise choices of lifestyle habits (irregular hours of work and rest, sleep deprivation, insufficient exercise, behaviors and mental and emotional conditions that produce stress); foods; chemical substances; environmental conditions; and personal relationships can have painful results. Many people, including some saint-like individuals, experienced painful physical conditions and died too soon because they didn't adhere to healthy lifestyle regimens.

Being “normal” or “ordinary” (having our mind and awareness modified and blurred by mental and emotional restlessness, random fluctuations or changes, false ideas and illusions, and thinking that we are only human rather than immortal spiritual beings) allows us to perhaps experience whatever any person might experience. Ignorance (lack of knowledge) of our pure

essence (true nature) is the primary cause of limitations. Being spiritually aware enables us to think rationally and to more easily solve problems, overcome difficult situations, and permanently avoid troublesome or painful situations.

Affirm With Conviction

I sincerely intend to completely awaken
to Self- and God-realization in my
current incarnation—and I will!

Going Forward With Decisive Intention

An energetic, emotionally mature person who doesn't have a learning disability can soon acquire information about higher realities and enough knowledge to live effectively and nurture authentic spiritual growth. All that is needed is firm resolve to learn and willingness to skillfully apply what is learned.

Spiritual enlightenment is not a somewhat improved or exceptional egocentric state of consciousness. To be enlightened about something is to have accurate knowledge of it. To be spiritually enlightened is to have accurate knowledge of our true nature and ultimate Reality rather than to have information about it. Accurate knowledge of our true nature and ultimate Reality must be realized.

A common obstacle to spiritual awakening to the stage of complete enlightenment is the habit of being satisfied with a small sense of self-identity which cannot accommodate refined states of superconsciousness, cosmic conscious states, or transcendent realizations. Truth seekers not only endeavor to maintain and protect their egocentric state, their tenacious attachment to it interferes with endeavors to rise above it or see it for what it is—an illusory, impermanent, mistaken sense of self that cannot permanently endure.

When the mistaken sense of self-identity is purified, it can be used as a viewpoint from which to observe objective (outer) and subjective (inner) conditions and circumstances. You can then know, "I am not the physical body, mind, intellect, or personality characteristics. I am an immortal spiritual being, a flawless

unit of the pure essence of ultimate Reality.”

Your true nature can and should be affirmed even before it is fully understood. As realizations of it and of higher realities emerge, what is revealed will be familiar to you and more easily comprehended.

Gently endeavor to change your point of view from thinking about or contemplating your changeless essence, to being it.

Affirm With Decisive Intention
I enthusiastically live skillfully,
wisely use helpful knowledge,
and meditate profoundly.

How Your Meditation Practice Can Be More Effective

Rather than use a formal meditation procedure just “to see what happens,” improve your understanding of why and how meditation can be effective, then practice with alert intention to have the constructive results you want to have.

Regardless of the form of meditation practice, ideal results can be had when the body is still and relaxed, the mind is calm, fluctuations (wavelike movements and changes) that ordinarily occur in the mind and awareness are calmed, and subliminal (beneath the threshold of conscious awareness) impulses that usually activate thoughts and emotions are stilled. A meditator’s consciousness is then clear and pure. From that stage of Self-awareness, Self- and God-realization can be actualized.

Carefully read the above paragraph until your understanding of the meditation process is accurate. When you meditate with that understanding, you will be less inclined to be passive or inattentive, or to allow your attention to be preoccupied with thoughts, memories, visual perceptions, or physical sensations. A useful meditation method is to sit still with attention and awareness in the front and higher regions of the brain. Observe the natural rhythms of breathing. When you are very relaxed and the mind is calm, breathing becomes slower and less forceful. When a short pause occurs after exhalation, notice that streams of thoughts temporarily stop and your awareness is

more clear. With patient practice, you will be able to assume a clear, thought-free state of awareness at will, even when your breathing pattern is normal. You will then be able to control your states of consciousness with concentrated intention when you are meditating and at all other times.

To meditate effectively, remember why you do it and stay alert and attentive. Don't sit passively hoping that something worthwhile might occur, allow your attention to wander, or be satisfied with a mild degree of peacefulness or a pleasant emotional state. Thirty to forty minutes of alert, intentional meditation will be more beneficial than an hour or more of inattentive practice. Daily meditation practice on a regular schedule will be more beneficial than occasional sessions only when you feel like meditating or decide to include it in your daily routine.

It is usually recommended that one's eyes be closed when meditating so that external conditions won't be distracting. Some people are not able to stay alert and attentive when they meditate with their eyes closed when thoughts and other subjective conditions seem to be more invasive. Or they may tend to drift into a semiconscious state, or sleep.

If it is difficult for you to be alert and attentive when you endeavor to meditate with your eyes closed, open your eyes and look straight ahead without focusing on anything. Don't allow your eyes to move. You will blink now and then, of course, but gaze steadily. Just "be there" in the moment. When you are aware of thoughts, memories, or moods, be disinterested. Don't struggle to suppress them. Ignore them. Be gently inclined to be aware of and *as* your pure-conscious essence. Patient practice will enable you to be superconscious.

While you are "just sitting" you may have useful insights or they may emerge later when you are not meditating. You can know that you are meditating effectively when you notice that:

- You are more mentally calm and emotionally peaceful, think rationally, and your intellectual abilities have improved.
- Your awareness is clear.
- You can relate to situations and others appropriately rather

than being emotionally reactive.

- Your understanding of the principles of spiritual and mental cause and effect improves. 1. Spiritual awareness will enable you to perceive accurately, live effectively, attract supportive events and circumstances, and be receptive to unplanned good fortune. 2. Cosmic mind, of which all minds are units, is inclined to respond to mental attitudes, desires, needs, intentions, and expectations.
- You are increasingly conscious of the wholeness of life and your eternal relationship with the Infinite.

Affirm With Gratitude

I regularly meditate easily, skillfully,
enjoyably, and effectively.

**We Don't Have to Leave This World
to Be Fully Spiritually Enlightened**

Many spiritual aspirants mistakenly believe that they can only hope to be spiritually enlightened to the stage of liberation of consciousness when they leave this world. I say that you can be fully awake and freely expressive while you are embodied.

To be liberated is to be so spiritually conscious that delusions (erroneous ideas) and illusions (mistaken perceptions) no longer exist in your mind or consciousness, former troublesome subconscious influences have been neutralized, and awareness is no longer unduly influenced by environmental conditions or restless subliminal impulses.

Your fervent aspiration to be fully awake will bring forth inspired ideas, empower your right actions, energize your mind and body, and attract favorable events and circumstances. You don't have to tell others about your aims or spiritual practices. All that is necessary is to be steadfast on your right spiritual path and patiently persist until the ultimate degree of clarity of awareness is realized.

When the purity of one's consciousness and the purity
one's essence of being are the same, that is liberation.

– *Patanjali's Yoga-Sutra 3:56*

I have asked many spiritual teachers to help me find God. None of them have been able to help me. What can I do?

Start by asking the right questions. Since God isn't located in space, asking how to find God is meaningless. Want to know and experience God as God really is, rather than as you might have imagined God to be or as others may define God. Replace much talking about the matter with profound study of higher realities and experimental investigation by learning to practice super-conscious meditation. If you are not willing to do this, you may aimlessly wander for several years without having your soul-felt needs satisfied.

What people who seem to be spiritually enlightened say about God can be helpful if their explanations motivate us to discover what is true. Even a Self-realized person's words cannot fully convey the truth about God because mental concepts cannot describe transcendent realities. The existence of ultimate Reality can only be indicated by words; knowledge of it has to be directly experienced. It *can* be experienced because our pure essence is a unit of it. Knowing our essence enables us to know the truth of ultimate Reality (God).

Even though I know I should meditate regularly, I seldom do it, just as I don't always do other things I know I should do. How can I be highly self-motivated to do what I know I should do?

When you firmly decide to be responsible for your choices of actions you will always be self-motivated. Make right decisions and follow through with appropriate behaviors.

Examine your habitual thoughts and feelings. Do they reflect your aspirations? Are they supportive of your long-range aims and purposes? If you want to be happy, live well, and be spiritually conscious, are you doing what must be done to allow those ideal conditions to be experienced? Knowledge of what to do is powerless until it is diligently applied.

You probably eat, work, sleep, pay bills, attend to personal duties, satisfy social obligations, and do other necessary things in a responsible manner. Add the study of higher realities and regular superconscious meditation practice to your schedule of important things to do.

When I meditate, I can get to a stage which is pleasant to experience. How can I get beyond it to pure thought-free awareness? When I can easily experience that, what else is there to do?

Follow the meditation guidelines described on pages 8 and 9 of the first article in this issue of *Truth Journal*. Intend to go beyond preliminary stages of meditation without being forceful or impatient. When changes in your mind and awareness stop, and you are alert, pure thought-free awareness is present.

When you are not meditating, endeavor to be calmly alert and perceptive. It will then be easier to meditate effectively.

Is it useful to endeavor to arouse kundalini energies with intensive breathing methods or other regimens? Must every kind of samadhi be experienced before we can be enlightened?

The Sanskrit word *kundalini* means “dormant potential” soul energies in the physical body. Intensive endeavor to arouse or activate them is not recommended. Aspiring to be spiritually conscious, cultivating kindness and other virtues, profound study of higher realities, and effective meditation practice will bring forth your innate qualities and Self- and God-knowledge.

Samadhi is the “firm holding together” of our attention and awareness with an object of meditative contemplation. There can be states of oneness without insights and refined states of oneness which result in Self- and God-realization. The various kinds of samadhi don’t have to be experienced before we can be spiritually enlightened. Some meditators may stay attached to preliminary states of samadhi for many years. Others quickly experience some of them or directly awaken to Self- and God-realization. Some people are suddenly enlightened when they are not sitting in meditative silence.

I am not attracted to a formless ultimate Reality. I want a personal, caring kind of God who is interested in my well-being. Will I have to let go of my preferred concept of God?

You will eventually outgrow all concepts or forms of God as your innate knowledge of ultimate Reality emerges. Until then, think about and endeavor to relate to God in ways that enable you to derive benefit.

Avoid clinging to concepts and beliefs about God as your understanding of what God is improves. Also avoid inclinations or endeavors to promote your opinions about God or to attract or organize people who share similar opinions about God. Rigid beliefs about God—or other matters—stifle creativity and disrupt psychological and spiritual growth. Want to have accurate knowledge of God and make yourself receptive to realizing it.

Some traditional ideas about God, as a controlling cosmic father-figure or a compassionate, forgiving, nurturing cosmic mothering influence are fanciful imaginings that may provide some emotionally immature people with temporary feelings of mental or emotional comfort, but don't clarify their awareness or improve their understanding of higher realities.

Is it really important that we aspire to be completely spiritually conscious in our current incarnation? What's wrong with being satisfied with reincarnation and going along with the ordinary trends of human experience?

It is important if we want to awaken from dreamlike states of awareness to cosmic consciousness and clear superconscious states. It isn't "wrong" to be satisfied with ideas about reincarnation and ordinary trends of human experience. Millions of people seem to accept ongoing streams of events and situations that emerge and fade away. We can decide whether to continue in ordinary ways or to awaken to higher levels of consciousness and have our spiritual destiny more quickly fulfilled.

Life is a perpetual Revelation of the Infinite, Invisible One.
— Bronson Alcott (1799 – 1888)

I have a few friends who frequently tell me about their personal problems, emotional conflicts, and other troubles. How can I tell them not to inform me about such matters without losing their friendship or hurting their feelings?

If you cannot easily or comfortably inform them, or if they are not willing to heed your requests, be too busy attending to personal matters to have long talks with them.

You can also try the “metaphysical” method. Instead of a direct, personal confrontation, go inside and adjust your states of mind and consciousness. Quietly affirm until your thoughts and words are realized with conviction:

All of my personal relationships and circumstances
are constructive, harmonious, life-enhancing, and
in divine order.

By not thinking or believing that you can be bothered or inconvenienced by the behaviors of others, you can be “invisible” or former troublesome people will be self-motivated to not be inclined to want to tell you about personal matters.

I have attended a “positive thinking” church for a few years and have experienced a few benefits, but feel something is missing. Many of the members are concerned with problem-solving and improving their “human” condition rather than on nurturing their spiritual growth. Should I continue to attend that church?

Deeper metaphysical study and regular meditation at home will satisfy your need to be more spiritually aware. If you can be helpful to other church members by encouraging them to include spiritual practices with positive thinking and self-actualization, do that. If you aren’t uplifted when you are there and others are not interested in spiritual growth, attending will be a waste of your time and resources.

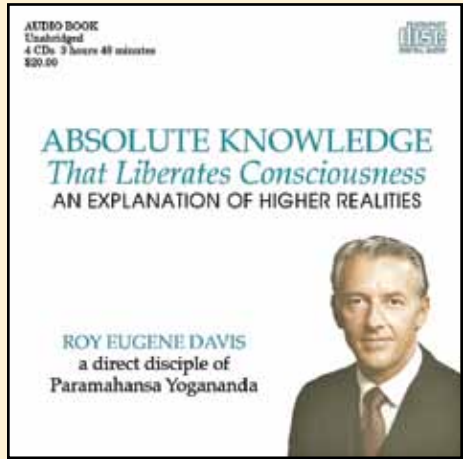
Shall not the heart which has received so much,
trust the Power by which it lives?
– Ralph Waldo Emerson (1803 – 1882)

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Glossary of Basic Words and Philosophical Concepts

See a complete list of CDs and DVDs on page 29.

Guidelines to Inspired Living

Speak the Affirmations With Conviction

December 1 – 7

Meditate More Deeply During December

During the final weeks and days of 2013, meditate deeper to clarify your awareness and anchor your life in the Infinite.

I enjoy my daily interlude of silent meditation.

December 8 – 14

Study Higher Realities More Profoundly

Go beyond superficial levels of investigation into ultimate Reality to its enduring, changeless essence.

My in-depth study of higher realities nourishes my mind and brings forth my innate divine qualities.

December 15 – 21

Write Your Goals to Achieve and Purposes to Accomplish in 2014 and Far Beyond

Writing your major goals and purposes can produce and attract supportive events and circumstances by empowering your constructive actions and having the support of cosmic mind.

I write my goals and purposes with clearly defined intentions.

December 22 – 28

Share Kindness and Good Will With Everyone and All Life

Constantly share kindness and good will with your compassionate thoughts, words, and actions.

I constantly share kindness and good will with everyone and all life.

December 29 – January 4

**Enter Into the New Year With Optimism
and Inspired Intentions**

Have conviction that 2014 will be a year of higher learning and satisfying spiritual growth.

I optimistically look forward to a New Year of opportunities for growth and service.

January 5 – 11

Superconsciously Meditate Every Day This Year

Your mind and consciousness will be illumined.

I enjoy my daily session of superconscious meditation.

January 12 – 18

Concentrate Only On Essential Matters

The most efficient way to accomplish purposes is to do what is necessary and avoid nonessentials.

I concentrate only on essential matters.

January 19 – 25

**Keep a Record of Your Achievements
and Accomplishments**

You will then be more success-oriented and self-confident.

I enjoy being creatively successful.

January 26 – February 1

**Live Skillfully While Being Receptive
to Unplanned Good Fortune**

Skillful living enables you to see and be wisely receptive to the good fortune that life can and will provide for you.

I enjoy the results of my skillful actions and am thankful for the good fortune I constantly have.

CONSCIOUS FOOD PREPARATION

Vegetarian Gluten Free Cake

For people who shouldn't consume gluten (grain protein) and prefer only plant-based foods. If regular all-purpose flour with gluten is preferred, it can be used in this recipe.

1 bundt pan, lightly coated with olive oil Oven 350F (180C)

6 tbsp (90ml) ground flaxseed in 1-1/4 cup (296ml) water

1 cup (237ml) light olive oil

1 cup (237ml) natural sugar

2-1/2 cups (592ml) Quinoa (kin-wa) flour. Optional: 2 cups

(474ml) quinoa flour and 1/2 cup (118ml) buckwheat flour

2-1/2 teaspoons (12.5ml) baking powder (stirred into flour)

1 very ripe large banana* 1/2 cup (118ml) shredded coconut

Optional: 1/4 cup (59ml) cocoa powder added to flour

1. Put 6 tablespoons (90ml) ground flaxseeds in a bowl or the bowl of an electric mixture. Add 1-1/4 cup (296ml) of water. Stir and let sit for 20 minutes to thicken.
2. Add sugar and oil to the bowl and mix for five minutes at medium-fast speed.
3. At slower speed, add flour to the bowl, then the banana and shredded coconut.
3. Stir, including sides and bottom with a large spoon to be sure the batter is well mixed, then pour into the pan.
4. Bake 50 minutes, check to see if the cake is done. Insert and remove a toothpick which shouldn't have crumbs clinging to it. If not quite done, bake another 5 to 10 minutes.
6. Cool 1 hour on wire rack before removing from pan.

*If the banana isn't ripe to very soft stage, put it on a baking sheet in a 250F (120C) oven for 25 minutes. Allow it to cool for 10 minutes. Split the peel (which will be black) with a paring knife and scrape the pulp into the batter.

Recipe Notes

Gluten is wheat flour protein that, when mixed with water and other ingredients to make bread dough, traps gases and air to provide structure to the baked loaf. Perhaps 10 to 15 percent of

people in America have a gluten intolerance which may cause gas, bloating, diarrhea, irritability, headache, and/or fatigue. That doesn't mean that gluten is "bad" for everyone or should be avoided by most people.

Quinoa (*kin-wa*) has been grown in northern South America for more than 3,000 years, primarily for its grain-like seeds. It is not a true grain as it is not a member of the grass family. Quinoa flour is relatively costly, about \$7.00 a pound. Other gluten free flours are made from rice, buckwheat, and a few other grains. Cakes and cookies made with gluten free flours are usually light and tender. Many grocery stores provide a variety of gluten free choices, as do Web sites. Two popular brands are *Bob's Red Mill* and *Hodson Mill*.

Flaxseed is about 30% dietary fiber, of which 25% is a gum in the seed coat that forms a thick gel when ground (milled) flaxseed is mixed with water. It is then an emulsifier and foam stabilizer that improves the volume of baked goods.

Plain flaxseed or ground flaxseed can be obtained in some grocery stores and web sites. You can grind flaxseed in a blender. One tablespoon (15ml) of ground flaxseed in 3 tablespoons (45 ml) of water will replace one egg in a cake recipe.

Light tasting *olive oil* replaces butter in this cake recipe. A vegetable oil can also be used.

Note: Some information is from *On Food and Cooking* by Harold McGee. Scribner (publisher). 2004 revised edition.





Discovering the Sacred
in Everyday Life

Prepare for Insight

Ellen Grace O'Brian

In a documentary program about her life, Aretha Franklin, internationally acclaimed entertainer, explained the difference between recording songs in a studio and her early years singing gospel music in church. Studio musicians work on a schedule. “In church,” she said, “we just sang until God showed up.”

A shift in consciousness occurs when our heart opens in devotion to God; our mind becomes calm and our awareness is restored to wholeness. This change is described in Patanjali’s *Yoga Sutra 1:2,3*:

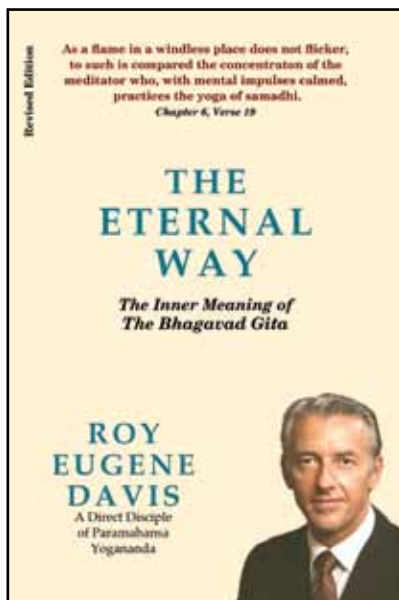
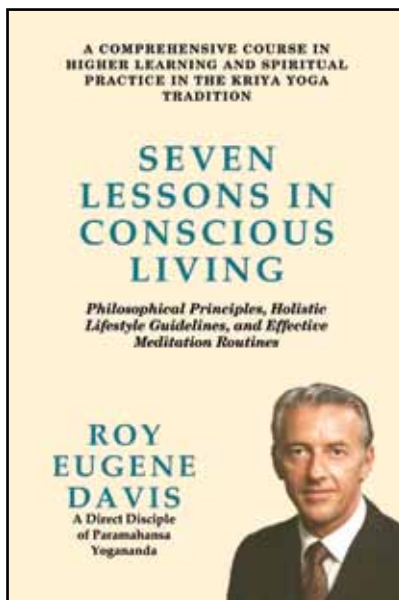
When modifications of awareness no longer obscure
the mental field, the seer abides in its true nature.

When the Buddha (500 BCE) sat to meditate, he resolved to sit until he was spiritually enlightened. He aspired to have a transformative change in consciousness and was determined to have it. We, too, can expect the pure light of truth-knowledge to emerge through the clouds of our thoughts. Sit in meditation until all resistance to sitting fades away. Expect revelations to come forth. Be ready for them!

When, for a moment ... we lift our eyes and gaze toward
the spiritual horizon, we perceive a region beyond the scope
of science, where measurements fail, where explanations
cease, and we catch a glimpse of an unfathomable glory.

– *Sir Oliver Lodge (1851 – 1940)*

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Observations, Reflections & Discoveries

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



A rainbow appears when sunlight shining through water droplets in the air is split prism-like into seven colors: red, orange, yellow, green, blue, indigo, and violet. The order of colors can easily be remembered by mentally reciting the name of an imaginary friend *Roy G. Biv* or the sentence *Richard of York Gave Battle in Vain*. To see a rainbow, have the sun at your back just after a rain. The lower the sun is in the sky, the higher the rainbow will be. When the sun is high in the sky, the rainbow will seem to be lower to the ground, and larger. The sky in the half circle within the rainbow appears brighter than the sky outside the rainbow. A rainbow may appear as a full circle when viewed from above.

– adapted from an article by Christopher Andrese in
The Christian Science Monitor, September 2, 2013

Astronomers study a star much like our sun. When you look at the hundreds of thousands of stars in the night sky, you are looking at suns. Each sun is a self-contained mass of gas in which energy generated by nuclear reactions in the interior is balanced by the outflow of energy to the surface, and in which inward-directed gravitational forces and the outward directed gas and radiation pressures are in balance.

Astronomers gather light from the star, perhaps 250 light years distant, in the constellation of Capricornus, to analyze its chemicals and elements. It is estimated to be around 8 billion years old (approximately 3 billion years older than our sun) and there are some indications that it may have a planetary system similar to our own.

– Information adapted from Yahoo BIODATA DOWNLOAD

Spacecraft Voyager-1, launched 36 years ago (1977), was more than 19 billion miles (a little more than 30 billion kilometers) distant in August 2013 as it went beyond the edge of our solar system. Its radio signal traveled to Earth in 17 minutes. The primary objective of its original mission was to explore the planets Jupiter, Saturn, Uranus, and Neptune. At a current speed of 100,000 miles (160,000 kilometers) an hour, Voyager-1 will travel another 40,000 years before it reaches another star in distant outer space. Its built-in plutonium power source may be active for 10 years before the electrical system shuts down. The spacecraft will eventually orbit around the center of our galaxy for billions of years—if it doesn't collide with another material object, which is unlikely.

Remember your extended spiritual family. In early summer, the human population of the United States was estimated to be 350,000,000 (three hundred and fifty million)—about 5 percent of more than 7 billion people on our planet. Daily emanate a silent prayer (intentional wish) for their complete well-being.

Sleep paralysis hallucinations. In 1953, Eugene Aserinsky and Nathan Kleitman at the University of Chicago discovered REM, a unique stage of sleep with *rapid eye movements* and changes of electrical activity in the brain. Research subjects who were awakened during REM sleep always reported having been dreaming. In REM sleep the body is paralyzed except for shallow breathing and rapid eye movements. People usually enter the REM stage about 90 minutes after going to sleep. A person deprived of sleep may immediately fall into the REM cycle and begin to dream, and when suddenly awakened, experience sleep paralysis, dreamlike visions, and lack of muscle control. Such conscious dreams or hallucinations may be terrifying because of inability to move or speak.

Research indicates that perhaps a third of the general population have had an occasional episode like this. They may sometimes be accompanied by a feeling of suffocation or pressure on the chest, a sense of a malignant presence, and a sense of helplessness. From time to time, people who have had such experi-

ences assert a belief in Satan, evil entities, or mysterious alien beings because their hallucinations were vividly “real” to them.

Folklore of all cultures includes supernatural figures which invade the sleep-world of people and threaten or disturb them. Hallucinatory experiences have generated a world of imaginary beings and places—heavens, hells, and mythical places.

– *adapted from the book* *Hallucinations* *by Oliver Sacks.*
Alfred A. Knopf, New York and Toronto. Published in 2012.

Look down at your feet. You are standing in the sky. When we think of the sky, we tend to look up, but the sky actually begins at the earth. With every breath we inhale millions of molecules of sky, heat them briefly, and exhale them back into the world. At this moment you are breathing some of the same molecules breathed by Leonardo da Vinci, William Shakespeare [and all people and creatures of eons past]. Air works the bellows of our lungs and powers our cells. We say “light as air,” but there is nothing lightweight about our atmosphere, which weighs 5,000 trillion tons. Only a clench as stubborn as gravity’s could hold it to earth, otherwise it would simply float away and seep into the cornerless expanse of space.

We ... often speak of “empty sky.” The sky is never empty. In a mere ounce of air, there are 1,000 billion trillion gyrating atoms made up of oxygen, nitrogen, and hydrogen, each a menagerie of electrons, quarks, and neutrinos. We sometimes marvel at how “calm” the day is, or how “still” the night. There is no stillness in the sky, or anywhere where life and matter meet.

– *adapted from* *A Natural History of the Senses*
by Diane Ackerman. Vintage Books, 1995.

Altruism enhances well-being. Studies suggest that when we selflessly help others we can derive pleasure, elevate our mood, strengthen our immune system, and may live longer.

– Book review by Sid Perkins, *Science News*, *Sept. 7, 2013*
What Makes a Hero? The Surprising Science of Selflessness
by Elizabeth Svaboda

Reflections

Constantly think of the universe as one living creature, embracing one being and one soul; how all is absorbed into the one consciousness ... how it compasses all things with a single purpose, and how all things work together to cause all that comes to pass and their wonderful web and texture.

– *Marcus Aurelius (121 – 180)*

... we are of God even as a little drop of water is of the ocean. Imagine it torn away from the ocean and flung millions of miles away; it become helpless, torn from its surroundings, and cannot feel the might and majesty of the great ocean. But if someone could point out to it that it was of the ocean, its faith would revive, it would dance with joy and the whole might and majesty of the ocean would be reflected in it.

– *Mohandas K. Gandhi (1869 – 1948)*

God's being is my life, but if it is so, then what is God's must be mine and what is mine God's. God's is-ness is my is-ness, and neither more or less.

– *Meister Eckhart (1260 – 1327)*

Divine I am inside and out, and I make holy whatever I touch or am touch'd from.

– *Walt Whitman (1819 – 1892)*

Life is as dear to all beings as it is to oneself;
feel compassion for every being.

– *The Upanishads*

Serene, fearless, self-controlled, with mental impulses subdued, contemplating the Supreme Reality, the devotee should sit, devoted to the highest realization.

– *Bhagavad Gita 6:14*



Members and friends at the August 2013 meditation retreat.
CSA headquarters, Lakemont, Georgia

NEWS and HIGHLIGHTS

See the 2014 meditation retreat schedules on page 28. Reserve your participation when your travel plans are firm. During the public retreats, Roy Eugene Davis presents morning talks and conducts Kriya Initiation on Thursday at 1 p.m. CSA ministers present workshops; vegetarian meals are served in our dining hall. At the private retreats in May and September, meditation sessions are scheduled twice a day; free time is used for study and personal reflection; and vegetarian meals are prepared by participants in their guest house. Participation at the private retreats is limited to 20 persons to maintain a quiet environment and provide everyone with a private room.

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Repainting window casings and doors of the Shrine of All Faiths Meditation Temple at CSA headquarters. *September 2013*

Meditation Retreats At CSA Headquarters



Travel map on our web site: www.csa-davis.org
Click on Retreats page

Meditation and lifestyle routines taught by Roy Eugene Davis and CSA ministers. Kriya Yoga initiation Thursdays 1 p.m. during week long retreats. Guest houses. Vegetarian meals. Donation basis.

2013 Holy Season Meditation: December 7 10 a.m. to 1 p.m.

2014 Public Retreats

Week Long: June 16 – 20 July 7 – 11 August 11 – 15

Weekends: October 18 – 19 November 15 – 16

Holy Season Meditation December 6 10 a.m. – 1 p.m.

2014 Private Retreats

CSA members and Kriya Initiates

May 12 – 16 19 – 23 26 – 30

September 8 – 12 15 – 19 22 – 26

Retreat Reservations: *Reserve only when your travel plans are firm.*

Mail this form, phone, fax, or e-mail, info@csa-davis.org

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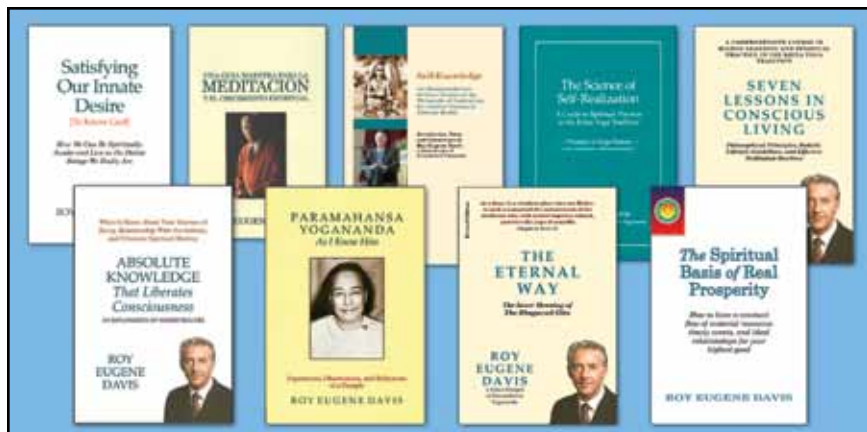
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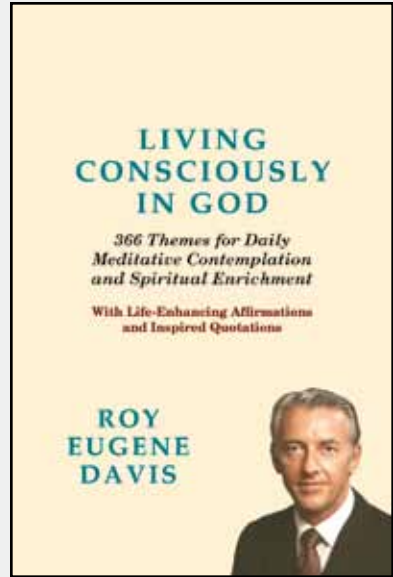
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In the deep silence of daily meditation I become increasingly aware of my true nature and relationship with the Infinite.

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

– *Paramahansa Yogananda*