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Front Cover: This display case with Asian art objects was installed in the CSA Meditation Hall in late April.

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P. O. Box 7 Lakemont, Georgia 30552-0001
Phone 706-782-4723 Fax 706-782-4560
e-mail info@csa-davis.org Web Site www.csa-davis.org
Offices and Retreat Center at 151 CSA Lane off Lake Rabun Road



Above: Planet Earth with views of North and South America.

Left: The star-forming region inside the “Wing” of the nearby small Magellanic Cloud. This image shows young stars within a satellite galaxy located 180,000 light years from our Milky Way Galaxy.

NASA photos

ROY EUGENE DAVIS

How to Allow Spiritual Growth to Naturally Occur

spiritual Of or relating to the ultimate Reality (God), souls, and the real, enduring essence of things. Latin *spiritus*, breath < *spirare*, to breath: an animating principle or force. *Spiritual growth* is the spontaneous (effortless) emergence of our innate qualities, functional capacities, and awareness and knowledge of our true nature and ultimate Reality.

Every moment of every day, somewhere in our world, groups of devout believers and privately secluded individuals are praying, perusing religious texts, performing rituals to invoke divine influences, singing or chanting, affirming their spiritual existence and God's reality and goodness, aspiring to be Self-realized, or meditatively contemplating transcendent realities. Are their endeavors of real value to them, or is there more they could do that would more quickly allow them to have the transformative results they aspire to have?

Few people are sincerely interested in knowing their real nature and ultimate Reality. Among them, only a few have the intellectual capacity, emotional maturity, discipline, and firm intention to be spiritually enlightened to enable them to have rapid spiritual growth.

The Necessity of Discipleship

A disciple is a proficient "student" or "learner."

Those who have the capacities and abilities to enable them to experience rapid spiritual growth also need to know what to do to allow it to most easily and quickly occur, and diligently do it. They should also have accurate information about ultimate Reality, their true nature, and how to live effectively. Although such knowledge can (and often does) emerge from within, when one is beginning on a spiritual path it can be very helpful to obtain accurate information from others who have it. If personal teaching and guidance is not easily available, reliable written or

recorded information should be obtained, examined, and when possible, skillfully applied to verify its usefulness.

Some helpful characteristics and conditions that can make discipleship easier:

- *Good powers of perception and intelligence* that enable us to know the truth of what is observed or experienced and the difference between our true nature and the ego or mistaken sense of self-identity, mental and emotional conditions, and modified states of consciousness.

The primary obstacle to Self-knowing is strong identification with a mistaken, illusional sense of self-identity. When this error in perception is corrected, spiritual enlightenment is realized (experienced).

- *Good powers of thinking and imagination.* Our mind, a unit of cosmic or universal mind, stores impressions (memories) of perceptions and enables thinking and imagination. Creative imagination is intelligently chosen and controlled; uncontrolled imagination is fantasy. Will and intention that arises within us expresses through the mind. Impulses from subliminal (below the threshold of ordinary awareness) levels of consciousness produce wavelike movements in the mind and awareness that interfere with concentration. When, during meditation, fluctuations cease (or are transcended), Self-realization prevails. Attention and awareness of one who is not Self-realized is inclined to identify with mental modifications and objective conditions.
- *Emotional stability and maturity.* Emotional stability can be nurtured by cultivating Self-contentment at all times. At the core of our essence of being we are serenely Self-knowing; modifications can only occur at the surface of awareness. Emotional conflicts can be resolved and troublesome subconscious influences can be neutralized.

A characteristic of emotional maturity is self-reliance: willingness to be responsible for our thoughts, moods, behaviors, and the effects of our actions.

- *Humility.* Absence of *egotism*, an exaggerated sense of self-importance. From Latin *ego* and Sanskrit *ahamkara*, I-ness or mistaken sense of self-identity. Egotism is sometimes characterized by pride, arrogance, and mental perversity: an inclination to distort information or actions to serve self-centered or egocentric purposes.
- *Compassion.* Concern regarding the misfortune of people or other forms of life along with an inclination to be helpful arises from within us because of our knowledge or intuitive awareness of the wholeness or oneness of life.
- *Unwavering, fervent aspiration to be spiritually enlightened.* Such aspiration empowers and motivates us to stay firmly committed to a right (effective for us) spiritual path. We can fervently aspire to be fully awake because we are intuitively aware of our true nature and relationship with the Infinite. Unwavering, fervent aspiration should be supported by the will to persist until complete Self-realization is permanent. Self-realization is complete when our awareness is as pure as our essence or real nature.
- *An intellectual understanding of higher realities.* Every person should know that there is an ultimate Reality with a changeless, absolute (pure) essence and an expressive aspect with attributes which produce and maintain universes. That one Reality is called God, Allah, Lord, and other names used in endeavors to describe its characteristics or influences.

Souls are individualized units of the pure essence of ultimate Reality and can creatively express by wisely using their powers of discriminative intelligence, intuition, imagination, reason, and will (intention). Our ultimate (furthest extent of) awakening is to be fully, spiritually enlightened.

A universe emanates from a primordial field of nature (a vibration with space, time, and fine cosmic forces) projected from the expressive aspect of ultimate Reality. Spiritual and material realities are not separate. One Reality expresses and pervades a universe.

When we know that ultimate Reality is not a cosmic person with human-like thoughts, feelings, and inclinations, we will not wonder why ultimate Reality causes or allows “evil” and suffering to exist. A German word from which the word “God” was derived a few hundred years ago meant “the highest or higher good.” When we think of ultimate Reality as having a cosmic ego or individual sense of “I-ness” and personality characteristics, it may be difficult to know why our ideas about goodness aren’t more obviously demonstrated in the world around us. To imagine God as having a human-like nature is to limit our understanding of what that Reality is and how it expresses. Its support and provision is provided when we are mentally and spiritually in harmony with its processes of causes and effects.

- *Knowledge of how to live effectively.* Four personal aims to be accomplished are to 1) discover our major purposes and have them fulfilled in harmony with natural laws; 2) have desires and needs easily fulfilled; 3) have adequate material resources to be comfortable and accomplish purposes that are of value to us and others; 4) be spiritually enlightened.
- *Knowledge of how to allow spontaneous spiritual growth to occur.* Right thinking, living, and spiritual practices should include optimistic thinking, moral attitudes and behaviors, wisely disciplined thinking and actions, in-depth study of our true nature, and knowing how to pray, affirm, and meditate superconsciously. This helpful knowledge is easy to obtain and should be skillfully used.

A common condition that interferes with spiritual growth is having opinions and behaviors that are expressed by lower and middle class members of society with provincial (small-minded) mental attitudes and restricted circumstances. Nonuseful and self-limiting mental attitudes, behaviors, habits, and relationships, and unwanted circumstances can be replaced with positive mental attitudes, creative thinking, constructive actions, and purposeful living that produce and attract ideal results.

More than seven billion people on our planet are expressing a variety of states of consciousness, mental attitudes, psychological characteristics, and behaviors: some are constructive; some are troublesome; some are insignificant. We can benefit from and be inspired by constructive influences and avoid or not be influenced by negative thoughts or behaviors of others. We can choose to always be Self-inspired, Self-motivated, and wisely Self-determined.

It can also be helpful to be informed about the processes of nature, scientific and technological discoveries, psychology, and philosophical, religious, and cultural ideas and practices—and to acquire new skills for practical purposes and for recreation and enjoyment.

A human incarnation is of but a few score years, enough time for an intentional truth seeker to awaken to Self- and God-realization but not enough to waste in useless pursuits or involvements. Activities and circumstances that enhance our lives and expand our awareness are supportive. Activities and circumstances that complicate or diminish our lives and confine and fragment our awareness should be avoided.

During my early years I was aware of the fundamentalist religious beliefs and practices of people in rural communities of northeastern Ohio and other regions of the world. In high school I read writings by Ralph Waldo Emerson, Henry David Thoreau and Walt Whitman, but did not know they had been readers of the Bhagavad Gita and the Upanishads, which had been translated and published in English in the 1800s. I read about ascetic individuals who, centuries ago in Asia, had sat in meditation until the wholeness of life was revealed to them, and stories about some Americans and Europeans who were thought to have experienced degrees of cosmic consciousness. I read a few books about Yoga practices and experimented with meditation, then discovered the spiritual path most suitable for me while reading Paramahansa Yogananda's *Autobiography of a Yogi* in early 1949 when I was eighteen years of age.

The way to nurture spiritual growth that my guru taught is called Kriya Yoga. When he was preparing to come to America,

in 1920, his guru Sri Yukteswar told him to “teach the Kriya Yoga of Patanjali.” *Kriyas* are transformative “actions” or “processes” we can use or that may spontaneously occur. *Yoga* is the “coming together of our attention and awareness” with our essence of being. It may occur during contemplative meditation or at any moment as a sudden flash of insight.

Spiritual enlightenment can most easily be realized by our right endeavors supported by impulses of grace. Right endeavors include disciplined thinking and living, profound examination of our true nature and higher realities, and proficient superconscious meditation. Effects of grace are the unearned, unplanned life-enhancing events and redemptive processes freely provided by impulses that arise from within us and are expressive around us. Grace can produce events and circumstances that provide for our needs or help us to accomplish purposes and effortless, beneficial changes of mental and emotional states and states of consciousness that spontaneously occur.

Right living regimens should include regular schedules for wholesome meals, sufficient sleep, appropriate exercise, work or duties, family or social obligations, reading or study to improve understanding of our true nature and higher realities, and meditation practice. Healthy living in a clean, supportive environment and frequent superconscious meditation improve the capacities of the nervous system and brain to accommodate clear states of consciousness which purify the mind. Spiritual awakening cannot be forced to occur. Right, optimistic, skillful living and concentrated, effective spiritual practices weaken and remove limitations and *allow* it to occur.

Affirm With Conviction

Firmly resolved to be completely Self-realized in my current incarnation I think rationally, act wisely, and optimistically contemplate my essence of being and ultimate Reality with alert expectation of discovering the truth.

I have been a regular meditator for several years and am not yet sure that I know how to be superconscious.

Super means “of superior quality above or beyond” that which is ordinary. Ordinary mental and emotional states and states of consciousness may be modified and distorted by restlessness, random thoughts, moods, subconscious influences, and changes that occur in our awareness. When these conditions are absent or attention is removed from them, we can be superconscious. Many people meditate to relax the body and reduce stress, which contributes to physical and psychological health but does not always result in awareness and knowledge (realization) of their essence or spiritual nature. When you are meditating, aspire to go beyond ordinary states of awareness. When your body is relaxed and breathing is slower, keep your attention and awareness in the front and higher region of your brain. Contemplate and identify with pure consciousness or at least acknowledge it as the ideal experience to have. Once a week, or more often, sit longer than you usually do to devote more time for detaching attention from mental and emotional conditions and being established in pure Self-awareness.

Although I need to be more prosperous, I often resist or avoid doing what I should do. I don't always wisely manage money, other material resources, or my actions, and almost never have a surplus of necessary or desired things.

Change how you think and feel about being prosperous and be more responsible for what you do and experience. Cultivate an awareness and conviction of constantly being in the flow of supportive events and circumstances. Don't think that poverty is spiritually beneficial or fear becoming materialistic. Physical things are forms of energy manifested by cosmic forces emanating from the expressive aspect of ultimate Reality. When you are prosperous you will be much happier and be able to do good

things for others and the environment. Because your mind will have fewer false beliefs and your awareness will be more clear, you will more quickly awaken to Self- and God-realization.

I want to do more than pray for the well-being of others. I want to be more actively involved to assist others to be healthy, happy, and better educated but am no longer young or physically strong. What can I do?

Find a well-organized endeavor that is doing the kind of work that you believe to be worthwhile and financially support it to the extent that you can.

I need to be more generously and sincerely compassionate. When I pray for the well-being of others, I am sometimes confused and emotionally unsettled because I feel that some bad people are not worthy of my good will or of God's grace. I am also occasionally frustrated because my prayers for others don't produce positive results.

Every person in our universe, in other universes that may exist, and in all realms and dimensions, is a flawless unit of the pure essence of ultimate Reality. It is only the surface of individualized awareness that may be modified and limited. When you pray for others, acknowledge their pure essence, not the superficial conditions you may know about or imagine. Pray for their highest good without trying to cause specific effects. The highest good for everyone is to be healthy, happy, freely functional, and spiritually enlightened. When you are praying for others, also acknowledge and accept your highest good in all aspects of your life. You cannot see and know for others what you cannot see and know for yourself. Greatly enlarge your awareness. Imagine being merged in the wholeness of the expressive aspect of ultimate Reality which is omnipresent, omnipotent, and omniscient. After praying for others, continue to radiate good will to every person and to all forms of life. When you bless others with your good will, your consciousness is purified.

I have met a few people who seem to have a lot of metaphysical understanding and can meditate effectively, but are not always ethical and have personality characteristics and behaviors that make me think that they are not trustworthy. Why haven't their metaphysical understanding and meditation skills been more transformative?

Some spiritually aware people may have deeply rooted psychological conditions they have not yet resolved, false beliefs they consider to be true, and/or self-centered mental attitudes that confine their awareness. If their desire to be fully awake is sincere, their innate Self- and God-knowledge will eventually emerge. Don't be troubled by what others do. Do what enables you to have satisfying spiritual growth.

I frequently use creative imagination to attract and produce ideal events and circumstances. Is it all right to also use creative imagination to nurture my spiritual awakening?

Mentally and spiritually "see" and believe to be possible the state of consciousness you want to actually experience. If you cannot imagine it, at least *generate feelings of well-being and gratitude* that you will have when your awareness is clear and you are more conscious of your essence (true nature). An intellectual understanding of your essence provides peace of mind. Intuitive awareness of it provides more satisfaction. Direct experience of it is supremely satisfying.

During meditation, imagination is not to be used to produce a mental concept as an object with which to identify. Use it to see possibilities for transcending all limiting conditions.

I sometimes vividly imagine and precisely write what I want to experience or do in the near and distant future. At other times I just hope for ideal events to occur. Is it useful to do these things? Is one way of looking forward better than the other?

It can be helpful to do both. There are occasions when it is most useful to be intentional and specific and occasions when it is better to be receptive to fortunate events that life can and

will provide. With practice, you can intellectually and intuitively know the best way to proceed. When your plans are specific, be sure to make right choices, perform effective actions, and trust the universe to provide support for you.

Some of my friends say they receive guidance from people who dwell in other realms. They say that it occurs in dreams, during meditation as visions or psychic impressions, as inspired ideas, and as fortunate events. Are they really receiving reliable information or are they fantasizing?

Guidance or information that is reliable emerges from their own mind, or their pure essence, and is mistakenly presumed to come from a separate source or influence. Don't talk about these matters with your friends unless they want to know the truth. Their further spiritual awakening will enable them to understand their experiences.

I have read that some meditators experience ecstasy and extraordinary perceptions, others experience mental and emotional peacefulness and clarity of awareness, and others experience pure consciousness. What determines our meditative experiences and which of them are most spiritually beneficial?

Meditative experiences are sometimes related to our basic mind-body characteristics. People who are very energetic and curious may experience ecstatic states of consciousness and have perceptions of inner light, expansion of awareness, and other sensations. People who are inclined to be emotionally stable and intellectually discerning may experience peacefulness and clarity of awareness. People who are inclined to be fully conscious may more easily experience pure consciousness.

When meditating, be very alert and observant. Avoid being strongly attached to what is perceived or experienced. Enjoy ecstasy for a while if it occurs. Be peacefully Self-knowing when that is your experience. Alertly anticipate being as fully awake as possible.

I have heard people say that a universe is produced by vibrations. How is that possible?

For several decades, some physicists have been investigating the possibility in an endeavor to understand all of the processes of a universe. We know about some fundamental characteristics of nature, about strong forces and weak forces, electromagnetism, and gravity. What precedes them in the order of cosmic manifestation? One possible explanation is what is called String Theory. A general explanation is that frequencies of vibration cause point-like particles in space to become units (strings) of vibrations that manifest in one dimension. Interactions among such units and their influences produce and maintain a universe. Their source is the expressive aspect of ultimate Reality with three energetic attributes (gunas) that pervade and influence its manifestations. Sanskrit *guna* is translated as “thread,” “string,” or “strand.”

In the first chapter of Patanjali’s Yoga Sutras, among the various forms of meditation recommended for the purpose of cultivating *samadhi* (realization of oneness) is contemplation of the Om vibration, described as the indicator or evidence of the ultimate Reality which produces it.

In the early stages of meditating in Om we can be aware that it is all-pervading, dissolve in it and contemplate omnipresence, imagine expanding in it, aspire to know its source, and transcend it to realize pure, joyous, existence.

After any form of meditation (prayerful, affirmative, use of a mantra, or pranayama) is practiced, the final form to use is meditative contemplation in Om because it is the first objective emanation from ultimate Reality.

Everything comes out of it and everything returns to it.

That intellect which knows when to act and when not to act, what is to be done and what is to be avoided, and what is to be feared and what is not to be feared, along with knowledge of soul limitations and spiritual freedom, is pure.

– *The Bhagavad Gita 18:30*

Guidelines to Inspired Living

Speak the Affirmations With Conviction

August 2 – 8

Affirm the Truth About Yourself

Acknowledge what you are.

I am a flawless, immortal unit of the pure essence of ultimate Reality.

August 9 – 15

Live As a Freely Functional Spiritual Being

Knowing what you are, think and express without limitations.

Fully aware of my true nature and relationship with the Infinite, I live without limitations.

August 16 – 22

Meditate Deeply Every Day

Detaching your attention from outer conditions and mental and emotional states, go to the core of your essence of being.

Daily, when I meditate, I joyously abide in conscious, peaceful Self-awareness.

August 23 – 29

Improve Your Intellectual Powers

Improve your intellectual powers until you can always easily discern the truth of what you observe. Always discern the difference between your true nature and an illusional or mistaken sense of self-identity.

I always know what is true.

August 30 – September 5

Improve Your Powers of Concentration

Mastery of attention enables us to learn easily and wisely control our mental states, states of consciousness, emotions, and actions.

I improve my powers of concentration by always being alert, observant, and decisive.

September 6 – 12

Live Skillfully and Effectively

Skillful, effective living enables us to efficiently accomplish our worthy purposes and quickens our spiritual growth.

I enjoy living skillfully and effectively while I am quickly awakening to Self-realization.

September 13 – 19

Nurture Your Physical Well-Being

Adhere to self-care regimens that enable you to experience radiant, good health.

I nurture my physical body with constructive thinking, good nutrition, regular exercise, adequate sleep, and a wholesome environment.

September 20 – 26

Nurture Your Psychological Well-Being

Cultivate optimism, rational thinking, emotional maturity, and Self-realization.

I am mentally competent and emotionally stable.

September 27 – October 3

Radiate Good Will to Everyone, Everywhere

Wish for the total well-being of everyone, everywhere.

I radiate good will throughout the universe.

CONSCIOUS FOOD PREPARATION

Easy to Make Fresh Cheese

- 2 quarts cow or goat milk,
not ultra pasteurized
1/2 cup lemon juice, fresh
squeezed or bottled



1. Put a colander or wire mesh strainer in the sink. Line it with three layers of cheesecloth or a thin, clean dish towel.
2. Put 2 quarts of milk in pot on stove. Use *ordinary* pasteurized milk or raw milk that will be pasteurized when you heat it—not *ultra* pasteurized milk. Extreme heat used in the *ultra* process changes some milk proteins, preventing firm curds from forming.
3. Heat milk over medium high heat, stirring occasionally. When the milk temperature is 180F (82C), remove from heat. (If you don't have a thermometer, heat the milk until small bubbles begin to form then remove from heat.) Add 1/4 cup (4 tablespoons) of lemon juice. Stir gently to mix and allow to sit 5 to 10 minutes. If curds and whey have not separated, gently stir in more lemon juice, 1 tablespoon at a time until curds start to form. Let sit for another 5 minutes. (Goat milk curds are very small.)
4. Pour curds into a colander or strainer. Drain 20 minutes, stirring gently now and then. Put cheese in a bowl, cover, and put in refrigerator for 2 or 3 hours before serving on cooked vegetables or in a vegetable or fruit salad.

Note: For *firmer* cheese. Drain it for 20 minutes, fold the cheesecloth around it and gently squeeze out more liquid whey. Put a plate on the wrapped cheese and a 2 pound weight (any object) for 30 minutes to press out extra liquid. Remove the cheesecloth and discard it. Put the cheese in a small bowl, cover, and refrigerate. If the cheese is firm enough, cut into small chunks before adding to cooked vegetables or salads, or slicing for sandwiches.

*Be thankful for the Source of all life that provides
the varieties of food that nourish our bodies.*



Have a Giving Consciousness

Ellen Grace O'Brian

To live a spiritually conscious life, one of the most useful things we can do is to cultivate a consciousness of giving. At the heart of this ideal is learning to be “in the flow” of what is needed or wanted rather than thinking “I am the source or giver.” Think of yourself only as the instrument through which the Source provides. In this way, the right understanding of giving will always be on your mind and consciousness.

The key to having a giving consciousness is to practice the principles of karma yoga:

1. Remember that everything has one Source. See yourself as an agent of generosity.
2. Give without desire or need for praise or appreciation.
3. Give because it is your duty to express this quality of your innate, divine nature.
4. View generous giving of money, material things, encouragement, work, or physical assistance as spiritual practice. Give from the Source to the Source.

Let the capacity of your giving consciousness determine how you wisely, freely give.

Prosperity is not always having what we want when we want it. It is having what we need when we need it.

– *Paramahansa Yogananda (1893 – 1952)*

Ellen Grace O'Brian is the spiritual director of
Center for Spiritual Enlightenment

1146 University Avenue San Jose, California 95126
info@csecenter.org www.csecenter.org Tel: 408-283-0221

Observations, Insights & Discoveries

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



One Hundred Million Tons of Plastic, about one third of what is produced annually, is thrown away after it has been used. Much of it is buried in landfills and much is allowed to go into the ocean. In 1997, oceanographer Charles Moore discovered a huge mass of plastic trash floating in the Pacific Ocean between Hawaii and California. It was soon found that similar concentrations of plastic were in other oceans.

Masses of plastic garbage are created by surface currents which drift from coast to coast on both sides of the equator, clockwise in the northern hemisphere and anticlockwise in the southern hemisphere. Just as noodles tend to gather in the center of a bowl when soup is stirred, anything in these ocean currents is likely to drift to the center. The largest concentrations of debris, about 70 percent of which is plastic, are in the Indian Ocean, the North and South Pacific, and North and South Atlantic. In one place, there was so much that it could be walked on. It is thought that, in the course of time, some plastic is broken down by sunlight and actions of ocean waves. Some small particles may be locked up in ice, others may sink, others may be absorbed by marine life and plants, and may accumulate in people who eat fish and other aquatic creatures.

– *New Scientist* magazine, January 31 – February 6, 2015

Why are more people becoming more intelligent? Some people say that influences radiating from the center of our galaxy are purifying and improving the intellectual capacities of people. The need to adapt to new situations in order to survive and live effectively can motivate individuals to more skillfully use their intellectual abilities. Children whose parents are intelligent

and prosperous tend to be more intelligent and functional. Keen interest in learning and diligent use of the faculty of intellect can improve ability to think rationally. Meditation, which is now practiced by millions of people, improves concentration and powers of perception.

Optimistic, generous people are healthier and happier. People of all ages who expect ideal outcomes from emerging situations and share with others in helpful ways are inclined to be much healthier and happier than people who are pessimistic, moody, and self-centered. Their constructive mental attitudes and behaviors enable them to manage stress, sleep well, be emotionally stable, and enjoy harmonious relationships. Happy people are more likely to have a strong immune system and faithfully adhere to wholesome lifestyle routines.

Upon awakening to Self-knowledge, there must not be any pride of attainment or attachments to prior conditions, as these may cause a return to former modified states of consciousness. When the purity of the Self [essence or true nature] mind, intellect, and awareness is the same, spiritual enlightenment is complete.

– *Patanjali's Yoga-Sutras 3:52–56*

Patanjali's Yoga-Sutras A Guide to Spiritual Practice in the Kriya Yoga Tradition

PART ONE

Commentary on the *Yoga-Sutras*.

PART TWO

Commentary on the *Shandilya Upanishad*, a little known treatise on Kriya Yoga.

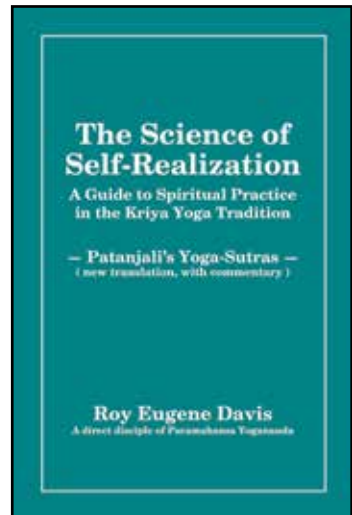
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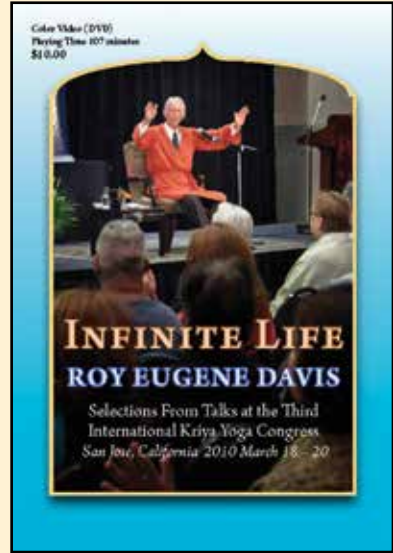
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on page 30



HOW TO KNOW WHAT TO BELIEVE

Acknowledging and Knowing the Pure Essence of Ultimate Reality

The *essence* of something is its essential or real nature rather than its objective attributes or characteristics.

The pure, permanent, unchanging self-existing essence of ultimate Reality cannot be fully understood by the mind or the intellect. It can be intuitively apprehended and known as it is by direct (with nothing between) experience or realization.

From ancient times to our current era, ultimate Reality has been contemplated and extensively talked and written about. Some people who claim to understand it only see its energetic, expressive aspects and mistakenly presume them to be what it is. The energetic, expressive aspects of ultimate Reality are its emanated vibration pervaded by three “threads” of influences that can be observed as luminosity, inertia, and the movements necessary for change and transformation.

Some objective characteristics of ultimate Reality are omnipresence, omniscience, and omnipotence. Some of its qualities that have been experienced and described are peace, serenity, joyousness, and what is often described as love.

Debates about what ultimate Reality (often referred to as God) are usually about its expressive characteristics or qualities rather than about its pure essence which is not known or understood by all people.

The pure essence of ultimate Reality can be known when wavelike movements in our mind and awareness stop or our attention is removed from them. By experiencing our essence or true nature we can know that we are individualized units of the pure essence of ultimate Reality. When we know this by actual experience, we are spiritually enlightened. This is the superior knowing that frees us from confusion and limitations that were formerly restrictive.

Recommended Reading

Books That Inform and Inspire

For anyone who wants to be well-informed about religious and philosophical ideas and movements that have had widespread influence for several centuries, two books by Karen Armstrong are highly recommended. A scholar and educator, she is objective, insightful, and respectful of the views of others. Perusal of these books can inspire readers to examine their own ideas about ultimate Reality and their relationship to it.

From your book dealer or Amazon.com

A History of God: A 4000-Year Quest of Judaism, Christianity, and Islam Alfred A. Knoff publisher, 1994, 460 pages. Glossary.

The author shows how each of the monotheistic religions has had different concepts of God with basic similarities among them. She suggests that concepts of a personal God who behaves like a larger version of ourselves that were accepted by people at a certain stage of understanding no longer appeal to an increasing number of individuals.

Themes: In the Beginning – One God – A Light to the Gentiles – Trinity: the Christian God – Unity: the God of Islam – The God of the Philosophers – The God of the Mystics – A God for Reformers – The Death of God? – Does God Have a Future?

The Great Transformation: The Beginning of the Religious Traditions Alfred A. Knoff publisher, 2006, 470 pages. Glossary,

In the fourth century before the current era, people of four regions of the civilized world created religious and philosophical traditions that have intellectually and spiritually inspired millions of truth seekers: Confucianism and Daoism in China; Hinduism and Buddhism in India; monotheism in Israel; and philosophical rationalism in Greece. The author traces the traditions from their origins and provides information about their transmission, development, and innovations in various regions of the world. The term “axial age” is used to designate a period of time during which the thoughts and actions of many people were “turned” in a new direction.

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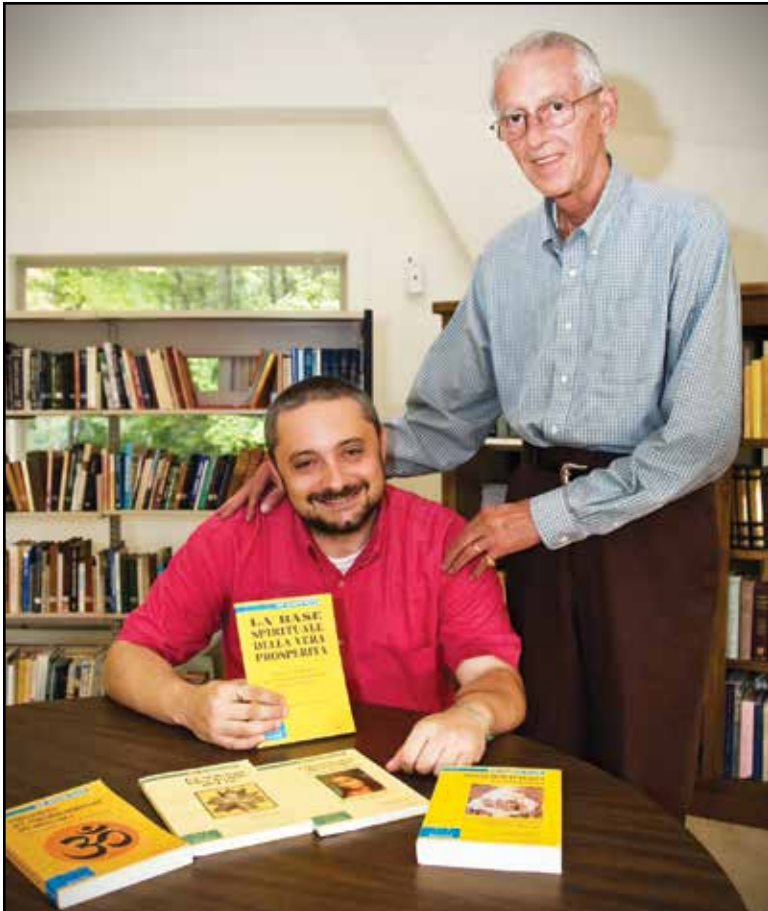
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Above: CSA minister Furio Sciano with Roy Eugene Davis and books by Mr. Davis which he translated and are published in Italy.

Left: Furio's book *La soluzione spirituale ai problemi della vita* (The Spiritual Solution to Life's Problems), was published in early spring of this year.

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Above: CSA minister Claudio Masettini speaking at the dedication of the site of a new meditation center in Stella, a town of the Province of Savona in the Italian region Liguria.



CSA representative Sabiha Betul (right) presenting a meditation seminar in Istanbul, Turkey. *Early spring 2015.*

Classes and Workshops With CSA Ministers at the August 17 – 21 Meditation Retreat

Roy Eugene Davis will teach morning classes and conduct Kriya Yoga initiation on Thursday at 1 p.m. **Kriya initiates not at the retreat:** *If you plan to attend the initiation service to review your practices and renew your commitment, inform us.*

Ellen Grace O'Brian

Monday 2 p.m. "The Way of Discipleship."
Tuesday 2 p.m. "How to Be Steadfast on the Kriya Yoga Path." Yogacharya O'Brian is the spiritual director of Center for Spiritual Enlightenment, San Jose, California.



Sundari Jensen

Tues. 6:30 p.m. "Lifestyle Practices for Awakened Living." She is a senior Kriya Yoga teacher at Center for Spiritual Enlightenment, San Jose, California.



Ron Lindahn

Staff member at CSA headquarters.
Theme to be announced.



CSA Shrine of All Faiths Meditation Temple being restained.

Meditation Retreats At CSA Headquarters



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

2015 Public Retreats

August 17 – 21

Weekends: October 24 – 25 November 21 – 22

Holy Season Meditation December 5 10 a.m. – 1 p.m.

2015 Private Retreats

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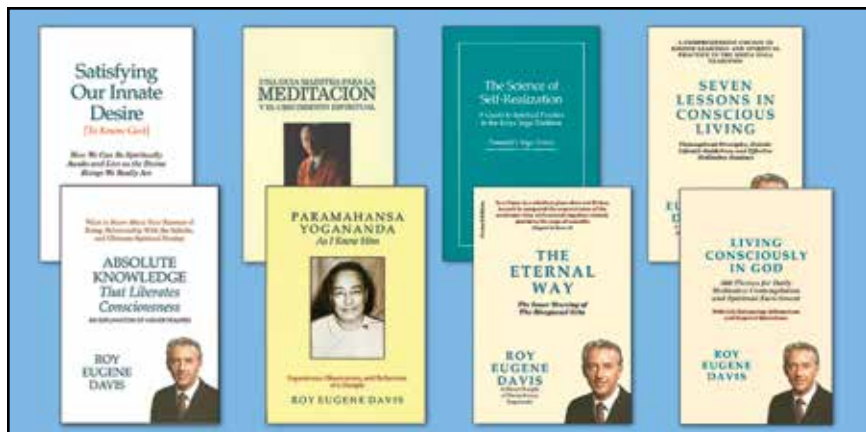
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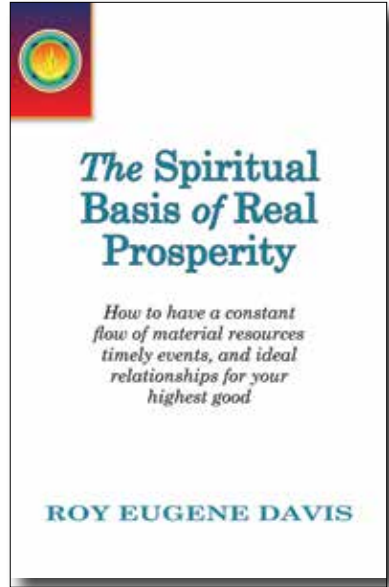
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prosperity Latin *prosperus*, fortunate. *Real* prosperity prevails when the spiritual, mental, emotional, physical, and environmental components of one's life are harmoniously integrated.

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