

August – September 2018

51 Years of Continuous Publication

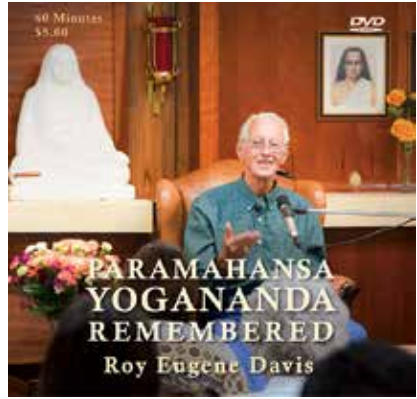
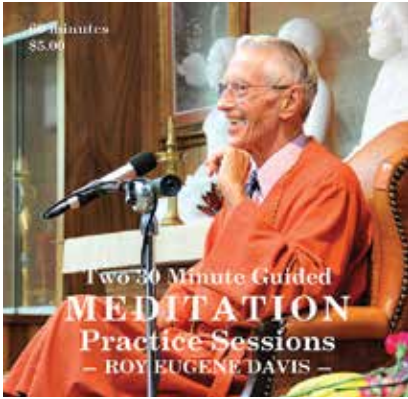
TRUTH JOURNAL

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

**Be Emotionally Mature:
Responsible for How You
Think, Feel, and Behave**

– 4

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.

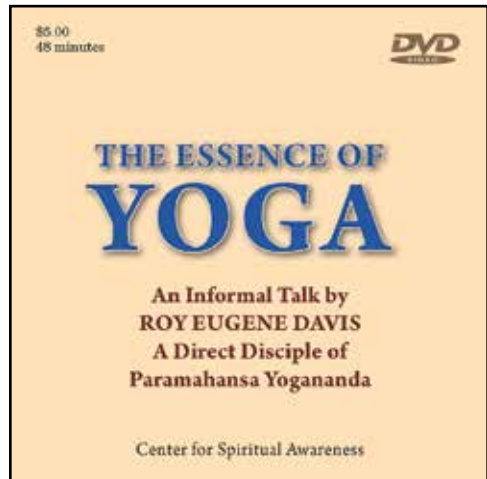
\$5.00 each plus \$1.50 postage Foreign airmail \$3.00

Order form on page 30

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



Front Cover: CSA Headquarters Meditation Hall

Be Emotionally Mature: Responsible for How You Think, Feel, and Behave	4
Answers to Questions About the Spiritual Path	13
Mystical Reflections	19
Guidelines to Inspired Living	20
Conscious Food Preparation: Country Style Cottage Cheese	22
Discovering the Sacred in Everyday Life: Our Divine Purpose	23
Knowing What to Believe: Believe Only Truth	24
News and Highlights	26
Retreats at CSA Headquarters	28
Book list	30

Below: CSA offices and publishing department



Published: February, April, June, August, October, December
Subscription in the U. S. \$10.00 Other countries \$20.00 airmailed
Copyright © 2018 by Center for Spiritual Awareness
P. O. Box 7 Lakemont, Georgia 30552-0001
Phone 706-782-4723 Monday – Friday 8 a.m. to 3 p.m.
e-mail info@csa-davis.org Web Site www.csa-davis.org
Offices and Retreat Center at 151 CSA Lane off Lake Rabun Road

A lush, mossy forest path with stone steps and a palm tree. The scene is filled with vibrant green foliage, including ferns and various trees. The path is made of stone steps, some of which are covered in moss. A large, thick tree trunk is visible on the left side of the frame. The overall atmosphere is serene and natural.

Studies in Truth Lesson

Conscious Living and Spiritual Practice

**Be Emotionally Mature:
Responsible for How You
Think, Feel, and Behave**

**Emotional maturity provides a firm
foundation for successful living and
steady spiritual awakening.**

– ROY EUGENE DAVIS

emotion Awareness, physical sensation (feeling), and behavior that reflects one's sense of personal significance (importance or possible influence) of things, events, or circumstances.

maturity The ideal or full extent of intellectual, mental, emotional, or spiritual growth or development that is possible to have actualized (realized or experienced by effective actions with the support of enlivening influences from within one's consciousness and fortunate events that occur).

emotional maturity The ability to think rationally, monitor and control emotions, and react, respond, or behave properly or appropriately when interacting with others or observing or experiencing memories, events, and circumstances.

When we were children when someone told us to “grow up” we were perhaps somewhat embarrassed or resentful. Growing to maturity, which everyone who is not yet mature has to do, can be done gracefully when willingness to do it inspires learning and effective endeavors.

To be *inspired* (Latin *in-*, into + *spirare*, to breathe) is to be guided, aroused, or affected by divine influence: stimulated to creativity or constructive action. Inspiration that enlivens and impels us to express innate qualities and increase our learning and functional capacities comes from within us when we are sufficiently curious and want to live effectively.

Emotional maturity enables us to be healthy, happy, have harmonious relationships, be prosperous, and if we aspire to be spiritually conscious, to progressively awaken until our mind is illumined and our awareness is fully enlightened. If the idea of being spiritually conscious is not yet compelling, being able to think and function rationally and usefully will contribute to a supportive, harmonious regional, national, and global environment and benefit everyone in it.

It is helpful to remember that our total well-being improves the collective consciousness of our planet because the mind and awareness of each person is a part of a cosmic mind and a unit of the pure essence of ultimate Reality.

Act constructively, think rationally, nurture your spiritual awareness, and radiate optimistic good will to everyone.

Opinions about signs or indications of emotional maturity vary. The following descriptions represent a few of them:

- Doesn't have rigid ideas about how every situation should be and can adapt or make practical choices when necessary. These characteristics are sometimes said to be evidence that a person's "emotional intelligence" is well-developed.
- Able to accept responsibility for thoughts, emotional states, behaviors, and their results without complaining, being angry, depressed, or blaming others or real or imagined influences for unwanted conditions that occur. Able to discern the causes of situations and act decisively to correct or improve them when necessary.
- Confident of being able to solve problems, imagine solutions, and discover the best ways to proceed and using those abilities to live effectively, fulfill life-enhancing desires, satisfy needs, and achieve aims.
- Is realistically optimistic (believes that emerging situations will have good outcomes) and is enthusiastic when living skillfully and accomplishing worthwhile purposes.
- Acquires helpful information and wisely uses it. Knowledge can be obtained from knowledgeable people, various learning resources, and personal study and experimentation that provides practical experience.
- Isn't resistant to or threatened by different ideas expressed by others. Willing to explore practical, innovative ways to solve problems, achieve aims, or accomplish purposes.
- Respects creative thinking and actions of others and avoids criticizing them. We can often acquire useful information and learn useful skills by knowing how competent people think and observing their actions.

- Is resilient: able to be mentally calm and emotionally stable when temporarily disappointed, frustrated, or hurt because of difficulty, hardship, failure, the loss of something, the passing of someone who was very close or highly regarded.
- Able to be peacefully poised when conditions are pleasant and when they are not, with undiminished interest in living, duties, projects, and wholesome personal relationships.
- Uses imagination creatively, sees opportunities that emerge, and endeavors to live effectively. Creative use of imagination is alertly controlled. Uncontrolled imagination is fantasy. When imagination is creative, our mental states and expectations can interact with cosmic mind which is responsive to them and can produce or attract events, circumstances, and experiences that correspond with them. Cooperating with mental and spiritual laws or principles of cause and effect can enable us to be more responsible for our circumstances and experiences.
- Is comfortable and appropriate when relating with others and in endeavors that enable harmony with the processes of Nature and the environment to be maintained.
- Self-confident, self-reliant, and not anxiously concerned with whether others approve or disapprove of one's noble ideas or aims in life.
- Has a good sense of humor, is cheerful, dignified, attentive, thoughtful, considerate, respectful, and has good manners.
- Isn't neurotic or psychologically conflicted and doesn't try to selfishly manipulate, use, or control individuals or groups with words or actions.
- Is higher purpose-directed: aspires to experience and creatively express excellence in all aspects of life. Has purposes and aims that are entirely constructive, life-enhancing, wholesome, and of enduring value to oneself and others.

- Endeavors to accomplish four aims in life that will result in personal well-being and complete freedom. 1. Know what one is most qualified to do and do it well. 2. Have necessary desires easily fulfilled. 3. Be prosperous enough to have needs satisfied and be able to live comfortably. 4. Be spiritually enlightened as soon as possible. These aims can be effectively accomplished by performing constructive actions and having supportive circumstances and relationships.
- Respects the divine essence of everyone and all forms of life. Wishes for everyone their highest good (complete well-being, health, happiness, prosperity, and spiritual awareness).
- Isn't biased or prejudiced regarding color, ancestry, gender, religious ideas and practices, or social status of others.
- Isn't proud of one's racial or ethnic background or characteristics, gender, religious ideas and practices, political views, social status, knowledge, skills, or accomplishments.
- Sincerely aspires and diligently endeavors to be spiritually awake and know the truth about ultimate Reality as soon as possible, preferably in their current incarnation.
- Easily outgrows or discards childish, self-centered habits of thinking, feeling, and behaving.
- Is kindly compassionate in thought and deed. Sincerely concerned about the well-being of others, creatures, and the environment and endeavors to be helpful.
- Refrains from harming others, oneself, forms of life, and the environment.
- Is honest: doesn't take from others the things they own or waste their time and energies by invading their private space, demanding their attention, being late for appointments, or saying or doing things that harm their good character.

- Is truthful, therefore reliable, trustworthy, and inclined to think rationally and have pure motives.
- Doesn't waste or weaken vital forces and mental powers by excessive and unnecessary talking, eating too much or eating unwholesome foods, lack of exercise, insufficient sleep, worry, excessive stress, excessive stimulation of the senses and nervous system, purposeless or inefficient work, useless personal interactions and excessive use of Internet social media.
- Wisely uses material things without wasting energy, water, or other physical resources or polluting the environment.
- Wisely manages money. Avoids impulsive and unnecessary spending and regularly puts a portion of income into reliable investments.
- Is humble: without *egotism*, an inflated sense of personality-oriented self-importance. Some characteristics of egotism are vanity, pride, arrogance, having strong (often flawed or unrealistic) opinions, and thoughts or feelings of superiority or being better or more competent than others. *Egoism* is the commonly experienced sense of being confined and limited, which is to be outgrown or transcended. It is the result of an intellectual error: thinking that the small sense of self-identity is what one is, not knowing that one's spiritual essence is the real nature that is whole, serene, Self-aware, and free. When the true nature is fully realized, one is spiritually enlightened and permanently free.
- Is not selfish or greedy. Small-minded, insecure individuals are inclined to crave what is not necessary and cling to things, relationships, mental attitudes, and harmful habits. Rational people have necessary desires and real needs satisfied, and generously share knowledge and other resources with others who will be benefited.
- Constructively chooses and controls states of consciousness, thoughts, feelings, and behaviors.

- Is not jealous, envious, or self-centered, characteristics that indicate insecurity. Every person should know how to produce or attract ideal, desired experiences and circumstances.
- Is friendly toward others, pleased when they are happy and have good fortune, respects their divine nature, and radiates an attitude of optimism and good will.
- Is able to view events, circumstances, and experiences with dispassionate objectivity. Dispassion (without overly aroused, uncontrolled emotions) allows thinking to be rational, most responses to situations to be appropriate, and decisive actions to be wisely chosen.
- Controls impulsive and compulsive behaviors. Such control is associated with the prefrontal region of the brain. Regular, profound superconscious meditation develops that region of the brain and refines the nervous system. Impulsive inclinations are often unexpected urges from the subconscious level of the mind although some of them can be prompted by intuition. When inclined to be impulsive, pause a few moments and examine your feelings to determine if they are whims or indications of insights or inner guidance. Compulsions are strong urges to think or act in ways that may be improper, not useful, or harmful. They can be resisted with will power and weakened and neutralized with intentional constructive actions.
- Maintains a constructive lifestyle that nurtures health, total well-being, and fast, easy spiritual growth (awakening).
- Doesn't unfavorably compare their appearance, behaviors, or circumstances with those of others, feel lonely or neglected, or indulge in sad moods.
- Isn't preoccupied with pleasant or unpleasant memories or mentally or emotionally disturbed by events that occur. Isn't mentally or emotionally disturbed by what people say or do or easily distracted from duties and other necessary activities.

- Improves powers of perception, discernment, rational thinking, and intuition, and uses them to enjoyably and effectively live as a free spiritual being.
- Sincerely aspires to completely awaken to Self-realization with experience and accurate knowledge of ultimate Reality that permanently liberates one's consciousness in their current incarnation.

Spiritual liberation is realized when the purity of our mind and awareness is as pure as our essence or being. When that stage of awakening prevails, we cannot have false ideas or illusions: mistaken perceptions.

Awakening to emotional and spiritual maturity can be fast when fervent desire to experience it is supported by disciplined thinking and behaviors, in-depth study of higher realities, practices that resist, weaken, and neutralize troublesome subconscious influences, and cultivation of superconsciousness. Pure superconsciousness is superior to ordinary states of consciousness, subconsciousness, and unconsciousness because it is not modified or conditioned by mental impressions or emotions.

Superconscious experiences purify the mind, refine the nervous system, improve the brain's capacity to accommodate pure states of consciousness, strengthen the body's immune system, slow biological aging, and allow spontaneous spiritual growth to occur.

Growing to emotional and spiritual maturity is easier and faster when mental attitudes, moods, psychological conflicts or disturbances, personal behaviors, and environmental circumstances which might interfere with it are replaced with conditions and influences that are supportive and life-enhancing.

Affirm With Confidence

I am rapidly growing to emotional
and spiritual maturity.

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 information in a private notebook or journal along with your responses.

Write what you need (or want) to improve and are doing to have the improvements you want regarding:

States of consciousness.

Intellectual ability.

Attentiveness.

Ability to Concentrate.

Mental attitude.

Memories of unpleasant experiences.

Relationships to and interactions with others.

Emotions.

Personal behaviors.

Habits to discard or change.

Duties and responsibilities.

Goals to achieve, purposes to accomplish,
and projects to complete.

Management of material resources.

Management of money.

Meditation practice.

Other things to do.

Why did God allow us to forget our true nature and have to struggle to learn to live effectively and be Self-realized?

Your question is similar to others that are often asked: “Why did God create evil and allow it to exist?” and “Why does God allow good people to suffer?”

When what is called *God* is understood as an impersonal ultimate Reality and not a cosmic human being, such questions won't be asked. Until then, attempts to discover meaningful answers will fail.

I have heard some people say that God created evil to prod people out of their complacency and motivate them to want to nurture their spiritual growth. Some people even say that there is an independent evil force competing with God's intentions and responsible for all the troubles that are possible to have and the hardships, poverty, wars, economic depressions, and natural catastrophes.

An independent evil force cannot exist because there is one ultimate, self-complete Reality and all people are units of its pure essence. Souls can forget their true nature when they are too involved with external conditions because of being curious or because they don't know any better than to behave as they do. The good news is that when a person sincerely wants to be spiritually conscious and live enjoyably and freely, knowledge of how to do it can be acquired and wisely used.

Just as self-limiting as believing in evil or evil influences is to believe in angels, spirit guides, mediumship, the usefulness of trying to remember previous incarnations, and superstitious ideas about karma and planetary influences. What is needed is right understanding based on Self-knowing.

To complain about troublesome conditions, pray for God to remove them, or resent God for not seeming to care, wastes time and energy. The only solution to our problems is to learn to overcome them and avoid future discomfort.

It is possible to understand the processes and principles of cause and effect that determine events and circumstances and to live in harmony with them.

I had an unfortunate childhood: dysfunctional family members, unkind brothers and sisters, not enough money, and mistreatment at school by teachers and classmates. Unresolved pain, resentment, and hurt feelings cause me a lot of discomfort and interfere with attempts to live effectively. How can I be rid of the bad memories and mental and emotional conflicts?

Imagine ideal conditions and feel as you would feel if they really existed. Doing that can resist, weaken, and neutralize the emotional influences of unpleasant memories and enable you to think more clearly and act more effectively. You cannot change your history, but you can choose constructive thoughts, moods, and behaviors that empower you to live effectively and be happy and productive. When unpleasant memories bring forth unwanted emotions, *breathe deeply a few times*: let the feeling of pleasure of doing something essential to maintain physical life replace the unwanted emotions. By learning to view your memories with detachment, you will be able to do it without unwanted mental or emotional reactions.

I am inclined to be introverted rather than extroverted. I really like people and enjoy doing creative things, but am not as talkative or spontaneously demonstrative as others with whom I work and usually interact. I get along with almost everyone and am sometimes teased for being quiet and inward. Should I “be me” or should I pretend to be more like them?

Be your real Self while being thoughtful and appropriate. You don't have to pretend to be like others for the purpose of pleasing them or try to imitate their behaviors. When you are interacting with them, be attentively friendly and effectively communicate. In a group of people, it is often those who are quiet and somewhat reserved whose presence is most helpful in maintaining an orderly flow of communication.

My intellectual understanding of philosophical concepts satisfies me, but I do not actually know what I am and what my relationship to ultimate Reality is. How can I awaken to actual realization — to knowing rather than being well-informed?

Continue to improve your intellectual understanding while also improving your Self-awareness by cultivating mental and emotional calmness and clarity of awareness. Self-realization can occur during peaceful, alert meditation and at other times when the innate urge to be spiritually enlightened can be influential in unveiling and revealing your pure essence along with knowledge of it and ultimate Reality.

Patiently stay on course with alert expectation of discovering what you are and your eternal relationship to the Infinite, that unbounded, unlimited Reality that didn't have an origin and will never cease to be.

Can I be Self-realized while I have many responsibilities, good relationships, and enjoy doing useful things?

Yes, you can be Self-realized while living enjoyably and effectively. Don't be so involved with activities and external circumstances that you forget your pure essence and ultimate Reality. Avoid thinking that spiritual life and material life are separate. Consider everything you do as spiritual practice and be aware that you are a spiritual being in a spiritual world.

Attentive living will improve your abilities to function more effectively and to be aware of the oneness or wholeness of life. You will then awaken from self-conscious or egocentric states of awareness, to cosmic consciousness, Self-awareness, and complete spiritual enlightenment.

Many people who withdraw from ordinary conditions and responsibilities to devote more time to spiritual awakening often become preoccupied with small, self-centered concerns instead of discarding or transcending them. Without being constantly inspired and highly motivated, they aimlessly drift through the weeks, months, and years until they undergo biological death.

I alertly meditate twenty minutes each day. Is that long enough or should I meditate longer?

Such sessions are useful for reducing stress, calming your mind, clarifying awareness, and improving concentration.

It will be helpful to meditate from 30 minutes to an hour a few times a week to provide opportunities to experiment with refined superconscious states of awareness. When doing that, continue to be alert. Avoid being passive or allowing thoughts and emotions to cause mental restlessness or distract attention from the purpose of meditation.

To stay focused, use any form or method of meditation that is helpful: silent prayer; affirmation of what you are; observation of breathing; pranayama to result in free flows of life force in the body, spine, and brain; contemplation of the Om vibration, what it is and its source; and awakening to transcendence.

My meditations don't produce results. I used to have interesting perceptions and experiences. Now, when I sit, nothing happens. How can I change or go beyond this situation?

That problem is commonly experienced by other meditators. It can be solved by patiently resting in the deep silence while letting your innate urge to be Self-realized determine results. Have your attention and awareness in the higher brain while being alertly attentive to what you perceive and experience. Get your small sense of self-identity out of the way.

Also, endeavor to live efficiently with few or no problems or conflicts. It will then be easier to detach attention from daily circumstances and surrender it to your pure essence when you meditate. To “surrender to God” is to let go of or be free from a small or limited sense of self-identity while acknowledging and experiencing your real, spiritual nature.

When you are not meditating, are you fully alert, aware, and observant? Or do you allow thoughts, moods, and external conditions to influence your behaviors.

Is there a relationship between some ancient ideas regarding the categories and processes of cosmic manifestation and some modern theories and opinions?

Current understanding of the composition of the universe includes descriptions of the basic parts of which the world is made and the forces which interact. Four fundamental forces are gravity, electromagnetism, and the weak and strong nuclear forces. Each is thought to be produced by particles that act as carriers of the forces. Of the basic parts, gravity is not yet fully understood.

Modern “string theory” seems to be compatible with what was thought about by thinkers in India a few thousand years ago who described three attributes in primordial nature that interact to produce the forces and processes that manifest universes. The three attributes are called *gunas* (Sanskrit *strings* or *threads*). When they are perfectly balanced, they are not expressed. When they are expressive, their influences are life-enhancing (*sattwic*), changing or transformative (*rajasic*), or inertial (*tamasic*).

Modern “string theory” suggest that in an electromagnetic field photons that vibrate in different ways produce the forces and aspects of Nature. All of the seemingly different forces of a universe are thought to be different manifestations of one basic thing—an idea that is compatible with the philosophical view that an emanated cosmic vibration (OM) has in it all of the attributes which manifest universes. Some physicists and philosophers have suggested that many universes may exist.

Knowledge of the categories and orderly processes of cosmic manifestation can be had by contemplating them with intellect, imagination, and intuition. Intellectual discernment can provide insights. Imagination can provide glimpses of possibilities. Intuition can provide direct or real comprehension.

One who discovers happiness, delight, and pure knowledge within, experiences the fullness of ultimate Reality.

– *The Bhagavad Gita 18:24*

What should I believe when I hear about meditation methods or techniques that are advertised or promoted as being ways to “know God” or be Self-realized?

Believe what is obvious: such claims cannot be proved. Meet, observe, and talk with people who make such claims, or others who have been attracted by them, to see if they “know God” or are Self-realized. You may meet individuals who are pleasant, sincere, and devotional, but will not see any indications of real experience or accurate knowledge of higher realities.

Forms and techniques of meditation are only helpful when they are skillfully used and one sincerely endeavors to be intellectually competent, emotionally mature, and effectively functional. When using a meditation technique, remember that the aim of practice is to calm the mind, quiet emotions, and clarify awareness to the extent that your pure essence alone is experienced. When it is not experienced, your attention may again be inclined to identify with various influences (thoughts, moods, memories, subconscious inclinations) that modify mind and awareness and distract attention from Self-awareness.

Sincere truth seekers need to focus attention and actions on important duties and practices rather than allow their awareness to be blurred and their actions to be ineffective. Their thoughts, moods, and behaviors should be higher purpose-directed.

Why do we think, feel, and behave as we do?

What do we want to accomplish during physical life?

What can we do to think more rationally, be optimistic, and experience and express excellence in all aspects of life?

What can we do to more quickly, gracefully grow to complete emotional and spiritual maturity?

When we agree to be responsible for our thoughts, moods, behaviors, and situations and experiences we create or attract, our innate spiritual qualities and higher knowledge can more easily be revealed.

When the purity of intellect is the same as the purity of one’s essence, that is *kaivalya* (absolute) liberation.

– *Patanjali’s Yoga Sutras 3:56*

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.

All I have seen teaches me to trust the Creator for all I have not seen. Whatever it be which the great Providence prepares for us, it must be something large and generous. The future must be up to the style [likeness] of our faculties— of memory, of hope, of imagination, of reason.

– *Ralph Waldo Emerson (1803 – 1882)*

I am sustained by a sense of the worthwhileness of what I am doing: a trust in the good faith of the process which created and sustains me.

That process I call God.

– *Upton Sinclair (1878 – 1968)*

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

– *Ludwig Feuerbach (1804 – 1872)*

Correct knowledge of the body and the intelligence that dwells in the body enables one to understand the entire universe in its material and spiritual aspects just as easily as one sees objects that are illumined by a lamp. It is only when there is not this right understanding that wrong ideas arise and flourish in one's mind.

– *Vasistha's Yoga (India, date unknown)*

Om is evidence of the existence of That which emanates it.

– *Patanjali's Yoga-Sutras 1:27*

Guidelines to Inspired Living

Audibly Speak the Affirmations With Conviction

August 5 – 11

Nurture Your Spiritual Awareness

Contemplate your pure essence and your relationship with the Infinite until you experience and know what you are.

I diligently nurture my spiritual awareness.

August 12 – 18

Organize Your Activities

Think rationally, plan wisely, organize your your activities, act decisively and effectively.

I am always wisely well-organized.

August 19 – 25

Be Higher Purpose-Directed

Accomplishing higher purposes enables you to quickly grow to emotional and spiritual maturity.

I am always inspired to be higher purpose-directed.

August 26 – September 1

Imagine Your Highest Good

Vividly imagine, feel, and act as being healthy, happy, prosperous, and spiritually conscious.

I constantly imagine and experience my highest good.

Devotees who contemplate their real Self as a unit of the pure essence of ultimate Reality awaken to realization of it.

– *The Shandilya Upanishad*

September 2 – 8

Be Alert and Attentive

Perceive accurately, discern the truth, and appropriately perform actions and relate to others and the environment.

I am always alert and attentive.

September 9 – 15

Be Cheerfully Optimistic

Enthusiastically expect the most beneficial outcomes for all emerging situations and do what you can to have them actualized.

I enjoy being cheerfully optimistic.

September 16 – 22

Be Emotionally Peaceful

Learn to be aware of and live from your pure essence which is always whole, serene, and calm.

Abiding in awareness of my true nature it is easy to always be emotionally peaceful.

September 23 – 29

Nurture Harmonious Relationships

Be friendly to a friendly world and let it nurture and provide for you.

I demonstrate friendliness to everyone and all forms of life.

The discerning person sees the same pure essence of ultimate Reality in all people and creatures.

– *The Bhagavad Gita 5:18*

Conscious Food Preparation

Easy-To-Make Country Style Cottage Cheese

A soft cheese that doesn't require aging that was made in cottages in villages or on farms. Use whole milk pasteurized only with low heat. The French chemist Louis Pasteur originated the process to eliminate unwanted bacteria. Low-heat pasteurization is done at 145F (63C) for 30 to 35 minutes. A common commercial process is to heat milk to 162F (72C) for 15 seconds, which somewhat denatures its proteins which interferes with producing curds when making cheese. *Ultra* pasteurizing is done at 284F (140C) to 300F (150C) for 2 seconds before being rapidly cooled. Carefully read milk carton labels in the store. Whole milk can be purchased in some stores and roadside produce markets.

Making cottage cheese doesn't require rennet or citrus juice. Put the milk in a cooking pot, cover with a lid or a regular dish towel, and let it sit at room temperature for two days. Microbes in the milk will feed on the lactose (milk sugar) and break it down into lactic acid which will retard the growth of other bacteria, produce a mild tart taste, and cause the milk proteins to gather into semisolid curds.

1 gallon of whole milk (see above)
six quart pot long handled wooden spoon
colander lined with cheesecloth in a clean sink

Start milk on medium high heat. Stir gently to help prevent sticking on the bottom of the pot. As the milk becomes warmer, the curds will start to separate and float in the thinner, watery whey. When the curdling seems to stop, remove from heat.

With a large cup or dipper transfer curds from the pot to the cheesecloth lined colander. Let curds drain 30 minutes to a hour. If they get too dry stir in some cream and 1/4 tsp salt. Serve at room temperature or chill in the refrigerator. Can be served with a meal or with fruit as dessert.





Discovering the Sacred
in Everyday Life

Our Divine Purpose

Ellen Grace O'Brian

Although we may sometimes be distracted during the activities of daily life and forget our true nature, within us is an urge to awaken to it. Remembering what we are can result in Self-realization: experience and knowledge of our pure essence.

As we spiritually awaken we also have a unique, significant role to play in our rapidly awakening world, as does everyone on a meaningful spiritual path. Just as we observe in Nature a special value of organisms and systems in the environment, we can acknowledge the value of every person in the universe.

For us to be as completely awake and functional as possible, we need to restore awareness of our true nature. Limiting characteristics of our false or mistaken sense of self-identity—such as egotism, harmful or nonuseful habits, flawed opinions, inability or unwillingness to acquire helpful information and use it, or inattentiveness—have to be weakened and removed or renounced to allow spiritual growth to spontaneously occur.

Adapted from the author's book *Living the Eternal Way* published by CSE Press. Address below.

Meditative contemplation provides insights into what
is examined and revelations of higher realities.

— *Patanjali's Yoga-Sutras 3:5*

Ellen Grace O'Brian is the director of
Center for Spiritual Enlightenment
1146 University Avenue San Jose, California 95126
408-283-0221 info@csecenter.org www.csecenter.org

Believe Only Truth

belief A state of mind during which something is believed with or without supporting indications or verifiable evidence.

opinion A belief or idea that has not yet been verified.

truth Factual, real, verifiable.

To know “truth” that frees our mind and consciousness from all limiting conditions is to fully comprehend what is thought about, perceived, or examined.

Some questions people ask: What can I believe about God? Is it possible to know God? What is our true nature and the purpose of our existence? What happens to us when we die? Which traditional religious teaching is true? Do heaven and hell exist? Is there an evil force? Do we need to reincarnate? Is it necessary to have an enlightened guru (teacher)? How can I be spiritually enlightened? How can I get rid of the false ideas I have in my mind and/or forgive the people who taught them to me?

Some answers: What is commonly referred to as God is a nameless, formless ultimate Reality with an expressive aspect that emanates and maintains universes and a pure aspect that transcends space and time.

It is possible to know ultimate Reality because we are units of its pure essence. The purpose of our existence is to learn to effectively live and awaken to Self-realization (experience and knowledge of our true nature and the infinite).

After biological death we continue to live in subtle realms and progressively (or quickly) awaken to Self-realization.

All traditional religious teachings are a mixture of truths, beliefs, opinions, myths, and traditions.

Heavens and hells don't exist in space and time.

There is no evil force in the universe.

There is no need to reincarnate. If people reincarnate it is because of their conscious or unconscious inclination to do so.

An enlightened teacher can be helpful but it is not always

possible for everyone to have such a teacher. Even if they do, they will need to have a capacity to learn, the willingness and ability to think and act constructively, and be self-motivated to grow to emotional and spiritual maturity.

Everyone will eventually be spiritually enlightened (fully conscious of their pure essence) and liberated (without flawed ideas or mistaken perceptions). Nurture your spiritual growth (awakenings and realizations) with ethical and holistic living; profound study of the facts of life, your true nature, and higher realities; and superconscious meditation that purifies the mind and clarifies awareness.

When aware of false ideas in the mind, discard them. Don't resent people who taught them to you. Parents, friends, school teachers, college professors, priests, ministers, shamans, gurus (spiritual teachers), and other people who may have influenced you with false ideas may have had good intentions and thought they were being helpful. If they were ignorant or psychologically unbalanced, avoid retaining harmful thoughts and feelings.

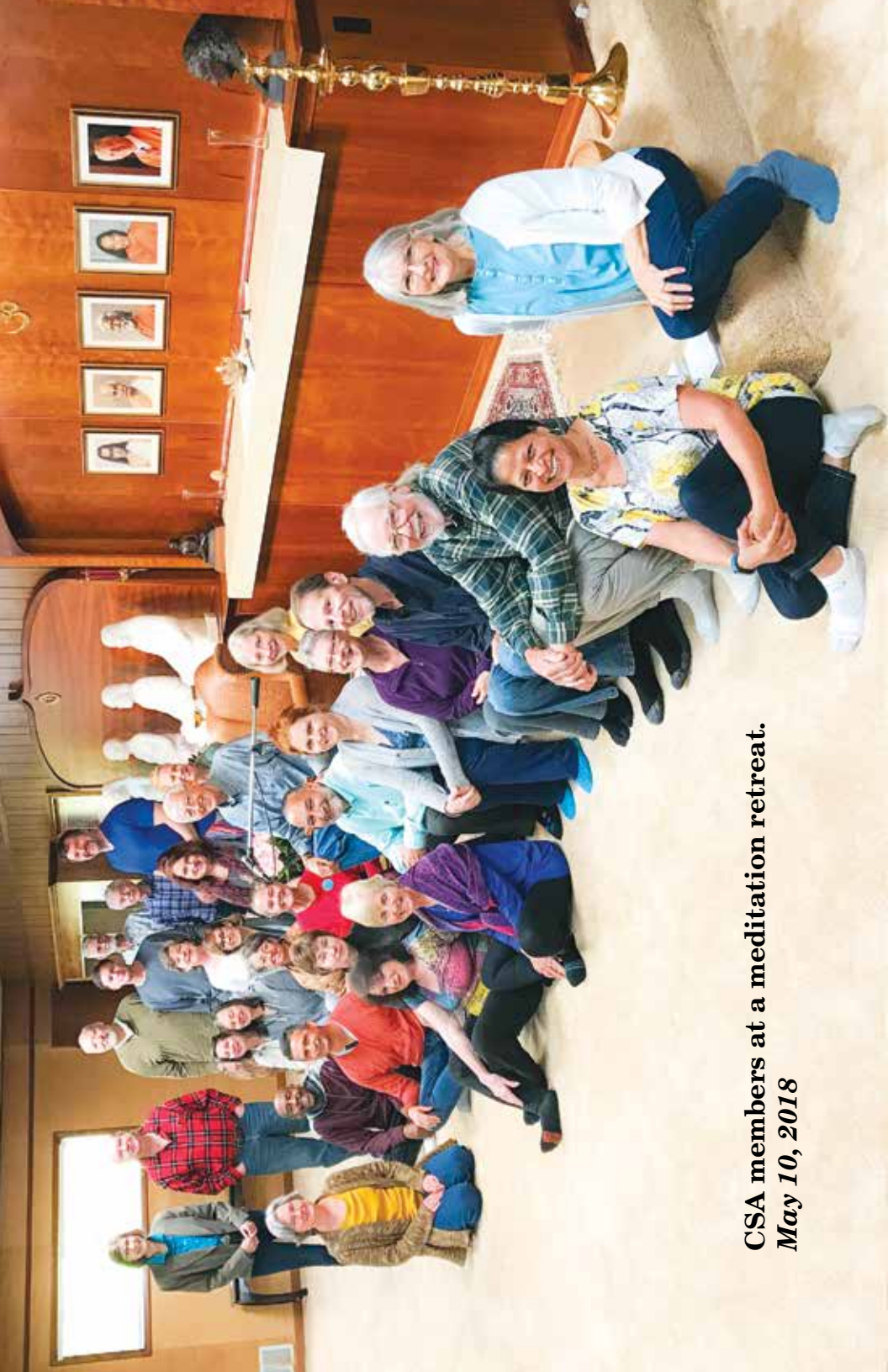
Be more interested in knowing what is true than believing ideas and opinions. When what seems to be true is acquired from someone or another source, examine it to verify it in order to have knowledge instead of untested information.

Learn to trust your powers of discriminative intelligence, intuition, and common sense rather than be inclined to want to believe what others assert to be true. Be emotionally mature by being responsible for what you think and do. Choose to be self-reliant, curious, enthusiastic, optimistic, and wisely decisive.

Act like the immortal, spiritual being you are.

Let Us Know When Your Mailing Address Changes

Do it by the middle of a month to allow us time to put it in our computer before *Truth Journal* is mailed the last week of the month. Center for Spiritual Awareness, P.O. Box 7, Lakemont, GA 30552-0001. Tel 706-782-4723 weekdays 8 a.m. to 3 p.m
e-mail info@csa-davis.org



**CSA members at a meditation retreat.
May 10, 2018**



*Above: Eleven thousand copies of Paramahansa Yogananda
As I Knew Him being delivered to the CSA office.*

*Below: The books being put in the CSA Press warehouse.
May 24, 2018*



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. Initiates may also 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. Bedding, towels, and cookware are provided 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 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.

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

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

Paramahansa Yogananda As I Knew Him 2nd Edition \$8.00 \$ _____

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 _____

The Science of Self-Realization yoga-sutras hc \$10.00 _____

DVD **The Essence of Yoga** \$5 _____

DVD **Paramahansa Yogananda Remembered** \$5 _____

1 DVD **Our Awakening World** \$10 _____

1 DVD **Infinite Life** 2010 Kriya Congress talks \$10 _____

1 DVD **Experiences With Paramahansa Yogananda** \$5 _____

1 DVD **Know Your True Nature** \$5 _____

1 Audio CD **Know Your True Nature** \$5 _____

1 DVD **6 Questions Every Person Should Ask** \$5 _____

1 Audio CD **6 Questions** above \$5 _____

3 Audio CDs **Light on the Spiritual Path** \$15 _____

4 Audio CDs **Absolute Knowledge** Audio Book. \$20 _____

1 Audio CD **Two 30-Minute Guided Meditation Sessions** \$5 _____

Book/CD/DVD Total _____

Packing and shipping _____

Truth Journal new renewal U.S. \$10.00 Foreign \$20.00 _____

Total _____

With check Visa MasterCard Discover AmEx

Credit card # _____ expires ____/____

Last 3 digits on back of card _____ 4 digits on front of Amex card _____

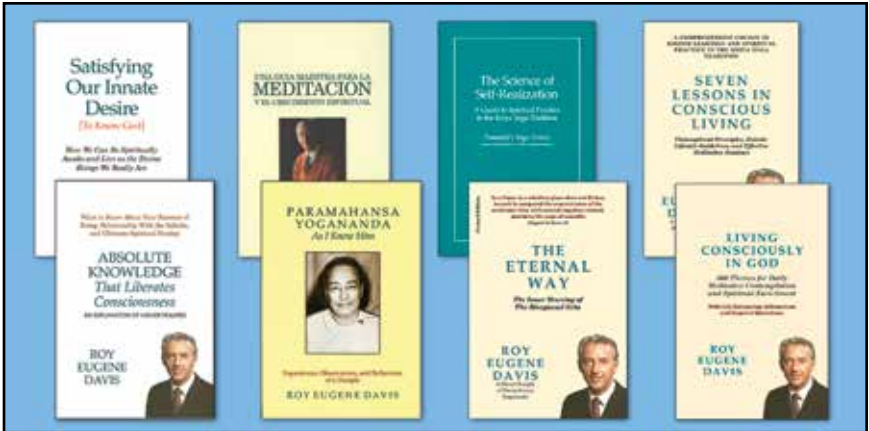
Name on card _____ Tel: _____

Name _____

Address _____

Center for Spiritual Awareness P.O. Box 7 Lakemont, Georgia 30552

Weekdays 706-782-4723 **Order online: www.csa-davis.org**



United Kingdom: Gazelle Book Services Ltd.

White Cross Mills, Hightown, Lancaster LA1 4XS

e-mail: sales@gazellebooks.co.uk

India: Motilal Banarsidass, Delhi. (10 of Mr. Davis' books)

e-mail: mlbd@vsnl.com web site: www.mlbd.com

And at Motilal Banarsidass bookstores in Delhi, Patna, Varanasi, Kolkata, Chennai, Bangalore, Mumbai, and Pune.

B. Jain Publishers, New Delhi. www.bjainbooks.com

An Easy Guide to Ayurveda

Full Circle Publisher, New Delhi. www.fullcirclebooks.in

Paramahansa Yogananda As I Knew Him (English and Hindi)

Abolute Knowledge That Liberates Consciousness

Dr. L. Mahadevan e-mail: ayurved@sancharnet.in

Paramahansa Yogananda As I Knew Him (Tamil edition)

How to Live Consciously in God (Tamil edition)

Italy: Marco Valerio Editore. www.marcovalerio.it

Paramahansa Yogananda Così come l'ho conosciuto

La scienza della realizzazione del sé

La strada maestra per la meditazione e la crescita spirituale

Srimad Bagavad Gita / La Via Eterna

Insegnamenti sul percorso spirituale del kriya yoga

La base spirituale della vera prosperità

Immortalita cosciente Guida All' Ayurveda

Libertà e consapevolezza la conoscenza dell'assoluto

Il desiderio innato di conoscere Dio

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

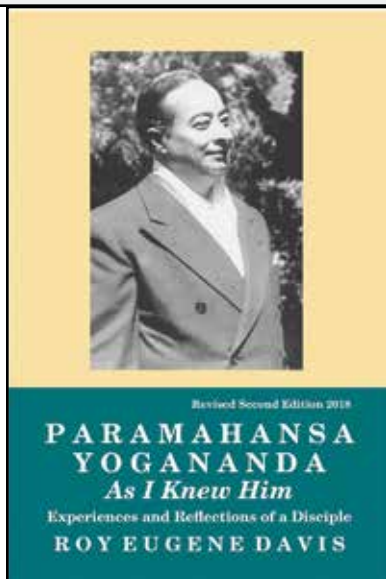
Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte

**New 2nd Edition
Revised and Enlarged
11,000 copies
published June 1**

**PARAMAHANSA
YOGANANDA
*As I Knew Him***

by Roy Eugene Davis

Quality Paperback
ISBN 978-0-87707-218-8
6 x 9 format 22 photos
224 pages \$8.00



In this book the only ordained disciple of Paramahansa Yogananda who is actively teaching describes his experiences with him. Many of the author's observations of his guru—what he was like and what he taught—differ from what other people have said because their experiences and perceptions were different.

Chapter Titles

Beginnings — Early Experiences With My Guru
Observations and Reflections of a Disciple
Transitions — Continuing Grace

Addendum

Answers to Questions About the Spiritual Path
Philosophy, Traditions, and Essential Practices of Yoga
The Inner Meaning of the Bhagavad Gita
Lineages of Gurus in this Kriya Yoga Tradition

Glossary

Precise definitions and explanations of more than 200
English and Sanskrit words and philosophical concepts
that are helpful to know

Order Form on Page 30