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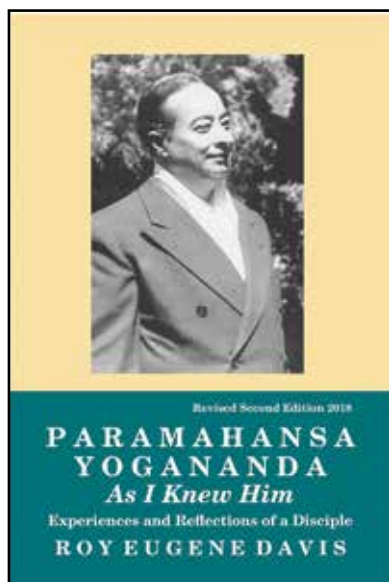
Adhere to Realistic Philosophical Principles, Helpful Lifestyle Routines, & Effective Spiritual Practices – page 4

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PARAMAHANSA
YOGANANDA
As I Knew Him

by Roy Eugene Davis

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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.

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Beginnings — Early Experiences With My Guru
Observations and Reflections of a Disciple
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Answers to Questions About the Spiritual Path
Philosophy, Traditions, and Essential Practices of Yoga
The Inner Meaning of the Bhagavad Gita
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Glossary

Precise definitions and explanations of more than 150
English and Sanskrit words and philosophical concepts
that are helpful to know.

Order Form on Page 30

Front Cover: January 13 meditation seminar in West Palm Beach, Florida

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MEDITATION TEACHER TRAINING

Four 90 Minute Sessions = Six Hours

Monday to Thursday 9:30 a.m. — 11 a.m. at private retreats April to September. Schedules on page 29.

For our ministers and meditation teachers who want to improve their skills and anyone who will represent our teaching emphasis. (Other retreat participants will be attending to their personal schedules.)

Philosophical concepts will be reviewed. Participants will learn to teach meditation and organize, publicize, and conduct group practice sessions. A printed manual of information and guidelines will be provided.

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Studies in Truth Lesson

Conscious Living and Spiritual Practice

**Adhere to Realistic
Philosophical Principles,
Helpful Lifestyle Routines,
and Effective Spiritual
Practices**

– ROY EUGENE DAVIS

realistic Based on what is verifiable and practical.

philosophical Relating to the fundamental (basic) principles of knowledge, reality, and existence.

principles Concepts or values that may serve as guides for our behavior or understanding.

Life is too precious to be wasted on superficial or unimportant interests, relationships, or endeavors.

Are you intentionally living the only life you have? Or are you drifting through space and time without a clear awareness of personal purposes of lasting value?

Are your thoughts and actions realistic? Or are they confused, impractical, or influenced by fantasies?

Do you comprehend the basic principles of reality (of what is true) and existence (of life and living)? Or are you satisfied to presume that such matters are unsolvable mysteries?

Do you have reliable principles or timeless values that beneficially influence your behaviors and thinking? Or are you not certain of what to do or think, and why?

Is what you think or believe to be true or worthwhile based on facts and common sense (clear thinking, accurate perception, and reliable powers of discernment)? Or are you either guessing, hoping, or influenced by the opinions of other people?

Are you a sincere truth seeker? Do your thoughts, words, moods, and behaviors demonstrate your total commitment to be spiritually enlightened? Or do you make excuses, procrastinate, allow addictive or troublesome habits to control your behaviors, and cling to a small sense of self-identity?

Are you constantly improving your intellectual and mental abilities, intuition, and functional skills? Or are you neglecting to do these important things?

Are you cheerfully optimistic? Or do you allow your thoughts and moods to be influenced by anxiety, sadness, or despair?

Do you look forward to enjoyable, freely expressive eternal life? Or are you allowing your thoughts, feelings, and everyday circumstances to be determined by disinterest and/or external events?

Have Accurate Information About Basic Philosophical Principles

Proof of your existence is your awareness of existing. Disregard opinions of materialistic people who say that your sense of self-identity is produced by your brain or that your life began at conception and will end at biological death.

Be curious about wanting to know the truth about ultimate Reality, its processes, and your relationship to it. Continue to investigate and learn until your understanding is complete. As a spiritual being, a flawless unit of the pure essence of ultimate Reality, all knowledge of that Reality is within you at the level of your true Self. Discovery of it is a process of Self-revelation. Before having spontaneous revelations, it is usual to endeavor to acquire useful information that can be rationally examined with intelligence, intuition, and common sense.

Although many truth seekers prefer to identify with a traditional religious or philosophical system, formal affiliation isn't necessary for everyone. Some people are more inclined to want to know what is true without having to relate to the opinions of others or adhere to specific rituals or practices. When we are intent on being fully aware of higher realities, we may be more conscious of the necessity to continue our inquiry alone. Spiritual growth isn't a process that requires group participation.

To rapidly progress on a spiritual path, it is helpful to know three things. 1) What ultimate Reality is. 2) What the results of dedicated right living and effective spiritual practice can be. 3) How complete awakening to spiritual enlightenment can be most efficiently realized. When these are known, and constructive thinking and wise behaviors are habitual, most of the conditions that are troublesome to many spiritually inclined people are easily avoided.

The acquisition of useful knowledge is possible when you are willing to learn. It can be obtained from spiritually enlightened individuals and other reliable sources. It can be confirmed by insightful examination and personal experience. The important thing is to have, and understand, it.

What Ultimate Reality Is

Spiritual aspirants may be confused when they think about ultimate Reality because acquired ideas and concepts about what is thought about as God are allowed to interfere with calm, objective analysis and discernment of what is true. This is more likely to occur if a person has been strongly influenced by traditional religious teachings or is emotionally dependent on a personal, human-like idea of a god or holy presence who cares about them and can forgive, bless, heal, and liberate them from pain and limiting conditions.

Another condition that may interfere with intellectual and intuitive discernment of ultimate Reality is strongly believing philosophical ideas that are not true, such as: one must first work through their karma (troublesome subconscious impressions and influences); planetary influences determine their circumstances; one needs a “perfect” or fully enlightened guru to assist them; or they are not sufficiently intelligent or capable of being Self-realized.

Although it is true that everyone doesn’t have equal powers of concentration and functional abilities, everyone is a spiritual being with innate knowledge of higher realities and the potential to be spiritually enlightened.

Ultimate Reality didn’t have a beginning and won’t cease to exist. It has two aspects: that which is absolute, pure, outside of space, time, and all relative conditions; and that which has attributes that emanate and dissolve universes.

The pure, transcendent aspect can be experienced because we are units of it. It cannot be fully described because it doesn’t have characteristics. It is easier to say what it isn’t than try to say what it is. It may be directly experienced during thought-free meditation or at any moment when sudden a flash of insight or recognition occurs. An indication of experience of it is a vivid awareness of serene joyous existence without the support of thoughts, emotions, or senses, a transcendent realization that is natural and soul-satisfying.

Ultimate Reality can be believed to exist before it is under-

stood because we know that we are not self-existent. It can be known when it is experienced by intentional inquiry and practices that clarify awareness or if spontaneous spiritual awakening occurs.

Sustained aspiration to know ultimate Reality and our true nature and anticipation and alert expectation of discovery can make us receptive to insights and revelations that will emerge from within us. Spiritual enlightenment (having knowledge of our true nature and higher realities) is the result of spiritual awakening rather than an accumulation of information or an effect of mental effort or physical actions.

Disinterest in higher realities and preoccupation with self-centered activities and relationships that keep awareness confined and blurred are obstacles to spiritual awakening that can easily be overcome by wise, decisive thinking and actions.

One of the most interesting characteristics of most people is their lack of sustained curiosity about ultimate Reality: what it is and how to know it. Just as they seldom think about the fact that our planet is moving through space in a solar system in a galaxy that is only one of billions of galaxies, they seldom think about ultimate Reality and their relationship to it while they attend to mundane duties and relationships. Ignorance, lack of awareness of higher realities, perpetuates illusions (mistaken perceptions) of what is experienced or thought about.

The expressive aspect of ultimate Reality has three interactive attributes (Sanskrit *gunas*) which pervade it and the universe. Their influences can be observed and described. The positive polarity of power of attraction is life-enhancing. The negative polarity of inertia resists change. Their transformative interactions which manifest universes and their processes also influence all living things.

Some effects of these cosmic influences in people can be indicated by their mental attitudes, moods, behaviors, habits, and lifestyle preferences. Life-enhancing influences are indicated by optimism, compassion, humility, and sincere interest in spirituality. Influences of inertia are indicated by laziness, resistance to learning, and limited intellectual ability. Actions impelled by

life-enhancing influences can have constructive results. Results of actions limited by inertia or impelled by restlessness are usually of little or no real value.

When you feel as though you are overly influenced by inertia (indicated by apathy, disinterest, dull or blurred awareness), think and act decisively until you are alert, energized, inspired with creative ideas, and highly self-motivated to express your innate qualities and abilities. You will soon discover that you can choose the states of consciousness, mental attitudes, and behaviors that enable you to express your spiritual qualities.

Note: More helpful information about the gunas is in my books *An Easy Guide to Ayurveda* and *The Eternal Way: The Inner Meaning of the Bhagavad Gita*, chapters 15 and 17.

The aspect of ultimate Reality that is similar to ideas about God that many people have is one of the first emanations of its influence that is said to regulate the processes of Nature. Some religious people refer to it as lord or ruler of the cosmos, the cosmic soul or unit of ultimate Reality which is not influenced by relative circumstances or events. It is an aspect of ultimate Reality to which prayers can be directed or which can be meditatively contemplated if the transcendent, absolute aspect is difficult to understand or imagine. It is the aspect of ultimate Reality that Ralph Waldo Emerson, Henry David Thoreau, and their companions defined as an “oversoul” that is omnipresent and omniscient: simultaneously present and fully conscious of itself and all that is within it, everywhere.

... within man is the soul of the whole; the wise silence;
the universal beauty, to which every part and particle
is equally related; the eternal ONE.

– *Ralph Waldo Emerson (1803 – 1882)*
Essays on the Oversoul

Ideal Results of Dedicated Right Living and Effective Spiritual Practice

Right living is behavior that nurtures total well-being and harmonious relationships with the processes of Nature and our environmental circumstances. It includes ethical thinking and behaviors, regular holistic self-care routines, a balance of purposeful endeavors and sufficient rest, wholesome and mutually supportive relationships, wise use of vital forces and material resources, and higher purpose-directed intentions and actions. Right living is as important as spiritual practices. It is easier and more satisfying when intellectual powers, mental abilities, and functional skills are as highly developed as possible by our learning and experiences.

Spiritual practices are actions that can clarify awareness and allow innate qualities and knowledge of higher realities to be revealed. Spiritual practices are most effective when we sincerely aspire to be spiritually conscious and do what is helpful to allow awakening to occur. Dramatic mood changes, disordered thinking, emotional conflicts, addictive inclinations, and erratic behaviors keep awareness confined and limited.

Three addictive inclinations to avoid or renounce are *strong* attachments to 1) an egocentric sense of self-identity; 2) sense perceptions (hearing, smelling, touching, or tasting, and memories of perceptions); 3) pleasant or interesting meditative perceptions which may be experienced before complete spiritual awakening occurs.

Strong attachments can most easily be avoided by aspiring to be Self-realized and withdrawing attention from personality characteristics, sense perceptions, and subconscious influences during daily interludes of meditation. Addictive inclinations can only exist when we identify with ordinary states of awareness instead of our pure essence—when we think and act like habit-bound human beings instead of acknowledging and expressing our spiritual qualities and wisdom.

We are *wise* when we think and act intelligently and appropriately in all situations.

How Complete Awakening to Spiritual Enlightenment Can Be Most Easily Realized (Consciously Experienced)

How would you think and live if you were enlightened now? If you cannot imagine being fully enlightened, how do you *want* to think and live for the rest of your current incarnation and beyond?

Satisfying spiritual growth is difficult when we are inclined to think that it may possible only in the distant future, or are trying to “become” spiritual instead of acknowledging our true nature and our capacities to express life without boundaries or limitations. If you sometimes feel that you cannot awaken to clear levels of awareness because you think and feel that you are confined by habits and other circumstances, train yourself to be free from those thoughts and feelings.

To more easily be spiritually enlightened, diligently do the following things:

Replace false opinions and beliefs with accurate information about higher realities obtained from reliable sources and your own inquiry and experiences.

Constructively think and act. Be cheerfully optimistic while skillfully performing duties and interacting with others.

Grow to emotional maturity. Be responsible for what you think and do and the results of your mental states and actions.

Investigate your essence of being. Use discrimination, intuition, reason, and regular meditation practice.

When contemplating your pure essence, want to know “what” you are rather than “who” you are. Doing that will enable you to go behind personality characteristics to your true nature as the observer and knower of what is examined.

Affirm With Conviction

I use my perceptions, intellectual discernment, rational thinking, common sense, and inspired Self-determination to quickly awaken to emotional and spiritual maturity.

Studies in Truth Lesson Review

In a private notebook or journal thoughtfully respond to the questions and recommended practices.

Respond to the questions on page 5.

What is the proof or evidence of your existence?

To progress on the spiritual path, what three things are helpful to know?

Describe the influences of the three attributes of the expressive aspect of ultimate Reality that also pervade the universe.

What can you do to rise above symptoms of inertia?

Write what you are doing (or will immediately begin to do) to nurture your spiritual awareness and bring forth your innate qualities and higher knowledge?

If you have problems of any kind, discover and actualize their solutions. To *actualize* is to produce something or make it real by appropriate actions, such as adjustments of mental attitude and states of awareness, making choices, or decisive physical actions.

If you need to have your meditation practice improved, how can it be done? Immediately do what will be most helpful.

Affirm With Realization

The radiant purity of my essence of being continuously clarifies my awareness, purifies my intellect, enlivens my physical body, illumines my mind, and completely liberates my consciousness.

The knowledge, freedom, and joyousness that I have,
I compassionately wish for everyone, everywhere.

Answers to Questions About the Spiritual Path

I use several meditation methods and techniques. What else is important to do when meditating?

Use the forms of practice that provide beneficial results, then sit in the deep silence and let meditation flow spontaneously without using effort. When using a technique and during occasions of stillness, stay alert. Be aware of adjustments in your awareness and viewpoints that occur. Aspire to be aware of the purity of your essence of being. Such perceptions will be more spiritually fulfilling than perceptions that, although they may be temporarily interesting, are not soul-satisfying.

I want to be more dedicated to my spiritual path. To support my intention, would it be helpful to have a “spiritual name” that represents what I want to realize or how I want to live?

It is more useful to be Self-aware and humble (without a strong sense of personality-oriented self-identity) than to change your name. In some religious organizations members change their name to indicate their spiritual or moral resolve or the quality of life they want to represent or express. Christian monastics do this, as do members of swami orders or other traditions that emphasize renunciation and selfless service. How you live and your psychological and spiritual well-being is of more value than outer conditions.

It is difficult for me to contemplate an absolute or pure essence of ultimate Reality. Is it all right to contemplate an imagined form of God or a special deity such as a saint, Jesus, Krishna, Shiva, or an aspect of ultimate Reality such as Om?

Imagining a form of ultimate Reality may help you have a feeling of closeness to it until you have actual experiences of it. A direct approach is to contemplate Om, identify with it, then aspire to transcend it. When contemplating personalized forms of a deity avoid fantasy. Know what you are doing, and why.

As you continue to spiritually awaken, innate knowledge of ultimate Reality will be revealed. Knowing that ultimate Reality is not separate from you, you won't have to ask it for anything. If you have needs, you will rest in conscious awareness of the wholeness of ultimate Reality from which all outer conditions emerge. This doesn't mean that you will immediately be free from all problems and personal challenges. Until you are fully enlightened, karmic conditions may be somewhat influential or mistakes in judgment or personal behaviors may occur.

I don't want to follow any traditional spiritual path. Some of my ideas are different from those of others. I am still somewhat confused and not yet happy but am doing my best to work my way through the problems and difficulties.

You don't have to believe what is not real to you or adhere to practices that are not of value. Aspire to go beyond opinions to know what is true and to know the best ways to live and nurture emotional and spiritual growth. You won't be confused or have so many problems and difficulties. Learn from others by observing what successful people do. Skillfully use what you learn until you have satisfying results.

Some of my family members and close friends recently died and I miss them because they expressed love for me. I am thinking of talking with a medium who, I am told, is a nice person and tells people things that make them feel better. Would it be helpful to do that?

People who are no longer incarnated can be fondly remembered but direct communication is not possible. Come to terms with your thoughts, memories, and feelings. Don't let emotions strongly influence you. The medium will usually tell you that you are still loved by family members and friends who are no longer incarnated because that is what you want to hear and it will please you. Every person who incarnates departs from the world. The processes of Nature cannot be changed.

I enjoy listening to recordings of devotional chanting when I am doing routine things and while driving. Can this be spiritually helpful?

It depends on the kind of chanting; the consciousness, mental and emotional state and intention of the person who recorded it; the words; melody or music; and how it influences your mind and emotions. Listening to pleasant or meaningful chanting or singing may calm the mind and evoke pleasurable emotions. Excessive listening may overly arouse emotions and the senses. Excessive listening, or mental or audible chanting along with it, can distract attention, impair concentration, and interfere with perceptions and reactions. If people who chant or speak are materialistic or psychologically conflicted, even if they perform well, some of their negative or unwanted influences may be conveyed to the listener's mind and consciousness.

The work I do is enjoyable, but also stressful and makes me very tired and sometimes emotionally depressed. What can I do to keep from being worn out?

View your work as useful service. Skillfully do it but don't let it dominate your life. Have adequate exercise, a balanced diet, and sufficient sleep. Meditate regularly to reduce stress and experience deep rest. Also manage stress by being relaxed and cheerful when working and at other times.

The possibility of being spiritually enlightened seems remote, so far in the distance that it is difficult to imagine. I continue to go forward day by day even though I am not always inspired or highly motivated. How can I be more receptive to having obvious improvement of spiritual awareness?

Think of yourself as a spiritual being steadily awakening to complete, conscious awareness of your true nature which has always been whole, serene, and Self-knowing. Avoid thinking that complete awakening can only occur in the distant future. Improve your understanding of ultimate Reality, processes of cosmic manifestation, and processes of Nature.

I think it would be good for me to be initiated, learn beneficial lifestyle routines and meditation practices, and be committed to a meaningful spiritual path. I sometimes think that I may not be worthy enough to be initiated and don't know which person or tradition would be the best contact to have.

Everyone is worthy to be given opportunities to improve their understanding of higher realities and be spiritually conscious. The right contact for you will be compatible with your psychological temperament, provide accurate information about how to nurture spiritual growth, and enable you to live effectively while awakening to emotional and spiritual maturity. Avoid teachers who want to control your mind or teach philosophical or religious ideas that are unrealistic.

I want to learn Hatha Yoga practices. Among the several yoga studios in my community I am not sure which one to attend.

Find out how knowledgeable the teachers are and what they teach. Avoid those who advertise “different” or “unique” practices. Hatha Yoga should be practiced in a quiet environment and a meditative mood to expand awareness and enliven the body. The procedures were originally planned to strengthen the body, activate vital forces, improve concentration, and enable a person to meditate and be Self-realized.

I would like to encourage members of my family, especially my children, to be interested in spirituality and to meditate. I have not yet been successful in doing it. What can I do to encourage their interest and participation?

Attend to your spiritual practices and allow them the freedom to think for themselves and live as they choose to live. When children indicate an interest in knowing why you do what you do or think as you think, explain in a clear, rational way that will enable them to understand.

Memories of unpleasant, painful events and experiences disturb my mind and emotions and cause feelings of anger, frustration, guilt, shame, anxiety, and fear. Because of these memories and my reactions I cannot meditate or live effectively, or have peace of mind and good relationships with others. Do I have a lot of bad karma to work out or can this problem be easily solved?

The condition is karmic because it causes effects to occur. It was produced by what happened to (or near) you rather than caused by you.

Remember that, as a spiritual being, you are not the memories in your mind or the thoughts or feelings they elicit and energize. Knowing this, view them with emotional detachment. Choose not to dwell on them or be influenced by them.

When such thoughts and feelings begin to arise, refuse to react to them. Breathe deeply a few times; relax; be aware in the moment; focus attention and actions on doing something useful. Walk briskly, practice hatha yoga or do other physical things such as work on a project or attend to duties. Live with intentional purpose. Don't allow moods, worry, fear, or any other troublesome condition to prevail.

Cultivate spiritual awareness even if meditation is not easy to practice. Frequently contemplate your relationship with the Infinite and be thankful for the freedom and ability you have to choose your thoughts, moods, and behaviors.

Look forward to doing useful, enjoyable things and to having harmonious, supportive relationships with others and the processes of life. Imagine ideal circumstances you want to have and create and attract them with faith-empowered conviction and effective actions.

As an immortal spiritual being, how do you choose to think, feel, and act now and far into the future? Contemplating that question can remove your awareness from unwanted memories and allow them to be weakened and dissolved. Remember that you are superior to memories and mental and emotional states.

Guidelines to Inspired Living

Speak the Affirmations With Conviction

March 31 – April 6

Choose to Be Self-Realized

Realization is experience with knowledge.
Self-realization is experience with knowledge
of our pure essence.

I firmly intend to be fully Self-realized.

April 7 – 13

Choose to Be Healthy

Do it by being cheerfully optimistic, thinking
and acting constructively, adhering to self-care
routines, and nurturing your spiritual awareness.

I am healthy, vital, and fully functional.

April 14 – 20

Choose to Be Happy

Let your innate joyousness of awareness of pure
being express through your mind, body, and
intentional and spontaneous behaviors.

My happiness comes from the depths of my being.

April 21 – 27

Choose to Be Kind

Allow your awareness of the wholeness of life to be
expressed as kind feelings, thoughts, words, and deeds.

I am always thoughtfully kind and helpful.

Deep within us all there is an amazing inner sanctuary
of the soul, a holy place, a Divine Center.

– Thomas R. Kelly (1893 – 1941)

April 28 – May 4

Choose to Be Compassionate

Express compassion by caring for the well-being of all people and living things.

I wish, and work, for the highest good for all forms of life.

May 5 – 11

Choose to Be Prosperous

Be so established in Self-awareness and act so skillfully and appropriately that necessary resources and supportive relationships are always easily provided.

I always thrive and am successful.

May 12 – 18

Choose to Be Discerning

Use your intellectual powers to solve problems, make right choices, and accurately know your true nature and ultimate Reality.

I use my intellectual powers effectively.

May 19 – 25

Choose to Be Wise

Insightfully use the knowledge you have.

I always think and act wisely.

May 26 – June 1

Choose to Be Skillfully Competent

Being curious, attentive, and caring about the results of your actions improves your spiritual awareness.

I enjoy being skillfully competent.

CONSCIOUS FOOD PREPARATION

Pasta With Spring Vegetables

Pasta Primavera is usually prepared with fresh vegetables that have been sautéed or lightly cooked and added to cooked pasta. In this recipe all of the ingredients are cooked in one pot.

Servings 3 to 4

1 cup each: sliced carrots, yellow squash, broccoli, frozen peas.

1/2 lb. spaghetti, linguini, fettuccine, or any other pasta

1 cup cherry tomatoes sliced in half or 2 cups tomato sauce

1/4 cup olive oil Option: add 2 crushed garlic cloves to olive oil

Serve with shredded Parmesan cheese

In a heavy four or six quart pot heat water until it starts to boil. If using carrots, put into water along with pasta because they require longer cooking time.

Turn heat down to a fast simmer. Rapid boiling is not necessary. Verify pasta cooking time on the package. Remove from heat 2 minutes before the recommended time. Pasta will finish cooking when drained and returned to the pot.

Five minutes before the pasta is cooked, add the other vegetables which cook quickly. Pour the pasta and vegetables into a colander in the sink to drain the water. Put back in the pot. Add olive oil, and tomatoes or tomato sauce. Toss to mix. Provide ground black pepper and Parmesan cheese when serving.





*Discovering the Sacred
In Everyday Life*

The Spiritual Purpose of Self-Discipline

Ellen Grace O'Brien

The spiritual purpose of self-discipline is to purify the mind, creating a clear pathway for the inner light to shine. When all obstacles to Self-realization are removed, we can experience awakened consciousness. We can then do what contributes to peace, balance, and overall well-being, and make good choices.

Spiritually focused self-discipline increases energy, confidence, and firm resolve to accomplish purposes. It can be helpful to begin by doing what will contribute to your well-being. That might be a useful change in your diet, exercise routine, meditation practice, speech habits, or recreational activity.

The “heat” of intentional self-discipline may be experienced because resistance usually occurs when we change behaviors or begin to do something of value such as exercise or meditation.

Be self-disciplined to be free and express your full potential. When the mind and awareness are clarified as the result of wise self-discipline, and we are more Self-realized, will power is no longer needed to do what is right or proper. What we do is then a spontaneous expression of our true nature.

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Everything in Nature contains all of the powers of Nature.
Everything is made of one hidden stuff.
– *Ralph Waldo Emerson (1803 – 1882)*

Observations, Insights & Discoveries

Continuous Learning
And Skillful Living
Nurtures Emotional
and Spiritual Growth



The Sun's sounds are produced by large pockets of hot gas from deep within it, traveling hundreds of thousands of miles per hour to break through the surface. They can be detected with instruments to study the Sun's interior, but are far beyond the range of human hearing. – *Science Focus* magazine

Salt helps the nervous system to function, muscles to contract and relax, and fluid balance in the body to be maintained. Most people consume more salt than is needed for their well-being. Excess salt intake can be harmful for people who are at risk of, or have, high blood pressure. One way to reduce salt intake is to have less or no processed foods in which salt has been added to enhance perceptions of flavor. Salt doesn't "bring out" flavors in foods. It dulls receptors in the mouth that detect bitter tastes, allowing sweet tastes to be more easily perceived.

Don't try to cause meditative perceptions or experiences to occur. Perceptions or experiences produced by forceful efforts are not of real value and will soon fade away. Sit quietly until your emotions are settled, your mind is calm, and your awareness is clear. Let your innate urge to be spiritually enlightened determine the meditation experience. At the deepest level of your being you are always whole, pure, and aware of your pure essence and ultimate Reality. Effective meditation can allow your innate qualities and higher knowledge to be revealed.

Philosophers call the essence of life the ultimate Reality.
– *Swami Sri Yukteswar (1855 – 1936)*

Psychopathology is the observation and study of symptoms of psychological and behavioral dysfunction. The word is derived from Greek *psyche* (soul) and *pathos* (suffering or disturbed).

Individuals with dysfunctional characteristics may have undeveloped prefrontal lobes of the brain—which are known to be associated with control of impulsiveness, will or intention, and concentration. They may not easily emotionally relate to others or care about their well-being, allow themselves to feel emotions because of fear of being hurt or traumatized, and may intentionally or unintentionally exhibit harmful behaviors. Some characteristics they may have are:

Lack of empathy: not caring about anything except their own well-being.

Manipulative: inclined to say or do almost anything to control or influence others or circumstances.

Arrogant: dramatizing excessive self-confidence.

Often *blame* others or random events for their experiences and circumstances rather than be responsible for their actions.

Selfish: extremely self-centered.

Sometimes *violent* and or *threatening*.

Can *concentrate* and *perform actions* to accomplish personal goals to satisfy self-serving interests.

Tend to exhibit *rapid, unpredictable mood shifts*.

Many people exhibit mild indications of some of these characteristics which are not overly troublesome, debilitating, or harmful. They may have acquired them because of associating with others, unconscious reaction to circumstances, or inability to be intellectually discerning or to think rationally. Or they may have inherited genetic or neurological conditions that are troublesome.

Regardless of physical or psychological conditions that need to be improved or prior experiences that one has had, complete restoration to mental competency, emotional maturity, and functional effectiveness can be experienced. Innate spiritual qualities and self-knowledge can be elicited and awareness can be clarified.

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.

After some time, certain rays of light, comfort, and divine sweetness scattered these mists and translated the soul of the servant of God into a paradise of inner delights and heavenly sweetness. This sovereign wisdom is of an excellence so high that no faculty of science can unto it attain.

– *John Yepes (Saint John of the Cross)*

16th century Spanish mystic

Knowing, Knower, Known, as One!
Tranquil, unbroken thrill, eternally living,
ever-new peace.
Enjoyable beyond imagination and expectancy,
samadhi bliss.

Not an unconscious state
Or mental chloroform without willful return,
Samadhi but extends my conscious realm
Beyond the limits of mortal frame
To the farthest boundary of eternity
Where I, the Cosmic Soul,
Watch the little ego floating in Me.

– from *Samadhi*, a poem by Paramahansa
Yogananda (1893 – 1952)

samadhi Sanskrit, “holding together” of attention and awareness with one’s pure essence.

The finest essence is the ultimate Reality.

That is what you are.

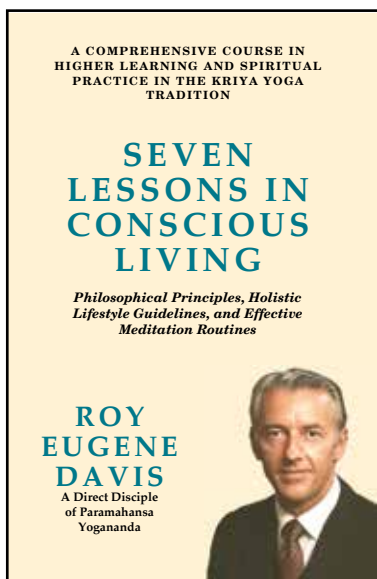
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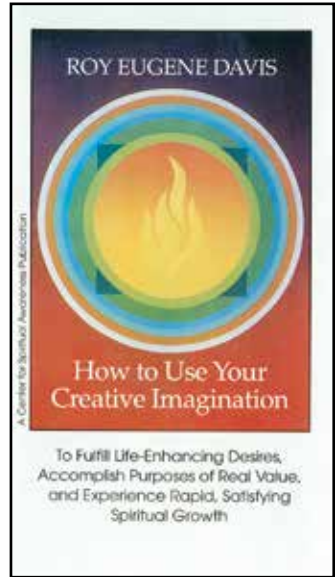
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IN MEMORIAM

Jerrold “Jerry” Brussack

January 1958 – January 2019

CSA minister, member of our
board of directors, and fully
dedicated Kriya Yoga initiate.

He began attending our retreats in 1975 when he was 17. After attending Life Chiropractic College in Atlanta, Georgia, he maintained a private practice that helped many people to be healthy and productive. A special memorial service was conducted here on February 10.

Longtime CSA member Robert Binnie accepted our invitation to fill the vacancy on our board.



Above: Italian 2018 Holy Season meditation group facilitated by CSA minister Furio Sclano.

Below: Local members completing a walking path beside the road by the northeast corner of the CSA campus.



2019 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 when instructors 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 7 p.m. 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**

2019 Retreat Schedules & Application Information

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

Private Retreats described on the previous page:

April 1 – 5 and 8 – 12 April 29 – May 3 and 6 – 10
June 3 – 7 and June 10 – 14 July 1 – 5 and 8 – 12
August 5 – 9 and 12 – 16 September 2 – 6 and 9 – 13

October to December Weekends, arrive Friday:

October 19, 20. Three meals on Saturday. Sunday breakfast.
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 16, 17. Program like October (above).

December 7:

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

Retreat dates _____

Arrival date _____ Departure _____

Email _____ Tel _____

Name [s] _____

Address _____

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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 \$ _____
- How to Use Your Creative Imagination** 32 page booklet \$2.00 _____
- Words That Heal and Transform** (Affirmations) \$2.00 _____
- The Spiritual Basis of Real Prosperity** \$5.00 _____
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- The Science of Self-Realization** yoga-sutras hc \$10.00 _____
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- 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 _____
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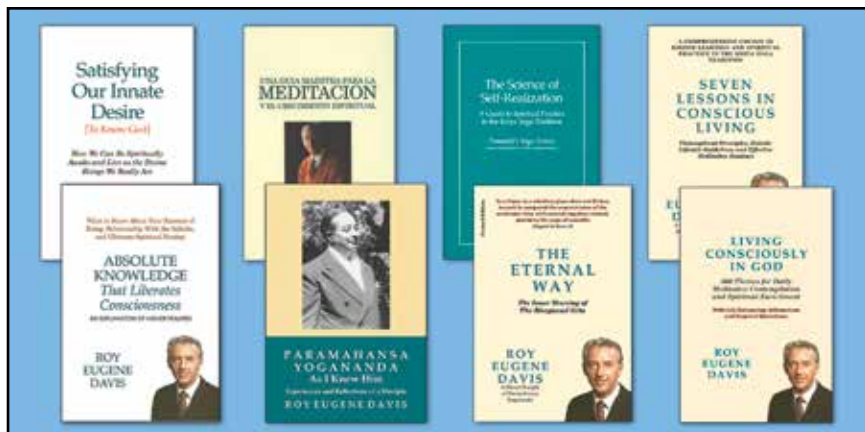
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Germany: Harald and Marlies Reiske. www.kriya-yoga.de
Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte

Denver, Colorado: Saturday, May 11

Breath: Its Influence on the Mind

4 p.m. – 6:45 p.m. Lectures by: Roy Eugene Davis and Swami Paramahansa Prajnanananda, a disciple of Swami Hariharananda, brother disciple of Paramahansa Yogananda. Hosted by Kriya Yoga Temple of Peace. \$10 per person. 13 years and under free

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Atlanta: Sunday, May 26 2 p.m. – 4 p.m.

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