

August – September 2019

52 Years of Continuous Publication

TRUTH JOURNAL

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



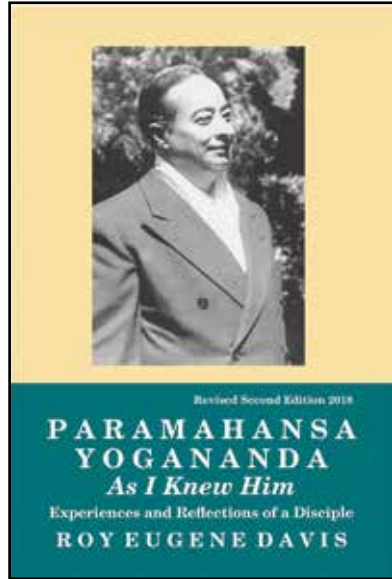
Special Memorial Edition

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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 Mr. Davis, an ordained disciple of Paramahansa Yogananda, describes his experiences. 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 150
English and Sanskrit words and philosophical concepts
that are helpful to know.

Order Form on Page 30

Front Cover: Roy Eugene Davis 1931 – 2019

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CSA Retreat Center



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A Message from CSA Board President

Roy Eugene Davis devoted all of his life in selfless service to bring universal truth teachings to spiritual seekers world-wide.

I am ever so grateful for the opportunity to serve as newly-elected President of the Board of Trustees of Center for Spiritual Awareness. Our board members and hardworking staff faithfully serve CSA. Kathleen Low (who has dedicated her life to CSA), Willie Davis, and Ron Lindahn work selflessly and tirelessly to serve Mr. Davis' mission through CSA. We continue to provide the *Truth Journal* magazine, seminars, and retreats. Center for Spiritual Awareness will continue to serve as a pilgrimage location for students to come and experience the peace and silence Mr. Davis created there.

We are united in divine friendship and common purpose: to experience Self- and God-realization. Mr. Davis was pleased when participants gathered for his classes and meditation. He related that outer distractions or restlessness can pull us away from our search for the Truth, causing us to forget our higher goals. We meditate together with other sincere seekers in an atmosphere of purity and stillness to commune with God. Our meditation experience then becomes more fulfilling than the temporary attractions of life's ever-changing outer drama.

Keep on wholeheartedly with your spiritual practice. Remember that not only do you help yourself, you contribute to planetary awakening.

There is an enlivening power nurturing the universe and we can learn to cooperate with it. – *Roy Eugene Davis*

Endless Blessings,

Clifford Rosen
Center for Spiritual Awareness

Spiritual growth can be quickened
by right, concentrated endeavor.
– *Paramahansa Yogananda*

spiritual growth Enlargement, improvement, or clarification of awareness that allow our full potential to be Self-realized and freely expressive to be actualized.

Spiritual growth may be slow, fast, or quick as determined by the intensiveness of right endeavor.

– *Patanjali's Yoga-Sutras 1:22*

Effective Discipleship for Self-Realization

It has been estimated that among the many millions of people in our world who consider themselves to be on a spiritual path, approximately 50 million either practice a form of Yoga or are interested in knowing more about it. Among those who practice a form of Yoga, perhaps 10 percent (5 million) are inclined to be spiritually enlightened. Few among them are fully dedicated to right living and other practices that will clarify their awareness and liberate them from troublesome conditions that interfere with, or inhibit, spiritual awakening.

Observation of the states of consciousness and behaviors of many spiritual aspirants indicates that few of them are Self-realized or near that stage of spiritual maturity. They need to be better informed and committed to discipleship. The word *disciple* is derived from Latin *discipulus*, “student or learner.”

When I became aware of the philosophical principles and practices of Yoga I avidly read a few books and *Autobiography of a Yogi* by Paramahansa Yogananda. When I had his guidance from late 1949 to early 1952, I listened to what he said, observed his behaviors, and harmoniously attuned my mind and consciousness with his. By doing that I had knowledge of spiritual growth processes and higher realities and focused my attention and actions on essential matters while ignoring what was not useful or of practical value.

Sincere (Latin *sincerus*, “pure, clean”) interest in learning

what one needs to know and intention to apply what is learned enable a disciple to live more effectively and experience faster, satisfying, transformative spiritual growth.

Spiritual growth occurs as our awareness is clarified when it is removed from restless or conflicted mental and emotional states and our innate urge to be spiritually awake can be more compelling. It should be remembered that, at our innermost level of being or essence, we are always serene, pure, free, and aware of ultimate Reality of which we are units of its pure essence.

When we aren't conscious of our true nature, we are inclined to be overly identified with egocentric conditions, mental and emotional states, and objective or environmental conditions. When we overly identify with what are not, we are inclined to be oblivious of what we are. We are then inclined to think that we have limitations and to allow habits, instincts, flawed ideas, and habits to determine our mental attitude, mood, and behaviors.

Disciplined, concentrated endeavor on the spiritual path is essential and meditation practice must be attentive. Insights provide useful knowledge. Vivid memories of prior insightful perceptions support our ongoing endeavors. Faith that does not waver eliminates the possibility of doubt and indecision about spiritual practice. Innate knowledge is unveiled and emerges because of right practice, superconscious influences, and spontaneous soul awakenings that occur.

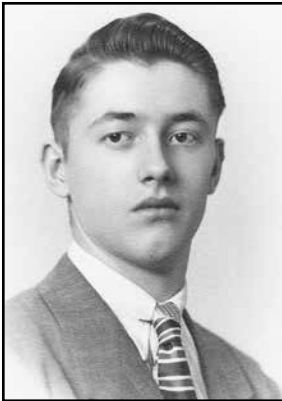
– *Roy Eugene Davis' commentary,*
Patanjali's Yoga-Sutras 1:20
The Science of Self-Realization

In Memory of
Roy Eugene Davis
March 9, 1931 – March 27, 2019



Guru is a “dispeller of darkness.” The light of Mr. Davis’ awakened consciousness has illuminated and removed the darkness, suffering, and limitations from the lives of thousands of seeking souls for more than 68 years. With his passing from the bounds of physical incarnation we are witnessing his light expanding, shining more deeply into the hearts and minds of those who aspire to follow his exemplary life of compassionate, selfless service and unwavering dedication on the path to total Self- and God-Realization in this lifetime. He has shown us the way, and we are so grateful for his being in our lives.

– Ron Lindahn, CSA Minister



Roy Eugene Davis was eighteen years old when he left his home on a farm in rural Ohio to meet his guru Paramahansa Yogananda. It was during the late fall of 1949, his destination, Los Angeles, was 2,400 miles away, he had \$60 in his pocket, a small suitcase, and a certainty that he was following his destiny. He arrived on December 23rd and was accepted for training and life as a monk shortly thereafter.

Roy Eugene Davis shared his clear and wise words, with deep insight and sweet smile, simplicity his humbleness. His was a life of unceasing service, tirelessly open, full of enthusiasm and happy to share the miracle that the divine presence of Yogananda meant to his life, that total and deep transformation that changed him from a boy born in Ohio into an apostle of India and Yoga. And with the same strength, with the same firmness, we will feel the same spur, always in our hearts, where his life will never cease nor will set. Thank you Roy, forever in my heart, Pranam.

– Swami Nirvanananda, Bolzano, Italy



After two years of personal training Yogananda instructed him to, “Teach as I have taught, heal as I have healed, and initiate sincere seekers into Kriya Yoga.” For the next 68 years Mr. Davis followed his guru’s wishes, selflessly sharing guidelines for effective living and rapid spiritual growth with thousands around the world.

I have always thought that Paramahansa Yogananda's last words of advice to him, "Do not look back, do not look to the left or to the right, go straight to Self-realization in this lifetime," were the ones to which Mr. Davis conformed his life.

He pointed all of us in the right direction and gave us the tools we need. It is up to us to honor his legacy by following the directions he gave us and by being honest, sincere and respectful, to follow his steps, and grant our students the same purity and effectiveness of the teachings we received from him.

– Furio Sclano, CSA Minister, Italy



Roy Eugene Davis provided inspiration. His writings and recordings serve as a vehicle for the timeless message of the eternal truth that provide clear guidelines for sincere seekers. We are blessed to have such a teacher and to have had his love and guidance touch our lives. Mr. Davis' message is simple and to the point; we are here to wake up and everything we do should support this aim. His devotion and affection for his beloved Guru, Paramahansa Yogananda, he freely shared through numerous stories of his time with him. May we embody the principles that have been so generously passed on to us.

– Marty Wuttke, CSA Minister



After serving from the time Paramahansa Yogananda passed in 1952 until 1954 as the minister of the Self-Realization Fellowship church in Phoenix, Arizona, Mr. Davis left the monastic order. He served for two years as a medic in the United States Army and after the army he began his teaching ministry in America and abroad.

Roy Eugene Davis was consistently loyal and pure to Truth teachings and the Kriya Yoga tradition throughout his ministry. He offered guidance and support freely, openly, and generously for all those seeking spiritual understanding and enlightenment. We are truly humbled by Mr. Davis' exemplary life, of his understanding of Ultimate Reality and of the power of his words which have so profound an influence as to transform our lives.

Roy Eugene Davis is a blessing in our lives, and I hear his voice in my very being, "You are a spiritual being. Be Self-Realized, be God-Realized; you can do it!"

– Leode and Bill Franklin, CSA Ministers



A disciple's greatest joy is in finding the Truth through the silent bright guidance of a humble, firm and stable Master, a guide to be observed in the silence of introspection and love.

In these 16 years of personal relationship with him, we have taken an inner strength simply by looking at how he lived spiritually in his every day life. This is priceless for us.

– Claudio Massettini and Barbara Zanella, CSA Ministers, Italy



He began to travel to many cities to offer seminars and classes in meditation, yoga philosophy, and purposeful living, and was invited for interviews on radio and television programs. Over the years he visited 100 cities in the United States and made several trips to Canada, Japan, Brazil, Germany, Ghana, Italy, England, Turkey, and India.

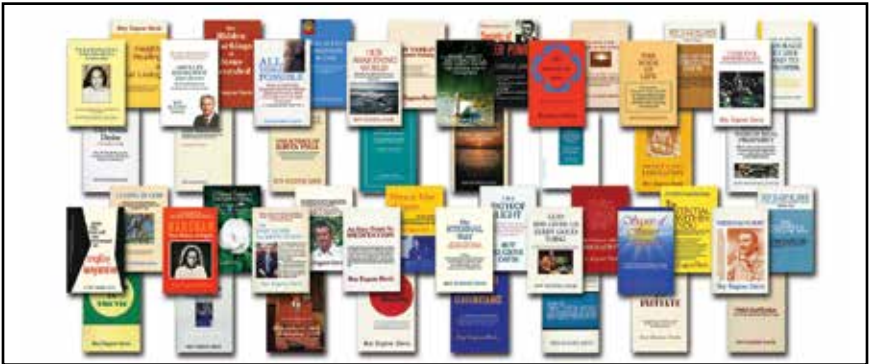
Roy's shared clarity of awareness and kind attentiveness, enriched my life immeasurably through his compassionate guidance and unfailing support over the years. He was ever encouraging, exacting, timely and appropriate when recommending whatever was needed to coax me forward in the spiritual awakening process. In his presence, I always felt completely comfortable, at ease and uplifted. I am ever thankful and exceedingly fortunate to have been given the opportunity to contribute to his remarkable life mission.

– Steven Ridley, CSA Minister



We met Roy Eugene Davis, our beloved guru, in 1978. For decades he was the spiritual polestar of our lives, a shining example of living the Truth. We have been blessed by his inspiration, wisdom and practical guidance. His goal was to show us the way to liberation of consciousness and to the realization of our innate spiritual essence. Forever we will keep his pearls of truth deep in our hearts and bow with great reverence and endless gratitude to our unforsaken great master.

– Harald and Marlies Reiske, CSA Ministers, Germany



A prolific writer, Mr. Davis wrote and published *Truth Journal* magazine for 52 years, and it will continue to be offered with his writings far into the future. He is the author of more than 50 books in English, many of which have been translated into 11 languages. His books include commentaries on the spiritual classics the *Yoga-Sutras of Patanjali*, the *Bhagavad Gita*, and Shankara's treatise on *Self Knowledge*.

Being in his presence and listening to his powerful voice and lessons, were to change my life.

His loving presence, his constant wise advise and guidance always kept me focused and inspired me. He was very patient, serious when he needed to be, but he also had a great sense of humor and gifted us with his deep contagious laughter and funny but wise anecdotes. His love, wisdom, teachings, guidance, and light will always be with us all.

– Gloria J. Donohue-Little, CSA Minister



On December 23rd 1977, I arrived at the doorstep of my beloved guru, Roy Eugene Davis. Roy accepted and trained me, in subtle and practical ways, ordained and sent me to Africa to be his representative. Some few things he told me about my practices and ministering are as follows: “On this path, we learn by doing.” “In ministering, people will come and will leave, but see to your spiritual practice and keep the teaching pure. Don’t confuse others or your confusion will be greater.” – Samuel Sasu, CSA Minister, Ghana



He founded Center for Spiritual Awareness in 1972 as the teaching department of a nonprofit corporation in Lakemont, Georgia. CSA became his headquarters and he developed the retreat facility during the ensuing years. Situated on 11 acres in northeast Georgia the Center includes six guest houses, meditation hall, book store, dome library, Shrine of All Faiths Meditation Temple, Library Annex, and offices and warehouse complex.

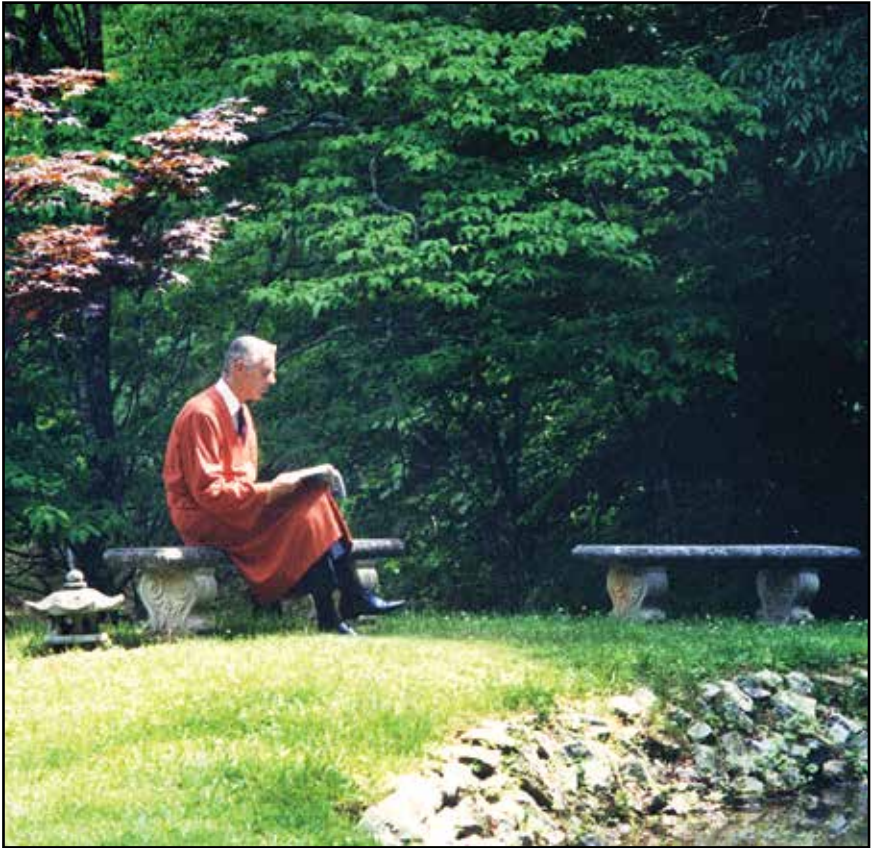
We would not be who we are today without Roy's direct and uncompromising tutelage. He encouraged us to be honest, to respect all enlightenment traditions, to intentionally and actively apply the virtues into daily life, to be self-observant for areas of improvement and strength, and to be devoted to living a life focused on the Divine. Each of Roy's students and disciples now continues to carry his light into the world, and so his work continues to spread.

– Ron and Ellie Hadsall, Fort Wayne, Indiana



He was a very kind, straight forward, humble human being. He is an established yogi and great vedandist. At the end of his life I could see he practiced Sankara's Advaita philosophy in its full form. He was an example of the teaching in Bhagavad Gita. He was a Karma yogi & Bhakti yogi. He has given me constant blessings, care, and support. I miss him all the time.

– Dr. L. Mahadevan, CSA Representative, India



Here sincere spiritual seekers may find a peaceful respite from the circumstances and events of daily life, and an opportunity to rediscover their own innate spiritual nature and relationship with the higher reality commonly referred to as God. Mr. Davis saw every aspect of the CSA facility as an extension of his ministry and himself. His consciousness pervades the buildings and the grounds.

As one of the few remaining living disciples of Paramahansa Yogananda we thought we would like to meet Roy.

He was so gracious and generous and our time together was so uplifting, it reminded me of times I spent with Yogacharya Oliver [Black]. I always felt spiritually uplifted after each meeting.

– Roy E. Thibodeau, CSA Minister

Roy was always so kind, generous, and gracious whenever we visited. I will cherish our last visit with him when he graciously served us carrot juice which he had juiced himself! His spiritual wisdom and teachings have been, are, and will always be a guiding force for me along my spiritual path. I am so blessed to have been able to spend some time with him. Om, Peace, Bliss.

– Mary Ann Thibodeau, CSA Minister



Roy Eugene Davis was, and remains, a spiritual light upon my path of Self- and God-realization. A dedicated disciple of his beloved guru, Paramahansa Yogananda—he offered his entire life to disseminating the life-transforming teachings of Kriya Yoga he had received. Mr. Davis’ profound dedication to a life of spiritual service lifted and carried those teachings to seeking souls around the world, and demonstrated for all to see what God can, and will, do through a surrendered servant.

He was an extraordinary, ordinary human being whose devotion to God was like a wood fire that blazes long, steady, and bright—an unmistakable light of divine love and wisdom. – *Ellen Grace O’Brian*
Center for Spiritual Enlightenment
Founder and Spiritual Director

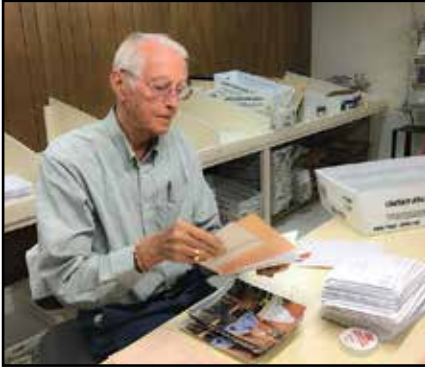


Many of his students regard Mr. Davis as their guru. The word guru, from Sanskrit, “dispeller of darkness,” means teacher. His manner was gentle, encouraging, and supportive. He was always available to share, answering questions and counseling those in need. Positive and optimistic, his advice was practical, direct, and helpful.

Roy was a mentor, teacher, and spiritual friend to many whom he guided towards the path of Self-Realisation. He described life as the ultimate adventure that offers endless possibilities of learning, experiencing, and appreciating all of its forms.

He believed that the spiritual path wasn't an escape from world but a tool to live a fulfilling life in harmony with natural laws.

– *Life Positive magazine, New Delhi, India*



Mr. Roy Eugene Davis wrote a book entitled “Miracle Man of Japan” for Rev. Masaharu Taniguchi, Founder of Seicho-No-Ie, and his activity. Our Founder invited him to Japan to lecture in several main cities in 1964 and gave Mr. Davis the title of Seicho-No-Ie Honorary Minister, recognizing and admiring his deep understanding of the Truth.

With all good wishes in divine love,

– Rev. Masayo Tsuruta
Executive Editor

Seicho-No-Ie Truth of Life magazine



His teachings and ministry will continue far into the future. He left us with a wealth of insightful writing, ongoing publication of *Truth Journal* magazine, and an active retreat center staffed by longtime personal disciples and ordained ministers.

All of us, here, at Kauai's Hindu Monastery have lost a dear friend whom we knew for a long, long time.

He generously gave us moral and spiritual support that has meant a great deal to us. And we all loved what he taught, what he built, and what he stood for. Without ever a word about it, we shared a great inner harmony with each other. We were all working for a similar outcome and took delight in that fact.

He took his students into great depths, yet his presentation was calm, easy, and natural, reflecting the essence of meditation. All these decades working with Mr. Davis, we grew to admire him also for his genuineness and humility, his constant kindness and consideration.

He has left a deep mark on the world and stood as a harbinger of our nascent spiritual era. We are proud to have known him.

Aum Namasivaya,
– *Kaivalyanathaswami*
for *Kauai's Hindu Monastery,*
Kapaa, Hawaii



Our Respected and Revered Roy Eugene Davis

“Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time.”

– *Henry Wadsworth Longfellow*

It was my great privilege, honor, and divine opportunity to meet a few direct disciples of our beloved Master Paramahansa Yoganandaji in the USA. Among them, adorable Roy Eugene Davis is one with whom I spent a good period of time on different occasions in various programs in the USA and India. To me he was a beautiful integration of knowledge, humility, and dynamic activities, which is the result of practice of Kriya Yoga through deep love and adoration to one’s own master. In his late teens and the beginning of his twenties, during the last years of the great master Yoganandaji, the lamp of spirituality that was kindled in him became a holy fire of yoga and knowledge. This fire has served spiritual seekers in particular and humanity in large for sixty-eight years. Revered Roy Eugene Davis is a good example for all of us in our lives of sadhana and service. May his noble life and activities shed light on spiritual seekers.

With Love,

– *Paramahansa Prajnanananda*
Kriya Yoga Institute
Homestead, Florida





CSA Minister Ron Lindahn teaching at Temple of Peace in Denver, Colorado. *May 10–11, 2019*



CSA Minister Furio Sciano offers a Kriya Yoga retreat in Cogoleto, Italy. *May 24–26, 2019*



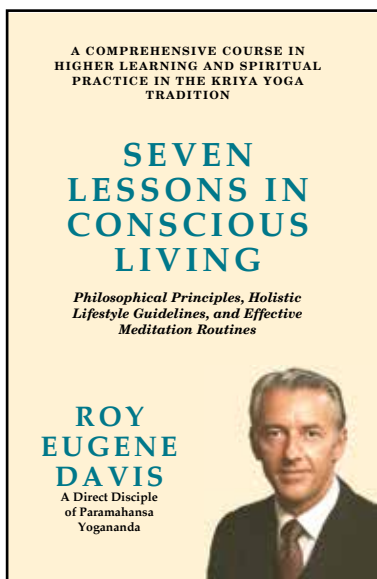
Initiation service with CSA Minister Claudio Cedolin in Venice, Italy. *May 18, 2019*

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In India: Motilal Banarsidass, Delhi. www.mlbd.com
Read free Spanish and Turkish editions on our web site:

www.csa-davis.org

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 CSA senior minister Ron Lindahn. Local members are invited to the morning meditations. Afternoon meditation and workshops by CSA ministers are also 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.
- Videos of Mr. Davis.

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:

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] _____

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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 \$ _____

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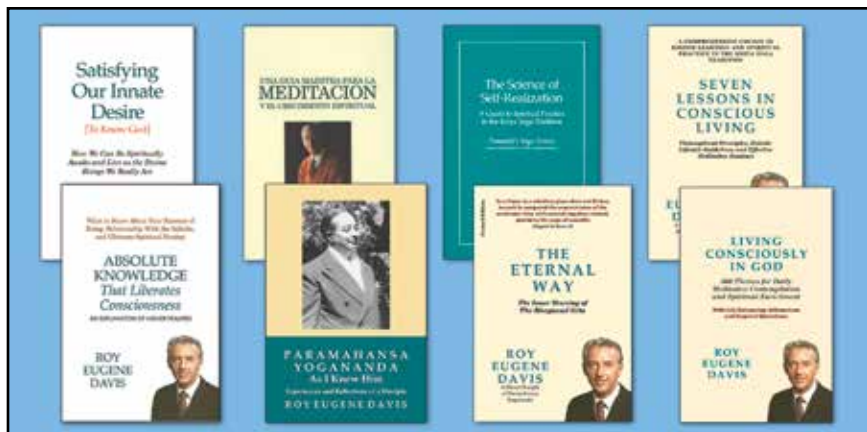
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Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte

Frequently Visit the CSA Website



Inspiring

The CSA website includes books and articles by Mr. Davis along with audio and video recordings of him teaching through the years. News and new recordings are added on a regular basis.

You are Invited to Sign Up For the New CSA Email Newsletter with access to winter webinars.

Informative

CSA Email Newsletter includes an article by Mr. Davis with current news about programs at Center for Spiritual Awareness and activities of CSA ministers around the world.

November through March a monthly one hour webinar will be available to email subscribers.

Visit www.csa-davis.org to join.

