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52 Years of Continuous Publication

# TRUTH JOURNAL

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

A photograph of a decorated Christmas tree in a room with a wooden altar and white statues. The tree is the central focus, decorated with colorful lights, ornaments, and pinecones. In the background, a wooden altar features four white statues of seated figures. A single white statue is also placed on a small table in front of the altar. The room has wood-paneled walls and a carpeted floor.

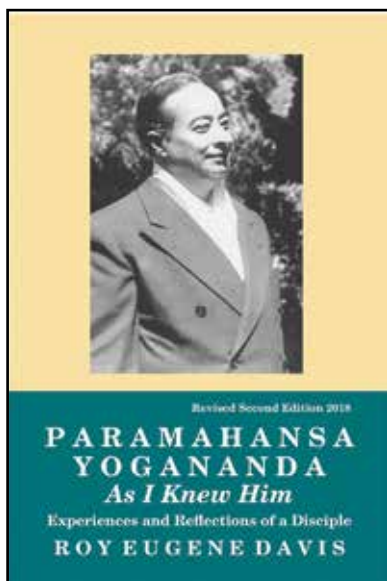
**The Life-Enhancing  
Effects of Thankfulness – 4**

**2nd Edition**

**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:* In the CSA Meditation Hall

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**CSA Retreat Center**



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# **Studies in Truth Lesson**

## **Conscious Living and Spiritual Practice**

### **The Life-Enhancing Effects of Thankfulness**

**Acknowledging the good fortune we now have  
confers peace of mind and makes us receptive  
to the near and future good fortune that life  
can and will provide for us.**

**– ROY EUGENE DAVIS**

The thoughts you habitually think, the states of consciousness you maintain, and the effective actions you skillfully perform will actualize the results you desire.

– *Seven Lessons in Conscious Living*

When actual or imagined unpleasant events or circumstances are thought about, we may become emotionally unsettled and mentally depressed. When events or circumstances that can enrich our lives and contribute to our well-being are acknowledged or anticipated, we are inclined to feel confident and be happy, optimistic, and energetic. For your well-being and the welfare of others, cultivate the positive habit of thinking about and imagining life-enhancing possibilities, act decisively to actualize them, and attract the resources and ideal events and circumstances that can bless you and others.

Scan a daily newspaper or listen to news broadcasts on your radio or television. Notice that most of the reports are about crime, political intrigue, anxiety about the national or international economy, the misfortune of others, accidents, war, disasters, and death. Listen to casual comments made by people with whom you habitually or occasionally interact, and notice that they are often negative, judgmental, pessimistic, or only have opinions which are not based on facts. While being aware of what is happening around you, discriminate between what is true and useful in contrast to what is false and nonuseful.

Look for the good. You will then be able to see favorable circumstances and many opportunities that are now available for you to acknowledge and accept. Seeing the good that can be discerned and being aware of available opportunities not only benefits you; your positive mental attitude and clarity of awareness also beneficially influence others with whom you associate and blend with the collective consciousness of all people everywhere.

Cleanse your mind of any negative thoughts that you have in regard to your past experiences.

Write a List of Past Events and Circumstances  
That Have Enhanced Your Life and for Which  
You are Thankful

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... to give thanks is good, and to forgive.  
– *Algernon Charles Swinburne (1837 – 1909)*

Write a List of Events and Circumstances That Enhance  
Your Life Now and for Which You are Thankful

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From his tongue flowed speech sweeter than honey.  
– *Homer (700 B.C.E.)*

## **Optimistically Look Forward with Clearly Defined Ideas, Plans, and Intentions**

If you are not yet established in knowing that you are an immortal spiritual being, daily remind yourself of this fact and think and plan in accord with that understanding. When thinking about new and distant future plans in this mundane realm, remember that your future extends far beyond it.

- Examine your motives. Is what you plan to do worthwhile; will it be of real value to you? Try to choose plans and projects that will definitely enhance your life and the lives of others who might be influenced by them.
- In a quiet place, write your constructive plans. Define them clearly. What will be the ultimate outcome? What will you need to do to participate in their actualization? Are you now qualified to perform the necessary effective actions? If not, resolve to acquire necessary knowledge and skills.
- Use your powers of creative imagination to “see” and “feel” ideal results.
- Be receptive and responsive to the unplanned good fortune that life can and will provide for you.

From the realm of pure existence to the physical universe in which we abide, wholeness prevails. All things exist and are unified in one field of Reality. Events occur in space and time. While we can easily observe movements of physical objects in space, how events occur in the field of time may not always be understood. Think of time, not as flowing, but as a field in which you can move. The plans you now desire to have fulfilled in the near or distant future can be actualized when all of the conditions necessary for their fulfillment are supportive and you are able to accept the outcome.

Be thankful for the knowledge and good fortune you now have. Remember: An enlivening Power is nurturing the universe and you, and you can learn to cooperate with It.

Write Your Clearly Defined, Constructive Plans  
for the Near and Distant Future

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We never know how high we are  
Till we are called to rise  
And then, if we are true to plan  
Our statures touch the skies.  
– *Emily Dickinson (1830 – 1886)*

Be like a lighted candle which itself gives light  
... and lights other candles without losing its own  
flame so they can give light elsewhere. If this is  
so of earthly fire, what can we say of the fire of  
grace of the All-Holy Spirit of God?  
– *Saint Seraphim of Sarov (1759 – 1833)*

Humility stems from the inner recognition made in the  
true Light that being, life, knowledge, wisdom, and power  
are truly rooted in God. – *Theologia Germanica*

## The Simplicity of Self-Discovery

Your true Self to be discovered is what you really are as a spiritual being, not an illusional sense of selfhood. At the core of your being you are a flawless unit of pure consciousness. All contrary opinions based on lack of knowledge are false.

### *The Direct Way to Self-Discovery*

- Acknowledge the truth: you are an immortal spiritual being expressing through a mind and physical body.
- If your awareness of this fact is not yet perfect, endeavor to acquire an intellectual understanding of it while improving your ability to accurately perceive the truth.
- Aspire to be Self-realized.
- Meditate every day to the stage of superconsciousness, sit for a while in the deep silence, then contemplate (look at with expectation of discovery) the essence of your being.
- Strive to maintain your Self-awareness after meditation.
- If thoughts or feelings of being other than a unit of pure consciousness arise, dismiss them. Remind yourself of your true nature and be anchored in it.
- Read the words of enlightened people to acquire a more comprehensive intellectual understanding of your true nature in relationship to the wholeness of life.

Don't go only halfway on the spiritual path,  
three quarters of the way, or almost to the end  
and then quit. Go all the way.

– *Paramahansa Yogananda*

In a virtuous action, I properly *am*; in a virtuous  
act I add to the world ... and see the darkness  
receding on the limits of the horizon.

– *Ralph Waldo Emerson (1803 – 1882)*

## The Transformative Results of Positive Affirmation\*

\*Latin *affirmare*, to strengthen. To declare to be true.

Observe your thoughts and conversations. Do you always think and declare what you want to be true for you, or do you think and declare lack and limitation? Are you self-confident? Are you optimistic? What are you producing or attracting that corresponds with your thoughts and spoken words?

If you need to cultivate habits of positive thinking, feeling, speaking, and action, use concise, clearly defined affirmations to declare the experiences and circumstances you need or desire to be yours now. Whatever you really need or want, first possess it in your mind and consciousness and it can be yours in fact.

- Know what you need or want. Be specific. Do you need or want improved health, a comfortable abode, a better job, success in a business venture, more money, peace of mind, spiritual awareness, freedom from bad habits or addictions?
- When you know what you need or want, decide to have it. Don't think about why you should not, or cannot, have it.
- Declare that you have it. You can have peace of mind immediately. Physical health and spiritual awareness will progressively improve. Outer changes can occur quickly.

Write a concise affirmation that clearly defines what you need, want, or already have and want to continue to have. Example:

I am spiritually aware, mentally peaceful,  
emotionally stable, physically healthy,  
abundantly prosperous, have ideal personal  
relationships and circumstances, and always  
thrive and flourish in all aspects of my life.

Speak the affirmation aloud, with conviction, until thoughts and feelings to the contrary cease. Immediately assume (take on) the mental attitude, feeling, and state of consciousness that you declare to be yours.

There is no magic or mystery involved when using affirmations. Simply declare that you have what you need or want. Allow your unwavering faith to constructively influence your thinking, feelings, and decisive actions while being receptive to the unplanned good fortune that life can and will provide for you. – *Absolute Knowledge That Liberates Consciousness*

## **Absolute Knowledge Book & CDs to Support this Article**

### *Chapter Themes*

The Truth About Your Essence of Being and Your Relationship With the Infinite

The Sequential Categories, Specialized Capacities, and Orderly Processes of Cosmic Manifestation

The Psychological and Physiological Basis of Spiritual Enlightenment

Superconscious Meditation That Clarifies Awareness and Facilitates Authentic Spiritual Growth

Guidelines to Dedicated Discipleship

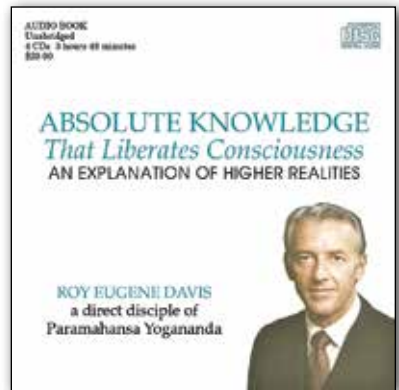
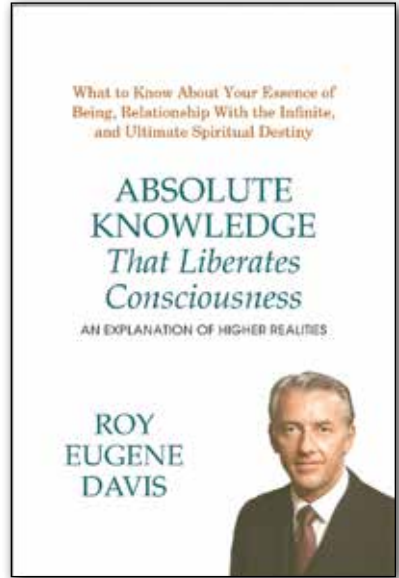
Three Transformative Practices to Effectively Use Infinite Life

### *Addendum*

The Evolution of Religious Beliefs and Practices

*Glossary of Key Words and Philosophical Concepts*

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Roy Eugene Davis

Answers to Questions about the Spiritual Path

## **These Philosophical Principles and Spiritual Practices Are New to Me. How Many Years Will Be Required to Be Self- and God-Realized?**

Spiritual awakening need not be related to a flow of time, which may only be our perception of changing events. It will occur in accord with your intentional endeavors and ability to experience useful adjustments of states of consciousness. At the core of your being you are already flawless. Remind yourself of this until you are established in that knowing, then think and live in ways that you know to be for your highest good in all aspects of your life. You will often be surprised by the many life-enhancing experiences and soul-satisfying realizations that you will have.

*It is difficult for me to understand that God is an impersonal, omnipresent reality. I have always thought of God as being a cosmic person. Will my comprehension of what God really is improve as I continue to study and practice meditation?*

Comprehension of God can be immediate; it is more usual for it to be progressively acquired. Think about and relate to God as God is most real to you. Allow concepts to be replaced by intellectual and intuitive insights. As you become more Self-realized, innate knowledge of God will be fully present. You will recognize what is true when you actually experience it.

For people who have, for many years, thought of God as a cosmic person, to consider the one Reality to be otherwise is not always easy to do. Even when authentic insights are had, deeply imbedded memories of previous beliefs may arise and contribute to mental confusion and emotional unrest. People who had no previous concept of God may be able to accept a transcendental concept of that Reality and proceed to further examine it. The aim should be to see beyond beliefs to what is true: that knowledge will finally satisfy the heart (essence of being) of the dedicated seeker of truth.

*It is not always easy for me to retain an awareness of my Self as a spiritual being when relating to people with whom I have to associate who seem to be satisfied to be ordinary human beings and are not inclined to be spiritually conscious. What can I do about this situation?*

Do your best to be compassionate and supportive without being excessively influenced by what others say or do. Learn to compassionately acknowledge the inherent, divine nature of others regardless of their personality characteristics or habitual demeanor. Your inner peace and the silent radiance of your spiritual awareness will have a subtle, beneficial influence on them and their environment.

When possible, wisely choose your personal relationships. Avoid unnecessary social interactions that are not wholesome or are not of real value to you or to others. Now and then, it can be helpful to associate with spiritually inclined friends. Even then, it will be best to avoid excessive talking about mundane matters which are not relevant to the purpose of such sessions.

When you are attentive to your own duties, concentrating only on important matters, it will be easier to appropriately relate to others in various situations.

*I have been adhering to a regular routine of wholesome living, metaphysical study, and meditation practice for several years, but have not yet had the positive results I want to have. What more can I do?*

Continue with your useful routines while cultivating your intellectual and intuitive powers and meditating more deeply. Read only books and publications in which the facts of life are clearly described. Avoid reading about philosophical opinions or invalid spiritual practices. Expose your mind and consciousness only to what is true and worthwhile. Go deep within to become increasingly aware of the essence of your being and your relationship with the Infinite. Welcome each new day as an opportunity to be more spiritually awake. You abide in the ocean of God. Wherever you are, you are in the wholeness of God.

*I have only recently learned to meditate. When I close my eyes I see “pictures” that are similar to dreams and tend to become involved with them. What should I do about this?*

Resolve with firm intention to be superconscious. To help your concentration, pray or use a meditation technique until your mind is calm and the mental pictures are ignored.

If mental pictures persist and are a distraction, continue to sit still, open your eyes, and gaze straight ahead without looking at anything. Be an *alert observer* of the changes that will occur in your body, mind, and awareness. You will relax, your mind will be calm, and your awareness will be clear. You may then again close your eyes and turn your attention inward.

*When I meditate to experience a superconscious state, I have to sit for thirty minutes or more before my mind settles down and I am able to experience a degree of mental clarity and deep peacefulness. How can I more easily be superconscious?*

Repeated practice is the key. When you experience a state of superconsciousness, observe it and how you feel. When you again sit to meditate, remember the clarity of awareness that you had and how you felt during the previous episode of superconsciousness—and gently bring forth a similar state.

*While we are nurturing our spiritual awakening, what should be our concerns regarding the well-being of others who have personal problems and needs?*

If you are able to help someone, do it. Learn to discern the difference between sympathetic feelings that you might have and rational, compassionate caring. Allowing emotion-based feelings of sympathy to cause you to act unwisely may result in wasteful expenditures of your time and material resources. When possible, educate and assist others who need help to be responsibly self-reliant rather than helpless or dependent. If they are receptive to learning about spiritual matters, give them a helpful book or other literature. Try to inspire them to rise to a higher level of understanding and competence. Avoid allowing your concerns

for others to cause you mental or emotional distress or complicate your life.

*I like to imagine ideal possibilities for myself and for others. What is the difference between fantasy and imagination?*

Fantasy is uncontrolled imagination. Creative imagining is intentionally controlled. By creatively imagining possibilities that are ideal for yourself and for others, they can be brought into manifestation by appropriate actions or by attracting the events and circumstances that will produce ideal outcomes.

Fantasies may sometimes produce effects by influencing one's thoughts, moods, behaviors, and reactions. It is better to consciously use imagination with creative intention and to be responsible for the results.

*When I compare my present state of consciousness with states of consciousness which spiritually enlightened people are said to have, there seems to be a great difference between them. Can I be as spiritually enlightened as I aspire to be?*

Yes, you can be as spiritually enlightened as you aspire to be. All souls have the same potential to be fully awake.

*Will there ever be an end to our spiritual growth? If there will be an end, how will we know when we have realized it?*

The final stage of spiritual growth is complete liberation of consciousness: flawless Self- and God-realization devoid of all erroneous beliefs, illusions, and the awareness-modifying influences of cosmic forces. You will know when you are liberated.

While relating to the material realms (including the astral and causal realms and the field of primordial nature), the possibilities for having new perceptions and experiences are endless because of changes and transformations that continuously occur. When you are fully liberated while embodied, you will be able to view the ever-changing drama of life with detachment.

Continue on your spiritual awakening path until you are firmly established in flawless Self- and God-realization.

## **Guidelines to Inspired Living**

Speak the affirmations aloud with conviction.

December 1 – 7

### **Your Life Has Limitless Possibilities**

As an immortal spiritual being you have within you virtually (as yet unexpressed) unlimited potential to learn, expand your consciousness, and creatively live with conscious intention.

*I live freely and creatively as an immortal spiritual being.*

December 8 – 14

### **Think Big, Aim High**

Is your thinking confined by a false sense of incompetence or unworthiness? What can you imagine as being possible for you? Firmly resolve to be all that you can be and do all that you can do.

*My mind and being are always open to my infinite good.*

December 15 – 21

### **Know the Difference Between Your Wants and Needs**

Your *wants* and your *needs* may not always coincide. Have what you really need for your highest good.

Satisfy whims and inclinations only if they are of value.

*I always make right choices.*

December 22 – 28

### **Focus Your Attention on Important Matters**

By concentrating only on activities and involvements that are of real value, you will always skillfully and effectively accomplish your meaningful purposes.

*I concentrate my attention and actions only on doing and having what is for my highest good.*

December 29 – January 4

**Live With a Clear Sense of Meaningful Purpose**

You are in this world to: 1) live effectively; 2) learn to have wholesome desires and real needs easily satisfied; 3) be prosperous enough to be comfortable and do what you want to do; 4) awaken to Self- and God-realization.

*I always live with a clear sense of meaningful purpose.*

January 5 – 11

**Produce the Circumstances that You Want to Have**

Cooperate with the universal impersonal spiritual, mental, and physical laws of cause and effect to have the results that you want and need.

*I wisely cooperate with the laws of cause and effect.*

January 12 – 18

**Attract Continuous Good Fortune**

Your mind is one with Cosmic Mind that is responsive to your thoughts, intentions, desires, and needs. Learn to always be wisely in tune with Cosmic Mind. Be open and receptive to all of the unplanned good fortune that can be easily provided for you.

*I continuously attract fortunate events and circumstances.*

January 19 – 25

**Cultivate Cheerfulness and Optimism**

At the innermost level of your being you are established in the pure joy of Self-knowing. Let your innate joy come forth as you look for and expect the best possible outcomes for all unfolding situations.

*Inwardly joyful, I am always cheerful and optimistic.*

January 26 – February 1

**Improve Your Powers of Perception**

You can have exceptional powers of perception that enable you to accurately understand what you observe.

*I accurately perceive and understand everything that I observe.*

## CONSCIOUS FOOD PREPARATION

### Vegetarian Rice Pilaf (6 – 8 servings)

**pilaf** A dish made with rice, seasoned broth, and vegetables or other selected ingredients.

3 cups brown or basmati rice (rinsed) 7 cups of vegetable broth  
2 cups carrots, 1/2 inch slices 2 cups broccoli florets or green  
peas 6 garlic cloves, smashed or grated 2 cinnamon sticks  
20 cloves 20 black peppercorns 2 tablespoons butter or ghee  
1 teaspoon turmeric 2 cups crumbled feta cheese

1. Simmer carrots in 8 cups of water for 7 or 8 minutes. Add broccoli or peas, cook 5 more minutes. Put vegetables in a bowl, rinse with cold water to stop cooking, and set aside. Reserve the vegetable broth.
2. Heat the butter or ghee in a 4 quart pot on medium heat. Add the garlic, black peppercorns, and cloves. Stir 3 or 4 minutes. Add the rice, stir to coat rice. Pour 7 cups of reserved hot vegetable broth into the pot (add hot water if necessary to make 7 cups). Add cinnamon sticks and turmeric. Stir to mix.
3. Boil the rice 5 minutes with the lid off. Turn heat to low and put a lid on the pot. Cook until water is absorbed (20 – 25 minutes for brown rice; 15 – 20 minutes for basmati rice). Remove from stove and let sit for 5 minutes with the lid off the pot.
4. Put cooked rice in a 9" x 14" (approximately) glass baking dish or metal pan. Remove the cinnamon sticks. Fluff rice with a fork. Add vegetables and gently stir to mix. Scatter the feta cheese on top.  
Serve immediately or keep warm in the oven; 150°F (65°C).





*Discovering the Sacred  
In Everyday Life*

## **Giving Every Day**

*Ellen Grace O'Brien*

Paramahansa Yogananda said, “Unselfishness is the governing principle in the law of prosperity.” The practice of generosity is the way we transform our selfish tendencies into unselfish habits. At first, our attempts to be generous and give to others may be “selfishly” motivated by our desire to work the spiritual laws of prosperity. This is okay. It is just a stage of an unfolding journey. For a while we might be “selfishly unselfish.” But once we create new habits, and a new orientation of giving and caring, the innately generous nature of the soul will prevail.

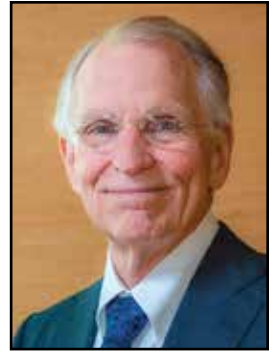
Like all spiritual practices, this one begins within, in the sanctuary of our illumined consciousness. It begins with taking the time after meditation and prayer to be thankful for all that we have been given, all that we have to give, and intending to give at every appropriate opportunity. Our contemplation and pure intention are followed by using our discernment to ascertain the highest way to give. How we give is as important, perhaps even more important, than what we give.

Awareness of the energy of our giving extends to all of our gifts—sentimental offerings to family, offerings of service in the greater community, and our philanthropic giving. To give appropriately, freely, and joyfully is the way of a generous, grateful, abundant heart.

From the author’s book *The Jewel of Abundance*, published 2018 by New World Library. Paper cover, \$16.95 plus postage. At bookstores, amazon.com, or Center for Spiritual Enlightenment, 1146 University Avenue, San Jose, CA 95126. Tel: 404-283-0221 info@csecenter.org www.csecenter.org

## Everything Matters

*Ron Lindahn*



Everything matters, is important. Everything we see, hear, touch, taste and smell changes neural pathways in our brain, concepts in our mind, and feelings in our bodies. The things we pay attention to, and the way we use our time and energy, serve to transform us, either in the direction of bright, conscious living, or the heaviness of the blurred, fragmented thinking of ordinary consciousness.

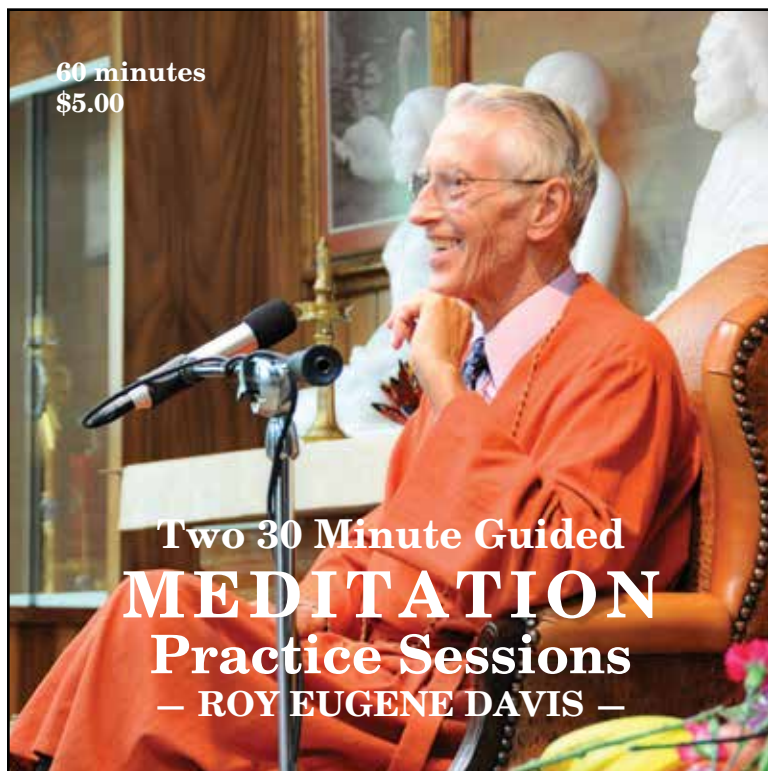
Our universe is continually unfolding from within, blossoming into expression. Each thing that happens (cause), has consequences, results in some change, or effect, in the future. In turn, each effect, or consequence, becomes a new cause, producing corresponding effects.

In the same way our lives are continually unfolding. Every thought, word, and action in the present, results from (is the effect of) prior perceptions, ideas, stories, actions, events, and circumstances. The thoughts, words, and actions of today serve as seeds (cause), with consequences that grow into future effects.

You make a difference, change the future, with your every thought, word, and action. Each is a cause that will produce an effect. It is for this reason that we are encouraged to live with purpose, with a clear sense of the future we have complicity in creating. This is why we accept the discipline to be mindful of what, and how, we are thinking, feeling, speaking, and acting at all times. This is why we meditate every day in order to rest in the experience of our pure essence of being, and have access to our inner power, in order to live consciously and effectively at all times.

What kind of difference do you choose to make? What future are you creating?

## Meditate Easily, Naturally and Enjoyably Recorded During CSA Private Retreats



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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.

Regular meditation can reduce stress, enhance perceptions and concentration, strengthen the immune system, slow biological aging, improve the brain's capacity to process refined states of consciousness, and clarify awareness.

\$5.00 plus \$1.50 U.S. postage Foreign airmail \$3.00

See Order Form on Page 30

*A Benevolent Power is Nurturing Our Universe  
and We Can Learn to Cooperate With It*

# Observations, Insights, & Discoveries

**The brain and spine are  
the altar of the Infinite.**

*Stella Wuttke*



Almost 100 years ago Paramahansa Yogananda stated that the brain and the spine, the central nervous system, are the altar of God. Yogic and meditation practices serve to prepare the brain so that higher (clear and aware) states of consciousness can occur naturally. Neuroscientific studies reveal what the preparation of the nervous system is and how it is established within the brain. Advanced meditators often report that, rather than as a strenuous act, they effortlessly “drop” into these states, when they are calm and at ease.

Every practice, such as engaging in a specific sport, learning a language, or becoming a skilled piano player, is shaping the brain through its inherent plasticity and ability to adapt. Yogic practices shape the brain in a very specific way. Brain imaging studies over the past two decades show that meditation practice causes structural changes in the brain that modify the volume and neural density of certain brain areas as well as intra- and inter-hemispheric connectivity. These structural changes go along with alterations in brain function. Areas that show changes resulting from meditation practice are associated with “self- and emotion-regulation,” meta-awareness (making awareness itself an object of attention), body awareness, and memory processes. These neural changes match the reported experience of being more emotionally balanced or more mindful, and correlate with studies measuring increased memory in meditators.

Neuroscience is revealing how the altar of God changes through dedicated meditation practice.

Reference: *Tang, Y., Hölzel, B. K., & Posner, M. I. (2015).*

*The Neuroscience of Mindfulness Meditation. Nature Reviews, Neuroscience, 16, 213-225.*

**A space telescope could use Earth's atmosphere as a lens.** According to an article in the September 14, 2019 issue of *Science News*, astronomer, David Kipping of Columbia University, is studying the possibility of using the atmosphere around the Earth as a telescope lens. “When light from stars and other objects in the cosmos hits the atmosphere, the light rays bend and are concentrated so they focus on a region of space on the opposite side of Earth. A spacecraft in the right spot, orbiting 1.5 million kilometers from Earth, could catch those rays with onboard instruments, collecting more light from dim objects than ground-based telescopes can.”

**Quantum properties observed in large molecules.** Magnify the smallest specs of matter several thousand times and you will see their boundaries are fuzzy and blurred. They slosh into one another, interpenetrating, as they resemble waves interacting. When these wave-like objects are measured in certain ways, or interact with surrounding particles, they no longer exhibit wave like properties, but are seen as discrete points or particles. This is the strange world of quantum physics.

Atoms, electrons, and other minutiae have been observed by physicists for many years transitioning between wave-like and particle-like states. Recently physicists were able to observe quantum wave-like properties in the largest objects to date—molecules composed of 2,000 atoms, the size of some proteins. It is extremely difficult to measure quantum effects because attempts to measure can influence the observation.

“One possibility physicists are exploring is that quantum mechanics might in fact apply at all scales. ‘You and I, while we sit and talk, do not feel quantum,’ says Markus Arndt of the University of Vienna in Austria. ‘We seem to have distinct outlines and do not crash and combine with each other like waves in a pond. The question is, why does the world look so normal when quantum mechanics is so weird?’ ” – *From the September 23, 2019 edition of Wired Magazine.*

He who sees the Infinite in all things sees God.  
– William Blake (1757-1827)

## 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.

When you say to God, “Oh God, take me, for the highest thing that I can do with myself is to give myself to Thee,” when you say that to God, humbly, but with all your heart, kneeling all apart in your chamber, where no one can see you, it is bewildering to me to think into what company you are taken instantly by that prayer of devotion. You sweep into the current of the best, the holiest ... which in every age has dedicated itself to God.

– *Phillips Brooks (1835-1893)*

To get at the transcendent within ... one must break through one's normal self. We must impose silence on our familiar self if the spirit of God is to become manifest in us.

– *Sarvepalli Radhakrishnan (1888-1976)*

The necessity of an inward stillness has appeared clearly to my mind. In true silence strength is renewed, the mind is weaned from all things, save as they may be enjoyed by the divine Will. – *John Woolman (1720-1772)*

There is a Divine Center into which your life can slip, a new and absolute orientation in God, a Center ... out of which you see all of life through new and radiant vision.

– *Thomas R. Kelly (1893-1941)*

When you have purified your heart with piety, the veils between you and God will be removed, the light of mystic knowledge will be revealed to you, there will burst forth from your heart the springs of wisdom, and the secrets of the supernal realm will be made clear to you.

– *Abu-Hamid Muhammad Al-Ghazzali (1058-1111)*

For Dedicated Truth Seekers

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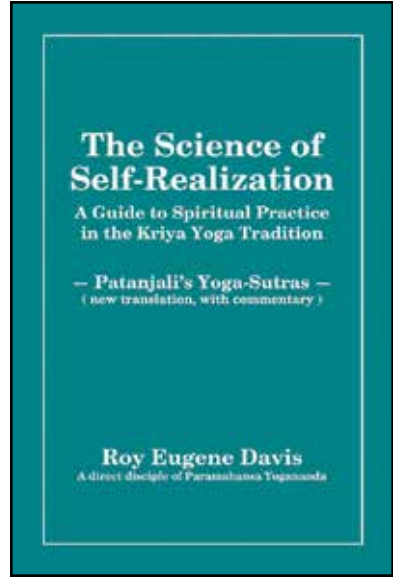
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## News and Highlights: September Retreats



*Above:* Kathleen Rehling leading a QiGong class on the lawn and Julie Barrier leading a Hatha Yoga class during the two-week September retreats.

*Below:* A group gathering in front of the CSA Meditation Hall.





*Above from left to right:* Furio Sciano, Italy; Gloria Donohue-Little, Kansas; and Marty Wuttke, California, conducting afternoon workshops.

*Below:* Ron Lindahn leading the Teacher Training classes for new and existing CSA ministers and teachers.



## 2020 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 Roy Eugene 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](http://www.csa-davis.org)**

**Click on Retreats page**

## 2020 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 6 – 10 and 13 – 17    May 4 – 8 and 11 – 15  
June 1 – 5 and 8 – 12    July 6 – 10 and 13 – 17  
August 3 – 7 and 10 – 14    September 7 – 11

*October to December Weekends, arrive Friday:*

October 24, 25. 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 14, 15. Program like October (above).

*December 5:*

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

**2019 December 7**

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

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Retreat dates \_\_\_\_\_

Arrival date \_\_\_\_\_ Departure \_\_\_\_\_

Email \_\_\_\_\_ Tel \_\_\_\_\_

Name [s] \_\_\_\_\_

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**Words That Heal and Transform** (Affirmations) \$2.00 \_\_\_\_\_

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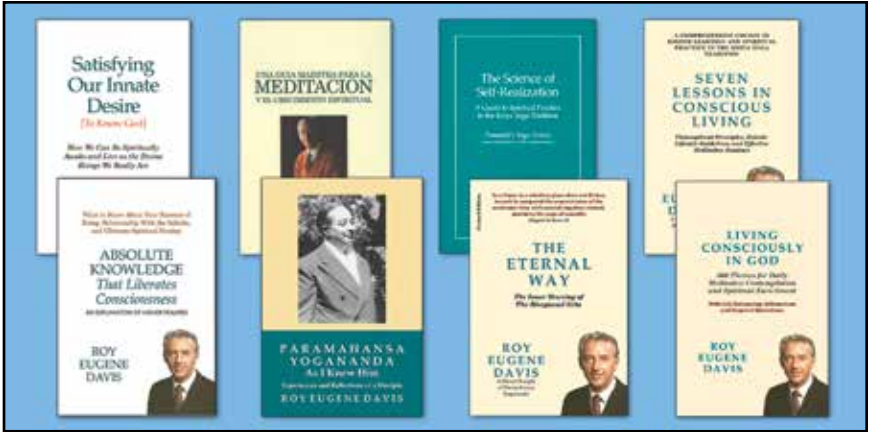
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**Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte**

**West Palm Beach, Florida Sunday, January 12**  
**10 a.m. to 4 p.m. (rest / lunch break: 11:30 - 12:45 p.m.)**

**Meditation Seminar and Kriya Yoga Initiation**  
**with CSA Senior Minister Ron Lindahn**  
**and CSA President Clifford Rosen**

**EMBASSY SUITES HOTEL**  
**1601 Belvedere Road (near the airport)**

Forms of practice taught will include prayer, affirmation, breath awareness, mantra, pranayama, and contemplation. Kriya Yoga initiation at 2 p.m. for everyone inclined to be sincerely dedicated to their spiritual path.

**Donation Basis Invite Your Spiritual Friends Arrive Early**

Pick up a copy of *In the Sanctuary of Silence* (32 page meditation instruction booklet) at the Free Literature table. Mr. Davis' book *Paramahansa Yogananda As I Knew Him* will be available at the seminar at a special price of \$5.00.

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Center for Spiritual Awareness founder, Roy Eugene Davis, taught Kriya Yoga meditation methods for 68 years. Mr. Lindahn met Mr. Davis in 1970, was ordained a minister in 1978, and teaches meditation methods in the Kriya Yoga tradition at CSA Headquarters in Lakemont, Georgia. Mr. Rosen was ordained a minister by Mr. Davis in 1993 and served as Vice-President of CSA for 20 years. He is a businessman in south Florida.

