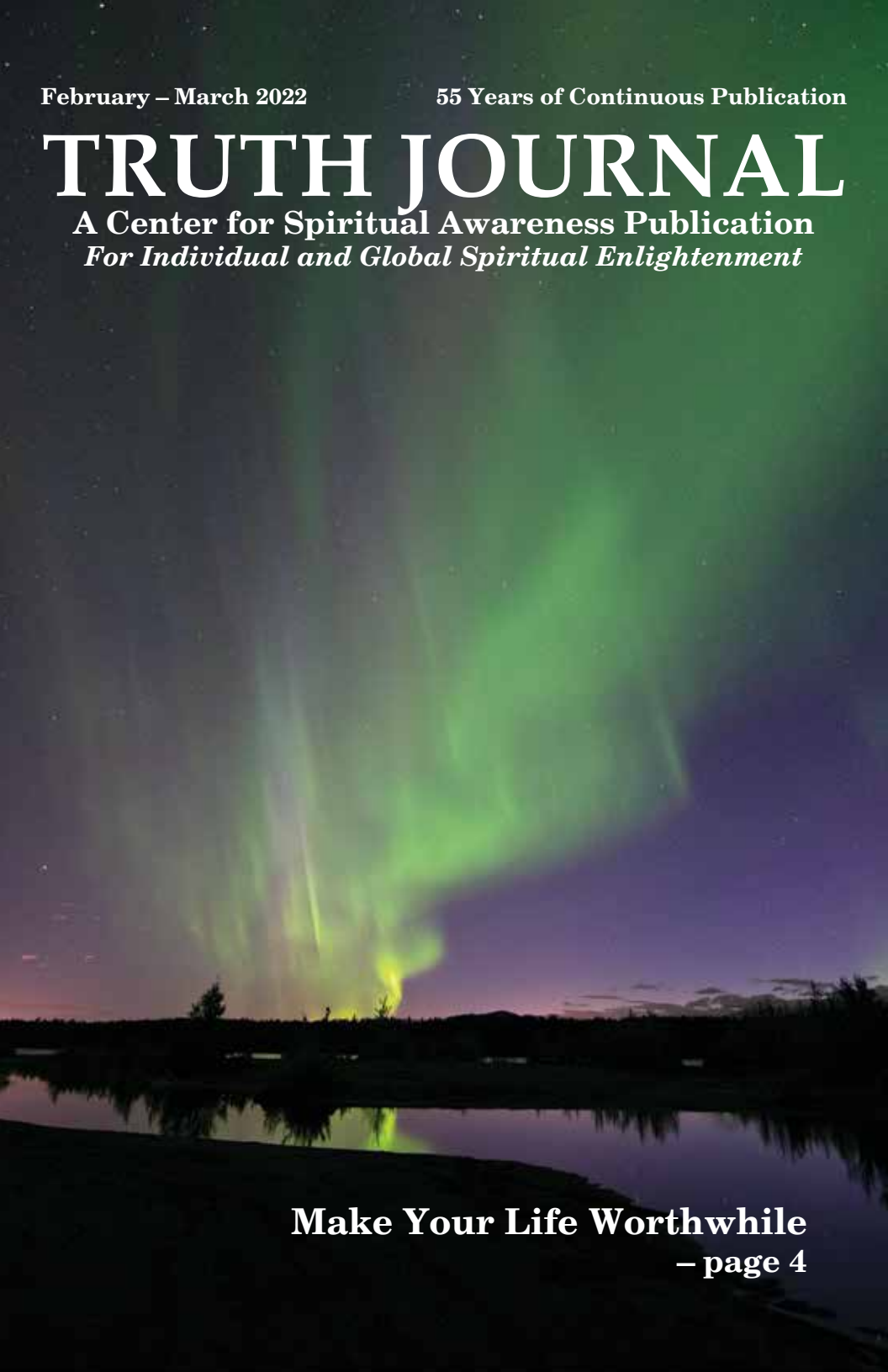


February – March 2022

55 Years of Continuous Publication

TRUTH JOURNAL

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



Make Your Life Worthwhile

– page 4

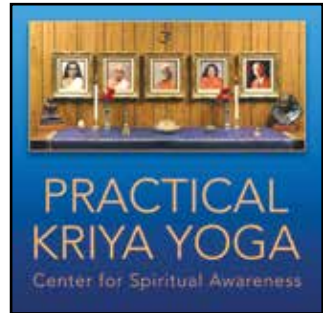
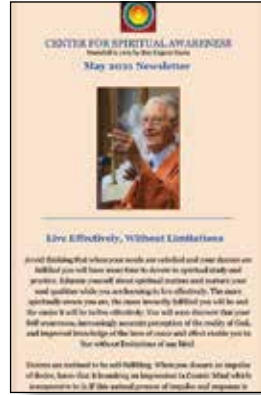
The **CSA Email Newsletter** includes an article by Roy Eugene Davis, current news about online and in-person programs offered by Center for Spiritual Awareness, and activities of CSA ministers around the world. **To join visit**

www.csa-davis.org

CSA will not share or sell your email address.

Audio recordings of the CSA online retreats are added regularly to our Podcast site,
Practical Kriya Yoga.

<https://kriya.podbean.com/>



**You Are Invited to Join Us on Our Facebook Page
Center for Spiritual Awareness**

to stay informed of upcoming online retreats and for access to newsletters and *Truth Journal* magazine.

<https://www.facebook.com/groups/82457520453>



Front Cover: Aurora Borealis, (northern lights), north of Anchorage, Alaska. Photo by Kevin Layou

| | |
|--|-------|
| Make Your Life Worthwhile | 4 |
| Answers to Questions About the Spiritual Path | 13 |
| A Matter of Life | 16 |
| Guidelines to Inspired Living | 18 |
| After 75 Years <i>Autobiography of a Yogi</i> Still Inspires | 20 |
| Discovering the Sacred in Everyday Life | 22 |
| Clearing Your Spiritual Path | 24 |
| News and Highlights | 27 |
| Retreat Information | 28&29 |
| Book List | 30 |

Below: CSA Headquarters Meditation Hall and grounds.



Published: February, April, June, August, October, December
Kathleen Low, Editor

Subscription in the U. S. \$10.00 Other countries \$20.00 airmailed

Copyright © 2022 by Center for Spiritual Awareness

P. O. Box 7 Lakemont, Georgia 30552-0001

Phone 706-782-4723 Monday – Friday 8 a.m. to 3 p.m.

e-mail info@csa-davis.org Web Site www.csa-davis.org

Offices and Retreat Center at 151 CSA Lane, off Lake Rabun Road

Studies in Truth Lesson

Conscious Living and Spiritual Practice

Make Your Life Worthwhile

One of the most frequent questions I am asked is,
“How can I discover my right place in life and know
without any doubts my major purposes?”

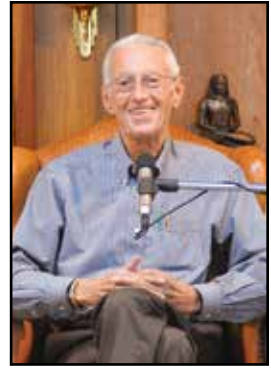
– *ROY EUGENE DAVIS*

– *Iridescent Clouds. Photo by Todd Bush*

Spiritual progress can be quickened by concentrating on essentials.

–*Paramahansa Yogananda*

Although the ultimate purpose in life for one who is not yet spiritually enlightened is to awaken to that state, those who ask the question usually want to know what will be of value for them to do on a day-to-day basis.



If you do not yet feel that your life is worthwhile:

- Pray about it, then be still and observe your thoughts and feelings. On a note pad or in your personal journal, record the thoughts and feelings that arise. If insight along with a sense of certainty does not occur immediately, be patient.
- Ask: If I had the freedom, skills, and resources to do what I want to do, what would I do? Write the response.
- If your purpose is well-defined, go forward. If knowledge or skills are needed to enable you to accomplish what you think is best to do, acquire the knowledge and skills.
- If your purposes are not yet known, be receptive to the promptings of your innate intelligence and what seem to be useful opportunities that life will present from time to time.
- Remain cheerful and optimistic.

Writing your inspired thoughts and clearly defined plans is important because writing helps you remember the ideas that

Roy Eugene Davis (1931–2019), a direct disciple of Paramahansa Yogananda, taught spiritual growth methods and Kriya Yoga for sixty-eight years in North and South America, Japan, Africa, Europe, and India. His books are published in ten languages and eleven countries.

He founded Center for Spiritual Awareness international headquarters and retreat center in 1972. Since his passing in 2019, the CSA staff and personally trained ministers have continued his mission of teaching clear, effective spiritual practices that support complete awakening to Self- and God-Realization, and a prosperous, meaningful life.

seemed insightful or the plans you thought might be useful to implement. A few years ago, managers of a large business were surveyed about their goal-setting practices. It was found that 23% had no specific goals; 67% had minor goals but did not write them down; only 10% had long-term goals. Of those with long-term goals, only one person in three wrote a clearly defined plan. Further investigation revealed that managers with specific goals achieved them 44% percent of the time. Those with clearly defined written goals had an achievement record of 89%. Purposeful, goal-oriented people *expect* to be successful, *act effectively*, and most of the time their hopes, dreams, and endeavors *produce* desired results.

There are several reasons why clearly defined goals enable us to succeed:

- When goals are kept in the forefront of awareness, thoughts, plans, and actions are inclined to be decisive.
- We are more inclined to concentrate on matters considered to be essential and easily disregard those which are not.
- We are more likely to have a well-ordered lifestyle because of being forward-looking and enthusiastic. Our choices in regard to diet, exercise, rest and recreation, continuing education, spiritual practices, and socializing are usually more supportive of our long-range goals.
- Our habitual states of awareness and mental states interact with and attract a corresponding response from Universal Mind. To make your life worthwhile, be responsible for the states of awareness and mental and emotional states you choose to maintain.

If unwanted or challenging events occur, don't allow them to disturb your inner peace. When circumstances or personal relationships are troublesome or distracting, remain calm and make better choices. Cultivate soul-centered awareness at all times, regardless of what occurs around you.

Ask for What You Need or Want

What you really need, you deserve to have. Your worthy desires should, and can, be fulfilled. When you are aware of your relationship with the Infinite, you know this to be true. When you think and feel as though you are an ordinary person, you may be confused. You may then think that God may be denying you the security you need or the fulfillment you desire as punishment for past wrong behaviors, or to teach you a lesson. God neither rewards nor punishes; your experiences correspond to your own states of awareness, mental states, and behaviors. You may believe that karma (subconscious conditionings acquired as a result of past thoughts, feelings, and behaviors) determines your experiences and there is nothing you can do about the situation. Although subconscious tendencies can be influential, you can choose not to be compelled by them. When you are soul-centered and purposeful, problem-causing subconscious conditionings are weakened and eliminated.

What are your needs? What do you want to experience or have? Perhaps your needs haven't been satisfied or your desires remain unfulfilled because you haven't yet asked for what you need or want—or haven't asked correctly.

What you ask for in the right way will be provided for you. Discriminate: discern the difference between your real needs and whims, and between desires that can enhance your life when fulfilled and those that may not.

Ask with confidence. Don't beg, or ask for "just enough to enable you survive" or to "make possible a modest degree of fulfillment." You are an immortal spiritual being; think, feel, and act like what you really are—from the core of your being rather than as an egocentric, personality-oriented person. Affirm and acknowledge that which you can imagine as being possible for you to have or experience.

Relate to God in accord with your present understanding.

- If you imagine God as an omnipresent, supreme being with whom you can relate and who can respond to your prayers, pray to that concept of God.

- If you imagine God as an all-pervading, omnipotent presence, pray to and relate to that.
- If you are aware of abiding in the wholeness of God, accept the fact that, as a unit of that one reality, it is expressing as, in, and around you in divine order. Cultivate the feeling, knowing, and conviction that you are always in your “right place” in the universe and that abundant resources and supportive events, circumstances, and relationships for your highest good are spontaneously provided.

Your asking can be silent and mental or you can audibly talk to God as you imagine or know God to be. Talk with God directly. Be specific. Ask for what you need or want until your conviction of having it is strong and unwavering.

If talking with God is a new experience for you, experiment with the process. You will discover that talking with God organizes your thoughts and enables you to more easily determine what is important for your well-being. Imagine (or acknowledge) the reality of God where you are. Speak out loud: “God, this is my situation,” and go on from there. Explain your situation. Describe your needs. Define your desires and explain why you want them fulfilled. If you have fears or conflicts, or feelings of guilt, insecurity, or incompetence, declare them. If you have bad habits you want to renounce or good behaviors you want to actualize, say so. Reveal everything. Keep talking until you have nothing more to say, then be quiet.

Although God already knows of your needs and the desires of your heart, talking with God will help you to be more God-aware and insightful.

Talk with God privately, when you are alone. If at first you feel uncomfortable doing it (or even a bit foolish), do it anyway. You will soon discover that talking with God is a pleasant, satisfying, beneficial experience.

Stop: Before reading any further, pause for a few minutes and talk with God.

Look for What You Need or Want

Be observant. Look through or past conditions which are not compatible with your ideals and aspirations. Imagine what can be possible for you. Mentally “see” it. At the core of your being, acknowledge and accept it. When what seem to be opportunities that may enable you to have your needs satisfied and your life-enhancing desires fulfilled, investigate them to find out whether or not they can be helpful.

Helpful ideas can sometimes be acquired from what other people say or what you read. Helpful ideas will also spontaneously rise to the surface of your awareness. As you remain alert and attentive, you will discover that you intuitively make good choices and perform right actions. It will become more evident that the universe is supportive of you to the extent of your receptivity and responsiveness. You will become increasingly cosmic conscious, more aware that the universe is a continuum: one, whole manifestation of cosmic forces. Your former illusional concepts about God, yourself, and the universe will dissolve. You will realize that there is no separation between God and the material realm in which you abide.

Persist Until Your Needs Are Satisfied and Your Life-Enhancing Desires Are Fulfilled

Don’t give up. Refuse to be unhappy or to indulge in negative moods. Be cheerful and intentional. Avoid being influenced by the negative opinions or behaviors of others. Don’t allow “bad” news about events that occur in your community or elsewhere in the world to cause you to become fearful, anxious, or depressed. External events and circumstances are transitory; they come and go. Be anchored in *that* which is permanently changeless.

After an interlude of prayer and meditation, and at all other times, know that you are in harmonious accord with the rhythms of life. Know that what you need is now available to you and that your constructive desires are being fulfilled. Cultivate faith: have confident belief (absolute, pure conviction) that your needs are being satisfied and your desires are being fulfilled. Be patient

when patience is necessary. Decisively perform actions that will produce the desired results when such actions are necessary.

The Benefits of Orderly Living

orderly Having a methodical or systematic arrangement.

Organize your life. Do what is necessary to be spiritually aware, mentally competent, emotionally balanced, physically healthy, effectively functional in the accomplishment of worthwhile endeavors, and in harmonious accord with others who share your life or with whom you relate. A simple (uncomplicated) lifestyle that is in accord with nature's laws will contribute to your happiness and total well-being as you successfully accomplish your purposes. Remember that a healthy, long life will enable you to learn what you need to learn, do what you need or want to do, and accomplish your ultimate purpose—to be Self- and God-realized in your present incarnation.

- Eat, sleep, exercise, perform personal duties, and attend to the needs of others as necessary on a regular schedule. Decide how much time, energy, or material resources to use for these activities.
- When possible, avoid distractions.
- Avoid compulsive or nonuseful expenditure of money. Cultivate a prosperity consciousness: of having what you need when you need it and being able to freely do what you want or need to do. Real prosperity will be actualized when the spiritual, mental, emotional, physical, and environmental aspects of your life are harmoniously integrated.
- Conserve your vital forces by avoiding useless, superficial talking, purposeless actions, worry, and stress. You will be healthier, better able to think rationally and make right choices, have improved powers of concentration, and be more spiritually aware.

Meditate for Self- and God-Realization

Be an emotionally mature meditator. Review your routine occasionally and modify or improve it when necessary. Experi-

ment until you discover the routine that produces the best results, then stay with it until you need to change it. Regular practice will provide useful experience.

Avoid thinking or saying that you can't meditate. If advice or reassurance is sometimes needed, obtain it. If thoughts and emotional unrest persist, disregard them rather than struggle to control them. Pray, practice pranayama or another method that will involve your attention. Fervently aspire to be Self- and God-realized. Don't just sit, feeling helpless or worrying about whether or not you can meditate effectively. Sit until you experience an adjustment of viewpoint that removes your attention and awareness from those conditions which formerly prevailed. Sit until you experience a superconscious state, during which your awareness is serene and clear. In the early stages, superconsciousness may be mixed with weak thoughts and mild emotions. As you continue to sit and observe, your mind will become peaceful and emotions will be calm.

Contemplate (look at with expectation of discovery) the essence of your being (pure consciousness). Contemplate the reality of God. Surrender to your innate impulse to have your awareness restored to its original, whole state. At this stage of meditation, personal endeavor is neither necessary nor useful: superconscious realizations unfold spontaneously.

At this stage of meditation, concentration may occasionally be interrupted. Subliminal impulses which are not pacified may cause wavelike movements in the mind. Thoughts may again emerge. Visions or other fantasies may be experienced, which should be disregarded. Aspire only to perceive what is true or permanently real, avoiding fascination with meditative perceptions or sensations. Thoughts and sensations are only relatively real; they are not the ultimate reality.

What to Do When You Have Doubts About What You Believe or Experience

As you awaken through the stages of spiritual growth and continue to learn, it is normal to occasionally be skeptical or uncertain about some of your beliefs or the experiences that you have

had. You may ask:

- Are they valid or true?
- Are they reliable?
- Are they are of value?
- Is my current spiritual path the right one for me?
- Am I making the progress I desire to make?

Examine your beliefs and the experiences you have had in the light of reason and intuition. Be willing to make new discoveries rather than cling to beliefs and behaviors that are no longer of value to you. The basic philosophical truths do not change but your understanding of them will improve. If you are certain that your spiritual path is right for you but you are not making the progress you desire and deserve to make, study and practice with renewed interest. Do your best to use the knowledge and abilities you have. Courageously live up to your highest potential.

Affirm With Conviction

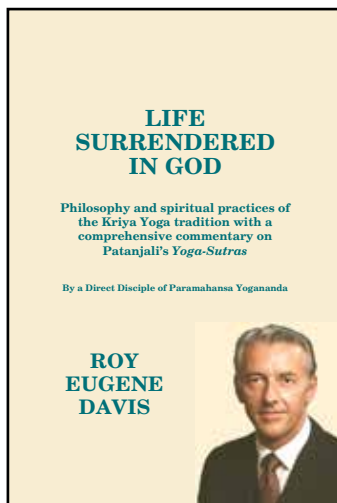
With conscious intention I wisely think
and live to make my life worthwhile.

Available in 2022
Trade paper version of
Roy Eugene Davis'
masterpiece,
Life Surrendered in God

With comprehensive
commentary on Patanjali's
Yoga-Sutras

Also, meditation techniques,
biographies of the gurus in the
Kriya Yoga lineage, glossary.

Order information to come.



Answers to Questions About the Spiritual Path

For me to have complete Self- and God-knowledge in my present incarnation is difficult to imagine as being possible.

Frequent practice of imagining that you know God can make you more receptive to knowing God by increasing your capacities to comprehend and experience what God is. As your ability to imagine yourself to be God-conscious improves, it will become easier for you to accept the fact that you can be God-conscious during your present incarnation. Aspire to be spiritually awake. Live a well-ordered life. Learn to meditate effectively and do it on a regular schedule. Even if you do not have exceptional meditative perceptions, the practice of meditation will calm your mind, stabilize your emotions, and allow your innate spiritual qualities to emerge.

How can I be certain that what I think I know about God and my relationship with God is accurate?

If what you think you know is accurate, you will, sooner or later, actually know at the innermost core of your being. Knowledge of God should enable you to think rationally, be emotionally mature, live more effectively, and be more conscious of the wholeness of life. Having accurate information is a good beginning. What is then needed is to have your innate knowledge actualized.

Are some people born with capacities that can enable them to more easily know God?

Yes, some people are born with exceptional capacities to know and experience the reality of God because they 1) were more conscious when they came into this world; 2) are more highly motivated to learn; 3) are more alert and perceptive.

No intelligent person believes that God allows some people to have knowledge while denying others that opportunity. Truth

seekers who were not born with exceptional capacities to know God can develop them.

I want to be God-realized. I tend to allow myself to be moody, pessimistic, and to do things that prevent my spiritual growth from occurring. Why do I do these things? And what can I do to avoid doing them?

If you *sincerely* wanted to be God-realized you would not allow moods, harmful mental attitudes, and erratic behaviors to persist. You have not yet chosen to be emotionally mature and responsible for your behaviors. Avoid thinking that you cannot control them. Don't blame memories of past events or experiences for your self-chosen habits and the limitations they create.

Because of prior religious training, I am still inclined to think of God as a person. How can I go beyond this idea?

Many people think of God as a cosmic person. That is why they ask, "Why does God permit disasters to occur and people to suffer and experience hardship?"

To rise above traditional modes of thinking:

- Be willing to outgrow or renounce them.
- Improve your understanding of what God is.
- Meditate superconsciously to experience what God is.

One of the flawed concepts of God that many people have and believe to be true is that "God is love." What may be perceived (and described) as love when one experiences a sense of communion with a larger reality is only one of many perceptions one may have at such times. To say that God is love is like saying that an attribute of something is the totality of it. The question may arise: If God is not love, why are some people able to experience a sense of God-communion by cultivating devotion to God? The answer: Because devotion calms the mind, purifies the ego, and enables one to surrender the sense of independent self to a larger field of reality. This practice is *bhakti yoga* (expressive, respectful, devotional love that unifies attention and awareness with the object of meditative contemplation).

Other effective regimens that can be used in accord with one's psychological temperament and capacity to practice are:

- **Karma Yoga.** *Karma*: causes that produce, or have potential to produce, effects. Skillful performance of duties without strong attachment to them or their results purifies the ego, enabling a person to live freely without being mentally or emotionally conflicted or unduly influenced by present or past events or circumstances.
- **Jnana Yoga.** Using discriminative intelligence and intuition to acquire knowledge (*jnana*) of higher realities.
- **Raja Yoga.** Superconscious meditation practice to the stage of Self- and God-realization.

Kriya (right action) *Yoga* practitioners harmoniously integrate the practices described above. In Patanjali's *yoga-sutras*, *Kriya Yoga* practice is described as attentive self-discipline, profound metaphysical study, Self-inquiry, and devotional surrender to God. Devotional surrender to God is the letting go of and rising above one's mistaken sense of self-identity—which is the ultimate aim of spiritual practice. When the mistaken sense of self-identity is absent, Self-knowledge prevails.

Note: For comprehensive information about *Kriya Yoga* practices, read my books *Seven Lessons in Conscious Living* and *The Science of Self-Realization* (Patanjali's *yoga-sutras*).

These roses under my window make no reference to former roses or better ones; they are for what they are; they exist with God today. There is no *time* for them. There is simply the rose; it is perfect in every moment of its existence.

But man postpones or remembers; he does not live in the present, but with reverted eye laments the past, or, heedless of the riches that surround him, stands on tiptoe to foresee the future. He cannot be happy and strong until he too lives with nature in the present, above time.

– *Ralph Waldo Emerson (1803 – 1882) / Self-Reliance*

A Matter of Life

Clifford Rosen, CSA President



There is an innate coherence in the cosmos. Our vast universe's more than 100 billion galaxies, dark matter, space-time, and celestial forces operate as one whole. Our bodies are part of this unified creative dynamism.

It is helpful to allow the mind to be still, meditate, and contemplate where we came from, where we are going, and our purpose in life. Otherwise, we are travelers in time and space with no road map. Without a clear direction, we may wander aimlessly and waste our short precious time on earth.

Our minds often have long-standing negative connotations of death impressed upon us by influential people we look to for instruction. Examine the source of your knowledge vigilantly. I have reached my understanding that death only signifies the end of the use of a physical body. The end of bodily life frequently brings sorrow because we miss the physical presence of a loved one. The pain of grief may be reduced as we remember the truth that "death" creates a new beginning for that unit of consciousness. Frequently this new beginning alleviates a painful or debilitating condition. Our physical bodies wear out. Furthermore, a life well-lived is to be celebrated.

Having a Self-determined knowledge of physical life and its end is a practical and vital part of existence. Our clear understanding that physical life is temporary while our spiritual essence is immortal helps us build a sense of contentment and peace.

Taking the time to sit in the deep silence in superconscious meditation and contemplate the body's impermanence and the soul's immortality enables us to live fearlessly. We will grow strong in a quiet, humble manner.

We will grieve not, instead find strength in what
remains behind. That best portion of a man's life,
his little, nameless, unremembered acts
of kindness and love.

And now I see with eye serene,
The very pulse of the machine.
A being breathing thoughtful breaths,
A traveler between life and death.

And when the stream
Which overflowed the soul was passed away,
A consciousness remained that it had left
Deposited upon the silent shore of memory
images and precious thoughts
That shall not die and cannot
be destroyed.

Our birth is but a sleep and a forgetting;
The Soul that rises with us, our life's Star,
Hath had elsewhere its setting,
And cometh from afar.

– *William Wordsworth (1770–1850)*



Guidelines to Inspired Living

Speak the affirmations aloud with conviction.

January 30 – February 5

Let Your Innate Divine Qualities Emerge

At the deepest level of your being you are always whole, peaceful, and spiritually aware. Only the surface of your consciousness can be temporarily clouded and modified.

Let your innate divine qualities blossom.

*I allow my mind to be calm, my awareness to be clear,
and my innate divine qualities to spontaneously prevail.*

February 6 – 12

Let Yourself Be Happy and Optimistic

To refuse to be happy and optimistic is to deny yourself the happiness you deserve to have.

Renounce moodiness and habits of thinking that interfere with total well-being.

I choose to always be happy and to expect the best possible outcomes for all unfolding situations.

February 13 – 19

Let Yourself Be Radiantly Healthy

Mental and physical health are natural when your mind-body constitution is balanced and you live in harmony with the laws of nature and the rhythms of life.

I do what is necessary to always experience radiant health.

February 20 – 26

Let Yourself Be Creatively Expressive

Learn to enjoy being skillfully, creatively expressive.

I joyously perform skillful, creative actions that always produce satisfying results.

February 27 – March 5

Let Your Life-Enhancing Desires Be Fulfilled

Your desires can create and attract supportive events that will make possible their timely, appropriate fulfillment. Desire only what is for your highest good and the highest good of others who may be influenced by the results.

I am thankful that wisely chosen, life-enhancing desires are always easily fulfilled.

March 6 – 12

Let Yourself Be Prosperous

You are prosperous when you thrive in all aspects of your life and all of your real needs are spontaneously satisfied. Remember that there is no separation between spiritual and material realities.

My consciousness of the oneness of life and my right actions enable me to be abundantly prosperous.

March 13 – 19

Let Yourself Be Peaceful

You can choose to always be peaceful. Identify with the essence of your being rather than with mental or emotional states and objective events and circumstances.

I choose to allow myself to always be peaceful.

March 20 – 26

Let Yourself Meditate Effectively

Avoid thoughts, feelings, and behaviors that interfere with your daily meditation practice. Let your innate urge to have your awareness restored to wholeness be influential.

I relax into meditation and allow the radiance of my being to freely shine.

After 75 Years *Autobiography of a Yogi* Still Inspires

Ryan Phillip Strong
CSA Senior Minister



In the winter of 1946, at the age of 53, a sage named Paramahansa Yogananda released a book that would ultimately spark a global spiritual movement and transform the lives of millions of people. He had come to the United States to bring Kriya Yoga teachings to the West, and with the publication of his book, *Autobiography of a Yogi*, he did that and much more.

Although it was published 75 years ago, *Autobiography* still uplifts, enlightens and inspires the hearts of truth seekers across the globe today. It remains an international best-seller and has been translated into 50 languages, with well over four million copies in print. Many modern famous spiritual teachers, artists and innovators credit their inspiration and guidance to Yogananda's teachings and his book. *Autobiography of a Yogi* popularized meditation in America, made vegetarianism more accepted, helped initiate the consciousness explosion of the 1960s and 70s, and ignited the yoga and wellness industry in America.

Yogananda's work sparked a renewed interest in yoga around the world and spurred a renaissance of yoga in India that continues to this day. The book's popularity hasn't waned in part because it addresses timeless and inevitable questions: "What is life?" and "What is life for?" I believe his writings kindle our innate desire to know and experience the truth of our being.

The name "Yogananda," meaning "bliss through yoga," was a monastic name given to him by his spiritual teacher. Yogananda taught that one of the most important aspects of Kriya Yoga is the practice of *Bhakti Yoga*, which is a devotional and reverential approach to realizing the reality of God. That profound

goal is accomplished by acknowledging the innate, divine nature of every one and every thing and by renouncing the illusionary sense of an independent self. He taught that all souls are equal and that every person can attain God-realization. It is a powerful message for truth seekers: Spiritual enlightenment isn't just for the "special" few. All souls are equally divine, and awakening to our divine nature is natural and inevitable. Yogananda taught that every person's destiny is to be spiritually awake, and whether they know it or not, each and every person is on a spiritual path.

While Yogananda received tremendous fame and admiration when he was alive, he was earnestly humble and treated every person as an equal. He worked tirelessly for his students and the world, serving individuals and large groups of people.

Yogananda inspired others to see beyond the external in order to know and experience the truth of reality. His ceaseless devotion to serving others culminated in the life-affirming, life-inspiring message of his book.

I find *Autobiography* to be soul-stirring; it magnetizes the minds and hearts of readers toward spiritual evolution, and it guides and empowers readers toward authentic spiritual growth through Kriya Yoga. – *Previously published in "Natural Awakenings Atlanta Magazine"*

Editor's Note: When Roy Eugene Davis was 18 years old, he ordered a copy of *Autobiography of a Yogi* from a magazine advertisement. The profound influence this book had on him changed the direction of his life. He knew Paramahansa Yogananda was his guru and traveled to California to meet him. (The full account can be found in Mr. Davis' book, *Paramahansa Yogananda As I Knew Him*. Order form on page 30.) Mr. Davis established Center for Spiritual Awareness in 1972. It is a thriving retreat center to this day.

When speaking with new students, Mr. Davis often recommended reading *Autobiography* as their "homework" to learn about Kriya Yoga.



*Discovering the Sacred
In Everyday Life*

Expect Wisdom to Be Revealed

Ellen Grace O'Brian

When the mental field is clouded by thought activity, contemplative insight or intuitive perception cannot shine through. When the mental field is clear and calm, soul-knowing becomes accessible. That is why the revelation of the direct stream of intuitive perception may arise at odd moments like when we are out walking. When we relax, the breath becomes calm, the mental field clears, and our intuitive perception, has room to arise.

Intuitive perceptions are beyond the usual method of logic, step-by-step analysis, or association. Instead of figuring it out, we know by knowing. And one of the signs of direct, intuitive perception is that we know that we know! We may not know why or how we know, but the knowing is accompanied by a feeling of peace, clarity, and certainty. Intuitive perception is the direct perception of knowledge from the soul. It is not inference or the testimony of someone else. It arises from within. Our Self is the authority, our direct experience of the Self. This direct knowing is what is meant by the spiritual instruction to “follow your heart.” It means, “follow your true knowing.” It does not refer to being guided by passion or emotion, which was my first awkward and troublesome understanding of it.

There are several ways to discover the truth, but at the heart of it all is recognizing the inner light of Supreme Consciousness that is our true nature. As expressions of that one Reality, all knowledge of It and the processes of creation are within us. The highest wisdom does not come from outside of us. It is revealed from within. Even a trusted person’s testimony acts like a key that unlocks the treasure of our inner knowledge.

After wondering how I could know what was right and what

was best for me, I discovered great inner power in claiming my ability to know by knowing. Does that mean my hunches or intuitive insights are always right? Initial attempts to rely on my intuition were touch and go. This skill took time to be honed and clarified. Today, I rely on it.

The key is to know wisdom is already within us and to expect that it will be revealed. It will. Then, in time, by patiently sitting with what arises and holding it up to the inner light of guidance, we grow stronger in our ability to trust our Self. We test it out. We experiment. We affirm. We travel along the great adventurous road of Self-referral—living from the inside-out rather than the outside-in.

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

Truth Journal

Free to our supporting members, spiritual friends who attend our meditation retreats and seminars, teachers and organizations with similar aims and purposes, elderly persons with limited financial resources, and prison inmates. Others may subscribe. Published six times a year. \$10 in the U.S. Outside the U.S., \$20.00 (includes airmail postage). Order form on page 30
Online www.csa-davis.org e-mail: info@csa-davis.org
706-782-4723 weekdays 8 a.m. – 3 p.m. Eastern time

Are You Moving?

Please let us know in advance by phone, email, or regular mail (PO Box 7, Lakemont, Georgia 30552) so we may update our records and you will continue to receive CSA mailings on time.



Clearing Your Spiritual Path

CSA Minister Michael Gadway

It is on the inward condition that the outer reality depends.

– Roy Eugene Davis

There is an undercurrent of thought often found within Yoga communities that if we practice our asanas faithfully, pray hard enough, chant loud enough, and meditate deep enough, we do not have to face our karma. Some practitioners have told me they believe the mental restrictions we know as the *kleshas* do not have to be confronted but will melt in the fires of our devotions, or the chants of our mantras, if we just believe strong enough and hold on long enough.

But this has not been my experience, nor is it validated in the ancient texts of India. To the contrary, these illuminated writings espouse the opposite: the entire symbolic [Bhagavad] Gita takes place on the battle field of the mind and is about facing our psychological enemies in order to free ourselves from all mental restrictions to realize the truth within us. Patanjali states in his sutras that all karma has its roots in the *kleshas* and karma will manifest when the time is ripe for expression.

Nowhere do either of these great spiritual works deny the need to face what is ours to face. In fact, in the Bhagavad Gita when Arjuna drops his bow, symbolic of his karma, and states he will not fight, Krishna admonishes him for behavior unworthy of a spiritual warrior. Some karmas must be experienced, some must be overcome, and others may be transcended, but all karma must be confronted.

No one is responsible for our current states of awareness and our ongoing circumstances but us, and no one is responsible for our freedom from these perceived restrictions but us. If we desire liberation and the freedom that comes with it, we must

attend diligently to what is our responsibility; a house will not clean itself, and to have a healthy garden, we must pull up the weeds by their roots.

It requires bravery to face ourselves in the court of honest inner discrimination. I know how difficult and frightening the navigation of the interior psychological terrain can be. But we are Yogis and we will do whatever it takes to be liberated.

As we move forward in our endeavor to be free, we must be clear why it is possible to emancipate ourselves from all mental restrictions and live in spiritual freedom: we are individualized units of pure existence-being functioning through minds and bodies. There is nothing in our minds we cannot overcome because we are not what is in our minds. It is only our identification with these mental modifications that prevents us from recognizing this truth. There is no karma we cannot face down and be victorious over; in fact we are here to overcome and transcend anything and everything which prevents us from experiencing the truth of our sacred existence. If it were not possible to be free, there would not be the spiritual science we know as Yoga teaching us how to do so.

It is our inexorable destiny to realize truth, awaken to our divinity, and to be forever free. To accomplish this, we must take responsibility for, and accept where we are now and the futures we are creating.

We have unlimited potential waiting within us to express brilliantly unhindered by doubt, shame, and fear. We have only to take the first step in Yoga to begin the journey to Self-realization and the freedom that awaits us all.

– From the Introduction. *The Nirodha Yoga of Patanjali: The Transformation of Consciousness*. Holy Fig Tree Publications, Raleigh, North Carolina, 2021. Available on Amazon.com, \$8.95

2nd Edition
Revised and Enlarged

**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



Revised Second Edition 2018

**PARAMAHANSA
YOGANANDA**
As I Knew Him
Experiences and Reflections of a Disciple
ROY EUGENE DAVIS

Mr. Davis was an ordained disciple of Paramahansa Yogananda. He describes his experiences in this book. 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

News and Highlights Fall 2021



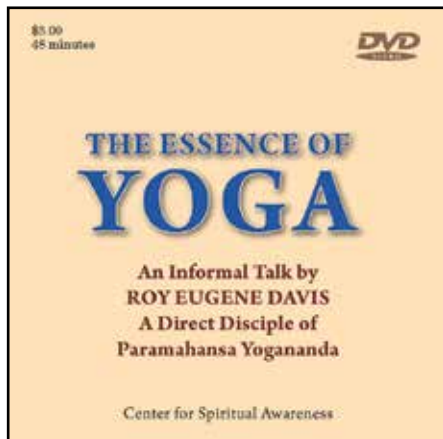
Above: Furio Sciano and Manuela La Iacona held a weekend seminar in Cogoleto, Italy. CSA Minister and board member, Leode Franklin, was a guest speaker by Skype.

September 24 to 26, 2021

An Informal Talk by Roy Eugene Davis

An explanation of classical Yoga systems with emphasis on Kriya Yoga philosophy and practices, meditation, and stages of spiritual awakening to complete Self-realization.

Recorded During a Summer Meditation Retreat at CSA Headquarters



48 minutes \$5.00
See order form on page 30

Attend CSA Programs at the Center

The CSA retreat facility is open for in-person two-week private retreats. Attendance is limited to 20 participants who will have private sleeping rooms and prepare vegetarian meals in their guest house.

Schedule

- Early morning meditation Monday to Friday at 7 a.m. for approximately one hour followed by a short talk by CSA Senior Minister Ryan Phillip Strong. Afternoon meditation at 2 p.m. Local members are invited to attend.
- Thursday morning: Kriya Yoga initiation. Initiates may also attend for review and to reaffirm their commitment to their spiritual practices.
- Hatha Yoga and/or Qigong offered when instructors are here.
- Occasional educational videos.

Reservations and Guidelines

- Be here for one week or two consecutive weeks. The room rate is \$60.00 per night, with a \$60.00 deposit to hold your room. Call or email to reserve: 706-782-4723, info@csa-davis.org
The meditation sessions and classes are on a donation basis.
- 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 by 9 a.m. if attending only the first week so rooms can be cleaned for new guests.
- CDC guidelines for health and safety will be followed.
- 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**

Retreats at CSA & ONLINE Seminars

Private Retreats 2022 at the Center

April 18–22, 25–29. May 16–20, 23–27. June 13–17, 20–24.

July 18–22, 25–29. August 15–19, 22–26. Sept 12–16, 19–23.

October 10–14, 17–21. November 7–11, 14–18.

December 3, 2022: Holy Season Meditation 10 a.m. to 1 p.m.

ONLINE Seminars 2022

January 15, 2022: Paramahansa Yogananda as I Knew Him, Saturday class from 10 a.m. to 3 p.m. based on the book by Roy Eugene Davis. Request your free copy for the seminar. See the website Calendar for complete daily schedule.

February 19, 2022: The Eternal Way. Understanding the nature of creation and the spiritual path through the Bhagavad Gita. Request your free copy of *The Eternal Way, The Inner Meaning of the Bhagavad Gita* by Roy Eugene Davis for the seminar.

March 19 at the Center and Online: Honoring the Gurus in the Kriya Yoga lineage and dedication of Roy Eugene Davis' memorial in the Shrine of All Faiths Meditation Temple.

Sunday Morning Meditation Online: 11 a.m. Eastern Time

For a complete listing of programs and information:

- Call the office at 706-782-4723
- Go to csa-davis.org and click on the **Calendar** tab on the home page
- or Go to the Center for Spiritual Awareness **Facebook Page**

You can participate in all online classes with Zoom:

Visit: www.csaretreat.org Code: 980 663 1368

Password: 957607

Note: If you don't have a smart phone or computer,

Call with your telephone: 1-669-900-6833

Then enter Meeting ID: 980-663-1368 and press #.

When it prompts you for the participant ID, press # again.

Books, Videos (DVD format), and Audio CDs

U.S. packing/postage \$3.00 for 1 book; 30 cents for each extra book.

DVDs or CDs alone: \$2.00 for one; 20 cents for each extra one.

Other countries: double the U.S. postage for airmail.

Quantity

Books

The Science of Self-Realization Yoga-Sutras soft cover \$8.00 \$ _____

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

Words That Heal and Transform (Affirmations) \$2.00 _____

The Spiritual Basis of Real Prosperity \$5.00 _____

An Easy Guide to Ayurveda \$5.00 _____

In the Sanctuary of Silence \$2.00 _____

How to Use Your Creative Imagination \$2.00 _____

Living Consciously in God \$5.00 _____

Seven Lessons in Conscious Living \$7.00 _____

The Eternal Way Inner Meaning of the Bhagavad Gita \$8.00 _____

Satisfying Our Innate Desire to Know God \$4.95 _____

Absolute Knowledge That Liberates Consciousness \$7.95 _____

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

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

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

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

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

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

1 Audio CD **Two 30 Minute Meditations** \$5 _____

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

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

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

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

4 Audio CDs **Absolute Knowledge** Audio Book. \$20- \$15 _____

Book/CD/DVD Total _____

Packing and shipping _____

Truth Journal includes **Email Newsletter** new renewal

U.S. \$10.00 Foreign \$20.00 _____

Total _____

With check Visa MasterCard Discover Amex

Credit card # _____ expires ____/____

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

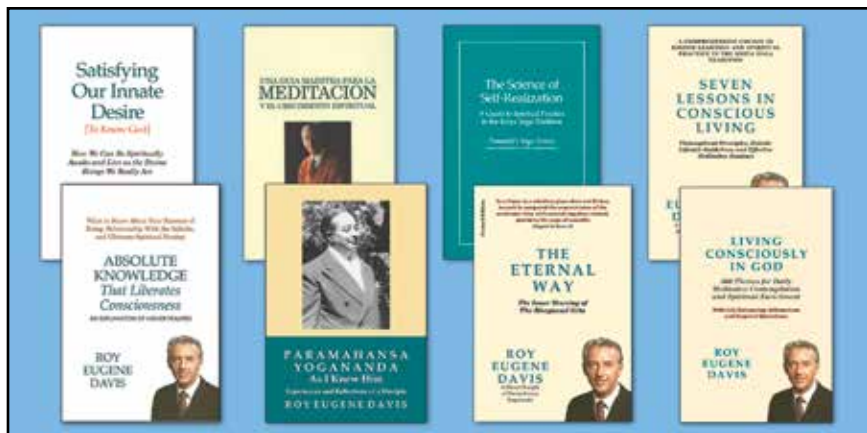
Name on card _____ Tel: _____

Name _____

Address _____

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

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



United Kingdom: Gazelle Book Services Ltd.

White Cross Mills, Hightown, Lancaster LA1 4XS

e-mail: sales@gazellebooks.co.uk

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

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

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

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

An Easy Guide to Ayurveda

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

Paramahansa Yogananda As I Knew Him (English and Hindi)

Absolute Knowledge That Liberates Consciousness

Dr. L. Mahadevan e-mail: mahadevan101@gmail.com

Paramahansa Yogananda As I Knew Him (Tamil edition)

How to Live Consciously in God (Tamil edition)

Italy: Marco Valerio Editore. www.marcovalerio.it

Paramahansa Yogananda Così come l'ho conosciuto

La scienza della realizzazione del sé

La strada maestra per la meditazione e la crescita spirituale

Srimad Bagavad Gita / La Via Eterna

Insegnamenti sul percorso spirituale del kriya yoga

La base spirituale della vera prosperità

Immortalità cosciente Guida All' Ayurveda

Libertà e consapevolezza la conoscenza dell'assoluto

Il desiderio innato di conoscere Dio Il libro della vita

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

Pfad des Lichts Paramahansa Yogananda wie ich ihn kannte

Walter Berger. Im Heiligtum der Stille

Einfacher Leitfaden für Ayurveda

Soft Cover Edition

For Dedicated Truth Seekers

The Science of Self-Realization Patanjali's Yoga-Sutras

Trade Paper 144 pages \$8.00

U.S. postage \$3.00

Postage outside the U.S. \$6.00

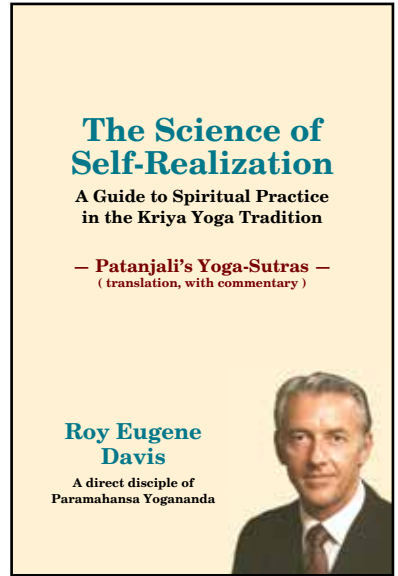
CSA Press

PO Box 7 Lakemont GA 30552

online: www.csa-davis.org

info@csa-davis.org

706-782-4723 weekdays



Part One: Patanjali's Yoga-Sutras

Kriya Yoga (disciplined thinking and actions, profound Self-inquiry, and transcending a mistaken sense of self) is taught as a way to weaken and remove conditions that interfere with spiritual awakening and Self-realization. Meditation practices, exceptional powers of perception and extraordinary abilities to be used to nurture spiritual awakening, superconscious states, and stages of awakening to spiritual enlightenment and liberation of consciousness are explained.

sutras— “threads,” Sanskrit verb root *siv*, “to sew.” Aphorisms, concise statements that may require a commentary of explanation. Patanjali’s text was composed two thousand years ago.

Part Two: Shandilya Upanishad

A little known text on Kriya Yoga practices. The inner meaning of the *Bhagavad Gita* is also clearly explained.

Part Three

Meditation Techniques & Routines for All Levels of Practice

As an E-book at Amazon.com and Apple

Italian language edition in Europe: www.marcovalerio.it

Turkish language edition: turkish.csa-davis.org/?q=books