



The Cross and The Lotus Journal

Summer Edition

June 2000, Vol. 1 No. 2

Dear Friends,

It is with great gratitude that we are able to offer Kriya Initiation once again. I feel that gratitude to Jesus and Babaji for their inspiration in bringing this technique to the West and to the line of selfless Masters who have made it possible. An unbroken lineage of Guru-Disciple relationships has been the pathway by which mankind has sought God-Consciousness for milleniums. Through individual effort and Grace, realized spiritual Masters down the ages have kept this earth in balance, brought healing techniques and Spiritual Enlightenment for all who would follow.

I am announcing a major change in my life. Through powerful inner direction, I have been prompted to take a year of silent retreat. Cloud Mountain Retreat Center has opened its cabin built for “teachers of Dharma” to me for this year long period. The Retreat Center is near Castle Rock, Washington, about a 2-1/2 hour drive south of Seattle. I plan to offer satsang, time of silent gathering, at the retreat center the second Saturday of each month. I will also answer mail one day of each month. The Center leaders will continue to hold meetings and Reverend Larry Koler and Peter Schultz will give talks. Larry will be available for questions of a spiritual nature.

Some new publications are being released by *The Cross and The Lotus Publications*. We are very pleased to announce the availability of a new CD, *Songs To The Infinite* by Barbara Jean Anderson. Barbara, who is Mother’s daughter, sang these devotional songs before Mother gave talks during the early to mid 1960’s. They were not performed in a studio setting but we have labored to make them the best quality available from that time. The CD has twelve original compositions by Barbara. *Songs To The*

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The Reverend Yogacharya Mother Hamilton

Letter to a Disciple

-continued from the Spring Edition-

That which I teach is called “The Practice of the Presence of God”. The technique is very simple. It is following the injunction of the Christ when He said, “The light of the body is the eye. Therefore, let thine eye be single and thy whole body shall be filled with light.” It is the practice of Pranayama or breath control as taught in the Old Testament. It is the practice of keeping one’s attention forever fixed upon Him and of giving to Him in full surrender all that one is and all that one has. It is the practice of seeing Him everywhere—in every man who stands before us, in every form that walks the earth, in the sun, the moon and the stars, in the raindrop, in the snowflake that falls and in the soft wind that sweeps the earth and cools man’s fevered brow. It is to meditate upon His beauty in all of the things of nature, to herald His presence in the coming of the dawn and in the shadows of eventide. It is to take Him into every facet of our existence, both waking and sleeping, because to sleep is also an act of rest. It is to practice kindness, consideration and charity toward all men knowing that He is there. It is the practice of

(Continued on page 2)

being is a thing of the heart which cannot be cultivated by practice perfect for His name's sake. It is the realization that love because it is a gift of God being His own nature, and therefore pours forth spontaneously expressing the purity of His indwelling Presence. It is practice of having faith in Him, not in man, in horoscopes, astrology, stones which we wear on our bodies, psychic phenomena, palm reading, individual mantrams or the like. It is the knowledge that, being omnipotent, God alone has power. It is His and He alone should use it. One who assumes that prerogative is a thief and a robber. It is all of these things but most of all, it is the practice of realizing that we, being the separate cells of His one body, are already one with Him.

Such a practice is the highest art of meditation. It is constant and continuous thought of Him and it brings forth the ultimate in God-realization in the shortest span of time. It is the power of positive thinking and the expressing of all that is good, beautiful and wonderful in Him. It is the replacing the idea that we are separated from God with the certain knowledge that we are one with Him. It is learning to live in God and for God instead of dying for Him because He is eternal, He lives and He is all of life. There are two ways of doing away with the ego. One is to attempt to destroy it and the other is to transform and transfigure it into the Divine. The first road is dangerous and can result in insanity. The second is to "Seek first God and His kingdom," knowing that "all of these things shall be added unto you." The first takes man one step at a time and explores only one place, that which in the dimness of his vision is the only one he can see, in the hope of reaching his goal. The path is treacherous because man is doing it himself. It takes forever because it is like going on a slow boat to China. It is no wonder that few ever reach it. The second one is safe because man's mind is always and forever upon his goal. He hangs on only to the Lord, repeating His name constantly, knowing that "he of himself can do nothing," and that he, being His child, is indeed "an heir with Christ."

"As a man thinketh, so he is." My blessed Master said, "Change yourself and you will change thousands." God alone is the Guru, and it is He alone who functions in that capacity in the forms which he chooses for that purpose. Man cannot function as his own Guru. It is impossible. His very need for one is proof-positive of his inability to function in that capacity.

A starved body, the wearing of sack cloth and ashes and a solemn and pious face are neither requisites for, nor indications of, God-realization. In fact, they are an insult to

that One who dwells within the body temple. The world will never change until we as individuals change because the world is made up of individuals. It is only by putting forth from ourselves the power, the beauty, the wisdom, the light and the love of God that the change will come to pass and "it will be in earth as it is in heaven." The Hindu scriptures say, "Abandoning all dharmas (actions), come unto Me alone for shelter." This is what I teach. The realization of God is very simple. It is we who make it complex. I see the results of what I teach in the changed lives of those who were before walking in darkness. I see them not only living God but taking Him into every facet of life and through their example, changing the lives of others.

Now let us speak briefly of food. This body subsisted on only glucose water for four and one-half months. It has lived for months on end with but one scant meal a day. It has taken only bread and milk at times and fruit and nuts at others. It has also partaken of sumptuous meals and eaten gourmet food. It has lived in a rich man's mansion and in a humble cottage and all the places in between. It has slept on a mattress of eiderdown and on a bare wooden floor. It has slept on a wooden bed and in a railway station with mosquitoes, cockroaches and bedbugs as companions. It has done with a few hours sleep night after night because its whole being was in the ecstasy of God. It has moved freely with all peoples of all nations regardless of race, color or creed. It has taken food from the soiled hands of a Muslim and others and found it good because it was given with love. It eats whatever food is put before it because, regardless of what it is, it knows that it is good because it comes from God. Let me quote from the Bible: "And Jesus said, 'Are ye also yet without understanding? Do not yet ye understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man'." And in the Hindu scriptures:

"The Brahman with his scrolls and sanctities, The cow, the elephant, the unclean dog, The outcast gorging dog's meat, are all one."

That in itself is a total sermon.

In the beginning I have said that the things that we practice will not give you God-realization, and that is true. They, of and in themselves, will not give you God-realization. What

is it that they do? Why do we ask you to follow these particular techniques? Why do we ask you to keep your mind on God and make every effort to find your oneness with Him when none of these things are really effective? They are effective, let us say, in this one instance, that gradually, through the practice of these various techniques your heart opens up, your mind, your consciousness opens and you are led to that inner sanctuary where there is nothing but God alone. They are the ways and the means which help you to come to that point in your human development where you know that of yourself you know nothing, that it is the Father who doeth the works. And when you have tried everything regardless of what it is, and your heart is crying out, your soul is yearning for oneness with the infinite Beloved who is to be found only within yourself, when you say to Him, "Lord, I've done everything I know how, but nothing has brought me into that state which I wish to attain: the realization of oneness with You. If there is anything to be done, You must do it because I cannot." And at that very moment of surrender then the grace of God descends upon you and He takes over. He lifts you up and He puts you through certain experiences.

And finally, having gone through every single test that God has given you, you rest safe in His arms of everlasting bliss. It is the most tremendous experience that man can realize.

There is a certain state that you go through where you go totally beyond reality, where there is the Nothingness, if you will, and the Everythingness of God. It is desolate because there is nothing there but yourself, and you think how lonely it is. Where are all the faces? Where are all the forms? Where are the loved ones, the dear ones that you had always been attached to? And for one moment, the awfulness of the terrible aloneness of God hits you right where it counts. And you think to yourself, "I can't stand this terrible aloneness. I must go out and express myself. Lord, let me again be Thy child and Thy servant." And so you come down from that high estate, and again you become like the river running to the ocean, becoming one with the ocean and still always remaining the river.

So you are God in human form, always running for and trying to seek out yourself. But you have to find some methods by which to help you to do that. You have to be inspired. It's an amazing thing when you think that meditation is the bridge over which every man must travel if he is to find the Infinite within himself. The Guru, which means he or she who comes to take you out of the darkness into the light, comes before you not to get laurels for themselves,

not to build themselves into a big ego trip, but for one purpose alone if they are what they should be and that is to help you to realize God within yourself, to require you to perform certain practices which they know, by concentrating upon with everything you have will gradually change your state of consciousness.

You cannot meditate before you learn the art of concentration. And there are many methods of concentration. But out of all of the methods, and there are many taught by different masters and all of them different (some of them are the same, but each one has his own path, his own way), but out of all of these methods, the master that I studied with chose the fewest of all and the simplest. They are fixing the attention upon the spiritual eye. "The light of the body is the eye; therefore let thine eye be single and thy whole body shall be filled with light." And then he taught also the technique of pranayama which is given in Ecclesiastes [11:4], this method of concentrating on the breath in order to control it, because "breathlessness is deathlessness". "Breath is the cord which binds the soul to the body." In the Old Testament they used to use the word "wind" for the word breath because it came through the windpipe.

He that observeth the wind [or the breath] shall not sow [that is he builds no karma]; and he that regardeth the clouds [through fixing the full attention upon the spiritual eye] shall not reap.

In other words, you're rising above the law of karma because your mind is fixed upon the breath alone. You are not building karma through using your desire nature, but rather you are fixing your full attention on the breath and concentrating on that in order that you may develop this art of concentration one-pointedly and be able to control your mind totally and thereby be able, finally, to go into a method of meditation.

There is the third one which is given which is the Aum sound. That is the Word of God. In Christian terminology, as we all know, it has become "Amen", "Amen". It's the same thing only in a different language. How stupid we are to think that others because they speak a different language are speaking of a different Father God, that they are heathens, heretics, infidels, and we are the only one who has the truth.

I tell you this, and I want you to remember it well. I have told it to you before: God made man and man made religion. If you are to find your oneness with God you must rise above religion. You must graduate from college and get your doctor's degree, your master's degree. And it is a tortuous path at times, but also it can be a bliss path. It depends on

your love, your effort, your devotion as to what you want to put in it.

We give these techniques out, and some practice the techniques faithfully every morning and every night as they have vowed to do when they were initiated into the sacred art of Kriya Yoga which is the revolving of the life current around the spine and through the brain. This is the airplane route to God. But there are some who forgot and who forget still that they took a vow before God to do that every single morning and every single night, unless they are ill, and then they are enjoined to do it mentally but not actually. These are the methods that are given, and they are given for a purpose and that is to help you to keep your mind upon God. But you sit there (you can ask yourself if you are one of these), and you go through these techniques, these exercises and then, thinking you have done your duty, you arise and go about your Father's business or you lay your head upon the pillow and go to sleep.

These techniques are but for the preparation of helping you to meditate upon God. And you won't get the results from any of the techniques until such time as you take the time to sit down, sit still after you have done these preliminary techniques to concentrate your mind totally upon God and then let go and let God. This is when He communes with you. Listen to Him. He is found not in all of the noise outside, because the minute you sit down in the beginning the telephone will ring, the senses cry out loudly, each and every one of them. And you think of the things that you desire. You hear all of the outside noises. You open your eyes involuntarily. Everything happens to disturb you, make you distraught. You think about all that you did during the day, all that you have to do tomorrow, what this one said or did to you or what you said or did to them, or what you plan to do in return. You set your mind upon your human goals and think, "If I pray a little then God will bless me with His grace and I will have the dollars rolling in and I will have all of the things that I want in order to make my human life comfortable." That's the worst thing you can do.

Don't ever forget that ye seek God first and His kingdom and then all of the other things are added unto you. Let His Name be forever upon your lips. Let the thought of Him, all of His wonder, His beauty, His glory, His power, His compassion, His great love which permeates the whole world, if the world but knew it, be your only thought. Live in the fragrance and the perfume of His presence. Be lifted up into His bliss and held in His arms forevermore.

I tell you it can be experienced! We go sometimes when we

come to that point where we want to surrender ourselves, like the Holy Innocents spoken of in the Catholic scriptures sometimes or in the writings of the saints. And we are innocent because we are promised all this ecstasy, this bliss, but we are not told that the crucifixion on our own crosses, which are our bodies, the going down into hell and the rising up and the ascension into heaven, all happen within ourselves, and that these are not easy experiences. But at some time or other in this life or some other life we're going to have to go through it if we are to attain our oneness with God, if we are to find surcease from all the trials and tribulations of this earthly life. It's the only way we're going to find it.

So we put forth these techniques, and all of them are but for one purpose, and there are different states that you attain as you sit down, having done the techniques which will promote concentration, and then you will go into the meditative state. At the first you may see lights, you may get psychic visions, but brush them aside. Look for the spiritual eye and then go into it. Go through that golden tunnel which is on the outside and which is the sign of Cosmic Energy. Then go further into the tunnel into the blue of the Christ or the blue of Krishna and enter into that because that blue is tremendous energy also, but it is the Consciousness of the Christ. And then, keeping on going, at the end of that blue tunnel you will find a five-pointed silver star which is the star of the East spoken of in the Bible. This is the east side of your body [pointing to forehead], this is the west, this is the south, down below. You have everything within you that you have in the outer universe. Don't forget that Jesus said that all that he taught was written in parables, because he didn't want those who were still groping in ignorance and darkness who didn't have the desire for oneness with him to get information that could have been harmful to them or before they were ready to receive it.

The fact that you are being given these techniques, the fact that I am teaching you the truth from my own experience of having gone the way of the Christ, of having picked up my own cross which is my body and followed him, even unto death, and then returned again, to be able to tell you the truth of the experience which happens at some time or other to every man in some degree or other, every single one. God has made this possible, and how grateful I am to Him that with all that I went through that I can stand before anyone and speak the truth from my own being. Whether they believe me or not is totally their responsibility. I care not. It is between them and God. They have to feel in their hearts, they have to feel in their consciousness or think and know

that I am speaking the truth, otherwise it isn't going to do them any good. They are like doubting Thomas who had to put his hand in the side of the Christ in order to believe. Jesus said that it was good that he had done that and then gotten his faith, but it would have been better if he had had faith and had believed without having to have the outer demonstration. "Unless ye see signs and miracles ye shall not believe."

And yet when you have the courage to really meditate, to really concentrate upon God and to live the good life, loving everybody, letting no bad word pass your lips about any man, then you will find this light, this peace, this bliss, and all prosperity coming to you. But the prosperity is not necessarily of the things of the world, but rather of the things of the Spirit. It is the wine of the Spirit, it is the meat that Jesus spoke of when he said, "I eat meat that ye know not of." That is what it is. And it fills your whole being so that you don't even need to eat. I have gone without food for days and weeks, as I have said here, "thirteen pounds of glucose water in four and one-half months." That's all I had when I was going through this experience. My whole mouth was filled with fungus; I couldn't take anything else. This was God's will for me, but the reward, believe me, has been worth every bit that I put forth.

He uses me every moment of the twenty-four hours of every day, seven days a week. And it is stressful, but I love it. I wouldn't miss a minute of it. My life is rich. My life is full. It is filled with love and beauty and the fragrance of God in the souls of those that come to me. It is filled with richness and satisfaction because I see when they make the effort the tremendous change that takes place in them. I see them come from worldly consciousness, embroiled in all of the things of the senses and gradually change in their dress, in their appearance, in the way they do their hair, their clothes, their make-up or whatever, the way they live, the way they surrounded themselves, what type of thing they do to the house of God outwardly and inwardly and how they start reaching for goals that they never reached for before. Gradually they are uplifted into tremendous human beings, each displaying their own gift which God has given them.

It is such a rich life, a satisfying life. It is beautiful! It is wonderful! It has been wrought with hardship, make no mistake about that, and dangers. And, believe me, you get it, as I got it from the person that I wrote this information to, but look what came out of what they did. I think it's beautiful because it came from God. Not from me. I don't have the power to write such things. I'm an uneducated fool, if you

will. But God can write the most beautiful things in the world, and He does. And He speaks, and He can do it not only through me, but through you, each and every one of you can be a minister of God, a servant of God in your own way. It isn't necessary to have the title, but still you can go forth with love.

I saw a show this summer. It was The Donahue Show and it was in some huge place, some city where he didn't ordinarily have his show. Carol Burnett was on the show. She is really a tremendous soul, this woman. She and someone else, another actor, I believe, had started a movement to go all over the United States to make people feel better, to say "I love you. How are you? Have a good day. I wish you happiness." And before she got through she herself was down in the audience, hugging and kissing everybody, and everybody was hugging and kissing everybody else, and there was laughter and there was joy and there was happiness. Isn't that a much better way to do? She is tremendous to have started such a movement. She is giving up her other career (she will appear sometimes) to do this, to spread goodwill and love throughout the whole world. Now, surely we can do the same thing. When somebody growls at us, when they tell us to move over, if things don't suit us, if we will put a smile on our face and say, "I love you," (like the man did with me in the antique store that I told you about on Sunday), it makes your whole day. It changes your life, and that's the way it has to be.

Forget the almighty dollar signs. Money is only a means of exchange. It is not the end all. Let us not be after the gold that you have to dig out of the ground or the paper that comes from the mint, but rather let us reach out for the gold of the Spirit, because that gold is not fools gold. It is the gold which will last. It is the gold that will shine forth like a halo that surrounds your whole being and you will become creatures of light. But practice your meditation, practice your concentration, and then your life will change, never to be the same again.

It's hard. It's stressful. I don't deny that. I am pressured right up to the hilt. People coming out of my ears, telephone calls that I don't even get a chance to return sometimes because when I get home I've got a whole list of them even if I'm gone a few hours. I don't have time! There isn't time in one day and to do everything else. But I do the best I can at God's direction twenty-four hours a day, and that's all He expects of any one of US. If each one of you were to dedicate your life in that same fashion with all of your heart, your mind, your soul and your strength, not just a part of it,

keeping part for yourself and giving one part to God, hoping that He will grant all of your earthly desires, but give Him all of yourself. And you will find out what I mean when I say that I have no regrets, that I would go through every God-blessed thing I've ever gone through before. I hope to maybe avoid a few mistakes I made at one time, but, nevertheless, I wouldn't change any part of the hard part, nor the suffering, nor the sorrow, nor the tests, because it is through the testing that finally we rise above all earthly desire for personal name, fame and glory. We humble ourselves to the dirt and we say, "Here am I, Lord. Take me. Do with me as You will."

Many tests are given and sometimes the greatest tests are given to the greatest souls. And they must be. But the Guru as a person is not doing it. God in the Guru is doing it to test the mettle of the ones who come before him or before her in order to see if they truly mean what they say or if it's just been lip service. If it's been lip service it isn't worth anything. But, if in spite of it the faith is kept, the love is still there and the sublimity of the lifting up is there, humility is the thing that is needed, for we must remember that it is He, it is He, it is He. No matter where you look, no matter what you do, no matter what you hear, think, see, feel, touch, it is all He, the Infinite Beloved.

Listen to my words. Whether I am here or in some other part of the earth my spirit is with you because it is the one Spirit of God that is in you, everywhere equally present. Always my heart, my thoughts, my consciousness, my love are with you no matter where I am. I want each one of you to become a minister of God, to make His work grow even though I am not here, otherwise, why did I put forth all the effort? Why have you bothered to come if you're going to give it all up just because of me? Do it because of Him. Do it for yourselves so that your light may so shine before men that they will see your good works and glorify your Father which art in heaven.

[This is the end of the talk given by Mother on September 16, 1981. The first part is to be found in the Spring Edition of this journal.]

"As I stand upright with my arms outstretched I am in the form of a cross. This is my temple, this is my church. If I stand with my feet apart I'm a five-pointed star. Every scripture the world over is the history of the evolution of every man from the human to the Divine. But only when you have come to the point where your love for God, your longing for God is so great that you are willing to die for Him, does He lift you up and put you through what is called the crucifixion." - Mother Hamilton, 811007 Talk



Anandashram News

Forthcoming Programme — [Posted to Website by Ashram on 2000-06-28 17:54:38]

Devotees all over the world and members of Anandashram Satsang Samitis will be celebrating GURU PURNIMA on the 16th of July.

GURU PURNIMA is the most auspicious day when all spiritual aspirants rededicate their lives to their Guru. There is only one Guru and that is God. It is on this day, more than on other days, that they worship with love and devotion the supreme Lord, specially incarnated at different times, and in different places, to uplift humanity from the mire of their illusive worldly existence, by awakening them to the Reality, and leading them on the divine path to the supreme Goal of human life, i.e. the realization of their own source—God, and their oneness with Him.

So let us pay our reverential homage to all Saints and Sages and in particular to our Gurudev.

Our Gurudev, Beloved Papa, Swami Ramdas, was gracious enough to initiate us with the holy and all powerful Mantra OM SRI RAM JAI RAM JAI JAI RAM (in some special cases, with whatever Mantra was asked for). By so doing he awakened us to the Reality and inspired us to walk on the divine path exhorting at the same time that nothing short of an intense aspiration to realize God and to enjoy the resultant peace and bliss eternal, should be our aim in life.

He had trodden the path himself and attained the supreme Goal with the result that he was ever immersed in the ocean of peace and bliss. So he could assert with authority that if we also

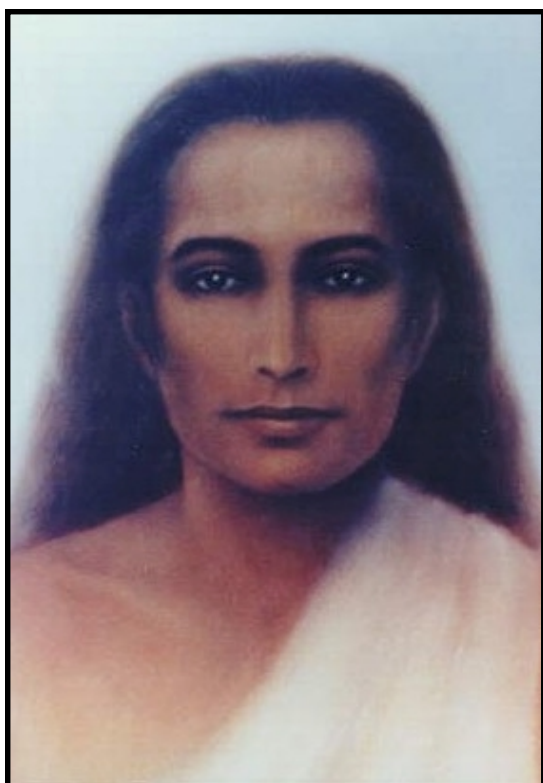
walked in his footsteps with all love and devotion and intense aspiration, we are sure to attain the same exalted spiritual state.

As a means to reach the goal, our Gurudev advised us to chant the holy Ram Nam constantly and remember Him ceaselessly with one-pointed devotion and surrender our little 'I' -the ego, to the supreme Being. He also assured us that if we do this much, God seated in our heart will guide us and prompt us to do the rest and will ultimately reveal Himself in us.

All of us who are Sadhakas therefore know what we have to do and have been doing in our own way whatever is possible. But on this most auspicious day of GURU PURNIMA let us re-dedicate all our thoughts, feeling and actions to Him and take a vow in His name to live only for attaining Him, and humbly pray for His unbounded grace and blessings.

OM SRI RAM JAI RAM JAI JAI RAM

THOUGHT FOR THE MONTH "Guru is a spiritual guide. As the word itself connotes, he is a giver of light. He is the enlightener of the aspirant's intellect. He transforms the consciousness of the aspirant and turns it from the world to God. He is in reality, within yourself. Ramdas is only an instrument in the hands of the divine Guru, who is the all-comprehensive Reality, to inject into those who come in contact with him, the Ram Mantra which brought him face to face with the supreme Guru." — Swami Ramdas



Infinite are some of the most inspired and inspirational songs I have ever heard. The power and beauty of these songs will be a treasure to all who are devotees of this path.

We also have a new pamphlet available, *O Master, My Master*. It is a transcript of a conversation I had with the Christ while in a superconscious state. It has been said by many that they have been moved by this account and it has helped to clarify the universal teachings of Jesus.

Finally we are developing a web site page to make available materials we are publishing. It should be available soon. The address will be:

www.crossandlotus.com

I considered for sometime if this would qualify as advertising (one of my promises to Mother was that I would not advertise). I reasoned that for anyone to find the web site would require they search us out or be referred by someone else. This would be no different from being found in the phone book or referred by a friend. This test assured me that it was not advertising and would make communication easier, especially with out of town devotees. With these activities I hope you will find inspiration in your search for Truth.

With Divine Love and Blessings,
Yogacharya David

Calendar of Events

- July 4 Independence Day for all!
- July 16 Guru Purnima Day
- July 25 Babaji Commemoration Day
- July 28-30 Summer Retreat
(Whidbey Island)
- August 4 Beloved Papa's Mahasamadhi
(Western Calendar: July 25)
- August 23-27 Visit to Prince Rupert by
David
- September David begins Silent Retreat**

AFFIRMATION FOR OVERCOMING

O Lord, there are habits I wish to change. You have created me as I am. You have also created in me an aspiration to rise to a higher Light. You *must* endow me with the power to make those changes that reflect Your will. I pray, with all the might You have given me to make those changes. Be it so, now and forevermore!

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