



# The Cross and The Lotus Journal

**Autumn Edition**

**September 2000, Vol. 1 No. 3**

---

Dear Friends,

I stand on the brink of going into a year of silence. By an inner command this has come about. As I have contemplated this time, it has been shown to me how we, as human beings, avoid entering into the cosmic sea of Consciousness that is God. Our true nature, being the vast Spirit of Consciousness, one would think that all would be rushing to enter into that pure joy of Oneness. But as we look around, we see that it isn't so! The question comes, "Why do we not bend every effort to know this cosmic Consciousness?" It is our freedom, our fulfillment, the purity of our Being, and yet, not only are we not diving into It, but we devise every possible delay to avoid it! The answer has come to me in two parts.

One of the reasons for our dallying comes in the fear that we will have to face all that we have done in our journey while consciously separate from God. Consciously or unconsciously we fear who we might really be. The horror of seeing what we have done against ourselves and others seems too overwhelming. We have had pounded into the brain since youth that we are bad, we fall short of who we should be, we are sinners, we have the Id of Freud that is basically objectionable. In that way we have learned not to look within, or at least not too closely.

The other reason is of the opposite extreme. Who and what we are is vast and powerful beyond our knowing. Without boundaries, without limitation, Spirit threatens to overwhelm us with its immense reach. "Who are we to know of this?" comes the question. Thus poised between the two extremes we settle for the known, no matter how dull to our eagle-soaring hearts. "Better to stay with what is known, than get in over our heads with the unknown" says the earth-bound soul. And so, we stay relatively the same. At best, we rearrange chairs on the soon to sink Titanic.

*(Continued on page 6)*



**The Reverend Yogacharya Mother Hamilton**

## **Way of Life**

**A Talk given on September 15, 1967**

**by The Reverend Mother, Yogacharya M. Hamilton**

Now let us all close our eyes and fix our full attention upon the Christ Center. Let us feel the wonder and the beauty of God's glorious Presence. Truly He is radiant within our beings. He is all life, all breath, all love, all wisdom, all power, all beauty, if we but know this within ourselves. Let us feel His Infinite Presence and the peace that passeth all human understanding as we pray to Him:

-Opening Prayer-

Let's sing: "Do Not Dry The Ocean Of My Love"

Now let us now go into deep meditation. Let us feel God's power, His wonder, His bliss surging deep within our souls. [Silent meditation] ...it is more.

Remember, as we have often said, and Jesus was the first to say it, that God Realization is the pearl of great price. This means that you must pay the **full** price. The very full

*(Continued on page 2)*

price for your God Realization. It means the total annihilation of the ego. Now this can't be done in just half-way measure. It has to be done all the way. All the way. God alone. God alone.

I have led a pace since I saw you last that maybe few people could keep up. With much of the time two and three hours a night sleep, very little food, on the go constantly: interviewing people, working with people. And I never felt better, until I got back home and wasn't working with people. So I guess I should be doing this all the time! But it's a fact. It was a tremendous experience. And so, although I have a weak body and particularly a weak back, I tell you, that if you have complete and absolute faith in God and in His power, you can move mountains.

And whatever He requires of you, remember He will also give you the strength to do. Without exception. Never once in my life has He failed me, and the miracles that He accomplished on these trips, I can't begin to tell you. You heard perhaps a part of them. But only a part. Because you could go on and on and on...it would take a ream of pages, really, (laughter) in order to cover. It was just tremendous. And don't think that I did anything. I was only standing there while God worked through me. And the miracles that He did and that He continues to do every single day are beyond belief. And I sit myself in awe and wonder and watch what happens. It's wonderful!

Now, this is not peculiar just to me. Each and every one of you have God within you. The same power of God. To become masters of yourselves. And from that high estate, that glorious estate, to go out and spread that Light everywhere to His children. And as you spread it, the power within you grows, because as ye give so ye receive. And nobody comes before me but what God is there. And I learn from that one, either what to do or what not to do. And if you will keep a mind...an open mind, and keep this in **mind** in all humility, God will be with you and He will do wondrous things through you and for you. Now, remember the seven steps:

1. That you have your *yama* and your *niyama*. These are the same as the Ten Commandments, the dos and the don'ts.
2. Then you have your *asana* posture, or your posture of meditation.
3. Next you have your pranayama, which is your breath

control practice. The practice of controlling the life force.

4. And then next you have *pratyahara*. Now, when you have attained the ability of controlling your breath, and by control I do not mean forcing or holding. But through the Hong Sau technique, to have it naturally develop that you are not breathing. The student that I told you about that I acquired recently, about five months now, has already attained the breathless state to some degree through full concentration, full faith, love and devotion for God and practice morning and night. Pamie Singh. The Hindu...or the Sikh. He's tremendous. Now, if he can do it, certainly you who have been doing this for years can do it, there is no question about it. And this is done naturally, not through holding the breath, but by full concentration. Letting...letting the breath flow in and holding it until of its own volition it wants to go out. Leaving it out until of its own volition it wants to come in. [Sentence removed.] It is not governed nor controlled by them. The breath controls itself. Remember that. Now that's very important. And when you can do that then you attain what is called the state of *pratyahara*, or the consciousness of the interior forces. All of a sudden the life force leaves the senses and your full attention is focused inwardly on everything that is going on in your body.

5. And then next you have *dyana*, which is the interior...or the ability to interiorize the mind. This means that the mind goes beyond everything that it can see...can conceive of.

6. And then there is the next one which is *darana*, which is the process of focusing that mind which has been detached from everything else, on God alone. And then when you are able to do that, you go beyond the mind and you are in a state of *Sabikalpa Samadhi*, or the *samadhi* of trance, where the body is immobile but the mind is fully conscious. And at that time you must try to...not to stay in that state but to constantly work towards your Oneness with God until you can attain this state of bliss which you experience in this state of trance while you are fully conscious. And in the beginning this comes and goes, comes and goes. You are in a trance-like state part of the time and part of the time you are able to attain...or maintain, I should say...this state of bliss while you are fully conscious.

7. But gradually, as you practice this more and more and more, you secure it. You hang your ego on God's peg and that is called the highest state of samadhi, which is called *Sahaja*. Now, these are the various steps which we must keep in mind.

Now, this is our last evening together in Seattle, and I promised that I would tell you where I'm going. I remind myself of Master, in the sense that I can't keep my own secrets sometimes. I think I told you the story about the time somebody gave him the Lake Shrine property. And he wanted to keep it a secret until he had everything ready to open to the public. So I was sitting directly across from him at the luncheon table one day, and a big group of people around, and he was talking away, and he'd been talking about this wonderful surprise. And all of a sudden and his mouth opened and a couple of words came out and he looked at me so startled and he almost swallowed his tongue! And I said to him, "Master, is it that you almost divulged your own secret?" And he said, "Yes!" Well, I went him one step better, and I did. [Laughter] The other night I was talking to Althea Taylor, our friend from Los Angeles and out of my mouth popped where I was going and I thought to myself, "Well it's perfectly alright because she doesn't know any of the group." And then all of a sudden I remembered that she knows Herlwynn and Barbara, the rest of you very well, but probably she'd see Herlwynn and Barbara and there I'd be! Then I was talking to Cathy over the telephone and she wanted to know where I was going, and I said "I will announce it Friday night." And we talked a little while and then I made the statement, "But I do want to do this before I go to Europe." [Laughter] And there I was, with my little bare face hanging out! [Laughter] But you see, that isn't all the story either, because I am going to Europe and I'm going to be in London for seven days. But then I'm going to India and I'm going to be there for a full year, maybe longer. And I'm leaving here...Father and I are leaving on the thirteenth. Now, because of Father's heart condition, the doctor said he can't go. But God bless him, he's willing that I should. So he's going to do what he feels like doing and enjoy himself, and find his own method of service while I'm gone. And when I come back we'll find a new place to live. We're giving up this place and...then things will go on. And I hope to visit all of the greats over there, to spend much time and really come back with something worthwhile to give you. Not that we haven't had something very wonderful and worthwhile all this time together, we have.

But there comes a time when you feel God's direction very definitely within yourself to do something. And this I feel, beyond any question of a doubt. I feel it so strongly that I couldn't possibly not go, no matter what. And because it is God's will, everything has been working out. I got a whole

lot of new students this past summer, many of them: six Muslims, Hindus and Christians all over the place. And I have many, many invitations to visit homes, to visit groups and speak to them, to visit universities and talk to them over there. And this whole thing is expanding all over. This picture that was — I got talked into having done after a couple of years of argument and finally felt directed to do — is now in many, many places in India, and many people write to me and accept me as their guru even as they did Master, although they have never seen me. And I get many, many wonderful letters, many requests for help and then they all write and tell me about the miracles that have been performed as a result of my grace. And I tell you, that it isn't a result of my grace, but only of God's grace. Because it is He who does all these things. But certainly He is using this vehicle in a tremendous way. As I say, I sit in awe and wonder and watch the result of it.

But there's one thing — a little secret I'll let you in on. And don't forget it. That I don't care if you have faith in a tramp down on skid row, and you think that he has God in him so greatly that he can heal you, that he can solve your financial problems, or your marital problems, or your business problems, and you concentrate on God in that one with all of your attention: and your prayers will be answered. It isn't that he will have done anything, it is that he has tuned in on this "God Wave", this radio wave that heals, that inspires, that harmonizes, that works wonders. Nobody has great powers, only God has power. And no one individual has the monopoly on it. None whatsoever. You can't contain God only in one form, because He created every form. And we are made of flesh and of the Spirit. It is through the marriage of these two that man came into being.

Now, I am the product of two Masters as I have told you before. Master is my guru. He always has been, he is and he always will be. But also I stand at the feet of another Master and he put me through the crucifixion. And I mean I really went through every inch of it and came out paralyzed. Father went with me, and I want to say, right here and now, that without him I could not have accomplished what I have, nor would I be what I am today (whatever that may be in God) because it is a fact. And I am eternally grateful to God in him. But all of these things happen. But out of this, I came out of it with my own God Realization. And I paid the price for knowing. I made the...paid the price for my own self mastery, so I no longer have to hang onto anyone else's coat strings, or quote them exactly or do exactly as they

say. Because I have to do what God directs **me** to do, inside. So I've come out with a different set of ideas and a different set of teachings, to some degree. I encompass and contain all that both of them have given me, I rejected some and kept others because some, to me, seemed unfeasible and unworkable and some, not true! Now, that seems a strange thing to say, but from my own experience I know this to be a fact. I know it.

So. I'm a little bit more liberal. I don't preach complete celibacy in the beginning. Life is to be lived, in all of its beauty and wonder and glory. And we cannot deny nature. We cannot deny the humanness. Now, I am not...and I want to make this very clear...condoning sin or license. I am saying that we should definitely abide by the Ten Commandments. But I am saying that we should not go against everything within ourselves trying to accomplish something which is impossible for us. That these things must be taken in gradual stages. And they must be overcome, because no one is born a virgin except in the physical sense. We must attain the state of absolute purity — physically, mentally, spiritually. Then we attain that virgin state which is necessary to have the great Light of God come within us.

But we have been taught this...what shall I say....something of sack cloth and ashes, of self denial. And we have taken it literally. We have starved our bodies, we have kept from eating meat and various other things, we have thought that we must dress in abject garments of poverty if we are to attain our God Realization. And I say that this is not so. It is your Father's good pleasure that you have all of the good things of His kingdom. And don't forget the Lord's Prayer that it said that "It shall be in earth as it is in heaven". And it isn't important what you put into your mouth...and Master himself said this, and I have the original transcription...it is only important what comes out of it. It is not important what we girls wear on our faces in so far as things to make us beautiful, nor the clothes we wear, within reason. It is what is in the heart that is important.

Now, there is a revolution going on all over the world, particularly with young people. They're protesting, they're having a sit-down strike because all of these other things have been demanded of them which they cannot and do not want to live up to. They're going in completely the opposite direction. The only way we're going to reach them and change them is to let them do, within reason again, the things that are natural to them. And when I talk with the young people

around the country, I talk to the girls about making themselves beautiful, of dressing neatly, cleanly and attractively, of using makeup, of keeping their faces as they should be, and their hair. Of expressing outwardly the beauty of God that is within us. Because anybody who keeps a slovenly house, as I've said many times before, or who is slovenly in appearance, certainly isn't neat inside. So whatever you express outwardly, that you are inside. Your cupboards must be clean, your drawers must be clean, your clothes must be clean, your house must be clean. Your place of business must be orderly. And if these things outwardly are as they should be then you may be sure that individual is an orderly person inside.

We owe God this because we want to express not that which is ugly, not that which is terrible, not that which is criminal, but that which is wonderful and beauty...beautiful...and full of love and power and greatness. And I want you to know this: that I don't want you to try to be something that you're not; that you don't want to be merely because you think you ought to be. I want you to keep your attention upon God and be yourself. Now, this doesn't mean to drink, to smoke, to overindulge in sex. It doesn't mean to take license in any of those things. But there are tremendous number of things in this world that we can do legitimately according to the law of man and of God, and enjoy ourselves. We must find the key to our own nature and express that nature. It is only in expressing ourselves as we are inside that we will gradually go to God. Because otherwise we become like dried up peas. And we're constantly fighting this force of evil because our desires say, "I want to do this, I want to be this" and here we're told over there, "Oh you can't do any of those things because those are wrong. And if you do them you're living in sin."

I've seen, for instance, what was done to this one girl with fostering a guilt complex. Many of you have read about this. And she was in this Catholic convent, and so she was taught "sin" and separation from God, and guilt. Every little tiny thing. And I've never seen a purer or more beautiful soul in my life...until the point where this girl was an absolute nervous wreck. And they even told her, threatened her, that she would die of insanity. What a monstrous thing to do! And this is not the only case I've come across, I've come across many. And I think that that in itself is the greatest sin that man can do to man.

Now we are not miserable sinners. Sin is only that which separates us from God. And that is the great general classification. We are God's children and if we constantly dwell on the fact that we are sinners and we are scared to death to do this, or scared to death to do that because we're going to do something wrong and we're going to hell for it, we're going to be in a terrible state. And the first thing you know we're going to be filling these institutions along with everybody else that's out there filling them at the present time. Let's live life in all of its fullness and wonder and beauty and glory. Let's love one another. Let's express ourselves in all the good ways and the beautiful ways and the wonderful ways. Those things which are natural to us. And if we slip once in awhile, don't forget that Jesus fell too. But he picked himself up. Somebody else carried his cross until he was able to. But finally he made it. If you stop beating yourself on the head and every time you fall say, "Father I'm sorry" and then put your mind on Him again, dedicate all thoughts, all words, all actions to Him. Love Him with all of your heart, with all of your mind, with all of your soul, with all of your strength, because without Him you can do nothing.

And it doesn't matter what your religion. What we teach here is a science of being. And it applies to every man, woman and child in this universe. Because there is only one way to go to God, and that is by the way of the spine and to the brain, where He sits here in all of His glory on the throne of our consciousness. Where He resides in the altar of our heart. Now, you can call your religious belief by any name, but God is there. But each man in the final analysis has to go up this spinal stairway regardless of what method he chooses to do it.

Now, some can't meditate. They don't want to meditate, and so they beat themselves to death because they don't meditate. And some of them are so busy they never find the time, they say, "Alright!" So if you don't find the time, we have for these the great path of Karma Yoga, or concentrating upon God through action. In other words, you don't work for yourself, you don't work for your family, you don't work for your employer or firm or anybody but just God. So you think about it. And that is meditation, because every time you have your mind on God you are meditating upon the one and the only author of your being. And this is one of the great paths of union with God. So why beat yourself because you can't sit in meditation? When it is God's will and you are ready for it, if you can't do it, it will come

naturally to you.

All these names that we call ourselves by! If we would only forget these and say, "Come, all of my brothers and sisters, let us sit down or kneel down and worship the one Father God together." How wonderful it would be, but some people are not ready for that yet, and they can't help that. And we shouldn't look on them with pity, nor with disgust, because they are in the particular school of life in which they belong. This is the only thing their consciousness is ready to receive and they cannot possibly accept anything else. So realize that. Learn from them. Learn about their religion and help them where they are if you have something to help them with. And yet, not you but God within you. Don't ever forget that. That you of yourself do nothing. It is your Father who doeth the works in every single instance. So this is one path.

So then we have the path of *Bhakti* Yoga or love. Now, when you love God your full attention is on Him: in meditation, every moment, no matter what you do. Every thought, word and deed is an expression of your love for Him. This is *Bhakti* Yoga, this is another and the greatest of the paths.

Then we have *Raja* Yoga, which is the combination of all. We have *Jnana* Yoga which is the path of wisdom. Some people are intellectually inclined. Their minds, their hearts may seem to be dry, but they want the wisdom of God. Now each of these are equal in the sight of God, it is only important that you follow the law of your own being, not somebody else's. Because you cannot possibly follow somebody else's path to God, only your own. You cannot get somebody else's God Realization, only your own. And so therefore, you do not at any time become intolerant of another one's belief. Because every church, every religious belief, every single individual in this world is of God, because He created the world and everything that is in it, and nothing was created except by Him. Nothing whatsoever. So where is He not?

And when you get this Universal Vision of God, and you see Him in every form that is manifested... He is that infinite spark of life in every atom of space and He has covered Himself with the cloud of unknowing in order that He may sit and meditate upon Himself and rediscover, in awe and wonder, His own glory. Because there's only **one** power in this universe, **one** wisdom, **one** presence operating in this world of duality in **two** ways. And when you know this and understand it and realize it, you will not see any difference

nor be confused because God in the absolute state is above duality, but yet contained within Himself, which He expresses and sends forth is duality. So there is nothing anywhere but God. Even evil, in its original force is good, because it is merely that pure projecting power of reason that goes forth from God. And that which draws back to Him is the power of feeling, or magnetism, or the female force which takes it back. It is man's minds and what they do to these things that creates the evil as we know it today. And this world will never change until we stop shadow boxing and be ourselves in God.

It's a wonderful thing. A wonderful thing. And through the contributions of some of you here, many of you, our own dream is being realized right now. We have all these things in the hands of a very, very fine attorney down south, and we are securing the name "The Master's Disciples". God is the Master, we are all His disciples. So, we don't have any formal organization whatsoever. Every man, woman and child in this universe is a part of our organization: there are no boundaries. We are God's disciples.

And God is fun. We don't have to go around with long faces. Don't forget that. He is fun if we know Him to be so. And we can have happy, carefree relationship with God. Remember the poem that Master wrote, "Hello playmate! I am here." So God is my playmate. I laugh with Him, I joke with Him, once in awhile I poke a little fun at Him and mentally go upstairs and say "Please forgive me, Father, but it's such a beautiful opportunity. And besides, I couldn't keep my hands on it, and it's all your fault because you're the sole doer anyway!" So I get myself in lots of trouble every now and then, but it's such fun. And people respond to laughter, to gaiety, to love. And if you pour all of this power into everything and anything you do, you will find magnetism inside of yourself developing until you reach out and nobody can withstand it. Everybody has to be drawn toward it. I know, because I had such a love feast that I can't begin to tell you. People couldn't leave me alone! They had to put their arms around me, they had to kiss me, they had to touch me, they did anything, everything for me. And they will for you also. But we don't do it for that purpose but just for the sheer joy of expressing the bliss and the love and the glory within us. It's tremendous. It's tremendous. So when you get that consciousness, you are the Master equal to every Master in this world and you have that spark of Divinity in you. Know ye not that ye are gods? Let's not hang on to somebody else's coat string. Let's not be parrots,

let's not be copy artists, but let us be masters of ourselves and lead others to God. It's a wonderful future, believe me. It's just opening up and growing all over. It has no bounds.

So, we will all meet again. We'll hear from you. And...I hope we hear from you frequently! I'll let you have my address, and I won't be doing much writing but Marge is going with me and she will be glad to, I'm sure, answer all our correspondence. Because I expect to be rather too busy! But anyway, we'll keep in touch with you. And when we get back we'll all get together and we'll really have a wonderful time in God.

In the meantime I expect of each and every one of you the very highest of that which is in you for God. God, Christ, Guru. You've been with me many years, many of you. Most of you. And you've all become very wonderful souls, you've become magnets yourselves to draw others unto Him. So don't give up because I'm gone. Because in God there is no time nor space and therefore no separation. Remember that there is no place but here, no time but now. We have never left the heart of God. This is eternity! We don't have to wait for it, we're living in it. It's the ever new blissful presence of the Divine, if you would only see it and feel it and use it within yourselves.

Any questions, anybody? Okay? Let's all have fun together now, and I think some of the people have brought some refreshments, and let's all enjoy them.

[This transcript has been edited to remove references to some Yogic techniques taught during initiation.]

---

*("Dear Friends" Continued from page 1)*

We seek to avoid the inevitable. We will all die, that is leaving this body and all its possessions. We will take that adventure without any preparation, hoping against hope, all will come out all right. But, Lahiri Mahasaya used to say, "Always remember that you belong to no one, and no one belongs to you. Reflect that some day you will suddenly have to leave everything in this world-so make acquaintanceship with God now." The great Master continued, "Prepare yourself for the coming astral journey of death by daily riding in the balloon of God-perception now."

To meditate deeply on the nature that is God, is the way to prepare ourselves for the coming journey we call death, and gives us joy in the present. Imagine, if you will, breath-

ing your last breath. The most natural thing to do in body consciousness is to reach for the next breath. Our future is then sealed for another life time in the physical body. Let us change the scenario and imagine you have been, each day, releasing your breath and expanding it into breathless Cosmic Consciousness. So, instead of reaching for the next breath, you release that last breath and let your consciousness rise into the vast Spiritual Consciousness that you have long realized yourself to be. In that precious moment, you feel yourself to be one with all that is. Freedom, bliss, ever new joy are yours as you free yourself from the restless tides of breath. A profound knowing comes to you that this is your real nature and human existence seems a dream.

To solve the mystery that is death even while living brings us such peace, which, perhaps ironically, allows us to live more fully while here in material existence. The key to this puzzle lies within us, always available to our all knowing eye of intuition. But we busy ourselves with things of this world to such a degree that we obscure the Truth that would free us of our worst fears and ignorance. What is required is the courage to face ourselves, our past actions, and to face the wall of eternity. By becoming trusting in our Divine heritage, by taking a step at a time we find we do not have to chase after what we seek.

Rather, if we become still, quiet, open handed, then the answers we seek come to us. In the same way that we do not consciously digest our food, make our hearts to beat and all the other functions that go on quite automatically in our bodies, we also do not have to know all the functions required to make us ripe fruit to be Self-Realized. What is required is that we become clear in our intention to know God, that all embracing Consciousness that has created all that is. Unseen forces are then set into motion that makes all possible. What is required is that we stay awake, ready! When that inner knowing says, “do this, do that,” we respond with pliancy. Then we make straight the path, the way to the Infinite. We feel as though every step of the way is guided by the Supreme Intelligence.

This thought guides me as I enter into this time of silence. I do not know all that will occur in this coming year. It is enough to take care of the things of the day. But one thing I do know, this guiding Presence will be with me and make everything that is to occur to be for the higher good of all. If you wish to join me in a day of silence, once a month, once a week, once in a while, then we may commune with each



other in that silence. And, during that time, pray for the world to be filled with Spiritual Light, even as I will be doing. You will be in my prayers every day, and in my heart always.

Namaste, (I bow to the Light within you)

David

*“What Lies behind us  
and what lies before us  
are tiny matters  
compared to  
what lies within us.”*

Oliver Wendell Holmes

| <b><u>Calendar of Events</u></b> |  |
|----------------------------------|--|
| September 9                      | David enters Cloud Mountain                  |
| September 16                     | Swami Vishwananda arrives in USA             |
| September 26                     | Lahiri Mahasaya’s Mahasamadhi                |
| September 27                     | Mother Krishnabai’s 97th Birthday            |
| September 30                     | Lahiri Mahasaya’s Birthday and Rosh Hashanah |
| October 9                        | Yom Kippur                                   |
| October 14                       | Cloud Mountain Satsang                       |
| November 11                      | Cloud Mountain Satsang                       |
| November 13                      | Swami Satchidananda’s 81st Birthday          |
| December 16                      | Cloud Mountain Satsang                       |
| December 22                      | Hanukkah                                     |
| December 25                      | Mother’s Birthday & Christmas                |

## Notes To Kriyabans

**“We are assured one perfect Kriya breath is equal to the evolution consciousness makes in one year of harmonious living. Daily sail the jetstream of Kriya Yoga with gratitude.”**

**Yogacharya David R. Hickenbottom**

“We are all part of the One Spirit. When you experience the true meaning of religion, which is to know God, you will realize that He is your Self, and that He exists equally and impartially in all beings.”

*Paramhansa Yogananda*

“Some persons say that surrender is a sign of weakness. Ramdas says it is the path of the strong. Surrender is not so easy as people seem to think. It is very hard to eradicate the ego-sense. Surrender is the only way to root out the ego. It is the straight path that leads to God.”

Swami Ramdas

**The Cross and The Lotus Journal  
PO Box 16717  
Seattle, WA 98116**

