



# The Cross and The Lotus Journal

Summer Edition

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Dear Friends,

Once again Silent Sacred Greetings. How lovely to be able to connect with you once again through the pages of this Journal. The month of June is the completion of nine months of this time of mouna, silence. I cannot tell you what a sense of privilege there is for me to be able to serve God and Gurus in this way.

During the month of April we had our three-day retreat. I want to thank all who came for making it a wonderful success. It has long been my wish to have a retreat in silence and meditation. One of the advantages of group meditation is that it stretches our capacity for sitting in concentration. I remember early in my sadhana days sitting with a small group in Bellingham for an hour each week. The discipline of sitting for that hour helped me to stretch out the times when I meditated on my own. To have those times when we have satsang, when we sing and meditate together, really acts to support us in going deeper into those interior spaces.

It was with great joy that I anticipated making the Clearing/Charging Exercises available during the retreat. While these breathing techniques are simple, it is their design of integrating the breaths to the three bodies and the nadis, and their integrated use in meditation that makes them especially powerful tools for change. The observation sheets filled out by participants confirmed my view that these Breathing Exercises will make significant differences in the lives of sadhakas. This confirmation made the joy complete. We will have Clearing/Charging classes on Hornby Island in October and in Prince Rupert in November. If there is interest, we can plan more Clearing/Charging Classes in other locations for the future.

As I mentioned before, this month of June is the completion of nine months in silence, leaving just three months here at

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**The Reverend Mother Yogacharya M. Hamilton**

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## The Ascension

A Talk Given by Mother Hamilton  
on April 22, 1981

**(Continued from Last Issue)**

It is our business to keep this body neat and clean, to put good food in it, but not to be overcautious, over-careful of it, but to leave it in the custody of God. Believe me, I have learned to do that because many things happen to this body, as I have told you, that I'm totally unaware of the reason for. They aren't mine, and I find out later that I'm working them out for someone else. And this has been proven beyond all doubt. This is not a figment of my imagination. Much of the time my body is in terrible pain, and yet I have learned to rise above it. It is not all that important. But when it needs taking care of, then I take care of it. I do what God tells me every moment of my life.

So gradually, as you ascend into the kingdom of heaven within your own being, as you go through this crucifixion experience, as you are interred in the sepulcher of your own heart, as you rise from the dead, and then the graves open

*(Continued on page 2)*

inside of yourself and all those that were killed with the Christ rise up, all of these that have been dead with the savior who has been killed on your own cross, arise from the dead and then you start the ascension into heaven. And just as it has taken three days, or three separate periods of time, in order to take care of this, then also it takes three days or three separate periods of time to ascend into the heaven of your own being. But when you make the effort to do that, if you will only use the techniques that have been taught to you; if you will only put God first and foremost in your life and in your mind, and in your heart, and do everything to serve Him, not yourself, then you will find that many of your troubles vanish and you will never be the same again.

This world is a world of duality, and you will never have utopia here, on the outside. There will always be things to face. There will be problems to overcome. There will be dissension on the outside, but the important part is that you have got yourself together in one piece, that you have faced yourself and that you are willing to admit your own weaknesses, your own failings and not to blame them on somebody else. That must be done if you are to rise out of the dead into the great light of God within yourself. Until you realize that finally, at long last, you have become the master, not of other people, but of yourself. And that is why people call many people masters. Of course, in the Christian world, the Christians believe only in one Master. But the Christ himself didn't say that. He said no disciple can become greater than the master, but the disciple, if he measures up, can become as great as the master. As we have said many times, quoting him, "All of these works that I do ye may do also, and even greater works than these that I do ye may do."

If you will persist, if you will go inside of yourself and make the supreme effort, you won't have to be upset with anybody but yourself. You will find that the whole solution to every problem you have lies within yourself, and that you alone are responsible for your own actions, you are responsible for the reactions, you are responsible for what comes from other people because some place down the line you have failed to be or to give from yourself that which was of God. You have not done your part. You have failed Him, and therefore you have failed yourself. The only answer lies right within yourself. The responsibility is yours and yours alone. No one else.

As I've told you hundreds of times, I give of everything I have in order to help you to attain that which you tell me you want: the ultimate realization of your oneness with God. But I cannot get inside of you and think your thoughts for

you. I cannot act for you. I cannot feel for you. I can feel for you in the sense that I can feel sorrow in case you hurt or that you have done something wrong, but I cannot live your life for you. It is my business to teach you how to live your life, not according to my way of thinking as a person, but the way that has been laid out from the beginning for all men to live. To obey the Ten Commandments, to love one another, as the Lord has loved us. And His love for us is supreme; it is perfect; it is all-encompassing. And if we will constantly give forth that love and the full effort, then our lives will change and we won't have to worry about what other people think about us or anything else. Because no matter what happens on the outside, we will know in truth, "I Am That I Am", and it is the other fellow's responsibility to also realize that he is that, not ourselves.

This is a beginning, a new beginning after Easter. We have had this glorious day, celebrating the arisen Christ, and that must come to all humanity one day. But remember that it will not be on a total basis until it happens individually, until each one has the courage and the total surrender, and the will, and the love to surrender all that he is upon his own cross in God and become a light unto himself. Then as each one lights his own torch, that torch is lifted up and another one lights his torch by that torch. And so it is passed from soul to soul, from human being to human being until one day (and it will be millenniums from now; but we're starting it), this whole world will be filled with the light of God. That is called, in the Hindu sense of the timing of things, the Golden Age, when men will be able to communicate with each other only by thought. They won't need to speak. They can, if they will, but they don't need to, because all is light, all is made clear to them. They're not struggling in the dark for the Truth, but rather they have realized the Truth within themselves and they have spread that Truth. Therefore, everything that was dark has turned to light. Everything that was dross has turned to gold.

This is what we are beginning and every single soul here and all that we can gather to us is needed in order to accomplish this great purpose. I can work myself to death, but I can't do it all alone. I'm only one person, and it is through God's grace that I am able to do whatever I do, even as it is His grace that you do whatever you are able to do. But every moment my heart is with Him. Every moment I am listening inside, "What do you want me to do next, Lord? What shall I think? What shall I say? How shall I handle this?" And sometimes I don't even need to stop and think because this body, this mind, this soul belongs so completely to Him that it just flows through and He just uses it in whatever way He wants to. Then I stand there afterwards



sometimes wondering how that happened. What came out of my mouth wasn't what I would have meant to say or what I had decided to say or anything about it. It was taken away from me. In other words, *I* was lifted up. *I* was used for God's own purpose. We aren't here just to cater to ourselves and our own egos. We're put here for

His purpose. We are put here to manifest His light and His love and His power and His intelligence in the highest way possible.

Sure, it's difficult to get there, but isn't it worth it? Would you rather carry a burden on your back all the rest of your life and always be caught in between these two forces, never once being free to be yourself, to succeed in rising above all of these trials and troubles and tribulations? Believe me, it is worth the effort. Regardless of how long it takes you, eventually you are free. And when you have once been liberated, when you have once risen up, you are liberated then from this world. And you can go on to higher and higher worlds until you reach the light world, then you are absorbed into that Source of all life which is God Himself, which existed even before a word was spoken, which is pure and absolute Spirit and is beyond anything that you can use to describe it. You have to experience that.

Only one who has gone all the way through the death state and back is the one that is truly a God-realized soul. There are many who have gone a lot of the way. Some have gone a part of the way and they set themselves up as having gone all the way. Believe it not. They are few, indeed, on this earth. Because while professing to love God, they love themselves. While professing to follow Him, they follow their own egos and their own desires. And they do not love Him enough to open themselves to Him and to do for *Him* what He does for us every moment of our lives.

So, at the beginning of this Ascension, this new period now that we are coming into, from the historical standpoint, as well as from the standpoint of parable, let us begin a new life. Let us take a new lease on life. Take a new notch in your belt. Tighten things up, and be what you should be. Think only of Him. How can you be upset and angry with your brother at all times and still think of God in the way that you should? I think of the book that Ramdas wrote about his life and how he was beaten up. He roamed all over India with nothing but a single piece of cloth on his body, no shoes on his feet until his feet were torn and bleed-

ing, but God always took care of him. He bandaged his feet. He fed him. He went without a penny in his pocket; God took care of him. He went into the caves and called out, "Hari Om!" hoping that the wild animals who were of God with him would come out and give him their darshan, as he called it, or the vision of themselves. Everything he did this way, to show the way. I know for a fact that he went among the lepers. He went begging in the village and he would get alms and food to feed them. And he would come and he would wipe all of the pus off of their faces and the parts of their bodies that had been affected and feed them with his own hands. Now, anyone who wasn't God-realized would certainly avoid that with terror because they would be afraid of getting it, but he wasn't. Why? Because he was so one with God that everything, even the leper, was his God and all he was doing was serving Him. The great Mother Teresa is the same way. Nothing was beneath her to take care of as long as she was serving her Lord, and is to this day.

Now if all of us could be that how wonderful it would be. We would get away from fear. We would get away from always worrying about where our next day's meal was coming from, what we're going to do about this debt or that debt or the other debt because God would take care of the whole thing, and He does. If you seek Him first and His kingdom of heaven, then and then alone all the other things are added unto you. But everybody wants to do it backwards. "Lord, you give me this and then I will do that for you." And when He does give it to us, before we have done what He has asked us, we forget our promises to Him and we think, "Well, I've got it now. I've got it made. I'll go out and do the same thing again, and who's going to know the difference." But who does know the difference? God, because He is your very Self, and whatever you do, whatever you think, whatever you say is known to Him because He lives inside of you. He is that Great Spirit; that life force within you; that Supreme one who is wearing this body that you call your own and you feel separated from Him? No way are you separated from Him. He is your Real Self.

So from now on realize that. Make the supreme effort. I'd like to see the face of every single one who comes into this congregation filled with the light of God. I want to see each one loving one another, serving one another and to a great sense, that is now being done. But let us do it even more until we become the example for a world, that no matter what happens to us, what persecution we have to go through. And we may well get into it, and we may well have a war, because there are people who will hate us. You know the dark forces always hate the Light. They try to destroy it



because it threatens them. But love God so much that it doesn't make any difference to you, that you're willing to lay down your life for Him, which is His anyway, in order to change this world from the darkness that it now is in, into a place of peace and wonder and glory and beauty.

We are the pioneers. Let's make a good start and build a firm foundation. Let us be the examples for a world. Not in pride, not thinking that we're better than anyone else, but just the love of God. Just the love of God. And the glory and the wonder and the beauty and the bliss that will come to us will be payment such as you have never dreamed about. It will be poured upon you until sometimes that bliss comes to you so greatly that you can scarcely stand to hold it within yourself. I know 'cause I've been there. Believe me.

*(End of Mother's talk)*

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### **Phyllis Victory, Hornby Island & God's Work**

by Rev. Larry Koler

Phyllis Victory is moving from Hornby Island, leaving behind a legacy of cherished memories and changed lives. Phyllis, a disciple of Mother Hamilton's since the early 1970's, has been active in the last seven years as center leader in Vancouver and at Hornby Island. Her presence and leadership will be missed by both the residents of the island and many group members who have enjoyed her open



Phyllis Victory near Her Garden Gate

heart and open home for group meditations and weekend retreats.

I have traveled with David to Hornby many times since 1995. David was developing a center with Phyllis's help and so he has had many group and individual meetings. We have had several group retreats there also. Traveling up there is a 9-hour affair (from Seattle) and that's only if you hit all three ferries just on time. But it is an enjoyable trip with a few hours of driving interspersed with ferry rides, meals and wonderful conversations. It is an ideal way to get to know people better.



Back Yard & View



Cabin Front Door (with Cate ringing bell)





View from Helliwell Cliffs, Hornby Island

an enabler of high ability. She sees only the way to solve problems and gives the impediments (imagined or otherwise) no energy. Mother highly prized those attributes of character. And she always belittled the word "try" as in: "I'll try, Mother." I got to the point with Mother where I flinched when I heard others say this to her. I knew what Mother was going to say and she never held back. She would say, "Don't try, do it!"

Another teaching of Mother's that I love to recount is her saying: "Step out in faith." She taught us to accept the consequences if things failed when done in this consciousness and to learn from the process when success surprised us. Through her example, Phyllis shows us that she has put Mother's teachings to the test by fire and lo, what success!

As I contemplate the work that Phyllis has done these last few years, I can't say enough about her dedication and love for Mother and for God. She has started two centers: one in Vancouver and the other on Hornby Island. She is an exemplary disciple and spiritually attuned to the inner call of the guru. God's workings are indeed mysterious and heeding His inner call requires steadfastness, strong will and utter devotion. The world is awash in people who give lip service to God. But, for real service and submission to God, the Christ said it best:



Phyllis' Back Yard: (l-r) Win Smith, Jerry Hickenbottom, George Baldagara, Anne Marie Cone & Phyllis

"For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother." (Mat 12:50)

Regardless of how it seems from outer appearances, God's work is known by its spiritual fruit. By this measure surely all can see that what God has worked through Phyllis and David is furthering His will. Mother wanted only this: that the work that she gave her life for should continue and that it be one of God's sacred means whereby the Western world comes to know of the Christ's original teachings. This, too, is what our blessed param-guru, Paramhansa Yogananda came to bring the West through the Christ.

How often have I seen Phyllis spontaneously offer her support and help. She asks for nothing for herself in this. She is



David and Bridget in Corner of Cabin

Cloud Mountain. There have been times when this period of silence has seemed long, other times very short. Both of these notions pass like clouds overhead, noticeable, but not dominant. What is dominant is the inner Self. As a silent sentinel, it watches the coming and going of all events. In the Self lies the knowledge of the Ever-Existent (Sat), a depth of Peaceful Joy (Ananda), and an awareness that never sleeps (Chid). This awareness, of course, is not unique to me. This is the verity known by saints and realized beings of all religions; it is universal and equally present throughout the world. The realization of the Self is available to all and provides the solid ground upon which we can build our life.

One often hears, "This is a time of change." But, it really does seem to be a time of change for many. The oppositional force always figures into times of change. This oppositional force creates temptation, destruction and challenge on every front.

As with the dual meaning of the Chinese character for crises, which means danger and opportunity, so do these times represent potential for growth as well as a time of temptation. Temptation calls forth from us strength and clarity of vision in order to stay on the path; destruction sweeps away past negativity and moves us to build anew with purity of purpose; challenges make us turn to the One for our sole source of strength and guidance.

Creation, we are told by the wise, is always in flux. When the foundation stones of our life are built solely of things of the world, then we are truly standing on shifting sands. The moment there is a change in our outer world we are thrown into imbalance. Whether that shifting foundation is built on changing body conditions, relationships or physical surroundings, we find that the instability of that foundation creates tension in us, between hoped for gain and fear of loss.

Does this mean then, that to build a solid foundation we strip our lives of everything material: no possessions, relationships, that we pour ashes on our food and avoid all the world? The answer is no. Our guru lineage has shown us that we can lead a spiritual life and live in the world: marriage, children, home and business activities, all are left intact. In fact, as Mother has taught us, living a life of balance, we may enjoy the fruits of this world.

Because God is life, all of life, we can enjoy beautiful things, our friends and family, career and work in the world. So what is the difference then, between those who have built their life on a solid foundation of what is permanent, real

and true, and those who have built on faulty ground? The difference is most clearly evident in the nature of our thoughts. The solid foundation comes from seeking God first, loving God first, and seeing God as All in All. When these attributes have become our state of mind, then we will know we have built our lives on the solid ground of spiritual principles.

To seek God first means we yearn for realization of God more than things of the world. As humans, we have our desires. We naturally desire happy relationships, success in worldly interests and material plenty. The test is: can we say in our heart of hearts that we yearn more for God than we yearn for those things of the world? As we move through the world can we say, "O God, not as I will, but Thy will be done"? Our gateway to freedom is in our seeking out and surrender to Divine will and guidance.

To love God first means that the treasure of our heart is always in God. Attaining many of the worldly things we yearn for, we find our love goes to our feeling of possession; we have love for people, places, and things, even ideas. But, do we love God first? Does our mind dwell on God: as a lover's mind dwells on his beloved, a miser for his money, like a driven man's passion for power? Love brings commitment, that is why so many stand hesitant to fully enter the spiritual path; they sense the all-consuming power of that commitment. To love God first connects us with the fount of love itself, and it is limitless. Limitless love will be the indication we have put our love of God first.

To see God as All in All means the practice of the Universal Vision. In our journey to God we have to begin with an idea, a vision of where we are going. We know in the beginning the mental affirmation that God is All in All is not the same as the reality of realized experience. But, we must begin this way to steer the mind in the right direction by seeing God as the All in All and affirming His attributes: He is all wisdom, all love, all light, etc. Realized Masters have told us the world is God; it is the living substance of God-stuff. To practice seeing God first is to mentally affirm and see God in every person, place, and situation. Seeing God first will help attune the mind to the Universal Vision and usher us into the kingdom of Heaven. Gradually the mental practice of affirming and seeing God as our All in All gives way to the Reality of the Universal Vision for which we long. Knowing our oneness with the Divine Life that pervades all creation and beyond will make us know we have the Universal Vision.

In these times of change we are assured we have a secure place on which to stand and live a life of balance. Through

seeking, loving and seeing God first we will be directed and comforted every step of the way. Through putting God first we will be guided through temptations, find peace and surety in times of destruction, we will possess the highest quality materials for new construction after the destruction of the old, and we will have the strength and power to meet all challenges.

May you be blessed by God and the Masters to have the clarity of purpose to always make God first and live your life in perfect balance.

In God, Christ and Gurus,

David

### Schultz Family to Move

Peter and Laura have opened their home to group meetings since 1996 in the Seattle area. They also provided me with a wonderful place to live when I left my old life and entered this life of service full time. During this time their family has grown and they have brought three wonderful souls into the world. —————>

Now, Peter, Laura, Ruby, Roxy and Cody will be moving to Ashland, Oregon. Peter will be center leader there and will establish regular services. They will be missed by all. This spiritual family is adding a new room to its house in Ashland, certainly it can only be for the good. It is with a full heart and gratitude we pronam fare-thee-well, and the sadness felt now will only make future reunions all the sweeter.

David

### Earthquake Relief Fund

Our group has responded with wonderful generosity. Swami Satchidananda requested we help those in need after a devastating earthquake in India. I passed on that request to you and many responded. As a result, we sent Mother Krishnabai's Fund a check for \$1,000.00. Anandashram will personally oversee the use of this money and it will help to rebuild the homes and lives of those affected by the earthquake that did so much damage. At Anandashram no one likes to be thanked for their selfless service. Instead they like the saying "Hari Om," which in this usage may be said to translate as thanks be (or praise be) to God. So, for your material help and prayers sent: Hari Om!

## Out of India

(and back again)

During my first visit to India Swami Vishwananda predicted I would return to India many times. Since that trip I had not felt any calling to return, until now. It seems the land I think of as the place of my spiritual roots is drawing me once again. This intended trip is planned for January through March of 2002. The two pilgrimage sites of Anandashram and Dwarahat (Babaji's cave) are on the itinerary.

As my life is not my own, if called I must go. Of course, I will take you all with me in my heart and soul (a trip for you without the heat and humidity!). One thing about living this life in God, I am never at a loss of surprise or wonder about what is to come next! I feel in my bones that God is preparing the way for something wonderful. Let all hear the call, "prepare the way, the kingdom of God is at hand!"

David



### Calendar of Events

**Please Note:** There will not be a weekend retreat at Cloud Mountain in September. The last silent satsang will be Saturday, Sept. 8th, at 10:00 am to 3:00 pm.

June 21	Summer Solstice
June 23	Cloud Mountain Silent Satsang
July 5	Guru Purnima Day
July 14	Cloud Mountain Silent Satsang
July 25	Babaji's Remembrance Day & Swami Ramdas' Mahasamadhi
August 11	Cloud Mountain Silent Satsang
September 8	Cloud Mountain Silent Satsang
September 26	Lahiri Mahasaya's Mahasamadhi
September 30	Lahiri Mahasaya's Birthday



"I suppose it is natural to want all the world to share the sacred mystery that I feel, and it would be sheer arrogance to assume that none others do. But there is the song-bird within that bursts into Divine verse that aches to share that deepest Intimacy, yet finds that longing all the more painful as its song disappears into the void. The pain is nothing but God's constant yearning for His children to foresake their gloom-drenched dream of creation long enough to join once again in Divine Union."

Yogacharya David Hickenbottom (from his Cloud Mountain journal)

"One night while I was engaged in silent prayer, my room became filled with an opal-blue light. I beheld the radiant form of the blessed Lord Jesus. A young man, he seemed, of about twenty five, with a sparse beard and moustache; his long black hair, parted in the middle, was haloed by a shimmering gold.

"His eyes were eternally wondrous; as I gazed, they were infinitely changing. With each divine transition in their expression, I intuitively understood the wisdom that was being conveyed. In his glorious eyes I felt the power that upholds myriad worlds."

*Paramhansa Yogananda*

"The nature of selfless Love is unalloyed joy. It is Love for Love's sake. In other words, Love here fulfills itself in loving. Such a Love has its root in eternity. It does not belong to the material aspect of life. So it springs from the immortal source of your being. In fact, it is the light and perfume of the Divine Spirit within you. Such a Love universalizes your outlook, and brings about the fusion of the soul with God. When your heart overflows with Love towards all beings and creatures in the world, you experience a joy and ecstasy which is incomparable. God is defined as pure Bliss and Peace So God is Love and Love is God."

Swami Ramdas

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