



The Cross and The Lotus Journal

Winter Edition

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Dear Friends,

During this Christmas time and the coming New Year we have many reasons for gratitude. This time of year always makes me reflect on the spiritual values of Christmas as well as to reflect on the past year and to look forward to the next. To be actively on the spiritual path leads my list of gratitude.

How many life-times have we wandered without the pole-star of our spiritual path and our line of Gurus to guide us home? To know our path and be active engaged in our practice is reason for great joy. We can take assurance that having committed ourselves to this path and pursued it with all our heart, mind and soul, that we will have peace within and brotherhood with all mankind.

Master said it was Jesus who asked Babaji to send the Kriya teachings to the West. Mother often said that means Jesus, along with Babaji, is at the head of our order. This gives additional meaning to the celebration of the birth of Jesus, an incarnation of Divine Love. Our path is universal, but Krishna of the East and Jesus of the West have particular meaning to us. Krishna (Christna) and Christ both represent the highest attainment in Man. It is with great gratitude that I thank the Eternal Spirit for incarnating in human form as these two great Avatars.

There are also some very clear challenges before the world community at this time. Wars and rumors of wars cloud the horizon. Without a firm spiritual base we are awash in the sea of events as they unfold. There are those who would create terror. Terror is the fear of loss: loss of life, loss of a way of life and loss of any sense of security.

Acts of terror are startling reminders that our security cannot be based on physical safety alone. Real security comes only from being anchored in God. All that we own and even our bodies can be gone in a moment; those we love may be separated from us at any time. The only rock of reality we can forever stand upon is our oneness with the deathless, changeless Spirit. Jesus and the great Masters constantly remind us not to put our faith in those treasures that moth and rust can corrupt, but in heavenly treasures, proof against time and circumstance.

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Mother Hamilton

The Magnificent Obsession

**A Talk Given by Mother Hamilton
in Portland, Oregon
on October 27, 1960**

[Continued from last issue]

Recommendations about Fasting, Food and Meditation

And when we fast, we should also do that in private and not with long faces. Master has said that it is good for everybody to fast once a week. Now, if you are doing hard labor or working out in the world where it takes a great deal of energy, don't go on a complete or total fast, but rather take orange juice and ground almonds because the almonds will give you energy and the orange juice also has a very beneficial effect on your body.

We load our bodies with food so much of the time until we are logy and we cannot think. Swami Ramdas experimented with just milk alone, with rice alone, with boiled potatoes, and sometimes he would go merely on water fasts for days. And he experimented in this way because he wanted to find out from the food that he took into his body which would give him the greatest feeling of lightness, which would enable him to attain the highest spiritual consciousness.

(Continued on page 2)

Because certainly, if your body is heavy with food, then you are sleepy and your consciousness is not focused upon God. That is why we are told that we should never meditate after a meal, but always the first thing in the morning when we get up and the last thing when we go to bed at night. It is much better if we can eat our heavy meal at noontime. But because of the requirements of the Western world, this is almost an impossibility. If we could do this and have just a light salad in the evening, then we would have much better results with our meditation, we would be able to sleep much better when we did go to sleep.

Attachment to People and Possessions Keeps Us from God

"Lay not up your treasures upon earth where moth and rust doth corrupt and where thieves break through and steal. But lay up for yourselves treasures in heaven where neither moth nor rust doth corrupt and where thieves do not break through nor steal. For where your treasure is, there will your heart be also."

Now, we cannot have our hearts centered on material things and also have them centered on God. It is not wrong to have possessions. But it is wrong to be attached to possessions because don't forget that it says that "it is the Father's will to give us all of the good things of His kingdom." All of it.

This idea of going around starving yourself and having sackcloth and ashes and thinking that unless you do this that you are not representing what the Lord meant is an absolute fallacy. Because God would give to all of His children, even as we as human parents would love and give to all of our children, and much more so because He is Divine.

But we close the channels through our attachment to these things of the earth-- to people, to possessions, to things. And so God cannot come through, and then we complain. And over and over and over again we complain about the same things. We are so upset, and yet it is nothing, there is nothing that is wrong within ourselves, within our lives, which cannot be corrected because the problem is within ourselves and our own attitudes, our lack of acceptance or non-acceptance. There is no problem outside of ourselves. And this is true.

God Will Carry All Burdens if We Will Surrender Them to Him

If we would only do something about the things that trouble us, if we would only pick up our cross and follow the Christ, truly all of our problems would disappear. And we say we make the effort, but truly we don't because we harbor the things that others have said and done to us in our minds and in our hearts. And until we cleanse our hearts, and until we cleanse our minds of all animosity, of all judgment, of all hatred, then we cannot hope to be free of the burdens which we have put upon our own shoulders.

We like to blame others, but this is not so. It is through our own acts, our own speech, that certain attitudes, certain

actions, certain things have been given to us by others. This is the truth. This is the truth.

Know Everything Is for Your Highest Good.

There is a story told about how God will carry all of the burdens for man if man will but give them to Him, if we will release ourselves, if we will accept everything that comes to us as for our highest good. Because many times we suffer physically, mentally, spiritually, and we don't understand why, and we say, "God, I have tried so hard. Why do you still give me this disease or this trouble or this terrible problem? Why do I have to carry it on my shoulder?"

You carry it on your shoulder because you have not yet learned the lesson of acceptance, of knowing that God does everything for your highest good. These things are given to us in the material sense in order that we might grow in the Spirit. And what a small price to pay, to carry a few things in the way of a material load in order that we might have this eternal bliss of God.

Story of Train Passenger Carrying Luggage on His Head.

And so this story is told of God and how, if we will but lay all of the things both good and bad at His feet, empty ourselves of ourselves, that He will carry the load for us, and He will make all things easy for us as He goes before us on the way. But there was a man there who didn't believe this. And he got on this train, and with him he had a suitcase. He found a seat and he sat down, and he put the suitcase on top of his head thinking that the train itself would not carry the suitcase if it sat beside him, but only if he himself carried it.

And that is what we do with all of our burdens, when the Lord carries the burden of the whole universe on His shoulders, when He created it, when He sustains it, when He changes it and makes it into other forms. When He has all of this power, still we, little people that we are, think we have to carry all of our burdens when we could give them to Him.

Story of Crow Trying to Escape with Piece of Bread.

There is another story told about a crow that somehow got a piece of bread. And so it thought to take the piece of bread and go sit up in the tree and enjoy it. But immediately, when it had picked up the piece of bread, some of the other crows saw it, and they started chasing the crow.

So in order to keep the piece of bread, the crow had to fly away. And it flew, and it flew, and it flew, and all of the rest of the crows flew after it because they were as determined to get the piece of bread away from the one crow as the crow was to keep it, until finally the crow, having flown so long that it was absolutely exhausted, decided that it wasn't worth it. It would drop the piece of bread. So it did this, and another crow picked the piece of bread up and started to fly with it. And all of the rest of the crows flew after that one.

But the crow who had the piece of bread in the beginning sat on the tree and thought, "How wonderful that I have

dropped that which I was attached to. It is better to do without bread and live in peace than to be so persecuted."

Isn't this wonderful? The stories they tell us in the East! And the stories that are in our own Bible. If we would only take them into our hearts and really do something about it, not set up ourselves against the whole world thinking that we are a thing apart.

Our Circumstances Result from Law of Action and Reaction

I remember a book of caricatures, I think it was put out by Stieg (I believe that's how you pronounce it, isn't it?—Steve, you don't know?) Anyway, they were wonderful. And they had an uncanny insight into the nature of man. And one in particular was a drawing of a little, old shriveled-up man who sat in a box in a corner looking out at the whole world. And the caption underneath it said, "People are no damn good." [laughter] And, you know, so many of us feel that way. We feel so put upon that we think nobody wants us, nobody likes to have us with them. And it is our own attitude that creates this.

Because if we gave forth all of this love, if we went all the way, asking nothing in return, no fruits of action, then the law has to take care of it. It has to take care of it. Because whatever you put into something must come out of it. This is the law of action and reaction. What goes up must come down, it is said. This is true in the material world.

But you see, in the spiritual sense, what goes up is man's desire for God until his desire becomes so great that God comes down and meets him. This is a wonderful thing when you stop to think about it, truly wonderful, that if you will make the effort all the way, then when you have done as much as you can do, and you say, "God, I have done everything. I have given You everything I have in this world. I can do no more. It is up to You. I am Your child. You are my Father. You must take care of me," then at that moment the Grace of God will come down and descend upon you and fill your whole being with love and light and peace and glory. This is the truth.

Saints Have Proven Truth of Teachings by Living Them

There are many saints who have lived in this world who have proven these truths. We can read about them. We have been fortunate to see some of them. Father and I have been fortunate enough to study with some of them, men who are completely liberated in God. And you know something? I don't care what price I have to pay in the material sense if I can only get my full Realization in God. Because I sat at the feet of these masters, and I felt the power of the Holy Ghost within them. I felt this bliss which emanated from them and drew me like a magnet, and I want what they have. Because it was so great, the experience was so wonderful, that nothing on this earth that anybody could offer me could in

any way compare to that. And I feel that no price that I have to pay is too great, no effort is too small, nothing is too great in order to get that.

Personal Effort Required before God's Grace Takes Over

But we have to forget ourselves. We feel so sorry for ourselves all the time that we carry the whole burden of the world upon our shoulders. Give your burden to the Christ within you, and he will lift you up. "Because if I be lifted up," said he, "I shall draw all men unto myself." Try it. Try it. Let go of all of the things that you are carrying. Commune with God every day of your lives. Go into the secret closet of your soul and pray to Him, meditate upon Him, and the wonder and the beauty and the glory of your own being, and the truth which is within you, will become manifest to you.

This is the most wonderful adventure that any man ever embarked upon. Isn't it wonderful to think that when you do these things that you can travel astrally at will, that you can go anyplace in all the world. This has happened to many people. There are many records of such instances where a man's body has been found to be in one place, and yet he is in another. This is told in the autobiography of our own Master. These are the things which can be done if we will but make the effort. But if we don't make it, then we can't expect these things to happen. And nothing will happen except a continuation of the same old grind, and the same old troubles, and the same old problems.

So it is up to us. And if we make that effort, God will be with us. He will walk before us and work through us, making easy our path. But the struggle is, you see, some of us try for a time, and then we give up when just around the corner is the silver lining and the gold that we have been looking for at the bottom of the rainbow.

Story of Little Girl Who Meets Her Master

I don't think I have told you this story before but, if I have, it bears repeating. Once upon a time there was a little girl by the name of June. Her eyes were as blue as the sky, and her face was shining with all of the innocence of childhood. And always she was scrupulously neat.

But June was a very lonely little girl, and none of the children would ever play with her. And she wondered about this many times, and finally it came to her ears that part of the trouble was that her mother took in washing for a living. But that wasn't the worst thing. It seems as though June didn't have a father.

So finally her mother, when the time came, sent her to Sunday school thinking that certainly in the house of God this child would find what she needed in the way of love and of understanding and of companionship. But even in this church, which was an orthodox one, there was bigotry and caste consciousness. And one of the teachers was heard to remark, "You just can't overcome caste."

And so June went home and asked her mother that evening, "Mother, what is caste?" Her mother said, "Well, my child, caste means that you are different." And she said, "Mother, am I different?" And her mother took her flower-like face in her hands and looked in it, and she said, "Yes, my child. You are different. All are potentially the same, but yet everyone is different." Well, this word "potentially" was quite a big word for this child to understand, but somehow intuitively she knew what it meant as she tried to grasp what her mother said.

So she kept on going to school, and she kept on going to Sunday school, but the situation instead of getting better got worse. And finally the children started to throw stones at her. And even though these stones hurt terribly, and she hurt inside because they did this to her, still she didn't say anything to her mother about it because she didn't want to make her mother's load any heavier than it was.

She said to her one night, "Mother, why don't I have a father?" And her mother, realizing the problem that the child had, hugged her a little closer, and she said, "My child, everyone has a father. He is a Heavenly Father, and He is the Father of us all. He loves us, and He wants to take care of us."

The little girl listened to this, and all of a sudden she said, "Mother, were you ever stubborn?" And she said, "Why no, my child."

"I wonder why people stone other people," she said. So the mother got out the Bible, and with deep pathos and understanding, as though she herself were an actress on the stage, she read this story of the fallen woman to her little girl and how the Christ had come and said to all of those who would accuse her, "Let ye who have not sinned cast the first stone."

Well, the little girl was deeply enthralled with this. And because she had no outside companionship, she went deeper and deeper into herself and, for a child of her tender years, had many wonderful experiences.

And finally one day she heard from the others in school that there was a man, a native from another country, that was coming to lecture at the women's club. He was coming to talk to them about comparative literature. Well, June was very excited about that because she loved books, and she thought how wonderful it would be to hear this man. But there was much conversation about him because it was said that he was a heretic and an infidel. And the reason for this was because the color of his skin was black, or dark. And she couldn't understand this, and she thought, What difference did this make? Just because your skin is dark doesn't make you a heathen. Perhaps the man believes in God anyway.

Well, the women were all quite excited about it, and they were taking up a collection at the door and this collection

was to buy a punch bowl for the women's club. And they thought to themselves that really this was quite a feather in their cap that they had been able to get this man to come and talk to them because he was quite the lion of the hour at that time.

And June kept wishing more and more and more that she could see this man. Something inside of her felt that she needed to see him. So, although she didn't have any silver, the day that he was to arrive she walked down the street. And as she walked, she saw a poster of this man. And I imagine it looked much like this. And it was in a store window. But on the face was a great big splash of mud that somebody had put there. And she thought to herself, "How terrible this is—to be splashed with mud must be almost as bad as being stoned."

So she walked to the place where the great man was to come, and she stood along side of the hedge so that she could see him. And all of the other children were hidden behind the hedge, and they were giggling and laughing. And finally when the man came they all stood up and threw rocks at him, and then they ran. But June didn't run. She stood there, and then she went up to him, and she said, "I am very sorry that the children threw rocks at you. I know how much it hurts because somebody has thrown rocks at me, too."

And he went to her, and he looked down into her face, and these wonderful eyes of his that held the glory of God just seemed to look into her very soul. And he said, "When were you stoned, my child?" So she told him all about this. And she said, "I think it's because I don't have a father."

And he said, "Everybody has a father. He is a Heavenly Father." "But," she said, "He is so far away it seems like I can never find Him." And touching her head and her heart, he said, "My child, your Father is here and there, and He is always within you. Wherever you go, you take Him with you."

He said, "What is your name?" She said, "My name is June. I know your name, but I cannot pronounce it." So then he pronounced for her the name that was forever after to mean to her, Master.

Master Appears When Student Is Ready

A master comes on the path when one is ready. He is the enlightened one within, the Guru, he who raises you from the dead, like Jesus raised Lazarus, and takes you to God. Let the Guru, who is God in your soul, take you there and find everything that you have been searching for all your life right within yourself.

Let us meditate for a few minutes.

Earn your way. It is the pearl of great price. It isn't to be gotten for a gift, although it is the greatest gift of God there is. But you have to earn it every inch of the way.

Mother Hamilton, (From Talk No. 750309)



The Great Fire

By Swami Yogananda

[First published in Inner Culture - East West Magazine, Vol. VIII, No.2, December 1935]

Evolution proceeds in linear form. First comes material, then intellectual, and then spiritual development. Then life again returns to the intellectual and the material planes. This drama of God is constantly going on. We, the actors of many races, on the stage of time, play the drama of life again and again, but we must understand the purpose of this drama. We were put here in this world to play our parts well and not to become enmeshed in and identified with our roles.

If only we would see with the eyes of God, but, because we look with the eyes of narrowness and selfishness, we see life distorted. When we open our inner eyes, we behold the Light of God. The consciousness of Christ is present everywhere, knocking on the closed eyelids of our soul, and all we have to do is to look within in order to see all differences vanish--all ignorance vanish. To the one who has opened his inner eye, everything is One.

We must remember that there is a way to solve this problem of material experience. Stars, planets, plants, animals, and human beings are all let loose on a beautiful stage of the Cosmos, and we are just playing our assigned parts here. Very few people understand the meaning of the play because they do not pause to think about it. God did not make all people poor or all people millionaires because, if they were all alike, this drama could not go on. However, God does not want us to suffer because of these differences. Every actor must know, whether he is playing the part of a king or of a servant, that he must play his part well. And he must know that he is only playing.

So, on earth it doesn't matter whether we scrub floors, or whether we are the leaders of great organizations. Unless man knows that he is playing on the stage of time, he is going to suffer from the consciousness of these differences in station and condition. On the stage, when actors play different part[s], they remember that they are playing, and when they know that, they do not bemoan their particular parts, but play their roles to the best of their ability. Do you see? It is only when they take life too seriously that they suffer.

While we recognize differences, yet we must not only know intellectually, but must feel spiritually, that One Life pervades everything. We know that there is but One Religion of God, One Truth that lies under the different names of religion. That state of consciousness is very hard to attain unless one has Self-Realization. There are small waves and big waves but they are all made of the same ocean. So, when we stand aside, and see impersonally every person and every religion, we shall see that everything is made of God.

Until we see in this way, we shall always appear to be different, and to have troubles and difficulties. No man, no prophet, will ever be able to wipe away all the differences of the earth. When you find yourself in the consciousness of God, then differences will vanish and you will say:

“Then life is sweet, and death a dream
When Thy Song flows through me.
Then health is sweet, and sickness a dream
When Thy Song flows through me.
Then praise is sweet, and blame a dream
When Thy Song flows through me.
Then life is sweet, and death a dream
When Thy Song flows through me.”

This is the highest philosophy. Do not be afraid of anything. Remember, even when tossing on a wave in a storm, you are still in the ocean. You must always keep the consciousness of God's presence.

Try to feel brotherhood with all nationalities. Real brotherhood can never come unless we feel it in our hearts. Such feeling can only be attained through Self-Realization and contact of God in our hearts. We must realize the life of Christ as He lived, and try to find out how we can live as He lived. Christ had no nationality. He loved all races as the children of God.

Everything will betray you if you betray God. So, it is time to realize the spirit of unity with all men and to practice the feeling of that unity in the vastness of meditation. We must be very determined in that respect and shut out the world, lest the lesser things of God's world attract out attention from Him. In the sanctum of your heart there must be one power, one joy, one peace--God. If you have that realization, you will find Christ.

And remember, in your outer life you must be clean, and kind to all people. Even if the greatest of sinners comes to you, consider him as a living brother-a sleeping brother.

Destroy your moods. Trample them to dust. Be of even mind, and say: "I am fearless; I am made of the substance of God. I am a spark of the Fire. I am an atom of the Great Fire. I am a cell in the vast body of the Father. "I and my Father are One."

The contact of God is not oblivion of consciousness. Ecstasy is the awakening of consciousness, the extending of consciousness from the limits of the body to the boundaries of infinity. Watch the bubble of life in the Ocean of Infinity.

We are but figures in a dream, and maybe, some day, when we cease to be actors on the screen of life, we shall realize that we are but shadows, and that the only thing which is real is the life of Christ. Let us send this thought to all who are seeking happiness in any way, and who do not know that they are seeking God.

You must all make the effort to meditate. God cannot wait. Let all else wait, but do not keep God waiting for you. Wait no more. Tarry not, lest old age disease suddenly terminate your life. Again and again, pray in your soul: "O Christ, O Lord, come, clear away the dust of my indifference. Flood my consciousness with Thy consciousness, O Christ!"

My greatest Christmas gift for you is the wish that the joy which Christ felt in His soul may come to you, and, as you enter the portals of the New Year, may you take the new joy of Christ with you every day.



Mother as a small child
Born Christmas Day, 1904 in Duluth, MN

FAMILY DAY

The second Saturday of each month is Family Day in Seattle. During this time the children are taught the basis of our practices, hatha yoga, prayers and a project to go along with the lesson topic of the day. The project is followed by dinner. We have met in the homes of Jill and Greg Hough, Michele Rogan and Kathy and Mike Kelly (Sunnyside). These children are really exceptional, with wonderful minds and open hearts. Being taught that God resides within them and the methods for contacting Him, these children are given the tools to find real happiness. What a wonderful privilege it has been to spend time with these great souls from God.

"And Jesus called a little child unto him, and set him in the midst of them, And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven. Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven. And whoso shall receive one such little child in my name receiveth me." (Mat 18:2-5)

Max Rogan with David



Katie Kurfurst, Lois Hickenbottom, Liz and Jenri Hough



I am reminded at this point of a spiritual principle, which if put into practice would change mankind, making a heaven on earth. It is simple, known by every school child and it can be practiced by all. It is the Golden Rule: "Do unto others as you would have them do unto you." This simple maxim, put into practice, would help rid this world of its terrors. Beginning in the family: for parents to treat their children with love and protect them from harm, for children to show respect for their parents and elders. In business: for management to treat employees with care and dignity, and for employees to work for the success of the company. In government: for the focus to be on high ideals and the greater good of all its citizens, and for citizens to support their leaders and do their part to make healthy, peaceful communities. And for nation-states: to build solid foundations of healthy trade and respect for boundaries. In each case, treating others as you would like to be treated if you were in their position, based on freedom and equality.

When individuals, families, companies and nations enact the Golden Rule then the law of cause and effect will dictate a world of peace and prosperity; we will once again know a golden age in this world. Jesus, through example, demonstrated this greatest commandment: to love one another, to give one's life in the service to others. We cannot control the actions of others, but we do control our own actions. Each day we make decisions that form the habits that will create our future. Each day we can choose to act for the higher good of all, doing what is right and good according to our inner guiding Light.

This means creating a life of integrity. *Integrity means a congruity of thought, word and deed flowing from the Divine Source of your Being, to dedicate your life to truth, love, goodness, health and a life of service.* When the Light of your Being shines through every aspect of your life, in perfect alignment, then you are acting with complete integrity.

There are those today who make sport of finding faults in others, especially if they are striving to live to a higher standard. They point to the faults with glee, as if to say, "It is no use working to a higher standard; they cannot do it, which is why I do not even try." But those weak ones will never improve themselves, much less the world. It is far better to strive for a distant star and fail than to hide in a dark cave, afraid of the risk. Set your sights high; die working at it rather than sit complacent. Be the contestant, covered with the blood and sweat of the contest rather than the cowardly critic on the sideline.

During this Christmas time let us meditate on the birth of the Light of the World; seek to make it personal: the birth of the Light within you. Look over this last year with an eye for learning. This is your time on the stage of life, how are you doing? Are you living a life of integrity with the highest Light

within you? Look forward to the coming year. Do not make vague resolutions that pass with New Year's night. Seek to change your life each day. Meditate deeply every morning and night, not giving up until you have made contact with God. Be a shining example in the footsteps, following the example of Christ-like saviors, both past and present. Make your life count. Then you will know at the end of the day you helped to bring Light to a world so sorely in need of it.

May you know the blessings of this season and the Presence of the universal Christ. May you spread your inner light of peace and love to one and all so that this world will know from your example, "Glory to God in the highest, and on earth peace, good will toward men." (Luke 2:14)

David

I never delighted much in contemplating commas and colons, or in spelling or measuring syllables; but now... if I attempt to look at these little objects, I find my imagination, in spite of all my exertions, roaming in the Milky Way, among the nebulae, those mighty orbs, and stupendous orbits of suns, planets, satellites, and comets, which compose the incomprehensible universe; and if I do not sink into nothing in my own estimation, I feel an irresistible impulse to fall on my knees, in adoration of the power that moves, the wisdom that directs, and the benevolence that sanctifies this wonderful whole.

John Adams (2nd U.S. President)

When reason reaches its peak and the souls of His lovers feel helpless and disabled, they grow restless and stretch their hands in supplication, seeking comfort for their burning souls. When every manner of search within their power has been consumed, the doorway to Him is opened.

-Al-Hujwiri, "The Kashf al-Mahjub"

Calendar of Events

Dec	14	Christmas Service, Maple Ridge, BC
	21	Family Day and Carol Singing
	21	Winter Solstice (5:12 p.m. PST)
	22	Christmas Service - Seattle
	25	Christmas Day
		Mother Hamilton's Birthday
	27	Swami Ramdas Sannyas Day
	31	New Year's Eve Service
Jan.	5	Master's Birthday
	31	Mother's Mahasamadhi / Weekend Retreat Celebration (Friday thru Sunday)
Feb.	8	Mother Krishnabai's Mahasamadhi
Mar.	7	Master's Mahasamadhi
	9	Sri Yukteswar's Mahasamadhi
	20	Spring Equinox (5:02 p.m. PST)

Journal Editor: Rev. Larry Koler

The celebration of Christmas is the birth of Emmanuel, meaning "God with us." When you become aware that God is with you and within you, the inner meaning of Christmas is fulfilled. Jesus stated the universality of his teachings when he said, "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven." (Mat 7-21) Contemplate Emmanuel, God with us, and know the mystery of that birth within you. Like all births it is powerful and delicate. Hold the mystery lightly in your heart, feel its heartbeat in the depths of your soul.

Yogacharya David Hickenbottom

Oh, Father,
how canst Thou expect frail Souls,
ignorant of Thee
and burdened with bad habits,
to know Thy all-healing Joy.
Of all Thy punishments,
forgetfulness of Thee is greatest.
Punish us not, therefore, with forgetfulness.
No matter what our tests may be,
teach us to bear them joyously
by feeling Thy Presence all the time in our hearts.
For the knowledge of Thy Presence
in the heart makes all our
tragedies and comedies of life
but dramas of extremely ecstatic entertainment.
Paramhansa Yogananda

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Your life has to be lived not for yourself, but for the sake of all those with whom God has ordained you should come in contact from time to time. The purpose of life is to take delight in giving peace and joy to others. This you can do in every circumstance and condition of life. Life means service. The true joy of service is felt only when you make it a spontaneous flow from the fountain of your immortal existence. Hence, self-surrender has been held forth as the means for the realization of your immortal nature and the consequent blissful activity.

Swami Ramdas

GRATITUDE

Your support of this work has been phenomenal; without it this work that God and Gurus have commissioned would not be possible. It is with the deepest gratitude and humility that I convey my thanks to all who have so generously given their spiritual and material support. Every time you enter into your inner Kingdom and every time you live according to Dharma you support this work by spiritual means. Every time some material help is given it allows me the freedom to carry on this work without interruption. Although it is the Infinite's intelligence and power that makes all this possible, still many give their gratitude to me. I give it in turn to the One from which this all comes. I thought I would share one note from a devotee:

"Dear David, such peace and light – to sink into this space is pure delight. Oh I know that thoughts interrupt and the body speaks from time to time, but nevertheless, the peace prevails and grows and lasts.

The work you are doing is both subtle and precious – may you always find a bubbling spring of pure, sweet Bliss and deep, calm wisdom ever present, under all, over all and fully embodied by all, within and without – always.

Thank you, Sri Ram, Jai Ram, Jai, Jai Ram"

I cannot think of a better service and honor than to serve God within you all. Thank again for supporting this work and making it possible to spread these teachings to all who are drawn to them.

David