



# The Cross and The Lotus Journal

Spring Edition

March 2002, Vol. 3 No. 1

Dear Friends:

Greetings from Anandashram, India. Due to an inner prompting last summer, I am once again blessed to be in this Abode of Bliss. The grace and light of Swami Satchidananda flows ever greater than before and the atmosphere rings with peace and holiness. Truly, God exists everywhere, equally present. But, at the places where realized beings reside, such as Swamiji, and sacred sites, such as Anandashram, the environment becomes surcharged with spiritual vibration. To the receptive mind and heart, the uplifting force of Saints of such places can transform the mind into a superconscious state.

In this uplifted state of consciousness time and space lose their seeming realities. Spirit unifies all souls into one blazing light. In this Light of consciousness we all join as one. It is in the light of that consciousness I am greeting one and all. Please join me in that Light and feel the Anandashram, abode of bliss, in your own heart and soul.

The routine of the ashram goes on as before. Each day is a dedication by all inmates to universal love and service. Chanting goes on all the day and the flower ceremony in the morning, Arati (lighting the candles) at noon and at 9.30 pm are special times of gathering at the Bhajan Hall. Swamiji was giving talks at 9 am (question and answers followed a short talk on some subject) until a sore throat and fever prohibited him from continuing.

A visiting Mahatma, Ajja (grandfather) visited for a few days. He spoke no English but his discourse was summarized by Sreeram Bhat. He had a delightful, mischievous grin and made all who understood his native tongue, Kannada, to frequently burst out in laughter. He has a small ashram a few hours' drive from here in the hills. Also a Swami spoke for six consecutive days on the Srimad Bhagavatham. He interspersed many stories to further bring out the text. He read first in Sanskrit, then explained in English. At various moments he would choke with tears, so great is his love for the scriptures and his Lord.

In this way our days have flown by. We have received such love and service by everyone here; it leaves us in wonder. Those who have so little are constantly giving us gifts.

*(Continued on page 7)*



**Mother Hamilton**

## MOSES AND THE LAW

**A Talk Given by Mother Hamilton  
in Seattle, WA  
on February 17, 1974**

This morning I'd like to read to you from Exodus, chapter 19, beginning with verse 3.

And Moses went up unto God, and the Lord called unto him out of the mountain, saying, Thus shalt thou say to the house of Jacob, and tell the children of Israel;

Ye have seen what I did unto the Egyptians, and how I bare you on eagles' wings, and brought you unto myself.

Now therefore, if ye will obey my voice indeed, and keep my covenant, then ye shall be a peculiar treasure unto me above all people: for all the earth is mine:

And ye shall be unto me a kingdom of priests, and an holy nation. These are the words which thou shalt speak unto the children of Israel.

And then from chapter 20:

And God spake all these words, saying,

I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage.

Thou shalt have no other gods before me.

*(Continued on page 2)*

Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:

Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

And showing mercy unto thousands of them that love me, and keep my commandments.

Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.

Remember the sabbath day, to keep it holy.

Six days shalt thou labour, and do all thy work:

But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.

Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.

Thou shalt not kill.

Thou shalt not commit adultery.

Thou shalt not steal.

Thou shalt not bear false witness against thy neighbour.

Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

And all the people saw the thunderings, and the lightnings, and the noise of the trumpet, and the mountain smoking: and when the people saw it, they removed, and stood afar off.

And they said unto Moses, Speak thou with us, and we will hear: but let not God speak with us, lest we die.

And Moses said unto the people, Fear not: for God is come to prove you, and that his fear may be before your faces, that ye sin not.

Now, as we have said before, the Bible is in parables. There are many allegories here. When it says that Moses went up unto God, and the Lord called him out of the mountain saying, "**Thou shalt say to the house of Jacob, and tell the children of Israel; ye have seen what I did unto the Egyptians, and how I bare you on eagles' wings, and brought you unto myself,**" we think of going up into a mountain, of Moses actually going up into a mountain. He went into a special place in that mountain, and he prayed to God, and God showed him all of these wonderful things.

We have seen the picture "The Ten Commandments," and we have seen how the actor who played the part of Moses came down from that experience with a tremendous

light on his face. His whole face was filled with bliss. It's a picture I have seen several times, and each time I have seen it, I was most impressed with it.

But it isn't the outer, you see, that is meant here, because the mountain is the mountain of your own consciousness, and Moses is the law giver within yourself. The time comes when the law has been fulfilled or rather when it's time to fulfill the law, and so Moses, the law within your own being, goes up into that higher state of consciousness and receives from God the instructions as to what should be done. Now, when it speaks about Jacob, Jacob signifies man in his human state, in his carnal state. And then the name of Jacob eventually, because the consciousness has changed, has been changed to the word Israel, and that or those who are in the high places. Now, the Egyptians are also the lower forces within ourselves. The consciousness in its initial state is locked into the three lower centers between [below] the heart center, and these centers are filled with the consciousness of worldly things, of the active things of the human senses, the human ego. And all of these things, you see, these words in here, have meaning.

And he says if you will obey the voice of God, if you will keep your covenant with Him alone, "**...then ye shall be a peculiar treasure unto me above all people: for all of the earth is mine....**" Now, if we are to believe what it says in the scriptures, we must know that all of the earth is the Lord's, because He created everything, and nothing was created [except] by Him. And then he goes on to say, "...and ye shall be unto me a kingdom of priests, and an holy nation. These are the words which thou shalt speak unto the children of Israel." Now, you're only one individual, and yet, "...ye shall be unto me a kingdom of priests." This means that all of the consciousness, all of the thought forms within your consciousness, are going to serve as priests for the Lord when you reach this high estate.

But you must obey the commandments of God. "**...I am the Lord thy God, which have brought thee out of the land of Egypt...**" or darkness, out of the land of the bondage to the human ego. "**Thou shalt have no other gods before me.**" Now, let us ask ourselves how many gods we have before the one God. We all say we worship God, but is this really true? If we stop to think about it, we have so many gods before us. We have the god of wealth. We have all of the gods of the senses. We have the god of name, of fame. We have the god of the glory of the self, of putting ourselves up on a pedestal and worshipping ourselves. If each day we were to ask ourselves the question as to whether or not we put God first, I think we would come up with some very strange answers. We do not live the life of God. We speak against our neighbors. We do not honor our fathers and our mothers. We think only of the things that will give us the pleasures of the senses. We do not put God first and so, therefore, God will not reward us with His greatest treasures.

And the time will come when we will pay for every blessed thing that we have said, thought, or did [sic], because thoughts are things, and they carry with them a tremendous and powerful vibration. Whatever you send out from you returns to you in kind.

It says, "**Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.**" Now, we think of this as making a statue outside, perhaps, a statue of wood or stone, or sculptured out of clay. But that isn't all that it means, because here where it says, "... in the heaven above or the earth beneath, or the water above [under] the earth... ." it means that it is speaking of the superconscious mind, of the conscious mind, and of the subconscious mind. And we have all of these thought forms that we have generated within our own consciousness through the thoughts that we have been thinking. You see, everything that we see in the outer world, everything that we hear, everything that we feel and taste and smell, registers in our consciousness. It produces a thought form, and in accordance with the thoughts that we accept, we create these forms within our own kingdom, within our own consciousness, and we have to live with them. And these are things which are graven images that we put before our consciousness of God.

And He says, "**Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and shewing mercy unto thousands of them that love me, and keep my commandments.**" Now, you cannot do the things against what it says in these commandments and hope to gain salvation. You cannot hurt another person and hope to attain the mercy and the love of God. And it is not God who punishes us; it is we ourselves, because we do not have the love for God above all other things.

Did you ever stop to think that these four commandments, really, are all bottled up in one, because this one, "Thou shalt have no other gods before me...." If this were really true, then all of these other commandments would automatically be obeyed, because God is One. We are part and parcel of His own One Being. There is the one power of Mind, the one power of Intelligence, the one state of Being, there is just the oneness of God everywhere, the one Love, because it was out of the tremendous love for God that this universe came into being. We must return to God on that wave of love.

And when it says remember what He did to the Egyptians, it means that all of these false notions, these false ideas, these ideas of hate, of getting back at somebody, have to go. So God eventually "kills" these Egyptians, these bad thoughts within ourselves. Because it refers constantly to the people of Egypt and the people of Israel. The Israelites are the oppressed people. They're the people, the spiritual thoughts

and forms within yourself, that are trying to escape from the darkness of the Egyptian, or the bondage of the senses. All of these things are really true, because you will remember, and I've repeated it many times, that Jesus said that the Truth, or the mysteries, was given to his disciples, but to others in parables. So, until the consciousness rises to the point where you are ready for the higher knowledge, the higher truth, then you take these stories of what really happens inside of yourself as reality, as historical truth outside. And they are not, not for one moment. You must remember this.

So then it says, "... and shewing mercy unto thousands of them that love me...." "**Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.**" Now, we think of this only as perhaps swearing. In India it is said that even when a man swears, there really is no harm because the name of the Lord is sweet no matter how you say it. But here this is not given to be such. And, really, we should not take the name of the Lord in vain, and yet we do it all the time. We are constantly lifting up our eyes, and we are saying, "Lord, give me this. Lord, give me that." We are saying many, many things to God all the time. And we are taking His name in vain, because we ourselves are not doing the first order, the first commandment, which is to put Him before all else, and particularly before ourselves—what we call ourselves, our little human self. And until we can do that, we have not done what it says in here that we must do in order to obey His commandments.

You cannot possibly hope to go through life going your own way, doing your own thing, so to speak, without thought of God, without putting Him first and expect to get good results. If you will but do this, if you would put Him first, if you would surrender yourself in full measure to Him, "Lord, here am I, take me," and every thought, every action, every word, would be in the consciousness of, "Lord, what is thy will, not mine," then your whole life would change, and the consciousness would change. And, therefore, you would love the Lord with all of your heart, with all of your mind, with all of your soul, and all of your strength. And this was the great commandment that Jesus gave that took precedence over everything else that had gone before, because, if you do that one thing, then there is no such thing as sin. There is no such thing as separation from God. And truly you live in the bliss, in the paradise, of your consciousness of Him.

"**Remember the Sabbath day, to keep it holy. Six days shalt thou labor, and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates.**" Now, God took six days to make the world, and on the seventh day He rested. And just as these six days represent duality within yourself, so also the seventh day represents that time when you come

to the consciousness of your oneness with God within yourself, when your consciousness climbs up the spine, into the mountain of your own being, and you rest in God. When it speaks about thy son and thy daughter, it is speaking about the male and the female principles, the subjective and the objective consciousness within each individual, and the cattle and the stranger within thy gates, these are the human ego and the animal senses that we are constantly battling with. These male and female principles are something that we do not take into consideration when we think of these ten commandments.

**"For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it."** Now, the Sabbath is a day of rest. It is "sun" day, that day when the sun, or the great, tremendous fiery light of God comes into your consciousness. And when that happens, you meet God face to face. He is the light of your own being. That which you call your soul is God Himself, the spirit of God in you, and it is encased in this temple of flesh. It is encased in this temple of flesh. There is nothing but God in you, if you would only know it.

But the trouble is we have been taught this idea of separation from God, of sin, for so long a time that it is ingrained so deeply in our consciousness that we cannot get rid of it. We've been taught that we are miserable sinners. We have not been taught that we are children of God, which in truth we are. How could it not be so when He made everything, and nothing was made except by Him.

Right this moment you are His children, part and parcel of His very being, and you must learn to realize that. And you do that through prayer, through meditation, through following these commandments, because until you follow these commandments, step by step with ever greater reaching out for the consciousness of God, with ever greater love in your heart, with ever greater yearning and longing, you are not going to be what you should be in God. When you reach that state, then don't forget that the kingdom of heaven and of earth are yours to command, because Christ said so. You can reach that high estate which he reached, because he holds out this promise to us constantly. It is given as a covenant, a promise of God in these Ten Commandments. If you will obey these laws of God, then you will have this covenant with God. You will live in this state of peace, of happiness, of bliss, and no one can take it away from you.

**"Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee."** God made the human family for a very special purpose. This human family is an exact replica of the spiritual family of God the Father, God the Mother, and God the Son—the Holy Trinity. And it is given to us for the purpose of giving us experiences, of teaching us lessons through the tests which come, because through every test which comes

to you through your family situation, you are given the opportunity to rise above it, to become master of yourself. You do not do this when you are constantly complaining about what goes on within your family circle. You do not realize that this is the greatest privilege that can be to teach you to become the greatest of that which you really are in God inside of yourself. You can go to pieces, you can blame the other fellow for whatever your unhappiness is, but the other fellow is not to blame. You are to blame, because you cannot control yourself; you cannot control your actions and your reactions, your thinking, your speech to the point where you are master of yourself. You are a slave to hatred, to enmity, all of the things that are not of God.

But it has a greater meaning, "Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee." Who is the true father and mother? God is the true father and mother. He exceeds all of the earthly fathers and mothers, and we must not worship the earthly father and mother above Him. Many do this. This is not right, because God is the father and the mother. And when the earthly mother and father are taken away, this many times happens in order that we may look to God the Father, look to God the Mother. The Mother is all of nature; she is the sun, the moon, the stars, this good earth, and everything that grows on it. She is the womb into which the Spirit is received. And it is always said that, "the Mother is closer than the Father," and therefore it is easier to love the Mother, to worship God the Mother. Many in India do this. They constantly pray to God the Divine Mother, because they feel her so much more greatly than they do God the Father, because God the Father is impersonal. He represents reason. He represents discipline. But yet this is very, very necessary, because male and female (the reason and the feeling of man), you see, come equally. But if the feeling gets out of control, if we pursue those things which just give us pleasure in the senses, this is not right, it will not give us balance, and it will destroy us eventually. We must have the reason. We must have the conscious control over our feelings.

*(To Be Continued in Next Issue)*



## **At the Ashram**

by Rev. Larry Koler

By God's grace, Cate and I were able to travel once again to Anandashram after three years. We both felt a keen desire to spend more time with Swami Satchidananda. Indeed, it was he who called us to India by his very presence in this world. What a powerful magnet is God in His personal form!

Swami Satchidananda



The Bhajan Hall - The Center of the Universe

Swamiji is an incarnation of Wisdom and Inner Light. Teachings flow from him effortlessly. Many times, in his presence, I witnessed how the divine perspective inserted itself in my mind as though it came from my own consciousness. Of course, in reality it did come from within me but in his presence God's thoughts seem so very accessible.

Daily, we sought ways to be in Swamiji's presence, to imbibe the sweet currents of air and ether that wafted by him and from him. All of life seemed to revolve around this center, this essential hub, this God-pinned devotee. During this trip I learned from him that God resides in my heart and that my focus should be on Him wholly. As the Brahmin priest's actions and mantras are fixed on the idol, so my mind should revolve around the One in my own heart.

Ram Nam spins the mind into ever closer orbit around the cherished Heart, the throne of Spirit. But more than this, I must have but one thought, one suggestion to offer to the void around me: "There is only God."

[See the next page for more pictures from our trip. (Pictures taken by me, Cate and David and Carla Hickenbottom.)]



Ashram Worker in Grass Field

## MANDIR'S FREEDOM

by Yogacharya David Hickenbottom

Walking about sacred ashes  
Singing God's sweetness  
Repeating His Nam again and again  
I enter into the realm of Nam

The doors resist opening at first  
But with a push through  
I enter in and feel the difference  
Into that Infinite realm

I feel lighter in body at first  
A thrill goes up my spine  
Consciousness expands  
Blissful joy plays through the body cells

A feeling/picture makes me think  
We are so many ships circling about  
With masts of spines rising tall  
Majestic movement glides round and round

O bliss filled motion moves  
In gentle rhythm  
And walls, floor and ceiling  
Expands without limit  
To all space, beyond time

Like ink dropped in still water  
It expands and dissolves  
Not into nothingness  
But into the Allness of infinitude

Body is but a drop  
In that Infinite sea  
An ocean realm of peaceful joy  
Consciousness, set free at last!

O Grace of Nam and sacred ash  
set this world free in thee  
let all mankind and every speck of dust  
know of Your eternal freedom

Let all become graceful ships  
Sailing upon ocean's Bliss  
Knowing freedom in Truth  
And purity in Thee.

"One thing should not be forgotten—that mere chanting of *Ram Nam* is not sufficient. Chanting of *Ram Nam* should be supported by a strict moral life; that means, we should be pure in thought, word and deed."

Swami Satchidananda from *Points to Ponder*

## Pictures Of Our Trip to India

Cate and I were in India just short of five weeks and most of it at Anandashram. Cate stayed there for all of it, but I traveled with Jerry and Lois Hickenbottom to Bangalore to visit Swami Vishwananda and then to Ramanashram.



Children Coming to the Ashram for Chanting and a Meal



Swami Muktananda and David at Informal Satsang



Priests Chanting at Ramanashram



View of Ashram from Hillside of Manjapati Hill



"L" Building viewed from Manjapati Hill

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## YOUR SPIRITUAL FAMILY

By Peter Schultz

Spiritual family, doesn't that have a nice ring to it? The people that bring you closer to the best and most beautiful in the universe. Gosh, you have to have good feelings about those folks. I've had a long standing policy that anybody that feeds me a meal when I'm hungry has a friend for life (I admit some allegiances in life come cheaper than others). You can imagine how grateful I am to anyone that feeds me 'spiritual food'. The stuff that makes you realize a glimmer of your magnificent Self, a Self you may not have even known

existed before certain personal associations. Those are the folks I will always have a soft spot for. It pretty much includes anybody reading these words right now as even the remotest amongst us has blessed the other with a thought or a prayer or a smile at one time or another.

So here I find myself, torn from the comfort of our happy group in a town full of strangers. Some friendly sort once stated that a stranger is just a friend you haven't met yet—and when your mind is on God you have to believe that is true. As your mind expands in God it seems to encompass more and more. I guess in many ways God increases our capacity for things, for love, understanding, compassion, bliss and a host of other blessings. Our closeness to God also has a way of broadening our spiritual family to folks you may not have known just a few minutes ago.

Years ago when we had church on Sunday mornings I used to get high as a kite listening to Mother speak. I'd float out of the church three feet off the ground not really wanting to engage anyone for fear of coming down to earth. Sometimes I would be able to hang onto this indescribably beautiful feeling until I got to work. On one occasion before opening the gallery I floated upstairs to get a croissant at the bakery that opened before all the other stores. There in front of me in line, maybe six feet away was a mother ordering some goodies for herself and her three year old daughter. I was gently swaying back and forth keeping my mind focused on God when this beautiful little girl turned around. She took one look and ran to me with a huge smile wrapping her arms around my legs and looking up with the broad grin of the beautiful innocent she was. As her mother was apologizing while pulling her away I thought, "Yes, children recognize God and are drawn to him like bees to honey".

It's true, but it doesn't stop with children. Even we cynical and wary adults are drawn to the good, to the Godlike, to the light. In the greater sense I suppose everyone is a member of our spiritual family, but for now I think of those folks, in our group and not, that in one way or another draw us to that great source of everything good.

[Peter and Laura and their three kids have recently moved from the Seattle area to Ashland, Oregon.]

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*David's Letter - Continued from page 1*

Swamiji has rolled out the red carpet, so to speak, and given us so much consideration and love. One cannot account for such gifts except to credit Mother and Swamiji for their grace and sacrifice.

Swami Satchidananda has said, "You do not need to come to the ashram, simply think of me and we are together." So, you do not need to think you are so far away. When we mentally attune ourselves to each other in spirit, we are one.

Namaste (to the Light within you), David

## A PRAYER

This day is almost gone  
When night and morning meet  
It will be only an unalterable memory.

So let no unkind word  
And careless doubting thought

No guilty secret

No neglected duty

No wisp of jealous fog

Becloud its passing.

Now, in token of

Our deep and abiding love,

We would lay aside

All disturbing thoughts

All misunderstandings

All unworthiness.

If things have gone wrong

Let none of us lift an accusing finger.

Who is to blame is not important.

Only how shall we set the situation right.

And so, serving and being served

Loving and being loved

We shall make this a peaceful haven

Where we the children of God

Shall live harmoniously

Joyfully singing His Name and glories

Till we merge our little selves

In His eternal Being and Existence

[This prayer is recited at Anandashram every day. Author is unknown.]

### Calendar of Events

March 7	Master's Mahasamadhi
March 9	Sri Yukteswar's Mahasamadhi
March 20	Spring Equinox (11:16 am, PST)
March 28	Passover
March 31	Easter
April 10 & 25	Swami Ramdas' Birthday (Western and Hindu Calendar, respectively)
May 10	Sri Yukteswar's Birthday
May 19	Pentecost
June 21	Summer Solstice (5:22 am, PST)

Mother's Truth Series CDs: One New CD is available: "Change Yourself and You Will Change Thousands." Contact L. Koler to acquire.

2002 Calendars are available from center leaders or contact L. Koler.

Picture of Mother is cropped from picture with Sri Annamalai in Madras, 1977.

Journal Editor: Rev. Larry Koler

This life of the razor's edge is the most demanding we will encounter. Let us ever keep the highest goal in mind, while recognizing that human nature will be at play as the opposing force. Let us ever keep our purity of purpose, the fire of true renunciation and real aspiration for God ever as our guide. The more perfectly we keep our mind on God, the surer and more direct will be our way to the goal. Ever strive with all your heart, mind and strength, and ever pray for that all-powerful grace to lift you and keep you in that most perfect union with God.

Yogacharya David Hickenbottom

"It is foolish to expect true happiness from earthly attachments and possessions, for they are powerless to bestow it. Yet millions of people die of broken hearts, having tried vainly to find in worldly life the fulfillment that exists only in God, the Source of all joy."

*Paramhansa Yogananda*

"Hunger for God, we get in the company of saints. We cannot obtain it by our own efforts. It is, generally, considered that surrender comes towards the end of Sadhana. It is not so. Surrender, no doubt, is complete in the end by the total elimination of the ego-sense. But we have to surrender ourselves to God from the very start."

Swami Ramdas

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