

The Cross and The Lotus Journal



Winter Edition

December 2003, Vol. 4 No. 4

The Cross and The Lotus Journal

is published by

The Cross and The Lotus Publishing
PO Box 16717
Seattle, WA 98116

Website: www.crossandlotus.com



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The Reverend Yogacharya David Hickenbottom continues this lineage with the help and support of many sincere devotees. We are dedicated to realizing God and serving devotees of every race, color, creed and religion.

Dear Friends,

As we close one year on the calendar and open another, a new chapter in our life begins. If we are to have real meaning in our lives, then we must write each day in the book of life with a higher purpose.

There are many who live their lives in a kind of sleepwalking state. They do things in the world: go to work, have a family life, watch TV, sleep and eat, yet they are not really awake to the meaning their lives truly hold. Acting on automatic pilot they can live an entire life, yet remain in a stupor of spiritual ignorance.



All nature speaks to us of the cycles of life, eventually these repeated cycles lead us to becoming more awake, more aware of life's true purpose. The moon goes through monthly phases and the sun goes through annual phases that denote beginnings, middles and ends. This time of year we are entering the darkest days, the death of a year. Then we begin a new cycle, the birth of a year that marches inexorably toward the longest days of light. Every day, every year and every age, or Yuga* , reflects this cycle of birth, growth and death. The yearly cycle often determines food production and can dictate where and how people live. Today most people are not directly connected to the seasons in the same vital way as in times past. However the cycles of the seasons do have their effect even on modern man, and we can choose to mark these changes with our own meaning as well. To use the death of a year and the birth of a new one is a good time to take stock of our life.

The vital question is, "Are you awake or asleep at the wheel of life?" To be truly awake means to have realized who and what you truly are. The Christ means the Anointed¹ One , even as the Buddha means the Awakened One. Spiritual anointment means one who has awakened to being a Son of God, an enlightened Being. During the darkest part of the year (in

* Yuga, a term in Yoga that denotes large cosmological cycles of thousands and millions of years in length.

the Northern Hemisphere) the birth, the awakening, of the Christ is celebrated. Symbolically the birth of that pure Son of God within, the Christed One, happens in the darkness of ignorance and marks the death of the old life and the birth of a new one.

To awaken in your life to the true purpose for which you are born is essential to fulfilling your real Soul's desire. For my part, I had no idea of these inner truths in my youth. I stumbled and fell into many bad habits that led to intolerable suffering. Somehow Grace was in operation and my soul was not complacent in this suffering. I knew in the depths of my Being that there was something more, something deeper, which would ultimately bring about the upliftment I so ardently desired. In the beginning this was not anything I was taught. Rather, I seemed to know something was awaiting me and I pursued it without being conscious that I was involved in a process that would ultimately lead to a state of Realized-Consciousness.

I have not thought myself to be the ideal yogi-sadhaka. I made many mistakes on the way up, feeling so weak at times, making wrong turns when the right turns should have been obvious and I stumbled on in my path to God. However, even in my ignorance my sincerity was my rudder, my desire for Truth and Bliss was my sail, and when I met my Guru, she was my keel. Gradually, even with mistakes, the inner Divine Force began to right my ship and put me on a steady course.

Of course I wanted results sooner, I yearned for more. That yearning was my love for God. Who would have known, who could have guessed at the hidden Glory lying within? I could not have really known it, even as I dreamed of it. As I read the stories of the great Ones going before me and I listened to the experiences of my great Guru I felt myself to be the smallest among aspirants. Yet I dared to dream, hope and had faith that never faded, even when the dark nights came.

Quite often an aspirant has misconceptions about the path. When you read stories and hear of pure souls following the path, you can feel that you can never be one of them: your experiences do not seem to measure up to theirs, your life seem to be messier, less tidy and less clear. However, your life, including the messiness and lack of clarity, is the path you have chosen, the only one you have. If you could do it better, you would! But who you are is the sum total of what you have built, up until now.

When you put effort into getting clarity on your path, you gain a little of what you see in the great Masters. When you feel the upliftment of the

son of man within, even for a little while, you are spiritually baptized and it washes your soul clean. The great Masters became great by having treaded the same path, by learning to put one foot in front of the other, then learning to do it more than once or twice.

When at last your mind is purified of mistaken beliefs, false attachments and deceptive habits, then you see clearly to avoid the pitfalls and make straight for the Light.

A marvelous change then comes over you. The interior of your Being becomes filled with Light. All the dark corridors of mind, body and soul are illumined, leaving no room for the delusion of separation. A bliss and joy of life are felt to be bubbling up from some hidden springs of Spirit. A universal vision makes all the world glow with the singular Divine Presence. An inexpressible love flows from your heart to one and all.

This state of enlightenment changes the human to the Divine, yet the Divine maintains a human expression as part of Its Divine Whole. Human and Divine join and become as one. Jesus took incarnation in order to teach this great Truth. If you could know it, you have taken incarnation for the sake of realizing this same great Truth.

When the knowledge of the Divine Goal becomes first in your mind, then you truly begin to live. As you take firm steps on this path, you are really living life as it was meant to be lived.

Arise! Awake! Let this be the season in which you proclaim the real purpose for which you have taken incarnation. Let your guiding polestar be ever fixed on the star of the Infinite to guide your ship of life, night and day, night and day. Let this be the eternal dawn of a new day, a new year as you write in the book of life, filled with the vibration of Christ Consciousness. Then you will know the inexpressible joy that comes from your union with the Infinite and your Soul's purpose is truly fulfilled.

In Divine Light,

David

1 Anoint: 1. To apply oil, ointment, or a similar substance to. 2. To put oil on during a religious ceremony as a sign of sanctification or consecration. 3. To choose by or as if by divine intervention.

This refers to the awakened kundalini, the serpent force, which kindles in man a purifying fire to remove ignorance and awaken the Soul. One who has been initiated into such experiences has set his feet on the road to realization. One who is realized has been anointed with spiritual realization from the top of the head and throughout his or her entire Being.



Mother Hamilton in 1977.

NEW YEAR'S EVE SERVICE

**Excerpt from
A Talk Given by Mother Hamilton
in Seattle, Washington
on December 31, 1980**

We have three hours before midnight, and I thought I would talk to you a little, read to you a little from the Bible, an article of Ramdas, some of the things from Master's older magazines, and then I brought a couple of his talks which are original transcriptions just as they came from him. I want to share those with you. And then we will meditate and chant.

Reading: Bible Psalm 40

I've chosen for our Bible reading this evening Psalm 40.

I waited patiently for the Lord; and he inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the Lord. Blessed is that man that maketh the Lord his trust, and respecteth not the proud, nor such

as turn aside to lies. Many, O Lord my God, are thy wonderful works which thou hast done, and thy thoughts which are to usward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered. Sacrifice and offering thou didst not desire; mine ears hast thou opened: burnt offering and sin offering hast thou not required.

Then said I, Lo, I come: in the volume of the book it is written of me, I delight to do thy will, O my God: yea, thy law is within my heart. I have preached righteousness in the great congregation: lo, I have not refrained my lips, O Lord, thou knowest. I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy lovingkindness and thy truth from the great congregation. Withhold not thou thy tender mercies from me, O Lord: let thy loving kindness and thy truth continually preserve me. For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me.

Be pleased, O Lord, to deliver me: O Lord, make haste to help me. Let them be ashamed and confounded together that seek after my soul to destroy it; let them be driven backward and put to shame that wish me evil. Let them be desolate for a reward of their shame that say unto me, Aha, aha. Let all those that seek thee rejoice and be glad in thee: let such as love thy salvation say continually, The Lord be magnified. But I am poor and needy; yet the Lord thinketh upon me: thou art my help and my deliverer; make no tarrying, O my God.

Reading: Papa's "God, Our Mainstay"

And from Swami Ramdas the title of this article is "God, Our Mainstay".

If there is one who will always stand by us and on whom we can place complete reliance, that one is God alone. Usually a man depends upon so many persons and objects of life for health, relief, and security. Very often such a dependence results in sore disillusionment. At the moment of stress, trial, and necessity they all fail him. But he who looks to God and makes Him his sole friend, protector and guide can feel always safe, courageous and happy. It is the experience of many devotees that trust in God at the time of acute crises in their life has brought them instant inner tranquility and outer relief. Such instances are common in the lives of the devotees chronicled in the scriptures of all faiths in the world. To such, God is a living reality. They feel His protecting hand. They realize His presence at all times. They live in the ecstasy of unbroken union with Him.

When ego is totally absent, when the mind has dissolved itself in the Divine Consciousness and all sense of duality and diversity has disappeared, it is now we know that God is the sole ruler seated in our hearts wherefrom He inspires, leads, and controls all our mental, vital and physical activities. It is now that we become absolutely fearless and remain ever free and cheerful as a child does in the presence of its mother. Verily, God is infinitely more tender and loving than the physical mother. When you have once discovered your filial link in relationship with Him, what a wonderful change takes place in your life. How exalted, blissful, and peaceful you become. Your life now flows like the crystal, pure rippling river producing the music of eternity.

Reliance on God should not take a gross and material form. Dependence on Him means primarily inner strength, intrepidity, and assurance, for God dwells in us. He provides for all things. His will is supreme. It works always for the good of all. The heart of the devotee who has placed himself in the hands of God is therefore unruffled, serene, and perfectly at peace. And, like the summer sky, no clouds of cares and anxieties cross over it. This state is the one true achievement of life. It cannot be understood by mere hearing or reading about it. When your mind turns inward and loses itself in the infinity and immortality of your real being, then you will know the sublimity of this realization.

Reading: Commentary on Patanjali by Master

This is from a commentary that was given by Master about Patanjali's teachings, way back in 1944.

Because you have not meditated and tasted of divine bliss, you are wandering with desires. People do not realize that within their heart is locked up the source of all happiness and, forgetting this, they seek diversion elsewhere. They deserve all the trouble they are encountering because they do not concentrate on the happiness within. Because they will not meditate, they have a butterfly mind.

In sleep, you are in the middle of the sushumna current unconsciously. But by yoga practice of meditation, you can consciously control that current. If you learn to control the breath and the life currents in the body, you will know God. After you have awakened the sushumna current, if you can close this portal in the cranium, you will have the cosmic key. The inner sight blossoms when all will be thyself.

Yoga says you must concentrate at the center of the forehead, the spiritual eye. Jesus said, "If thine eye be single, thy whole body shall

be filled with light.” The single eye is right here in the forehead, and if you concentrate here, through that spiritual eye, you can see the whole universe. You will be able to see into the fourth dimension. Living... Diving into the spiritual eye, you will see Infinity. That tremendous cosmic current is like a reservoir in the brain.

Simply through a little concentration and struggle with the mind you can attain that consciousness. The mind keeps running off, but with a little practice you can still the mind. And in time, that butterfly mind is brought under control. If you can control the mind once, then it will be like the coat you hang on a peg. It will stay there until you take it off. The mind is that way. Once you have learned to still the mind, then you don't have to meditate because you have reached the object of your meditation.

The whole body responds to that infinite vibration and you know what real happiness is. When there is so much happiness in your body, you do not have to rush around to cocktail parties and movies seeking diversion. They are such a useless waste of time. There is so much happiness in your heart if you only knew of it.

You do not know how the eyes reflect every emotion. If there is a little jealousy or anger, it is reflected in the eyes. They express joy or they grow big with wonder. The movie people have tabulated every emotion. They will say “turn on number 8 emotion,” or “number 5”. The great lesson of it is this, that through meditation you can get that relation with other minds that when you enter a room where there are people and something going on, you can read them all just by looking at them. You can see if this one is mad, or that one is jealous, or another one is plotting. You can take a look and tell just what is going on.

Most people go through life psychologically blind, eyes or no eyes. Never play smart and try to hide something, because you arouse suspicion. One shark is always fooled by another shark. A businessman once told me, “My wife somehow always finds out things. If I try to hide something from her, she is always sure to find it out. I am afraid of her.” This man had invested some money, and one day at dinner she warned him, “Joe, you will not wake up until you lose a few thousand. That man is a crook.” He said, “I flew into a rage. But when I lost my \$1,000 I knew my wife was right.”

If your thoughts are clean and pure, nobody can hide impressions from you. Some people say that is alright. But Jesus was betrayed. How about that? Jesus was persecuted by his enemies. Persecution is the greatest test. Jesus said, “For my name's sake you will have per-

secution but hereafter life eternal.” We must have persecution. I have not understood why Jesus was crucified. He gave them salvation, and the people gave him death. We must remember that persecution does not mean our destruction. It is a test of God. How will God know if you have His love in your heart if you slap back every time somebody gives you a slap. You go to church Sunday morning and read in the Bible that if they slap you on the right cheek, you must turn the left. You come home and say, “Look out! If you give me one slap, I will give you twelve slaps back and maybe a kick.” And you are a Christian? You must practice Christ’s teachings. It will give you great power, great fortitude, something nobody can take from you. But if you get mad and fight, you place yourself on a level with that person, and you deserve all you get.

In the old days, they crucified with nails and stones, but in America they crucify with words. Everything that is beyond their vision seems grotesque and funny to them. If somebody says you are crazy, just bear it. The proof of the pie lies in the eating. Try to stop them if you can, but if not, let it go. Give your words to no one unless they are wanted. Learn to have a zipper on your mouth. When you speak, they will know it is truth by the vibration of your words. When you talk, put soul force into it, otherwise remain quiet. If they argue or abuse you, no matter how disagreeable, say, “Maybe you are right.” Small people, when you do good, they become mad, but real people will always remember it.

Praise does not make me better. Blame does not make me less. What I am before my conscience and my God, that is what I am and I don’t care what the world says about me. You must remember, no matter how a person mistreats you, that person is like a little child. That is why Jesus said, “Father, forgive them for they know not what they do.” Because all these enemies who were crucifying him were like children. He felt sorry for them. He knew they would be punished by the Divine Law, and he forgot his own hurt. In Jesus Christ’s life we see that he was a true Son of God, and that God is not a God of vengeance an eye for an eye, and a tooth for a tooth. He is a God of forgiveness.

Next, you must learn to control the angle of your eyes. If you will practice these exercises at home, you will have more power than you have ever had. First, have you ever studied how to go to sleep at will? You must relax your body. You can do this by looking at a picture or smelling a flower. You cannot sleep while there are sensations, thoughts, or movements of the body. You realize that your concentration must

be likewise so that you may rise above sensations, thoughts, and body movements. When you look straight ahead, on a level with the eyes, you are awake. When you look down, you are relaxed and sleepy. When you look up through the spiritual eye at the point between the eyebrows, you are in the superconscious. Learn to control the angle of your eyes. First, learn to sleep at will. Most of us are expert at that.

Now, could we have the lights down? Keith, would you lead us in chanting? And then let's go into meditation again, please.

[meditation]

Reading: Old Transcripts from Master

This is a lecture that Master gave in 1943, "How To Do What You Want, Not Guided by Your Moods." He used to come forth with some wonderful titles. I was thumbing through things this evening trying to decide what to bring to read to you, to share with you, and I found one entitled "Twentyfour Hours Behind the Atom." [chuckles] That should be an interesting one.

The steam is invisible. When it is condensed, it becomes visible. So the Infinite is impersonal and invisible, but it becomes personal and visible by our devotions' frost. It is the Infinite that has become very personal and finite, and in every finite thing you can see the marks of the Infinite Invisible one.

It is said the tree came from the seed, and the seed came from the tree. But which came first? We are only a link in the chain of life, and the beginning and end are infinite. Only the middle is visible. Therefore, God who is Infinite has become finite. Therefore, the Infinite can [become] finite because, after all, this is God's dream. Every finite matter is the expression of God. You don't know it is God, and that is your mistake. To the wise man, the form of the demon and the divine man are the same because he sees only the one God. Just as the man in the theater sees [that] both the evil man and the hero are the results of the one beam of light thrown on the screen, so the divine man sees nothing but the Infinite Light in all things.

Those who think of the personal God will see God has a finite form. But the idea is when He will come in that form, the entire Infinite will be throbbing in that form. Just as the radio vibration which is spread over thousands of miles of space vibrates through one radio, so the Infinite can vibrate through one little form. it is easier to think of God like that. I've been for a long time watching that, but lately I have not been devotional at all. I only say, "Thou and I art One. I cannot have any existence separate from You. How could it be possible? I see Thou and I art One."

That conception of the Infinite is very beautiful, too, because in it there is complete unity with God. We don't stand as slaves before God or as a created being, but we become one with Him. Mind nor intellect nor chittwa, I am He. Beyond the flight of fancy, fearless am I; permeating all the realms of light, unseen am I. Bondage do I care nor freedom do I crave, for I am ever free; blessed Spirit I am He.

You meet God as joy, absolute existence, and absolute consciousness, and you remain in that state. Everything that is in your own personality is gone. That is what it means. Imperfect union with God you have. Worship always keeps the devotee apart from the object of devotion. When you become one with God, you can't say you worship Him. You are one with Him. That conception is so marvelous. So whenever the idea of sin or trouble gets you, anchor yourself in the Divine. In worship only you think of yourself as separate from God. That is a dangerous worship of God. You must drown your personality into God. God is All. I am just a manifestation. He is I. It is not right to say, "I am God." But it is alright to say, "God is myself." The wave cannot become the ocean, but the ocean has become the wave. As soon as you say "I", that is personal worship, and it is dangerous. To say, "I am God," is wrong; but to say, "God is I," is alright. Egoists cannot realize that, but when you merge yourself in that supreme Being, when you have that consciousness, and in that supreme consciousness when your mind becomes anchored in Him, all ego is gone. But when you think you are with Him and continue to say terrible things, you are in delusion.

When we merge in the Infinite, there is nothing that is ego; all things become pure. The greatest evil is not to see that God has manifested Himself in this world. Remember, if you are paralyzed and diseased in the body, and still you don't give up and continue to say, "God is I," you will be liberated. Even when death is at your door, if you can retain that consciousness that you are free, you will be free. Such is the power of thought and consciousness God has given.

Moods hypnotize your soul and that begins your downfall. There is no excuse for you to say, "I can't." Whenever a person says, "I can't," something rebels in me. "I can't do this, I can't do that." Who has given you that verdict but your own mood. When you say "can", who can make it "can't"? These are just two pieces of thought; thought was split into good and evil.

One saint asked his student if he could eat all he ate because once in awhile he ate meat. The student replied, "Certainly." So the saint began to eat some hot nails. Then the disciple was stunned. The saint

had only changed his thought. Everything that has been done in the world which you think of as a miracle has been done by the power of thought.

Moods are the most dangerous things to indulge in. There are nothing but crystallized habits of the past. 'Way in some incarnation you used to be peevish, or you got mad. Today, these tendencies or habits burst forth as moods. You don't know why you are that way, but you are. Why should you allow them to remain with you? Why should you get moody or mad? Say to yourself, "I will never get moody again. I cannot be mad." But as soon as someone does a little thing you don't like, your whole face becomes flushed with anger, and you become its prisoner. Indulgence in moods is the greatest slavery we have created in our own delusion. With the thoughtsword of wisdom destroy the thoughtcord that binds you. Thought is everything.

Remember the illustration I told you about closing your eyes and visualizing a black horse on the left side and a white horse on the right side. Now, change the white horse to the right side and the black horse to the left side. See them clearly in your mind. It is easily done by just changing the thought. Now, the black horse is your bad habit, and you change that thought into a white horse of good habit. See how simply it is done?

A repetition of thought becomes a habit. Moods are nothing but a thought that was repeated sometime in the past. That is why you think you can't get out of it. He who is bound by anger and greed cannot pass the gates of delusion into freedom. This world is a hospital of delusion, and unless you are free from that delusion, you won't be discharged.

It is so much better to be peaceful than to be angry. I have always had to contend with anger throughout my life. In anger we hurt ourselves first, and then we try to hurt others, and then they try to hurt us more. The only cure is to destroy anger from within just by one thought, "I will be free from anger." Anger is a mood. Say to yourself, "I am calm. I never was angry." But when you say "can't" you have given the verdict to yourself that you are a prisoner of anger. The same with greed and with everything in life. So from morning until evening you don't know how you indulge yourself in different moods. Sometimes you are happy; sometimes you are sick; sometimes you are discouraged, and so on. You go on living with these moods. Day after day it goes on.

Moods are very hard to get rid of. We should be guided by discrimination. If you haven't that, adopt the discrimination of a guru. If

somebody sees you have a blot of ink on your face, you say, "I don't see it."

But the guru says, "I am your mirror. There is the ink." You can't see your psychological face. "I am mirror," says the guru. I see people in moods all the time. Only place of freedom is within yourself. No cannons of moods can reach you there. Whenever I see people walking free, I say to myself, "Is he free? He thinks he is free."

Anger is one of the greatest bondages. You must conquer anger. And I don't ask anybody to conquer anger if I don't conquer it myself. If I am angry, I go to the level of the other person. There is no hades worse than the hades of anger and moods. You must conquer them now. Determine to do so now and it will be done. Don't put it off. As soon as you say, "Tomorrow I will conquer," tomorrow will never come. But think, "Today it is gone," and it will be gone because mind is all powerful. With the thoughtsword of wisdom destroy the thought of moods.

And you must always remember that it is your fault if some trouble comes. Most of the time you will be surprised to see that when trouble comes it is because you are not acting or thinking right. If you take that attitude, you will get along with anyone. I have purposely mixed with those that have opposite views from me. I conquered them. I made it a point to do so. In a paradise you can be miserable, and in hades you can be a god. That is all done by your consciousness. If you feel insulted, everyone will insult you. If you feel no one can insult you, no one can. I never saw anyone insult Master. He was above hatred and insult. He conquered by his wisdom, by his power. So remember, if you are calm and say in your heart, "I don't want to mistreat you," that other person will get it. People are very funny. As soon as they find out your weakness, they want to rub salt in your wound.

Remain in your good qualities and continuously give understanding to people, then you will conquer them. To conquer human beings is the greatest art, and that art is sincerity and living the life. Don't let moods rule you. You are carrying much tendencies, many tendencies through hundreds of incarnations. You shouldn't be intolerant of other's moods, but you should heal them. The only way is to be an example. Find no fault with anybody but yourself, then you will see how others change.

There are various kinds of moods, good and bad. Some people have the bookreading mood. Some people read books by the hundreds, but I can't. It is the most tedious thing for me to do. It seems

like an ocean coming after me as I read someone else's thoughts. But meditation comes easier to me, while to those who read much, meditation is difficult. After two or three hours I can sit like one thought and know no time at all. If you make your soul interesting, you won't know time. And if you just pour your soul out, you will find everything there. All knowledge is written there so it is easiest to be in the Self. But people make it very hard for themselves not to try to remain in themselves. Why? Because they have the habit of restlessness. They think they can't sit still. They would rather be on the go. That is their mood. They would rather do something in the home, but to sit still is terrible. That hypnosis of mood keeps you bound more than anything else.

I kept reminding myself in the beginning, "It is not so many hours. Incarnations you have been away from yourself and now you must get back there." Just as soon as I said that, my omniconsciousness became lost to the body. This body is a mood. It is the most troublesome thing there is. It coughs and sneezes, and it never is alright, all the time working with it. "Why should we think we must go into samadhi," the mind asks. Your mood says, "How nice is the body." I feel this body is the most repugnant thing. I don't like the body anymore. It is a delusion God has put over our souls. It is anything but perfect, all the time giving some trouble. Then why should you think meditation is such a difficult thing? That is your mood. You have developed the mood of being with the body. Why do you want to love the body? Why do you want to put a garland on it?

The mood of restlessness is a graft of nature; it is not your real nature. It is a wrong thing. Your real nature is your freedom. I am the Self. I don't have to meditate on my Self; it is already there. Make it so natural you feel the Self all the time. Most of the time, I can't feel the body because I am in the Self. The yogi breathes or doesn't breathe, eats or doesn't eat. No matter what he is doing, he is always cognizant of the Self. He has changed his mood from the mood of ignorance to the mood of wisdom. And moods are those that destroy your Divine moods. Restless moods destroy the moods of calmness. Anger moods destroy the mood of calmness. Anything that disturbs the mood of happiness is destructive. You should nurture all good moods. As soon as the disturbing moods come, slay them with the thoughtsword of wisdom. Life is a battle, and you must win it.

Last of all comes the mood of indifference. Some people are bored with everything. It is better to have an interest in life. When interest is gone, you are dead. But greater than that state is the interest in Divine

happiness. It is just as easy to be good, and it is just as easy to be bad. It is just as easy to be greedy as not to be greedy. One thought I give myself when I go to the table, "You are not going to overeat."

Who can stop you from thinking you are a god? No one. You are the only obstruction. The self that befriends the Self, is a friend of the Self. And the self that is inimical to the Self acts as the enemy. When you say to yourself that you are a sinner, you are finished. Never let anybody tell you you are a sinner. Always keep thinking you are good, you are Divine, you are free.

You can see people getting into indifferent or bad moods, finding fault with everybody but themselves. The ghost of moods is inside. It should be trampled as soon as you feel one coming on. People are such victims of their moods. When you become completely free from the world, then you anchor in the Truth. When you don't agree with anybody, remain silent. You don't play up to anybody either. You are silent. That is all. I never treat anybody insincerely, but in the business world this goes on all the time. One must know about the moods of people, especially in the business world, as to how to deal with them. And you find you are going to have some big business deal and that person is in a mood, you must change the subject. Most businessmen are moody because they never tried to control their tempers. Very few businessmen are calm. They say anything according to their mood. You must never be governed by moods, and don't go near people when they are in moods. Get out of their way; then when they are alright, mix with them. You can be mentally away from people who are in moods, not in hate but in mental withdrawal, because you don't want to recognize anybody that is angry. As soon as you recognize their anger, then begins the trouble. If anger doesn't touch you, then nobody will give it to you. Anger cannot work unless you accept it.

From morning until evening most people are governed by moods. And many people don't dare fight in the office lest they be fired, so they save their moods until they come home. Then they let loose. What a great foolishness it is to indulge in moods. You are not a master then, you are a slave. You should be in a padded cell. As soon as you feel yourself in a mood, look up at your Self and get rid of it. Don't show yourself to others. Thousands of people are in moods all the time. It is like smallpox. A healthy person's body is mutilated by the smallpox of moods. The healthy mind is free from moods.

Some people want to do wrong and support themselves, they say. I feel God is guiding me. That is where the importance of a guru

comes, because gurus will never cater to your weaknesses and flatter you when you are wrong. They will tell you what is wrong, and if you try to correct yourself you will be free from those moods. To be free from moods is to be a free man. I found by remaining calm inside, I was a free man, and I wouldn't give that up for anybody in the world because by giving up that I don't do anybody good. So I refuse to give that up. My most precious possession is my calmness. When you are free from moods, you will be able to do exactly what you want to do.

Treat others sincerely in spite of how others treat you. The only way you can be bulletproof is not to be moody. It is so grand. There is nothing in it. It doesn't take any effort of will to be good. Say you are that, say you are peaceful, and you are that. I am realizing all these things. Evil doesn't pay and good alone pays. And it is easier to be good, much happier, much more profitable than to be otherwise. Regard others' comfort and others' happiness and behave rightly and sincerely, and then you have the world with you. If the world is not with you, God will be with you.

Jesus was the King of Hearts because he made a throne in every heart. Let us keep this vow, "I am going to behave perfectly, no matter how others behave toward me." It can be done. Bless America. Bless all people of the earth that they may follow Christ's way and bring brotherhood of man under the Fatherhood of God.

Heavenly Father, we deeply pray today. Help us to create a United States of the World with Thy Truth guiding us all through our conscience and discrimination. Feel the vibration of Aum going through you. And as you shall believe, so shall ye receive in like measure. Those who want to be healed of disease or mental troubles of ignorance, concentrate deeply for the body. Aum for the mind, Aum for the soul. He is the bliss of meditation. Feel that He is the boundless joy in your heart. Aum. Peace. Aum.

When you know God, every human being becomes a temple of God. He who says he is a teacher is not. He who sees God in all, whose hands remain folded in adoration of all, he is a Christ. My voice was made to sing Thy glory. My hands were made to serve Thee willingly. My feet were made to seek Thy temples everywhere. Use the heart to find God. That is one of the greatest joys to find God. The brain and the heart, use them to find God instead of using them in wicked passions. I will use my love to find Thee alone.



Mother Hamilton in 1966



Paramhansa Yogananda

The Life and Teachings of The Reverend Mother, Yogacharya M. Hamilton

by Rev. Larry Koler

PARAMHANSA YOGANANDA

When Mother Hamilton first met her great master in 1925, he was known as Swami Yogananda. After traveling back to India in 1935-1936, he was given the title Paramhansa, by Swami Sri Yukteswar, his guru. Paramhansa literally translates as “supreme swan”. In India, this terminology and the title has its own history and Master (as Mother referred to him and most of us, her disciples, do likewise) has a beautiful description in his classic work, *Autobiography of a Yogi*. If ever a saint lived who deserved this title, it was Paramhansa Yogananda.

It is interesting that Master, in his teachings about Jesus, tells about the connection between John the Baptist and Jesus. He states that in earlier incarnations that they were guru and disciple. He teaches that the Baptist was the former guru (Elijah) and Jesus had been the former disciple (Elisha), and that for his great work to come, as the Christ, he asked that Elijah “let a double portion of thy spirit be upon me.” I believe that a similar bestowal was made by Sri Yukteswar to Master. Sri Yukteswar, a perfect master, was very humble and he was determined that Master would succeed in

the work that Jesus asked him to perform, that he “lay down his life for his friends”—for those of us in the West.

Everything that we disciples in this spiritual lineage have in the Spirit comes from Master. There is not one thing we have that did not come from him. This great man of God transformed the West, he changed the consciousness of the Christian world, indeed the whole world. He lifted us up as few have done since the Christ. Mother said many times that she “often wondered if he was not the Christ come again.” The complete story has not yet been told, nor can it be contained in books, of the great world work that Master performed and continues to perform. He is a multi-faceted jewel in God’s crown—wonderful to behold, impossible to comprehend.

When I first read the *Autobiography of a Yogi*, my whole being was fixed on Sri Yukteswar. It was as though Master was just a transparent window and his form just a frame for displaying his heart’s treasure, Sri Yukteswar. Master was the perfect disciple and it seemed to me that this book was written for his guru. It is certainly a profoundly moving memoir of his experience of the guru-disciple relationship. Master came to the West to awaken us and to remind us of the way back to our divine origins, to the Father. The way that he describes is through the guru-disciple relationship. There is no better sales job written for this path of final emancipation.

What can one say about a spiritual classic that will last the ages? The *Autobiography of a Yogi* is simply the greatest English language exposition of the inner and outer life of a perfect master, a true Yogi-Christ. Master explains the highest splendors of God intoxication, of the spiritual roots of mankind and shows us God’s plan for the working out of His will on this earth, the cosmos and the higher planes. Mother’s blessed master gave his life’s blood to write this book and his blood pulses still in between the lines of his majestic prose: Master’s divine *Shakti** can be experienced in the reading of this book. The proof is in the pudding. Read it and beware: this book will change you.

Mother’s Relationship With Her Guru

Mother met Master in 1925 in the Masonic Hall in downtown Seattle and she left the building marveling that she finally heard the truth spoken about the Christ for the first time and by an eastern master! Master taught of a loving Father, as did the Christ. He also had the power of God so fully

* Shakti - Divine Power

within himself that he radiated that power through his stories and explanations. In Master's very person, God was shown to be near and very knowable, indeed intimate: that most intimate part of our natures, our very Self—our true identity could we but know it.

Some great masters are known in India as Sat-gurus. They have the ability to convey, through inner means, knowledge of God. They make the attainment of Him seem very real and very close. Realization is shown to be a goal that is worth striving for. They set the disciples' hearts ablaze with the fervent desire to know God, to have Him always and to have Him undiluted.

Though God is truly the guru, a Sat-guru is one with God and God so loves us that he has chosen this intimate and personal way to descend and meet us on our way back to Him. God does this through the guru: through his form, his personality and his perfect realization. Many disciples get stuck on the form of the guru and later this can cause problems if this is not overcome. May we all be so lucky to have this exalted problem! And to know God in this way and to worship Him through His special form that He has created.

Mother was given Kriya Yoga initiation by Master in 1933, during Master's visit to Seattle in that year. In 1947, she was made the center leader for SRF in Seattle. Later, in 1950, Master ordained her a SRF minister.

At the 1951 SRF convocation, during a meeting with the various SRF leaders, Master announced a special title that he was going to give to certain of the leaders. As Mother explains:

...the last Kriya Initiation that he gave he called seven of those [men] who had served him most greatly and gave them the title of Yogacharya, which means "master of yoga", or a teacher who has union with God. And, all of a sudden, I heard my name, and I couldn't believe it. And so, he said, 'I'm giving this to Mildred because of her total loyalty to me throughout all of the years.' [From Talk 800619]

Mother's Early Mystical Experiences

In 1954, after Master's passing, Rajasi, then president of SRF, requested Mother to give talks and bolster the Centers all across America on their cross-continental trip of that year. During this trip, Mother experienced a profound mystical state and God gave her many revelations about the Christ, the Bible and her own destiny. Later she came to know this state more intimately and realized that what she had experienced for those eight

days was Nirvikalpa Samadhi*.

This year, 1954, marked the start of Mother's deep mystical inner life. She later stated that it took her 16 years to complete the experiences that started at this time. In the early 1970's, she told us, she finally attained the goal of Sahaja Samadhi^H. This is the result of meeting a Sat-guru—that your whole life is never to be the same again; that God takes you up into His higher play and makes you a conscious actor on the stage of life.

During that trip for SRF, God told her, in order to confirm the revelations that He had given her, that He would come to meet her “face to face.” Later that year, Mother met Swami Ramdas (known as “Papa”) and during a visit of his to her house, Papa revealed God's face to her.

Evidence of a Perfect Master

Mother's early life and spiritual preparation formed the bedrock of the foundation upon which God, through her blessed master, carefully readied her for the blows of the divine Sculptor's hammer that were to come.

Later, Mother's curious and difficult relationship with Papa will be described. But to end this part of the story, may I add my voice to the chorus of angels who sing the praises of worship of Paramhansa Yogananda. Mother stated many times that she so loved and revered her master that:

I would have crawled on my hands and knees to be with the guru who taught me the true meaning of the Christ. I had been walking in darkness, believing the tales that had been told me from the time I was a little child about the Christ. And nobody seemed to know in those days that, as the Bible says, the Christ is within you, that God and the kingdom of heaven are within you. [From Talk 801221]

She only spent time with Master on 12 separate occasions and yet he had this profound effect on her: that she found God within herself. This power of Master's to transform others comes only from an intimate relationship with God and is evidence of his perfected state.

* Nirvikalpa Samadhi - Literally, “changeless” samadhi. One communes with God in a state of profound union without bodily fixation and in his ordinary waking consciousness (versus the fixed bodily state of Sabikalpa Samadhi).

^H Sahaja Samadhi - Literally, “natural” samadhi. This is a state of God-union in which there is no sense of separation at all, one does not go in or out of a samadhi state (including the high Nirbikalpa Samadhi), rather it is the “natural”, effortless and continuous state of pure union with God. Mother taught that Sahaja Samadhi was the highest state to be attained, she referred to this as “going over the top.”

God Sometimes Smiles At Me

By Cate Koler

I am to date almost 3 weeks into a four-month stay at Anandashram. My purpose in coming here was to deepen my sadhana by immersing myself into the spiritual program and, most importantly, through daily darshan with Swami Satchidananda.

While some things about India are challenging (mostly for me, the heat) I have always felt very much at home in this country and I take to ashram life like one who has spent lifetimes as a monastic. With daily spiritual talks, readings, chanting, worship and walks with a saint, the atmosphere is conducive for spiritual progress. If one can't focus the mind on God here, one would have trouble anywhere.

While I truly love it at Anandashram and thank God everyday that I am able to be here sitting at Swamiji's feet once again, I also thank God for what I had and have back home. I know I am not the first to comment on this and we all did so the first time we visited, but I will reiterate it once again. I am very grateful for the training Mother gave us. I know that all of her devotees appreciate that fact but it becomes even clearer when you are away and in a different spiritual atmosphere. Two reasons: First of all, Swamiji's teachings and relationships with devotees are very similar to Mother's and it reminds me of my time with her. Secondly: seeing other devotees, both Indian and



western-who are not spiritually grounded and are not “socked in” (as Mother used to say) with a guru also makes me appreciate Mother and also David as he continues her work so perfectly.

Swamiji serves all devotees here from before dawn till late in the evening. (actually 24 hours). When Wendy and I arrived and asked him how he was feeling, he said, "Oh I'm alright". He then told us that it didn't mean that there was no pain but that saints are able to rise above the discomforts of the body. Devotees have described to me the serious symptoms his body is experiencing, but all I see from him is a composed demeanor and a sweet smile.

Wendy and I were very honored to be present at Satchidananda's birthday celebration. Swami Muktananda felt inspired to initiate a Yetna, which consisted of 7 days continuous Ram Nam. Six groups each chanted 2 blocks of 2 hours per day. It was inspiring and challenging and the atmosphere was charged. The ashram was packed with devotees and my daughter Nicole arrived on the 11th, almost half way through.

Swamiji's birthday was celebrated both on the 12th and 13th (his day according to the stars). The ashram was decorated with floral streamers, mandalas drawn on the ground and lights. Hundreds of children gathered in the hall to sing for him, offer flowers and then receive Prasad. Swami Muktananda gave a tribute. On the 13th Swamiji and several devotees went to the temple and then six or seven swamis and some community leaders gave speeches honoring him. I stayed through all but the one speech, (not in English) and then opted to go back to the ashram with other devotees. The next day Swamiji asked me if I had seen the program at the temple. I said, "yes but left before it ended". He told me that after that there had been a clown/dancer whose art is only seen in Kerala. I of course would have loved it. He was not rebuking me, but I took it as such. Each time a saint says something to you, he is revealing aspects of the ego and I go away and chew on the morsel for the day until it becomes sweet and I can swallow it and gain the nourishment it provides. (Or perhaps see how bitter it is and spit it out!!)

I am finding more and more during this stay that I feel like a little child—almost like I am just beginning on the God-ward path. God sometimes smiles at me, pats me on the head or scolds me, but I am happy to trot along behind Him, grateful to have His darshan from time to time. Mother's love and presence is felt daily.

My love and pronams to all fellow devotees. Cate

HOUSE BLESSING

by Yogachayra David Hickenbottom

On November 9 many friends and devotees gathered to help bless our new home. Other's who could not come sent cards, emails and flowers in commemoration of the event. Not only is this a place of residence for us, but also a place of meditation, satsang and the world-wide headquarters for The Cross and The Lotus Publishing. We dedicate this new home in service to all for their realization of the true Self, residing always in the lap of the Infinite. The prayer that proceeded finding this perfect setting was:

“God, You must see to it that we have a beautiful and comfortable home that reflects Your love, abundance, prosperity and Light, and makes all who enter in feel that it is so.”

We found this house the first day we set out to look for a new home.



THE BLESSED HOUSE

By God's grace the Word made flesh
Has entered my house,
And it is fortunate I am
That the manifested God in man
Has come in.

Now what should I do?
He has given me a contact
With that God within me---
So go on!
No moment should be lost
But to be with that Power.
The result is, I am quiet,
Sitting in that bliss, that peace.
Mind has found no place in me
To rise into ripples now:
Quiet, calm, serene.

O mind! Go on with this thing
You have got by the grace of God
Who has appeared in man-body
And entered your house.

So fortunate I am, you see.
The result is, now I have escaped
The wheel of life: birth and death.
I am at home with God.
Thank you, God.

Says Kabir



Ramdas Haldipur with Swami Satchidananda at Anandashram, 2002. Ramdas, a good friend to many of us, passed on Nov. 18, 2003.

Childrens' Stories

A four year old was at the pediatrician for a check up. As the doctor looked down her ears with an otoscope, he asked, "Do you think I'll find Big Bird in here?" The little girl stayed silent. Next, the doctor took a tongue depressor and looked down her throat. He asked, "Do you think I'll find the Cookie Monster down there" Again, the little girl was silent. Then the doctor put a stethoscope to her chest. As he listened to her heart beat, he asked, "Do you think I'll hear Barney in there?" "Oh, no!" the little girl replied. "Jesus is in my heart. Barney's on my underpants."

An Eye Witness Account from New York City, on a cold day in December: A little boy about 10 years old was standing before a shoe store on the roadway, bare-footed, peering through the window, and shivering with cold. A lady approached the boy and said, "My little fellow, why are

you looking so earnestly in that window?" "I was asking God to give me a pair of shoes," was the boy's reply. The lady took him by the hand and went into the store and asked the clerk to get half a dozen pairs of socks for the boy. She then asked if he could give her a basin of water and a towel. He quickly brought them to her. She took the little fellow to the back part of the store and, removing her gloves, knelt down, washed his little feet, and dried them with a towel. By this time the clerk had returned with the socks. Placing a pair upon the boy's feet, she purchased him a pair of shoes. She tied up the remaining pairs of socks and gave them to him. She patted him on the head and said, "No doubt, my little fellow, you feel more comfortable now?" As she turned to go, the astonished lad caught her by the hand, and looking up in her face, with tears in his eyes, answered the question with these words: "Are you God's Wife?"

[These stories submitted by Celina Cihelka.]



Lorraine Bourcier

Calendar of Events

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|-------|-------|----------------------------------|
| Dec. | 11 | Christmas Service, Maple Ridge |
| | 13 | Christmas Carols, Maple Ridge |
| | 20 | Family Day, Seattle |
| | | Christmas Carols, Seattle |
| | 21 | Christmas Service, Seattle |
| | 21 | Winter Solstice (11:01 p.m. PST) |
| | 25 | Christmas |
| | | Mother Hamilton's Birthday |
| | 27 | Swami Ramdas' Sannyas Day |
| | 31 | New Year's Eve Meditation |
| Jan. | 5 | Master's Birthday |
| | 23-25 | Silent Retreat, Whidbey Island |
| | 28 | Pujya Mataji's Mahasamadhi Day |
| | 31 | Mother's Mahasamadhi |
| Feb. | 18 | Maha Shiva Ratri |
| | 25 | Ash Wednesday |
| | 26 | David's Birthday |
| March | 6 | Holi Day |
| | 7 | Master's Mahasamadhi Day |
| | 9 | Sri Yukteswar's Mahasamadhi Day |
| | 19 | Spring Equinox (10:48 pm PST) |

In darkness of night kingly aspirations follow you. In a lonely cave you are born to save erring man. A light shines from above and all nature bows in silence. Hush, can you hear the singing? A blissful, divine rhapsody reverberates in the wonderful night sky. What a sacred scene, all creation holds its breath. In the future troubles and trials may come, but in this most holy, precious moment, God is born!

Yogacharya David Hickenbottom

The great masters of India mold their lives by the same godly ideals which animated Jesus; these men are his proclaimed kin: "Whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother." "If ye continue in my word," Christ pointed out, "then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free." Freemen all, lords of themselves, the Yogi-Christ of India are part of the immortal fraternity: those who have attained a liberating knowledge of the One Father.

Paramhansa Yogananda

Saints transmit their powers in three ways-by thought, sight and touch. When a saint thinks of a person, even though he is far away, that person is illumined. A saint looks at a person and he feels by the saint's grace that his entire being is shaken to its very foundation and he finds himself transformed from that moment. A new consciousness dawns in him by the saint's very look. If a saint places his hand on the head of an aspirant, that instant the aspirant will feel tremendous change taking place in him.

Swami Ramdas



Adam Shinn