

# The Cross and The Lotus Journal



**Mother's Centenary Edition  
December 2004, Vol. 5 No. 4**

*Dedicated to the Realization of God and Service to Him in All Forms*



**The Reverend Mother, Yogacharya M. Hamilton  
Born Christmas Day, 1904**



# The Cross and The Lotus Journal

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The cross and lotus symbolizes the unity between East and West. The lotus is the sign of illumined consciousness, the thousand petal lotus of the crown chakra. The cross is the symbol of the body surrendered to the will of God. Following the way of the cross results in the resurrection of illumined consciousness.

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*The Cross and the Lotus, symbol of man.  
East and West blended, join hand in hand.  
Marching toward the infinite light and life divine.  
Lift up your eyes and see the star,  
descending from heaven where'er you are.  
Be filled with the peace and ecstasy of God's almighty love.  
Aum-Amen.  
(Hymn by Mother Hamilton)*

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© 2004 The Cross and The Lotus Publishing is dedicated to the publication of materials that promote God realization. Our spiritual lineage begins with Jesus Christ and Babaji and flows down to us through Lahiri Mahasaya, Swami Sri Yukteswar, Paramhansa Yogananda and The Reverend Mother Yogacharya M. Hamilton.

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.

Mother Hamilton often said she was the product of two fully illumined Masters, her own Guru, Paramhansa Yogananda, and Swami Ramdas. We therefore include articles about Swami Ramdas and Anandashram in this journal. We bow to the feet of Saints and realized Masters of all religions.

My dear Friends,

It is with great joy I send you holiday (holy day) greetings. There is deep significance in celebrating the birth of Jesus the Christ; it is both personal and universal.

The world events we find ourselves in at this time are powerful. There are wars and rumors of wars, there have been earthquakes and all sorts of destruction. These outer events signal a time of great upset and a time of great purification.

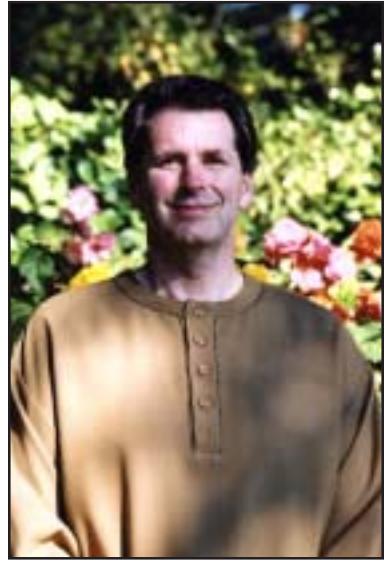
In India it is well documented that when the world has become too darkened with materialism and negativity a manifestation of Divinity, an Avatar, comes to the earth to create a Spiritual renewal. An Avatar is pure Spirit manifest in a human form.

The great Masters have avowed that Jesus was just such an Avatar, a Divine manifestation who came when the world was in sore need. To meditate upon the life of an Avatar uplifts and purifies the mind. The introduction of an Avatar to the West and the blessings that brings to one and all cannot be overestimated.

There have been many saints who have risen to great heights of consciousness through meditating upon Jesus. St. Francis was such a one. St. Francis was the first we know of who built a manger scene. He started with a cave and made it into a stable, placing a wooden cradle there and then filling it with straw; it brought to mind the night of Jesus' birth.

What spiritual vibration filled the night as those simple friars invoked the presence of Jesus! With what sweet devotion they filled their hearts with overwhelming love for God. By emptying their lives of material concerns and pleasures, a large void had been left that could only be filled with the tender power of God's Presence. Their devotion intensified through the night; they sang songs to the Infinite, and their yearning seemed to break their hearts. Then, as their spiritual fervor reached a zenith, the cradle glowed with a divine profusion of Light. The baby Jesus seemed to manifest right before their open eyes.

Not only by meditating upon the story of Jesus can the mind be purified for the divine vision. Jesus said that he was *The Way* to salvation. His life,



his example, the words he spoke and the actions he took all point the way to personal transformation. To imitate the Christ means to pick up your cross, your body, and follow him. What Jesus was, you are to become. His oneness with God was not exclusive, but inclusive.

*The Way* of the cross and the Christ is not easy. It is *The Way* that has been known since time began. To follow *The Way* is to love God more than the world, to go within and find the Christ Presence dwelling within, to love and serve your neighbors, and to completely surrender to God's will.

In following *The Way* you are baptized in the stream of the Holy Spirit, the magnificent vibration of the Amen, or Aum, resonating throughout creation. The Holy Spirit is heard as the sound of many rushing waters in deep meditation, it is seen within as a beautiful golden glow, and it is felt as the *Comforter*: a warm, joyful vibration felt throughout your being.

By deeply meditating upon the life of Jesus and imitating him in every detail you rise beyond the tumult of this world. The lion and the lamb, the aggressive lion (rajasic) nature and the mild lamb (satwic) nature, lie down together; they are absorbed into the great Christ Nature that rules them both. Pure Divinity descends upon your human form for its salvation (transformation).

Symbolically Christmas day comes at the dying of the previous year and the birth of a new year. The winter solstice marks this transition and it is a spiritually charged time. Many people feel the power of this transition, but because there are so many social demands and they are not spiritually attuned they oftentimes miss the spiritual potential.

Let us not miss the significance of this time. It is not just a coincidence that Mother was born on Christmas day in 1904, or that Sri Yukteswar bestowed upon Master the title *Paramhansa* on this day in 1935.

The solstice transition is also a time for purging. In the past the approach to the winter solstice and Christmas was always a difficult time for me, but remember also that after the purging comes the upliftment into Spirit.

May you know the joy of this season through little acts of love and kindness. Let your soul soar into the spiritual ethers with the angels, listening to their vibrant songs of Bliss. And may your whole being be so absorbed in this Bliss that you surrender all that you call your own to the One Who is beyond all creation, becoming one with the universal Christ, the beloved Son of God.

In Divine Love,

*David*



## **O Beloved Mother**

Through no fault of my own,  
my love for you has never waned.  
That wonder of first meeting you  
has never left me and  
you never left me  
with my love unrequited.

We meet on this earth  
as though for the first time.  
I have never had to pay any price  
for this gift of knowing you  
for the giving has been all one way.

I have nothing to give you —  
not even my love for you —  
even that is yours...  
I find.

I am as you found me —  
an empty shell.  
The gratitude within me  
comes from you —  
yet it is true that I can feel it —  
like a storm in my heart  
and in my mind and  
like a warm hand on my forehead.

Larry Koler

# Mother's Birth Centenary

## Fully Human and Fully Divine

by Yogacharya David Hickenbottom

Once, I was describing Mother to an acquaintance. He asked, "Is Mother famous?" I answered, "She is very famous, to a small number of people!"

Most of us have had the experience of trying to describe how special someone is to us, perhaps a favorite aunt, teacher or grandparent. We use the best words available, but somehow they fall short in conveying all we want to say. How much more so is this with a beloved spiritual guide, teacher and Guru!

Mother often said she was both completely human and Divine. Throw stones at her and she felt pain. Dive deep into her spiritual nature and you found infinite Light and Wisdom.

I met Mother in March of 1974, thirty years ago. I have explored her nature in so many ways: as a human, as a spiritual teacher, as a manifestation of God, and each are facets of her diamond-like nature, but none can describe the whole jewel. I cannot parse out her Divine Nature and separate it from her human nature and in any way feel I have the whole of her. I cannot see her human nature without seeing that it was her spiritual nature that wore the human, like a hand wears a glove.

I once saw Mother after she had a stroke. She had all the human symptoms of a severe stroke, paralysis of one half of her body, a steady but rather blank look and listless energy. Compared with the spiritual-human dynamo I was used to being in the presence of, I was shaken to the core. I went home and meditated deeply. After some time I was lifted into a spiritual vision in which I saw Mother in her Light form. She said to me, "Do you not know, I am in my Light body?" I never again mistook Mother for her human form.

Yet her human form taught me so much. Mother showed such courage and determination in coming back from several strokes, heart attacks, a severe case of the shingles in her head and the kind of stress and tension no human could be expected to endure. She did this not for herself, but for all of us, for all the world. Yet the world reviled her and ignored her in response. Her suffering was truly Christ-like. Yet she never gave up! She served God and Guru to her last breath. I learned so much how to be more fully human from Mother, as well as how to be Divine. I could never separate the two.

Mother's life was one of severe trials and tremendous accomplishments. Her greatest accomplishments were spiritual, which by their nature are

unseen by the world. She gave of herself without limit, and to those who received, and continue to receive, she gave the power to become Sons of God, realized beings. Mother's life is a testament that one may rise from humble origins, be male or female, of small stature or large, and yet gain the pinnacle of God-Realization.

Her teachings will continue to inspire future generations; her greatest flowering is yet to come. For those who attune themselves to her, she is the giver of spiritual transformation, God-experience.

Devotees often asked Mother, "What can I do to help you in your work for God?" She would reply, "Get busy and get your own God-Realization!" Those words were true then; they are still true today. May you ever be blessed with the grace of this great spiritual Master; may you realize, what Mother absolutely knew for herself, your eternal oneness with God.

Happy Birthday Mother, please bless us all.



Mother in 1977

"If there's anything more that I can do that I haven't done God has only to show me, and I will be happy to do it. I will spend myself to the last breath for Him and Him in you."

March 19, 1980

"Come follow me and I will guide your footsteps to the secret place of the Most High wherein is hidden the pearl of great price. There it lies as it has from the beginning, in all its wondrous beauty and glory, waiting for you to claim it as your own."

From letter to Pat Downey, 1984



Mother in 1984



Mother Hamilton

## **New Year's Message**

**This transcript is comprised of excerpts from a  
talk given by Mother Hamilton  
in Seattle, Washington  
on December 29, 1974**

I would like to read to you from one of Master's original publications: an article with regard to New Year's.

I sit in the super-conscious chamber of bliss. Once in a while, during the diurnal solar hour, I come down into my power chamber of consciousness. Then I open the doors of music, vision, fragrance, taste and touch, and let the fairies of song, color, fragrance, taste and tenderness come and dance before me. They make me laugh; they make me cry. When I cry too much and become bruised by the wounds of trials, I close the doors of the senses, lest even the aroma of the rose or the song of the nightingale divert me.

Then I race through immeasurable space into the chamber of sleep and dreams. There I lie quiet beneath the many sheets and quilts of darkness. After a while, perhaps, when I'd had enough of sleep, I open a secret ante-chamber and get into the chamber of dreams and there I begin to play my homemade films of experiences in the movie house of the sub-conscious mind. There, in this movie house, I do just as I please. I weave the golden cloth of dreams with



the silken threads of sweet memories that I may write the name of God thereon.

I am his child, the prince of the cosmos, son of the omnipotent. I tarry in the chamber of changes and play with the senses in the chamber of consciousness or in the little cinema room of my dream movies. But when I am through with these two chambers, once in a while I roar through space in the plane of my fancy into the region of unplumbed darkness. Since darkness is something, I try to get beyond this yawning gulf [? unclear section on tape], onto the shores of eternal void. There in the land of oneness, no dualities, not even dreams, dare to disturb me. I am the king of all creation, the factory of the cosmos, the king of all things, the prince of intuition-omniscience. I am the prince of peace, the king of three worlds sitting on the throne of my Omnipresence.

### Gratitude to Master is Boundless

As you can see from this article, my Guru, my Master, was one who had a beauty of soul (which is expressed in all that he ever wrote, all that he ever said) as few have. **Whatever you see of God in me, it was he who first lit the candle and lighted my way to the hilltop. It was he who first inspired me to seek the reality within myself: to overcome every obstacle, to go the way and the path no matter how difficult it was until I reached my goal.** My gratitude to him is boundless: he has saved my life not once, but many times. I've had great spiritual healings, but also I know that God resides in the form of doctors and that the medication that is made from all of the various things which God also has provided is for the healing of man and each one takes that which he is directed to do at any moment. This master (and I call him *Master* because he was master of himself) but I call him my Master because he was the one who came to show me the way to the Infinite.

This is the beginning of a new year, a new opportunity and a new life—a year of new beginnings. And this is what he did for me: he did away with the desire for the old life and he gave me a goal to follow—he himself was that goal. He was a living example of that which he taught in every detail of his life. Always he gave me love and understanding.

It was only once that I got scolded, but not verbally. He had asked me to start a Center in Seattle—I think it was in 1947. And in the meantime I was paralyzed due to a car accident—totally—and I wrote (or wired him rather) for help and he immediately gave me that help. And whereas I was told that there was no medical cure for what was wrong with me, the next

week I walked into that same doctor's office on my own feet—first time I had to be carried. So miracles do happen; miracles do happen. Always he had been my guide and my director.

### **Tribute to Papa**

Also, I owe great tribute to Swami Ramdas who put me through the crucifixion. When I say put me through it, I don't mean that he imposed it upon me, but rather he was the guide and the director of my spiritual progress when I was going through all of these experiences. And the truth, which he teaches, is totally universal.

### **Bible Reading**

I want to read to you this morning from Exodus, Chapter 34, beginning with verse 8:

(8) And Moses made haste, and bowed his head toward the earth, and worshipped.

(9) And he said, If now I have found grace in thy sight, O Lord, let my Lord, I pray thee, go among us; for it is a stiffnecked people; and pardon our iniquity and our sin, and take us for thine inheritance.

(10) And he said, Behold, I make a covenant: before all thy people I will do marvels, such as have not been done in all the earth, nor in any nation: and all the people among which thou art shall see the work of the LORD for it is a terrible thing that I will do with thee.

(11) Observe thou that which I command thee this day: behold, I drive out before thee the Amorite, and the Canaanite, and the Hittite, and the Perizzite, and the Hivite, and the Jebusite.

(12) Take heed to thyself, lest thou make a covenant with the inhabitants of the land whither thou goest, lest it be for a snare in the midst of thee:

(13) But ye shall destroy their altars, break their images, and cut down their groves:

(14) For thou shalt worship no other god: for the LORD, whose name is Jealous, is a jealous God:

(15) Lest thou make a covenant with the inhabitants of the land, and they go a whoring after their gods, and do sacrifice unto their gods, and one call thee, and thou eat of his sacrifice;

(16) And thou take of their daughters unto thy sons, and their daughters go a whoring after their gods, and make thy sons go a whoring after their gods.

(17) Thou shalt make thee no molten gods.

(18) The feast of unleavened bread shalt thou keep. Seven days thou shalt eat unleavened bread, as I commanded thee, in the time of the month Abib: for in the month Abib thou camest out from Egypt.

(19) All that openeth the matrix is mine; and every firstling among thy cattle, whether ox or sheep, that is male.

(20) But the firstling of an ass thou shalt redeem with a lamb: and if thou redeem him not, then shalt thou break his neck. All the first-born of thy sons thou shalt redeem. And none shall appear before me empty.

(21) Six days thou shalt work, but on the seventh day thou shalt rest in earing time and in harvest thou shalt rest.

(22) And thou shalt observe the feast of weeks, of the firstfruits of wheat harvest, and the feast of ingathering at the year's end.

Moses again was up in the mountain and it said that he came to see God face to face. Well this is rather a strange thing, because in one place it says, "And the Lord spake unto Moses face to face, as a man speaketh unto his friend. And he turned again into the camp: but his servant Joshua, the son of Nun, a young man, departed not out of the tabernacle." [Ex 33:11] So then we are told later on that no man can see God at any time.

The Bible is filled with contradictions. Man in his human state cannot see God at any time, but **when man comes face to face with the divinity of his own soul, that divinity which is Light, then in truth he sees God.** Further than that, he realizes that he and his Father are one. He is the one, and He is the many.

### Looking Back on the Old Year

This is the end of an old year. It is the year, which we have made to be what it is—in accordance either with the actions this year, or the years, or the lives that have gone before. Whatever is good we have earned and it is God's blessing upon us. What has not been good is due to our own lack of seeking Him, and that Light within ourselves alone. There can be no doubt about it.

We can look back over the old year; we can see the mistakes that we made. We can see the things that we failed to do, that we should have done if we were to follow the way of Christ and find God the Father within us.

### The Father and the Son are One

He is the way-shower, but he is the Son, not the Father, yet simultaneously he is both. He is both the Son and the Father because God was. And then he issued forth from himself and that first born, that creation—

which extended to the highest creation, which was man—was the Christ, the first and only living Son of God.

Jesus himself said, “Ye are the temple of God.” He also said, “To all [sic] who received him, to them gave he [the] power to become the sons of God.” That means that this **life within us, this intelligence within us, this power within us is God Himself in human form.** But because we have been born in and indoctrinated with the idea of separation from God, we think that we still have to go to God.

### **The Limits of Time**

All of the philosophers, mystics, historians have been interested with this thing called time for centuries. It is a fascinating subject. Sri Yukteswar, in his wonderful book, *The Holy Science*, said that time is one of the four beasts before the throne of God as mentioned in the chapter on Revelations: time, space, the word, and the atom. These are the things of duality; these are the things by which man governs and controls his life. But he should not do this. True, we are subject to time to the degree that we must keep schedules. We must be to work on time; we must keep appointments on time, and also it says in the Bible there is a time for all things, a season for all things, and these things must be kept. But that is for man in the human state.

### **Christ, the Shining Light**

When you have reached this great Light of your own soul; when you have truly picked up your cross and followed the Christ in order that you might be his disciple, then you, like me, can become co-heir, Christ within God. There is no doubt about it. Otherwise, what is the reason for all of our efforts? He came to show us the way. He was the example, the shining light, the candle on a hilltop. And that candle has been burning for two thousand years to take men to this land of perfection, this land beyond duality.

Does this mean that you die and you do not come back? No, it does not mean that. It means that what dies is your attachment, your possession by this human ego which is the anti-Christ within every man. It is this human ego, which keeps you constantly from knowing and realizing who and what you are in God.

If we would but make the effort to do what we should, our lives would become one blazing glory of the Lord. I have seen people like that. There are a couple right in this audience now, who have gone all the way to God and who are tremendous in the Light that they spread. The magnetism, the love, the purity, just shines forth from them and they are as a magnet to

draw others to the path. You are involuntarily drawn to such a one. Because, as I have said a million times, and shall again, because it is the Lord's commandment: **they love one another, they have loved the Lord with all of their hearts, their minds, their soul[s] and their strength and their neighbor as themselves.** The Christ came to teach us this one great commandment of love and through his example he taught us the lesson of service to all men. He gave freely of everything within the spirit.

### **Clinging to Possessions**

We have to ask ourselves just exactly what all these possessions that we hang so—or cling—so dearly to our bosom, are worth. Are they worth anything, really? Now when I speak of possessions, I'm not speaking about clothes or a place to live or a car, although those enter into it. I am speaking of the things that possess you in the way of the attraction to the senses. Your senses are constantly attracted to things in the outer; they are constantly attracted to that which keeps your mind away from God.

Our whole Western world is full of it: advertising on billboards, on television, on radio, in stores; people come to your door and they are all whetting your appetite for the things in this material world. And they fail to recognize that the real gold, the real riches are to be obtained in the things of the spirit, because that gold of the spirit sets you free.

### **Go Beyond the Limits of Time**

Time indicates limitation. Do you not realize that? We are governed and controlled by day and by night, by the clock, and it denotes limitation. And it is only when you go beyond all limits that you are truly a free soul in God. When you do this you come back and work in the world, if it is God's will. And you become a Light, because although you live in a human body, you are totally one with God; that humanness is there just as a cloak, as a habit pattern.

But the real one inside, although working in a human form and in the world of duality, is totally and always one with God; moving, speaking, thinking—only at His direction—nowhere else, nowhere else.

### **Make Oneness with God your Goal**

So it would behoove each and every one of us to look back on this past year, to set down on paper the things that we have accomplished and the things that we failed to accomplish, that we wanted to accomplish in God. **And to make a new sheet all snowy white and set down on it one big goal: and that is the universal realization of your Oneness with God.** Because contained in that one objective, that one goal, lies the answer and

the fulfillment to every other thing you want in this earth. *Seek ye first the kingdom of heaven and then all of these things shall be added unto you.*

Every thought, every word, every action that goes forth from man returns to him in kind: *as ye give so shall ye receive.* Whatever goes forth from yourself in thought, word and deed will return to you at some time. I have seen the most fantastic example of that within the last week that I have ever seen in my life: with somebody who, although filled with God, left the path where they had been and went on another one. And I tell you it hasn't been very good; it really hasn't been very good and that person is suffering torture such as you cannot believe, humanly. But it is a spiritual experience; it is that one's crucifixion. And therefore it is good. When you come to the point where no matter what happens in your life you see it as a blessing from God, then you have really arrived to a state of spiritual consciousness.

### **Surrendering all to God**

Julie called me early yesterday morning or some time during the night, I don't know when it was, to tell me about Joelle. And again she called me through the day. This girl's total faith in God, the counting the blessing for what had happened when her little child was having spasms (the hospital thought that she might have spinal meningitis), was absolutely supreme. She knew that God was doing this for a purpose. Joelle has had trouble, so God had brought her here so that she could have the care and the opinions of doctors, out of the finest we have in Seattle. And maybe out of all this, that something greater would happen, and something good for her child.

Now this really takes doing, I know, because I went through it one time with my own child. My daughter in Denver, [Barbara] who had forty-three convulsions in twenty-four hours and they had to tap her spine and drain the spinal fluid. Then they found that there had been damage to the brain. And yet the miracle of God took place. When they handed her back to me they said that she would either be an idiot or that (if she lived that was) she would never walk again. And the miracle of God was that she did live, that she does walk and that she is a beautiful woman and she has had three children of her own. And she is totally sane and a great, great devotee of God. Miracles really happen. So I know what this must have meant to Julie and yet here she was with all of her faith in God; it was beautiful.

### **What will you take into the New Year**

Count every blessing, everything that comes to you as a blessing. Because no matter what it is in the physical, in the human sense, it is an

opportunity for you to stir up your faith, to find that power of God within yourself and to know that He does everything for your highest good. And He does every moment of your life. It is the human in us, which must suffer in order that the divine may be born.

Let us look at this New Year. Can the year give us anything? We many times say to our self, "I wonder what the New Year will bring?" The New Year will not bring anything to you. **It is you who will take into the New Year that which will be either your reward or your punishment, because the year in itself is set before you. It is empty. What are you going to do with it?** It is up to each and every one of us to put into this New Year only that which is of God.

If you can become what you should be in Him, then He can use you as His servant. You are His beloved child, and the more you give of yourself the more He demands of you. Until you wonder sometimes, when you're in the state of human consciousness, how you can possibly give one more thing. I think that He demands, I know that He demands this of me so much that if I had but one feeble flicker in this body, one feeble spark of intelligence and somebody came to me and said, "I need your help," they could have that spark. And I think many of you know this, because I cannot say no.

God absorbs me; He possesses me. I am filled with the power and the beauty and the bliss of His presence every moment. I live only to serve Him. I adore Him; I worship Him. Every bit of my life is His and I live a most enchanting life—very difficult in the human sense, make no mistake about that.

### **We all Fall on our Ascent to Heaven**

As I have said before there are many who think, *how wonderful it must be to be a guru: everybody comes and bows at your feet. Everybody comes and gives you such love; they give you great gifts*, all of this. But also, they give you resistance. They ask you for God realization and they resist your efforts to help them to what they say they want, every inch of the way. They try in no way to be the examples of the truth which you teach. They fall flat on their faces sometimes.

But this is the way of life. It is the way, even of the savior, Jesus. When it says that Jesus fell, don't forget he was born the son of man, even as you and I (in spite of what it speaks of the miracle of the birth). That miracle happened, but it happened within the man Jesus. Because from Jesus, the son of man, he graduated into becoming Jesus, the Savior, the Christed

one, the Son of God. And so Jesus fell, even as you and I fall—flat on our faces every now and then—on our ascent to heaven.

Each and every one of us is a part of God. So therefore each and every one of us must one day realize, even as the Christ came to teach us, our eternal oneness with the Father. We cannot avoid it because God is eternal. He is all of life, and in truth we are He. I and my Father are one, this moment. Let me realize that within myself, every moment of my life, that it is He, it is He, it is He!

### **Mother Experienced the Truth**

. . . I teach you the truth because I have experienced the truth within myself. God has lifted me up and through His grace revealed tremendous things. The price I paid was the price of my own individual life and it carried with it the human death state, and still I stand before you. What died was this human ego. I went through the state of purgatory—that is the state of purging. I went through, down into the hell of my own being, the sub-conscious mind, and met there all of the things of the past.

I was lifted up and I was given tremendous revelations and I saw the glory of God. As I was lifted up at one point, I was turned and saw behind me my spine. And every single one of the spinal centers were lit up like a church because of the sub-powerhouses that are governed and controlled by the electrical force of the brain and have jurisdiction over every certain body part within you. I have seen these things; I've experienced them.

### **You Have to be Willing to Pay the Supreme Price**

I'm not teaching you what I read out of a book. I'm not teaching you what somebody else told me, that I listened to in a sermon, because you will find none of the things, or not very many of them, even in the Master's lessons. But, he came to teach me the way, **but it was up to me to go the way and to reach that goal which he set before me.** He couldn't do it for me. He helped me, all he could, even as I helped you. But I had to do it myself. I had to be willing to pay the supreme price.

I had to come to that moment when my love for God was greater than my love for myself, for my human self. It was greater than my fear of death. It was so great that I said to Him, "Here am I Lord, take me. Do with me as you will." And He did. He did, in great measure. I am so grateful to Him, in spite of what this body has been through.

### **A Wonderful Life!**

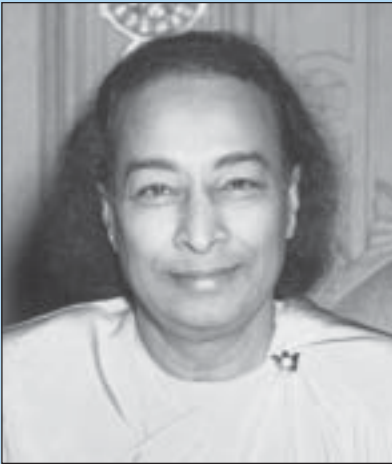
This life has been the most fascinating, the most wonderful, the most exhilarating, exciting life that anybody could ever have. And I enjoy every



minute of it because **God is life and life is God**. There is none but He anywhere. How could it be otherwise when all things came from Him? This is His creation and without Him nothing was made. He is omnipotent; that means that only one power is in this whole universe.

The things that we think of as evil are those things which man does through his misuse of the supreme and perfect law of God and he has no one to blame but himself.

So let us make a year of New Beginnings. Let us not say what shall the year bring to me, but rather what may I bring to this year that is set before me. **What may I do for God? How may I best serve Him?** And the greatest way, as I have said, that you can serve Him, is to find your Eternal Oneness with Him.



Mother's Ministerial Certificate from Master (1950)

## Roy Eugene Davis

by Yogacharya David Hickenbottom

On October 20, Carla and I had the opportunity to have the darshan of Roy Eugene Davis, a living, direct disciple of Paramhansa Yogananda. Mr. Davis is a tall, elegant man, a youthful 77 years old.



When we sat with him, Roy began by talking about his life as a devotee. When still in high school he read the *Autobiography of a Yogi*. In 1949, he hitch-hiked to Los Angeles with “nary a penny” in order to meet Yoganandaji. When he arrived he met Master who asked how old he was, *18 years old sir*, and did his parents know he was there, *it's all right*. Roy continued, with a wink and a smile, that his timing was very good, dinner was being served. Master accepted Roy as a disciple and a monk in the order.

Some time after Master left the body and after much soul-searching Roy left Self Realization Fellowship (SRF) as a monk feeling it was important that he have experiences in the world. He was soon drafted into the army. Roy fulfilled his commitment to the army and moved to the Rockies (it seemed like a good place for a yogi), planning to start a center for SRF. He received a curt reply from Faye Wright\* (Daya Mata) and the board of

directors, saying his services as a center leader were not needed. Master had asked Roy to teach and initiate others into Kriya, so he continued independently to travel, give classes and write; remaining loyal to Master as his Guru.

During our visit we felt a wonderful, spiritual vibration in the meditation hall and the Temple. We spoke of Master's teachings and Roy practiced some Kriya breaths, producing a very powerful charge in the air.

Roy said he knew Mother Hamilton, and that "Master had great respect for her." He also visited Mother when he was in Seattle.

Roy heads a retreat center in Northern Georgia, the *Center for Spiritual Awareness*. He also travels across North America, to Europe, Africa and India giving talks and Kriya Initiation. He said he felt that aspirants need initiation by a *living* Guru for spiritual and practical reasons: "to get a kick in the butt when it is needed!"

In a letter I received from Roy upon returning to Seattle, he said,

Dear David,

It was a pleasure to have you both visit our center earlier this week, and to have the opportunity to learn about the good work you and your kriya yoga students and friends are doing.

Master would be pleased to see the kriya transmission continuing through many second and third generations of devotees. As we both know, organization for the purpose of providing knowledge and encouragement to truth seekers is useful; more useful is the transformative work that is done on the inner levels.

It is a great privilege to have the darshan of saints and spiritual Masters. I feel blessed to have had this visit with a direct disciple of Paramhansa Yogananda.

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\* Years later Daya Mata apologized for the curt letter and assured Roy that she had no problem with him initiating others into Kriya Yoga.

"I rejoice now after dutifully fulfilling your family duties—you are working for God & His greater family. Please give my blessings to all new brothers and sisters of the new order of new dispensation of SRF to unite Christianity, Hindu Yoga & essence of all religions. All success to you. The light brought forth must continue to shine as a lasting spiritual centre."

Paramhansa Yogananda (Nov. 17, 1949, in a hand-written letter to Mother after he received word that Mother had opened the Seattle SRF center.)

## Miracle

by Michele Rogan

Recently, Peter Schultz asked me how I came to this path; he asked, “Wasn’t it pretty much of a miracle?” I said yes it was. His question, plus the fourth anniversary of my first trip to Seattle, prompted me to put the story into written form.

Rather at the last minute I was prompted to volunteer to drive a truck full of bicycles from Indiana to Seattle



for a Unity Church based group. Cricket, the woman in charge, kept asking me during the drive out—“Now **who** do you know in Seattle?” I told her cheerfully, more than once, “No one.” I remember telling her that it was a kind of pilgrimage for me. I had a sense of “adventures ahead” and a feeling of optimism.

Once we arrived I stayed in the basement of the Unity Church with the teens and helped with different group activities. The Unity Group was composed of a large group of teens plus chaperones who would be pedaling from Seattle to Los Angeles. When I had breaks I went up to the Chapel to meditate.

On Saturday, June 20th I went up to the Chapel to meditate and I met Glory. She told me there would be a meditation ceremony taking place soon. I said, “I’ll be only a few minutes.” I got quiet and asked, should I go to the Bo Diddley Concert or should I help in the kitchen downstairs? God said, “**STAY RIGHT HERE.**” There was no mistaking that message: I knew that I was being directed to go the meditation ceremony and I felt a thrill of peaceful excitement. So, I went downstairs to change into clean clothes.

While I was downstairs, Jill approached me to ask about where the children would stay and I helped negotiate with the Unity group so that a partitioned area was created and toys were located for the children of those attending the meditation ceremony.

As I came back up the stairs, I saw a lot of people with flowers and fruit and some of them were very dressed up. At this point I did get a little nervous because I realized that this was a very big event that people had prepared for. Jill recognized me (she said I looked kind of lost) and asked me if she could help and I just said, "I'm supposed to be here." She said, "You need to talk to David." Jill then went in the Chapel and brought David out to talk to me.

David asked me if I could come to a service tomorrow in West Seattle. I said, "Yes." Then he named the Gurus and asked me if I accepted this lineage. With the same clarity I had when God told me "STAY RIGHT HERE" I knew intuitively to say "YES."

It was so nice that the others gave me flowers and fruit to offer since I didn't have any. I remember that someone shared a gerbera daisy that was particularly lovely. As I looked around the chapel, many faces looked familiar even though I had never met them before. During the beginning of the ceremony, my ego said, "You can leave anytime if you don't agree with anything." But there was nothing to object to and so the ego fell into the background as I soaked in the lovely spiritual energy that permeated everything.

All through the Kriya Service and Initiation I felt a deep sense of being home. *This is the spiritual path I had been searching for, for such a long time.* I knew that this was the whole reason for my coming to Seattle, for coming such a long way. I especially remember the *Aums* and the *Rose Song*: how they soothed my soul to the core. I felt like a person who had been lost in the desert who finally gets to drink.

The next day (Sunday) Charmie and Mike picked me up to go the service at Cate and Larry's in West Seattle. In the car I thought: for spiritual people, they sure drive like devils! When I saw the big picture of Mother, I couldn't take my eyes off of her. I felt Mother and Master's presence very strongly. After the service, we went to Mother's gravesite where I felt more wonderful spiritual energy.

On my plane ride back they asked for volunteers to take a later flight from Midway to Indianapolis in exchange for a free ticket. I was up in a flash and I knew that this free ticket was for going back to Seattle to find a job. I already knew that I would be moving there and that God was giving me the ticket.



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

by Rev. Larry Koler

## Mother's Teachings

During Mother's early experiences God explained many allegorical mysteries contained in the Christian Bible. Each time this took place God put her through an experience and then inwardly directed her to look up certain passages in the Bible. Then He would explain how these writings were allegorical descriptions of the inner process that she had just experienced.

Mother's life was that of a modern western woman and one of intimate understanding of the Christian world's milieu. She was born\* a Roman Catholic, quit the church at the age of 17 and then met God face-to-face in the form of her great master at age 20. Master states in several of his talks that he came to teach the interpretation of the scriptures. Master performed this through his own teachings in the serial articles that he wrote for SRF's *Inner Culture* and *East-West* magazines. These articles were on the subjects of the *Second Coming of the Christ*, the *Bhagavad Gita*, *The Rubaiyat of Ommar Khayyam* and others.

I also believe that Master performed a further work of interpreting the scriptures through the ordeals and attainments of this disciple of his. Mother told us that, in a previous lifetime, she was involved in bringing Christianity to Europe. She also often told us of a cherished statement of Master's. In the presence of her husband and her children, he told them that she reminded him of St. Theresa of Avila. As Mother tells the story in a talk that she gave on June 16, 1980:

During one of my numerous visits to Mount Washington we were seated with Master in his study. My husband, son and youngest daughter sat directly in front of him, but because I had been privileged to spend so much more time with him than they, I decided to sit apart so that they might have his undivided attention. My husband had come armed with innumerable questions, but the Spirit of God speaking through the lips of my blessed Guru answered his every thought.

Master's chair was placed sideways before a window. As I watched and listened to him, the room became filled with the power

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\* Mother was born in Duluth, Minnesota on Christmas Day, 1904. Her Mahasamadhi was on January 31, 1991 at the age of 86.

of the Holy Ghost, and I saw a great light streaming down from heaven and enveloping him like a cloud of flame. My whole being was lifted up, and then I heard his voice saying to my children, “Your mother looks like St. Theresa, and she is like her.” I could scarcely believe my ears.

Mother’s first impression of her peerless master was how he taught of the Christ and how his explanations made sense. For the first time, she felt that she had heard the Truth of the Christian scriptures. And from a Hindu Yogi! Yet there was much more to come.

Mother was later to experience each step of the Christ’s journey from Bethlehem to Jerusalem and beyond. In 1954, while doing Master’s outer work, he performed a miracle within her. He lifted her up in the Spirit (nirvikalpa) and taught her of the true Christ, that one who is in each one of us, “the firstborn of every creature.” [Col 1:15]

### **Allegory**

Allegory is a reflection of the architectural design that God works from when He builds this universe. It must always be remembered that ideas come first and then the form is fashioned and finally the manifestation is born in the physical universe. Spiritual allegory is the correspondence of the manifest with the un-manifest idea. God’s idea and His will to create from this idea comprise the Source of all ephemeral things in this universe. From this idea comes a structural image that God can use to arrange the building blocks of His body.

Though Mother’s work in this field is vast and comprehensive, there is no single talk that she gave wherein she laid it all out for us. When I questioned her about details once or twice, she got angry with me and made me feel as though I was trespassing where I shouldn’t be. I came to know that this was her style. She wanted the mind only to be used to explain inner experiences. In other words, get the inner experience first and if there is need to express it or in order to explain it, then use the mind. She always pushed us away when we approached her from the field of the mind. She insisted that we learn from God:

You see, the mind is being used there. And the mind tries to understand. And the mind itself cannot understand. Because you can pick up the Bible and you can read chapter after chapter and verse after verse and try to get the inner Truth, the mystic meaning of that which is given here apparently as history, and you cannot possibly do it with your mind or your intellect. [From M.H. Talk No. 641104]

When a person is lifted up into the mystical state, he or she has direct view of the spiritual landscape. It is not unlike viewing the earth from an airplane or standing atop a high mountain peak. The difference with that analogy is that in the mystical state there are no limitations imposed on the viewer. It is possible to see things from that large view and to also see details of any feature. This is all in accordance with God's wishes at the time, of course. Many mystics learn to control this experience and to have access to whatever their free will directs them to.

When the mystic comes back to the earthly plane of consciousness he or she may feel directed to then explain, in the clumsy language of speech and printed word, that which God desires to bring into the world in this way. This is when allegory comes into use. The Truth that lies behind the allegory is knowable by others also—and the person who reads or hears of the allegorical description can get a purchase on this Truth and then, if God wills it, be taught inwardly using the allegorical tool as confirmation.

God uses allegory to reach the person receiving the teaching and this opens the consciousness for God to teach inwardly. If God doesn't choose to explain inwardly, then the person receiving the teaching is often tempted to pry it open using the mind. This leads to unfortunate misunderstandings. Allegory has a twofold benefit, it provides a stimulus and a map for the intended recipient and a filter against those who are not ready for the knowledge. But, it must be stated that allegory can have many levels of understanding associated with it and what one person gets from it can be different in nature and spiritual depth. This is easy to understand if one realizes that it is God who is the teacher and He will use tools differently for each devotee, each student.

### **Perfect Masters vs. Mystics**

A mystic has access to the higher realms in accordance with God's work and in accordance with the spiritual attainment of the mystic. The characteristic experience of a mystic's life is the "going into and out of" the mystical state. Rising in the balloon of mystic consciousness, one can see the landscape, so to speak, and then return to the earth. One must then apply this vision to actions on the earth, all the time trying to remember what things look like from the "air".

Mother described her state as something entirely different. She had continuous, unbroken consciousness with God. She felt no separation from Him. Whether she was down on the earth talking with her disciples or in the rapture of deep God communion, she never had to worry about analogies, allegories for her own guidance in her daily life. She had the perfect



knowledge that God was acting through her. She needed no map, no memories of previous visions for guidance. God acted (and continues to act) through her. So, wherever she is going, whatever she is doing, she does it without relying on the mind alone.

I can think of no better explanation than that given by Mother Krishnabai of Anandashram. When asked what it is like to have knowledge of God's will in all things and then to act from that perspective, she stated that it is like asking what knowledge your arm has of your intention to move it? The arm doesn't think about it, it just does it.

Mother often talked of the inner meaning of John the Baptist. He is represented as intuition and, in the body, is analogous to the solar plexus, the moon in mystical parlance. Intuition is the "still small voice" and "the voice of one crying in the wilderness" that waxes and wanes with our growth in the spirit. Like the moon its grandeur is reflected glory. But when the sun comes out, the moon is no longer necessary. Jesus is that sun and the moon is beheaded (or transcended). As Mother says:

We don't listen to that still, small voice within. And we must learn to do this. It comes in the form of intuition in the beginning, and in the Bible it is called John the Baptist. It is that baptism of the Spirit which is constantly coming to the human consciousness in the beginning. He is the one who comes first before the Christ consciousness comes. You will remember that Jesus asked to be baptized of John, and John didn't want to baptize him because he said that the Christ was so much greater. And Christ said, "Suffer it to be so" [Mat 3:15] and so it was.

But he said that that one who would come after him would be so much greater. And this is the truth, because when you have finally overcome the human within yourself, when you've gone over the top, into the ocean of God's consciousness, His love, His bliss, when you've become one with this tremendous light which is God within yourself, then it is no longer a John the Baptist, it is not this thing of intuition which comes and goes, this hunch now and then. But it is a powerful force that takes hold of you and works, because you are no longer there, the little self.

It's your real Self that's there; the ghost has gone. And what is there is the Holy Ghost, or the Divine Ego, or the Christ within you. And that Christ consciousness is constantly directing you. As a matter of fact, it is not you who speaks then, it is He who speaks through you. There is nothing there but God. [From M.H. Talk No. 730926]

God is smiling on you. When you adhere to doing what is right, when you speak the truth, when you act with love and when you commune with Him in deep meditation you can feel His smile. You may feel separated from your heavenly Father, but as a warm, golden glow, His love is always smiling within you.

Yogacharya David R. Hickenbottom



You must always remember when I speak of God the Father, I mean the Spirit beyond creation. When I speak of God the son, I speak of Christ: he is the intelligence of God in creation. Holy Ghost means the holy vibration out of which all creation has emerged. Remember these things and you will know everything that I am teaching you.

The whole cluster of universe is kept by the Holy Ghost, and that Holy Vibration is also impregnated by the Christ Intelligence. Christ Intelligence is the master of the Holy Ghost and God the Father is the master of Christ.

*Paramhansa Yogananda*

Anger means lack of love. When Divine love reveals itself in your heart there is no room for anger. Anger is due to a feeling of distrust or dislike or a kind of jealousy or malice. The feeling of anger keeps your mind hot as if you are actually burning inside. When love reigns supreme, you become patient, kind and loving towards everybody. People may blame you and try to do you harm without any reason, but you give them only love in return. You never hate them. There is no more in you the spirit of retaliation.

Swami Ramdas



Mother as a Baby (1905)  
and as a young girl.  
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### Calendar of Events

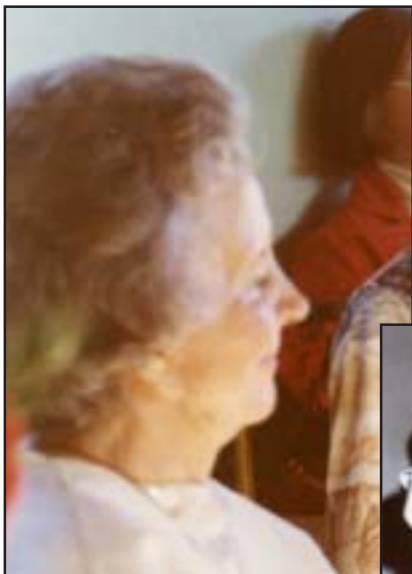
Dec.	9	Hanukkah
	21	Winter Solstice (4:39 a.m. PST)
	25	Christmas Day
		100th Anniversary of Mother's Birth
	27	Swami Ramdas' Sannyas Day (1922)
Jan.	5	Paramhansa Yogananda's Birthday (1893)
	31	Mother Hamilton's Mahasamadhi (1991)
Feb.	9	Ash Wednesday
	15	Mother Krishnabai's Mahasamadhi (1989)
	26	David's Birthday (1954)
Mar.	7	Paramhansa Yogananda's Mahasamadhi (1952)
	9	Sri Yukteswar's Mahasamadhi (1936)
	20	Spring Equinox (4:31 a.m. PST)

## Mother's Centenary Edition



1970s Mother at Bonnie Barnowe's home

After service



In meditation



After a Baptism

