

# The Cross and The Lotus Journal



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



The Reverend Mother, Yogacharya M. Hamilton



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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,

To see this world as it truly is, to see this world as God sees it, requires that we have a pure mind. A pure mind is free of prejudice; that mind does not project false notions upon what we perceive.

A pure mind can only be the result of spiritual practice. Through the ongoing contact with Divine Consciousness the mental mirror of the human mind is cleared of all of the typical filters which result from ignorance.

As St. Paul so beautifully wrote, “For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.” To be looking through a glass darkly means that the mind is clouded with filters of ignorance: negative thoughts, prejudices, attachments and desires.

Imagine a light shining through a colored filter, say a red filter. A room flooded with that filtered light will appear to be red. If you change the colored filter to black, then everything will look dark and gloomy. Whatever color the filter, the nature of the room’s appearance will change. Only with a perfectly clear filter will the room be seen as it truly is.

Mental and emotional filters cover the human mind; only a spiritual Master sees this world as it truly is. When you look through the filter of false pride, you see others filled with false pride. When you see through the filter of anger, you see anger or reasons for anger everywhere. When you are a liar, you see the world filled with liars. There may be those who have false pride, anger or deception, but as long as you have those filters you cannot truly know.

Only by completely cleaning the mind of all ignorance can you see the world as God sees it, can you see it in Truth. When you are free of all filters, you are lifted up in the Divine Mind; you know as God knows.

Each human mind believes that what it knows is true; if you really thought there to be a higher truth, then your mind would believe that. But opinions fly everywhere, and where you find any one idea, you will find its opposite



believed in with equal passion by another. This is the nature of the world, the nature of duality.

In the New Testament Pontius Pilate asks Christ (Consciousness), “What is truth?” But it is not an honest inquiry. Pilate represents the cynical worldly mind that does not believe in transcendental Truth, rather truth to him is relative. The cynical *Pilate-mind* is not open to Reality; it is self-satisfied with its own definitions.

We have all experienced the *Pilate-mind*. Even if that *Pilate-mind* makes an appearance of humility, by asking, “What is truth?” it is not a humble question. The *Pilate-mind* assumes it already knows; it is filled with arrogance that says, “I know there is no ultimate Truth, it is all vanity, and my vanity is as good as anyone else’s. In fact I know better than those who fool themselves with talk of transcendent Truth!”

In order for this human mind to be purified and to be known by God, the attainment of transcendent Truth, it must be humble; it must be pure.

Real humility is not an attitude you assume, a face you show the world. Real humility is an inner submission to the Divine Mind. Humility is the willingness of the ego to say, “I don’t know, I see through a glass darkly, even when I think I am right!” Real humility submits all its thoughts at the feet of God, real humility inwardly asks to be guided, to have the little human mind known, illumined, by Infinite Reality.

With sincere spiritual practice, with inner humility, the little human mind is transcended and awareness touches the pure, transcendent Reality; it realizes Truth. During your practice you may have the temporary touch of God that results in tremendous realization, yet the mind is not completely purified.

I remember many times feeling lifted up in Divine Consciousness and whatever was revealed at that time was so clear, perfect and complete. Then my awareness would descend from that uplifted state, and the clarity and perfection I had faded as I returned to my usual state of mind. I noticed that as my little mind began to operate again, and the clarity of the uplifted state faded, the little mind began to fill in the now missing parts, it struggled to find words to describe the Truth revealed. Like a dream that fades from the conscious mind as it wakes up to the physical world, so the spiritual experience began to lose what had been before so perfect, so clear and complete.

When a sadhaka has an experience, or many experiences, of transcendent Truth then acts as if the human mind perfectly knows, without completely purifying it first, he or she will fall. There are many examples of those who were absolutely lifted into Divine Consciousness for a time, then presumed

they had the Truth in all things! The fall from inner humility began at that presumption, then manifests in acts of ignorance, often parading as wisdom.

As spiritual scientists we must all be absolutely scrupulous. Inner humility is the basis for your deepening spiritual life. This is not an assumed air of humility, a pious mask donned by the clever mind, rather it is a true inner surrender to God, Gurus and realized Masters. Humility puts all thoughts, words and actions on a spotless table and lets Transcendent Truth dissect it, correct it. Then Truth is free to manifest through you, and you are the witness to what God does through you.

Although this process may seem a slow, snail-like pace to the ego, it is recognized that only through the complete purification of the mind can Truth be seen clearly. Only in total humility can you be His perfect instrument; then you know as you are known (by God); you know the world as God knows it.

*David*

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If our hearts are devoted to One,  
and we do selfless service  
for the sake of the One  
to whom we are devoted,  
that is not binding.

If you are not devoted,  
but instead are devoted  
only for outward name and fame,  
for the good name  
that you will have in the world,  
then you are bound.

You will go where you are attached.

Kirpal Singh, *Morning Talks*



Mother in 1980

## **The Law of Mind**

**This transcript is comprised of excerpts from a talk given by Mother Hamilton in Seattle, Washington on November 19, 1975**

### **When I Am Only A Dream**

I've been going through a lot of papers lately, and I came across a poem that was very beautiful that Master wrote many years ago. It is entitled "When I Am Only a Dream."

[See this poem on the pages following this article.]

### **The Law of Mind**

I'd like to talk to you tonight about "The Law of Mind." The law of mind is absolute. It is perfect. As you think, so you are, so you will become. That is an inevitable law, which cannot be changed, because your thoughts have all of the power of the Mind of God, only you are using it or misusing it humanly and therefore you do not recognize its tremendous power.

### **The Power To Build Your Life**

I'm sure that many of you have had experiences where you were looking for an answer for something or to something, and that answer didn't

come. You racked your brain. You were so frustrated you didn't know what to do, but you couldn't get that answer, you couldn't get that thought. Finally, having tried and tried and tried, you give up. You go to bed. You go to sleep. But, somehow, when you awaken the next morning the answer is waiting to greet you.

The reason for that is that you have put so much power into your search for the answer that the mind automatically went into action. It obeyed the law of its own being and sought for and found that answer for you. That is how powerful your mind really is. The mind is impersonal. It will accept any command you give it, without doubt, without question. You have the power to build your life through the thoughts which you harbor and put forth from your own consciousness. This is the greatest truth that can ever be told to anyone, and it is the greatest truth that can be realized by any individual soul seeking peace, happiness, love, contentment, beauty, success, fulfillment and, above all, God.

You see we are made in the image and likeness of God and, therefore, each moment of our lives we have free choice as to what we are going to bring in our lives. Because what you think today will build your tomorrows without any question of a doubt. This is an immutable, unchangeable law. You look at yourself, and perhaps you are very ill; you look at yourself and you see yourself lacking a job or perhaps in a job that you don't like. You see yourself living in squalor, and yet you want health, you want the proper kind of a job, you want the good things of life. You want to live in a place that is beautiful with all of God's abundance.

And you look around you and you say, "Well, how can you say a thing like this to me? How can I think I am well when I am sick? How can I think myself into the kind of a job I want when I'm forced to go to work at this place where I am every day? How can I possibly think myself out of this squalor that I live in when I have nothing, nothing absolutely to take myself out of all of these conditions?" And that is the greatest defeatist attitude in the world. And if you harbor that thought in your consciousness, you will stay exactly where you are. You will stay ill; you will be forced to stay in a job that you dislike; and you certainly are not going to get out of your situation where you live in squalor, in poverty and in want.

### **You Thought Yourself Into This Mess, You Can Think Yourself Out Of It**

Now, you can take yourself out of all of this. And you say, "But how when all of these things exist?" It is as simple as this simple statement:

You thought yourself into this mess at some time or other and, having thought yourself into it, you can also think yourself out of it. But it takes a definite resolution. It takes more than just a wish or a hope or an idea that comes fitfully, that is here today and gone tomorrow. It takes a steady, unswerving power within yourself, a definite knowing that this is what I want, this is what I am going to do. Never mind what my life is, never mind what my conditions are, never mind how I feel today this is what I am going to be! And say it so forcefully that there is no question of a doubt that you put all of the power of God that is within you into this projected thought, this projected image.

### **Mental Housecleaning**

Now, there are some things that are required of you in order to reach this point. The first thing that is required of you is a total mental housecleaning. It is amazing how little we are aware of the thoughts that we permit ourselves to live with everyday. There is always a constant stream of thought going through our brain. We have our eyes open, our ears open, we smell things, we feel things, we taste things and every single thing that comes before these senses is transmitted to the brain.

It is like pain, you see. The pain is registered not in the body but in the brain. And if you cut a nerve, even though that particular part of your body might still be in the same condition that it was when you felt this tremendous pain, still that pain is gone because there is a connection between the nerve centers in your body and your mind. They are definitely and positively and eternally interrelated as long as they are working and in good condition. So, the first thing you do is to do a thorough housecleaning. You get rid of all the negative thoughts. You get rid of the “poor me, pity me” complex, “look how bad off I am,” and instead, you start to build. You start to build. You’re going to do everything to clean that house out clean. You want to get rid of everything that you don’t like, all of the conditions in your life which are difficult for you to endure.

### **Stand Guard At The Door**

But, the second thing that you have to do, having given your house a thorough cleaning, is to stand guard at the door and make sure that there isn’t going to be the type of thought and of thinking and of acceptance that has brought you into this miserable state in which you now find yourself. You are going to protect yourself from all that is negative. You’re not going to permit your mind to accept one single negative thought about any factor, any phase of your life. That’s the second step.



### **Build A Happiness Chart**

Then, the third step is to start to build what you want. Build yourself—draw yourself a happiness chart of all of the good things you want. If you have ill health, see yourself as perfectly well. If you have any want in your life—a need for a new job, for new clothes, for more food, for a different life companion or a life companion, or success in whatever field—whatever it is, draw yourself a happiness chart and then start to fill in every little tiny detail. Get the one big image, and then start to fill in all of the tiny details in all of their perfection until you have this perfect picture of what you want and what you want to become so perfectly set in your mind that nothing can dislodge it. Nothing. Build it so strongly that you become that. It is a state of being.

### **Accept The New You**

And then, having done these three things, there is a fourth thing which is very, very important and is sometimes the most difficult to do, and that is to accept the “new you”, to accept the new life, not to let it go, but to realize that it is a **living reality** now, right this moment, that you are never going to let it go, that from this moment forward everything in your life is going to be perfect and beautiful and successful in God just the way you want it.

You don't need to put out feelers and tell God how He's going to bring this to pass because, as I said, the mind is impersonal and the law which operates it will go to work and bring whatever you put forth from your powerful mind into manifestation. It will draw from the farthest corners of the earth, from the sky, from the stars, from the sun, from the moon, from any individual, from any particular channel. You are not to worry or to tell God where it is coming from. You are to leave it in His capable hands. The only thing you have to do is to hang onto that perfect picture and put that law of mind into total operation so that your life will change now and forever.

My daughter Barbara found this to be true. Every now and then she lets go of it, but when she really works at it, she manifests it in all of its perfect detail. And so she writes on a blackboard or a piece of paper exactly what her need is at the moment. She gets rid of all negation; she writes down that which she wants to come into manifestation in all of its perfection, all of its abundance, and then she puts a box around it, and she follows the law which says, that having done all of these things, that you thank your Father that this which you have need of, which you are asking for, which you are putting forth into the ether, is already yours.

See it as being you. See it as being your life. Visualize that it is already there. You do not need to go to God as a beggar, because you are the child of God and He is the most loving Father there is, far more so than any earthly father. And if your earthly parents want to give you all of the good things of your life, as all good parents do to their children, think how much more so God in His infinite love and care for you wants to give you.

If you could but realize that you have your own life, the working of your life, the manifestations of the things in your life in your own hands, would you just sit like a bump on a log and accept the circumstances, saying that they cannot be changed? Would you sit like a piece of driftwood floating in the lake or in the ocean and just be taken hither and yon wherever the stream of fate happens to beckon? It is the man who has the courage to stand up and be counted who decides what his goal is, who decides what he wants to make of his life and then goes about doing something about it, never letting go of his dream, the image of his goal, seeing it already as coming into being, that actually is going to be successful.

### **It Starts With A Dream**

Every worthwhile thing in this life that has worked for the good of humanity has started with some individual's dream, some individual's vision of what could make his life a little better, a little easier, a little wealthier, a little something else.

You see, God doesn't punish us at all. It isn't what somebody else did to us. It isn't that anybody is trying to keep away from us, but we thought ourselves into poverty. If you say, "Well, I've been good all my life, but look at the condition of my life. Look at the things around me. Look at this fellow over here, Joe Doaks, who is doing all of the wrong things, yet he's got wealth, he's got family, he's got position, he's got a fine job, people look up to him and respect him even though I know that he isn't quite honest. How come? Where is the justice of all of these things?"

The difference lies in what each of you thought. You thought poor at some time or other; you were willing to accept lesser conditions in your life, while the man with wealth, the man with position, the man with everything that you think you want has thought all of these things. He's reached out for them. He knows he's going to get them and he wants them sometimes so badly that he doesn't care who he tramples on to get them. This is not the way to work the law, because whatever you want, make sure that you harm no single individual.

The power is in your own hands to mold your life like a sculptor mold-

ing a piece of clay into the image that he wishes to fashion it in. This is as true as I sit here. Don't forget that this electricity which brings everything into manifested form—it is the basis for all creation—can heat an oven or it can make ice in a refrigerator. Now, that's a strange thing—hot or cold. Hot or cold. But it is that one power that does both of these things, and it depends on the need. It depends on what somebody wants to do with that power and what they do about it that makes the difference between the heating of the stove and the keeping of the refrigerator in an ice cold condition.

### **The Power To Reach Oneness With God**

Everything is a state of mind. You can endure many, many things that you don't think you can endure. You can rise above them into duality. [Did Mother mean *rise beyond duality*?-ed.] Now, all of the things that I have spoken about have to do with the material life and the things of the senses and the things that man in his ego-sense thinks he needs, thinks he wants. But the wise man is that man who uses that same power to wish for something beyond duality. He uses that power to try to reach his goal of eternal oneness with God. He is that now, but he knows that he has not realized it within himself. He doesn't have that sense of knowledge through experience that he feels that he wants.

Perhaps, if he sits down to meditate if he has come to that state of spiritual development, he will have a vision or two. He will see a few lights. He will have some sensations, but yet he is constantly reaching out. Some people sit and meditate and they don't even have these things. And because they keep themselves so stirred up about what they want, what they think they should have, and what they are not having and experiencing that they retard their own spiritual development and they keep themselves in an eternal state of frustration and unrest.

Then they begin to think that what has been taught to them as truth is not operative at all, that maybe somebody else can give them what they need. Maybe somebody else has a new method that they can use, and they don't realize that it is how they apply what is given to them, how faithful they are, what their acceptance of it is, how great is their devotion to the one ideal which they have set for themselves. This makes all the difference in the world, in a good devotee and a bad devotee—not necessarily bad—but one who never reaches his goal.

It is the one who puts everything he has into reaching the realization of that oneness with God, who is willing to discipline himself, who is willing to stand at the door of his consciousness and watch the thought forms

which go through his mind and to sort and sift the ones he wants to live with, the ones he wants to bring into manifestation. Because, just as surely, every single thought that he chooses to keep with him is going to develop into a form of something or other in his life, and he himself has written it so on the page of Life.

### **Take Your Own Life Into Your Own Hands**

There is no deviation from this. I cannot stress too strongly that you must take your life into your own hands. You must take the time in this busy, stressful world to sit down and decide what you want, where you want to go, what your goals are and what you have to do to reach them. Every single failure can be built into the greatest of successes. Always I remember the shining example of Abraham Lincoln, one of our greatest presidents, whose total life in the beginning was one failure after another. Yet, because he persisted, because he never lost sight of his goal, he finally became the head of the greatest nation in the world: the President of the United States.

Nobody ever gets anyplace by wishing; nobody gets anyplace by accepting the adversity which comes, but rather by taking a good look at whatever is happening, determining the lesson that is to be learned from it, then taking this information and building a new foundation with new resolutions and following through on those with a firmness of purpose that never falters until you get the desired results. Do you not realize that if you make God alone your sole goal, that within this goal which you have reached out for is contained all of the wonder and the beauty of life and of living—all success, all happiness, all peace, all understanding, all knowledge, all love, all beauty? The adjectives are many and whatever they are, believe me, they are within your power to grasp if you would but go to work on it.

Man is lazy; he is lethargic. He is always waiting for fate to step in and give him something that he hasn't worked for and that he hasn't earned. He forgets what the Christ said, and that is that God realization is the shining, beautiful pearl of great price. And that great price is the total giving up of your little self, the total rejection of all of the desires, of the attachments, of the possessions that you have. Not that you can't use these things, but you must not be attached to them nor possessed by them.

### **Rise Above All Things: A Story of Swami Ashokananda**

It is a tremendous thing to rise above all things, where you can rise

above heat and cold, pain and suffering, even above joy and happiness and rest in that blissful state, that state that is far beyond anything which your wildest dreams have ever envisioned for you, that state of ecstasy and bliss and communion with God. How wonderful that is. How wonderful it is.

I have told you many times about the great master, Swami Ashokananda Maharaj whom I had the very great privilege of spending a great deal of time with when I was in India the last time, and how this man wandered away into the jungle when he was a little boy only nine years old. He had no one to take care of him, no one to clothe him, no one to feed him, no one to keep him clean. But he ran away from home because his desire to meditate upon God, to find his oneness with Him, even at that tender age, was so great that he couldn't bear to be thwarted in that desire any longer.

So he went into this jungle. He existed on just fruit wherever he could find it, grass, roots, herbs, whatever—for all of the years. He finally went naked because he had outgrown his clothes, he had no way of getting them. And he would sit for hours, for days in meditation. The snows came and the bitter winds blew and there he sat, utterly stark naked, meditating upon God.

I said to him, “Swamiji, how could your body stand this extreme cold? You must have frozen!” And he said in this very soft voice of his, “Well, in the beginning it was most difficult.” “But,” he said, “I told God that I had come there only to worship Him and to find Him, and that if it was His will that I do so, then He must make it possible for me to overcome all of the conditions with which I was faced.”

Then he had this very sweet smile. It was very, very gentle and very soft, and he said, “All of a sudden, it was as though I felt God's presence all over me and my body became warm. I no longer felt the cold, and from that day until this I have felt no change in the body temperature whatsoever. I am affected neither by heat nor by cold.”

### **Master's Story of One Blanket To Share**

My Master told the same story. He told about one time when he was traveling on the road giving lectures, and he had some of the young men disciples with him and he had a secretary. I have seen this original camper that he used, which was handmade out of wood. You see, in the early days because of the color of his skin and because he came from a foreign land, because he wore a turban, and because he wasn't a Christian as the Christians thought he should be, he was subjected to every known insult and inconvenience that could be given to a human being. He was not

permitted to stay in hotels, or motels if they had them in those days (this was many years ago now—about 55). He was doing pioneering of the first order. And so, finally, in self defense he had to have this arrangement built for himself. So he and his secretary tacked this onto the back of a car and this is the way they traveled and then he gave his lectures.

Anyway, they were in one place and it was bitter cold. They only had one blanket to share between them, he and his secretary. So, he said at first that he was very warm and they both shared the blanket. And then his secretary would get cold and would pull the blanket off of him. So then he woke up and he would be cold and he would take his half of the blanket again, and this kept going on back and forth and back and forth, the hot and the cold, sharing the blanket and not sharing it. [laughter]

And he said finally he got tired of it, and he sat bolt upright and he said, “What is this that you are doing to me, God? Why am I permitting this to be done to myself? I shall cease doing this right this moment!” [laughter] So he said, “I sat up and I started to meditate, and I said, ‘God, I am your son. I am eternally one with you and, therefore, being one with you, I have within my jurisdiction the power over heat or cold or all things. I can make my mind rise above these discomforts and put it only on Thee.’” And this he did, and he went into a state of bliss, of ecstasy where he became totally unconscious of his body.

In the morning, all of the disciples gathered around and they were shaking and shivering, still he was in this state of ecstasy. So finally he came out and he looked at them, and they said, “Master, what are you doing? You are sitting there meditating without even a blanket on and it is so bitterly cold. We are practically frozen to death.” And he said, “I rose above the pairs of opposites. And you, like I, have the power to do this same thing—to rise above pain, to rise above joy or sorrow, it doesn’t make any difference, heat or cold, whatever. Because when you are fully conscious, fully concentrated upon God who is to be found only within yourself, then these things will not affect you.

### **Mother’s Oneness With God**

So every human being comes to that point. I myself, even though many times I manifest some sort of thing that is going on in my body, nevertheless I am fully aware that I am not the body. . .

. . . I am willing to accept with joy, with understanding, as being my Father’s will anything that comes to me, knowing that He is doing it in accordance with His will and for the highest good not only of myself but of everyone concerned. When you can come to that state of conscious-

ness, living only in the present, living only this moment in the full consciousness of God's infinite wisdom, His beauty, His wonder, His love, and the knowledge of His ever-increasing, ever-flowing abundance, it comes to you. . .

### **Fear of Going All The Way To God**

. . . Now, there are few, if they examine their consciousness, their minds, their hearts, their souls, who can make this statement and make it honestly because this one item of fear comes in. You're afraid to go all the way to God. What is it that fears? It is this little human consciousness, this little human ego which has no true existence at all. None whatsoever. It is a mirage in the desert. It is a thing of pure delusion, this idea of separation from God. But it will do anything and everything to distort your mind and to dissuade you from whatever you have to go through in order to realize who and what you are in God. . .

. . . God is everywhere equally present, you see, without exception. When you can realize who and what you are, when you can take hold of the steering apparatus of your own life and steer your ship on the ocean of life to where you want to go and reach your destination, it will be worth every storm that you had to weather in order to do it because you will come through it strong, you will come through it able to withstand any vicissitude, any trial, any tribulation, any temptation which is put before you.

### **You Have The Power To Become A Master**

What is it I am saying to you? I am saying to you that you have the power within you to become a Master, a master of your own destiny. There is no exception to this rule. I do not care what the condition of your life is now because, as I have said before, whatever it is at this present moment, you yourself have brought it into being through your own thinking and acceptance of it. And if you want your situation to be different, if you want your tomorrows to be filled with the things that you reach out for in your dreams, then you have that infinite power of God, you yourself, God in human form, to bring these things into manifestation, because you are co-creator with Him.

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**A perfect Muslim is he from whose tongue and hands mankind is safe.**

*Al-Hujwiri, The Kashf al-Mahjub*

## When I Am Only a Dream

By Paramhansa Yogananda

I come to tell you all of Him,  
And the way to encase Him in your bosom,  
And of the discipline that brings His grace.



Those of you who have asked me  
To guide you to my Beloved's presence I warn you  
through my silently talking mind,  
Or speak to you through a gentle significant glance,  
Or whisper to you through my love,  
Or loudly dissuade you when you stray away from Him.  
But when I shall become only a memory or a mental image,  
or silently speaking voice,



When no earthly call will ever reveal  
My whereabouts in unplumbed space,  
When no shallow entreaty or stern stentorian command  
will bring from me an answer –  
I will smile in your mind when you are right,  
And when you are wrong I will weep through my eyes,  
Dimly peering at you in the dark,  
And weep through your eyes, perchance;  
And I will whisper to you through your conscience,  
And I will reason with you through your reason,  
And I will love all through your love.  
When you are able no longer to talk with me,  
Read my Whispers from Eternity;  
Eternally through it I will talk to you.  
Unknown I will walk by your side  
And guard you with invisible arms.  
And as soon as you know my Beloved  
And hear His voice in silence,  
You will know me again more tangibly  
than you knew me on this earth plane.  
And yet when I am only a dream to you  
I will come to remind you that you too are naught  
But a dream of my Heavenly Beloved,  
And when you know you are a dream, as I know now,  
We will be ever awake in Him.



YSS Symbol

# Passage from *Passage to Divinity*

## A Close Study of Saints

*From the Introduction to "Passage to Divinity"  
(the early life of Sri Swami Ramdas) by Chandra Shekhar*

Saints are born as much as they are made. Some of these great souls show unmistakable signs of their divinity from their very birth. In the case of a few others, God's Grace has alighted suddenly, transforming and divinising them at once by a single contact with a saint or a God-man, like the base metal being transmuted into pure burnished gold. Valmiki is a classic example of this class. Others again have attained that high state of Self-realisation only through strenuous effort, untold suffering, severe and ceaseless austerities and a hard rigorous discipline. Many of these have reached their later beatific state only after a prolonged, testing ordeal, pursuing their supreme ideal with dogged determination, fighting the battle of life with dauntless courage, and finally emerging all-triumphant from the struggle.

These great souls, who have later in their lives attained the exalted state of divine illumination, apparently seemed to have lived an average worldly existence for a certain period. To all intents and purposes their lives do not seem to differ in any way from ours. Life brings to them in its train, joys and sorrows in equal measure as it does to us. Rather, life appears to treat them more harshly and unkindly than it does to us. Fortune rarely favours them; obstacles and frustrations dog their footsteps. Every moment of their lives is a struggle.

We ask: "In what special way do they differ from us ordinary mortals, that they alone should become God's chosen few? In what special way, more than ourselves are they entitled to Divine Grace which immortalizes them?"

But we forget that these are the heroes and supermen who have turned their very misfortunes into effective instruments to remove all obstacles and difficulties, whose purpose and determination is, come what may, to reach the goal they have set before them, and who are ever ready and prepared to make the highest sacrifices, nay, to stake even their lives most cheerfully for the cause. To them defeat is unknown; hard knocks of life do not cow them down; death holds no terror for them. How can it be otherwise than that the kingdom of heaven should be theirs? Though seemingly they appear as ordinary mortals like us, a closer study of their lives

reveals them as men of exalted moral stature, immense courage, strong sympathies, warm hearts, and strong and earnest religious feelings and aspirations.



Papa's "Exalted Moral Stature" was reflected in his beloved Mortal Stature (shown above) which was preserved in photos, through Ram's Grace.

## Saint Pio of Pietrelcina

By Carla G. Hickenbottom

A great blessing was given to me in a treasure found in Mother Hamilton's Library entitled, *Padre Pio – The Stigmatist* by Reverend Charles Mortimer Carty. I had never heard of this Catholic monk who manifested the stigmata: the wounds of Christ which appear physically on a saint.

He was born in 1887 in a small village in Italy and then became a Capuchin priest, residing at the San Giovanni Rotondo, Italy. He remained there for the rest of his life. Padre Pio had the stigmata *invisibly* in his hands, feet and side from September 20, 1915 to September 20, 1918. From September 1918 until a few days before his death in 1968, he had the *visible* stigmata in his hands, feet and side bleed every day for 50 years. Padre Pio's blood would take on the perfumed odor of violets, lilies, roses, incense or even fresh tobacco.

His life was filled with many miraculous cures and spiritual healings. Everyday, Padre Pio would say Mass at 5:00 am, then for the rest of the day hear confessions—for the men in the morning, followed by the women in the afternoon. Many thousands made pilgrimages to attend the Mass and spend five minutes with him for confession. The monastery continues to be a popular pilgrimage site even today.

Once his stigmata were officially recognized by the Church Padre Pio was ordered not to write nor do any public speaking. He followed that order for all of his life. There have been

many documented testimonies of his ability to bilocate, prophesy future events, know the history of a person, and convert individuals to a deeply religious life. People are still being cured through his intercession in ways that cannot be explained by modern medical science.

Padre Pio was canonized a saint by Pope John Paul II in 2002.



Padre Pio with stigmata wound on his hand

**An excerpt from the book: a miracle during World War II**

“He [Padre Pio] assured the people of San Giovanni that their town would not be bombed. During the war the Americans had an airbase at Bari, about 75 miles from San Giovanni. There were still Germans in the neighborhood and the American officer in charge at Bari heard they had a munitions dump in or near San Giovanni Rotondo [Padre Pio’s Monastery]. So he called his officers, planned a raid and said he would lead in the first plane. He was a Protestant. When they neared San Giovanni Rotondo, he saw high in the air, ahead of his plane, a monk with arms outstretched as if to ward off his coming. The General was stupefied. He ordered the formation to return to base and drop the bombs in an open field where they would do no harm to their landing planes. When he returned to the base and was asked how things had gone, he related what he had seen. An Italian officer told him there was a monk at San Giovanni Rotondo, whom the people consider a saint. Probably he was the one the officer saw in the heavens. The officer determined to find out. He and another officer went to San Giovanni and together they went to the sacristy with other laymen to watch as the fathers came down for Mass. He immediately recognized Padre Pio as the one he had seen high in the air in front of his plane.”

**Here are a few samples of his uplifting spiritual maxims:**

“Have patience in the perseverance of the holy exercise of meditation, and be content to begin by making little steps until you have legs to run with, or rather wings to fly with. Content yourself with just making an act of obedience which is never a thing of little importance for a soul who has chosen God for her portion, and resign yourself for the time being to be a little baby bee in the hive, which soon will become a full-grown bee, able to make honey.”

“Whoever does not meditate”—he once said— “is like someone who never looks in the mirror before going out, doesn’t bother to see if he’s tidy, and may go out dirty without knowing it.”

“If we are calm and persevering, we shall find not only ourselves, but our souls, and with that, God Himself.”

*Padre Pio - The Stigmatist*

By Rev. Charles Mortimer Carty,  
Radio Replies Press, Copyright 1961

For More Information:

<http://www.padrepio.org>



## Little Bird

A parable by Cate Koler

*One of Papa's poems is about how people before Realization are like birds in a cage. While at the ashram Swamiji read this poem to me and I was deeply moved. This story came to me afterward and I gave it to Swamiji on Christmas Day, 2003.*

There was once a little bird in a cage. Most of the time she was not even aware that she lived in a cage but sometimes she would look between the bars, out the window of the house and gaze at the expansive blue sky beyond. It gave her a strange restlessness, looking out towards the sky, but she was not sure why. Certainly the people who owned her were nice and not only fed her and talked to her sweetly, but gave her little bells and hoops to play with.

Then one day a beautiful lady in blue with eyes that spoke of the sky took the little bird to live with her. Although her owners had taught her to speak a little, the lady in blue taught her to sing. And she began to open the door of the cage and coax the little bird out. The bird would sit, perched on the lady's finger for several minutes before hopping back into the cage. And then one day she flew! Around and around the room, her little wings flapping and her heart soaring.

They stayed together many years. But as the bird's wings grew stronger, the blue lady's body got weaker. Her eyes still spoke of the vast blue sky, but her finger trembled as she held the little bird. The bird pressed her tiny head to the lady's finger and wished she could help her somehow. She would have been content to just sit perched on her finger all day, but the blue lady always encouraged her to fly, and to keep flying more and more.

Then one day the little bird couldn't find the blue lady. She couldn't hear her voice or see her hands anywhere. Around and around the room she flew, but the lady was nowhere to be seen. "If I flew outside up into the sky I would find her," she said to herself, but she lacked the courage to try. She went back into the cage and sat alone.

Hours later little bird awoke to find a dazzling blue light, which seemed to fill the cage. And there was the blue lady inside the light! She spoke comforting words, encouraging the little bird to leave the cage and try to fly again. Some of the light stayed with the bird and she forgot her despair.

Many years passed. The bird's time was occupied with baby birds getting ready to leave the nest. And after a time her cage was taken to a pet store and put on a shelf with many other birds. She spent her days teaching these birds

to talk and sing so they could go out as pets and be useful and loved. But she couldn't teach them to fly. The cage door was closed and she herself almost forgot how.

Then one day she decided to leave. She waited for an opportunity and escaped from the cage and the store, but flew this way and that, unsure of the way. Then the light from the lady suddenly appeared and she followed that light. So far she flew—over lands and oceans. She was afraid much of the time; she was weak and sick, but she carried on.

Finally she came to a place with many beautiful green trees. It was full of colorful birds that sang a heavenly song. And then she saw him—a peaceful man in orange with a smile that sang of love. “It is my beautiful lady in blue, but in another form,” she said to herself. She fell at his feet, tired, bruised, yet hopeful. “Please, can I stay with you awhile?”

And so she stayed. Daily she sat by his feet and sometimes she would fly. She was a little relieved to find that there were cages at this new place too and sometimes she found herself feeling weak and needing comfort and she hopped back inside. But the man in orange would encourage her back out, pouring out his love to her, telling her about the vast sky, the expansive universe. How she wanted to be able to soar like that! Why did she keep returning to the cage? Why couldn't she spread her wings a little wider? Why couldn't she keep the light of the lady in her vision? Why couldn't she sing the beautiful song like the other birds?

But the orange man with the sweet smile continued to pour out his love. Daily he met with her, coaxing her at first, inspiring her later. Each day she tried to soar higher, returning less and less to her cage.

And she began to believe. “If I keep the blue lady in my vision and practice the love and song of the orange man, I will fly—higher and higher—until I am no longer only a little bird, but the vast eternal blue sky.”



Swami Satchidananda & Mother Hamilton, 1977

# Loon Lake Retreat

by Yogacharya David R. Hickenbottom



In August, Loon Lake was witness to another retreat for our group. The beautiful setting and friendly staff made for a superb time together. For three days we delved into the four principles stated by Mother Hamilton in her talk, “The Law of Mind”

Max Rogan-Goddard & Michele Rogan



Christine Baldigara



(featured in this issue of the Journal). We spent time talking about, thinking about and meditating upon *Mental Housekeeping, Guarding the Door, Building A Happiness Chart* and *The New You*. We also





Charmie Gilcrease

enjoyed canoe rides and the forested hiking and running trails. Besides the good work done, there was plenty of laughter and love in spiritual fellowship. We are planning two retreats for next year; May, 6-9 and November, 11-14, 2005. Carla will begin taking reservations in January for these retreats. [carla@crossandlotus.com](mailto:carla@crossandlotus.com)



Janice Stevenson



Bruce Stevenson, Heather McLean,  
Patrick Haavisto, Max Rogan-Goddard & Kristi Haavisto

## Dear David

Thank you for being you  
for opening your heart to God  
for doing all the work  
for inviting me to learn

Breath by breath I yearn  
more for all I always knew  
Patiently, not so patiently I sit  
opening and closing my heart

Deciding this is all I can do  
all I know for sure  
Not waiting not rushing  
trying not to be...

Feeling God within

Where is my cross  
how do I know for sure  
how do I serve

Smiling inwardly I watch

[Poem written by Kristi Haavisto]



Truth enters through the door of the mind. Some invite Truth into their hearts, a very few know it in their bones. For the greatest, Truth becomes the very fabric of his (or her) own Being, until his Being sings his song to the Universe, and the Universe in turn sings Truth back to the Soul. The Soul and the Universe made one by their unifying song of Truth!

Yogacharya David R. Hickenbottom



Papa (Swami Ramdas), Mother Krishnabai & Mother Hamilton, 1957

**PLEASE HELP US** to find **pictures of Mother Hamilton**. We are running out of original images of Mother for use in this journal and in other publications. If you have an old picture of Mother in your collection, please scan it in and email it to us or send us the picture in the mail so we can scan it and get it back to you. ([larry@crossandlotus.com](mailto:larry@crossandlotus.com))

### Calendar of Events

Sept.	6	Labor Day
	16	Rosh Hashanah
	22	Fall Equinox (9:29 a.m. PDT)
	25	Yom Kippur
	26	Lahiri Mahasaya's Birthday
	30	Mahasamadhi day of Lahiri Mahasaya
Oct.	13	Mother Krishnabai's Birthday (Hindu Calendar)
Nov.	12	Swami Satchidananda's Birthday (Hindu Calendar)
Dec.	21	Winter Solstice (4:39 a.m. PST)
	25	Christmas Day
		100th Anniversary of Mother's Birth
	27	Swami Ramdas' Sannyas Day

## BREAKFAST OF SPIRITUAL CHAMPIONS!

### Morning Affirmation

It is good to be alive today, to be consciously on the field of action. Wisdom guides me each moment, all through the day: choosing truth over lies, love over anger, service over greed, the higher good of all over selfishness. I feel the wind of life-energy at my back, making movement joyful, effortless. I am surrounded in golden Light, like a protective bubble, that gives me a space inviolate and radiates out in positive strength. My goal is to learn and to love to my fullest capacity. Gratitude fills my heart for it is good to be alive today.

Yogacharya David R. Hickenbottom

Remain neutral. As the Gita says, “That king of men who sits in your body fitted with these changes of cold and heat, pain and pleasure, keeping a neutral attitude of mind, builds within him the altar of changelessness and the changeless Spirit abides within him and he becomes one with the changeless Spirit.”

If therefore we conquer the mind and unite it with Him then we will know everything here is a dream.

*Paramhansa Yogananda*



If we reflect on the events of our life, we find that by taking some of them to be evil we have suffered. We have taken some as for our good and we have been happy. So it is our attitude towards the events that makes us either miserable or happy. There is no standard of good and evil. The ideas of sin and misery arise from the denial of God. So long as we are in tune with Him, we take every situation in which He places us as for our good. Then we say, ‘Thy will be done.’ So the man who has surrendered himself to God does not grumble or find fault with anybody. In all conditions he enjoys perfect peace and bliss. This is the real test of surrender.

Swami Ramdas