

The Cross and The Lotus Journal



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



Pujya Swami Satchidananda
November 12, 1919 – October 12, 2008



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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.

*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 e'er you are.
Be filled with the peace and ecstasy of God's almighty love.
Om-Amen.*

The Reverend Yogacharya Mother Hamilton

© 2008 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 Yogacharya Mother 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 feature articles about Swami Ramdas and Anandashram. We bow to the feet of Saints and realized Masters of all religions.

You may well know by now of the passing of Swami Satchidananda. When a great Master enters Mahasamadhi he leaves behind body-awareness and now easily moves in a light-body, or enters completely into the all-consciousness of Spirit. After maintaining a body for such a long time, especially a body that was ailing, the Master can now remain absorbed in Divine-union beyond the constrictions of the body. There are those who think that a realized Master pays no price for maintaining a body, but they do not know the truth. The Master maintains his or her body for the sake of the world, so that others will progress faster on the path. Others imagine that when the Master leaves the body he is somehow distant—they also do not know the truth. A realized Master resides in omniscience, all-consciousness, and is instantly drawn to pure love and purified vision. The way to honor Swamiji, such a great spiritual personality, is to emulate him, follow him. Serve as he served, love as he loved.

Yogacharya David



Swami Satchidanandaji and Yogacharya David in 2007

The world is made up of individuals, as I've said a thousand times perhaps by now, and the world will not change until we, each individual, each mother, son, and daughter of us changes ourselves. No way is it going to change. All the do-gooders in the world aren't going to change it, all of the societies, the various functions that are gone through and formed in order to help suffering humanity in the way that they do it, is not going to change [it]. The only way they're going to do it is to change themselves. It starts right where you are. Don't expect anything from anybody else until you yourself have done what you need to do in order to rise above your little self and become a Godman, a Godwoman, a light on a hilltop to light the way for others.

The Reverend Yogacharya Mother Hamilton

Dear Friends,

I hear from others from time to time that somehow the change this world needs is going to come from some outside agency, i.e. Jesus Christ returning, more evolved beings sending their Light, beings from other planets arriving, etc. The thinking error common to each of these ideas is that the individual is somehow absolved of his or her own responsibility for the kind of change this world so desperately needs.

It is comforting, perhaps, to think of someone or thing that will straighten out humanity, implying that humankind cannot and will not do it for itself. This flies in the face that our Creator has endowed each and every person with freewill. These rescue fantasies include those evil-doers (who the evil-doer is depends on which group you belong to!) who will be set straight, destroyed or sent to ever-lasting punishment when this outside force for good comes. It is an empowering feeling to think of being on the right side of this cosmic sheriff when he comes to town; few seem to consider what would happen if they, by chance, are not on the side of the victors when this time comes!

Hundreds and thousands of years pass by as adherents wait for cosmic justice to be meted out to those in the wrong and just rewards come to those long suffering on the side of the right. When will the Christ return? When will the twelfth Imam ap-

pear? When will that great political system or leader finally get rid of injustice and inequality? The fantasy of a new day, a day of magical change that will bring order to chaos is so tempting; it stirs the heart and imagination.

However, this can be a dangerous and misguided fantasy. It is so because it takes our attention away from the work that needs to be attended to right in each person's life. The work of change is difficult—individually and collectively.



Positive change comes about when individuals make new choices, are willing to sacrifice, to serve, to abide by the highest light he or she knows. It is to be honest when it is tempting to tell a lie; it is to return some ill-gotten money when it would be easier to keep it; it is to be in control when anger screams for release in a volley of words or actions; it is to do acts of kindness when you would rather be selfish. These are the human ways of individual change.

There are more subtle ways, spiritual ways to change. These include having compassion for those who do you wrong; it is learning to become still within when activity runs your life until you collapse in exhaustion; it is to attune yourself to Divine Will that is always speaking to you within that stillness; it is to give yourself, heart, mind, strength and soul in surrender to your Infinite Beloved.

Our dear Jesus came into incarnation not to stand out alone as a beacon for goodness, for God; he came to awaken that same determination in one and all. The promised second coming is not for a helpless humanity to keep a watch on the clouds above,

waiting for the skies to part and finally have a responsible party come down to get the unruly children of humanity to behave. The second coming has been occurring since time began; it is the revelation within the soul that the universal Christ Light is shining within you. It has always been shining, even on those who were blind to its rays.

Let us proclaim the power of individual choice. The power of change occurs when you turn your attention upon your own abilities, your role to play in the world; when you focus your whole attention on the wonderful Divine Light to be found right within you. When your Light shines through your integrity, your honesty, your service, your realization of God, then your life will naturally illumine the Way for all those touched by you.

As Sri Yoganandaji said so often, *Change yourself and you will change thousands*. I have observed the power of that change. I have seen with my own eyes aspirants making the effort to change their lives, and then the ripple effect that has gone out due to those changes that has transformed the lives of those around **them**. It is wonderful to see businesses, organizations, learning institutions and households run with integrity, with a sense of service, with love.

I have seen the lives of those who have eliminated alcohol, tobacco and drugs; their own lives changed for the better as well as the lives of their near and dear ones. And I have seen those who have kept their promise to God and Guru to be faithful to their spouses or to stay celibate when not married; I have seen an inner Light that emanates from their Being. And most of all, I have seen the change in those who deeply absorb themselves in the Divine Light; their radiance, the peace and love in their hearts, the realization of their increasing oneness with God. No one may gainsay that this **is** the second coming of God's Light; the Son of God.

As you mark the beginning of a new year, first reflect on this past one. *How went the day?* Then, with deep concentration look forward to the new year. See yourself stepping into the new year with a clear vision of yourself manifesting all the Divine Virtues

that are so close to your heart. Know yourself to be letting go of anything in your life that does not fit with manifesting this Light. Feel the freedom of living in harmony with God's will, moment by moment, day by day and for all time.

The great spiritual Masters are all seeking to awaken that Light within you, but they cannot do the work for you; they cannot live your life for you. Accept their blessings, accept the Grace of our great and loving God, for by their blessings and His Grace your path is made possible and your realization is greatly quickened. Then do your work to deepen your attunement with those blessings and that Grace, and give your all!

May this coming year be a great blessing to you and to all those touched by your life and Light. †

Ever in the Light,

David



Madonna and Child by Murillo

Letter to Ann Landers From Mother's Files:

*Yogacharya M. Hamilton
12300 - 28th Avenue N.E.
Seattle, Washington 98125*

February 4, 1975

Ms. Ann Landers
P. O. Box 1400
Elgin, Illinois

Dear Ann Landers:

It is true, as you, with seeming reluctance and obvious feelings of guilt pointed out on the Johnny Carson show last evening, that pornography and sex are fellow bed partners. One fosters and feeds upon the other.

It is also true that "sex is here to stay." Because I am a realist I do not deny its existence nor its value. However, the union of man and woman was designed for the procreation of the species, not merely for self-indulgence. May I point out that while the desires and therefore the ideas and laws of man may change with the times, the laws and commandments of God remain fixed and immutable. These laws apply to every man regardless of race, color or creed. We have but to look around us to know and to realize that when man fails to follow those laws there is a breakdown in the whole moral and social structure and he lives in a world of insecurity which results in chaos and destruction.

"As ye sow, so shall ye reap" is the eternal law of God and of nature. Truly, man through the use or misuse of his free will, writes his own destiny upon his forehead with his own hand. He continually laments about the state of the world today but he does not seem to realize that the world is made up of individuals and that until he as an individual changes, the world will never change.

"Know ye not that ye are Gods?" asked Jesus. It is our destiny to be God-men, not animals without power to control our appetites.

May I suggest that you use the power invested in you by the press and communication media to lift the hearts and the minds of men so that we may have a better world in which to live.

With all good wishes for your continued success.

Sincerely,

A disciple of the Master



Mother Hamilton (1977)

Following The Birth of The Christ

Excerpts from a Talk Given by
The Reverend Mother, Yogacharya M. Hamilton
in Seattle, Washington on December 31, 1972

The Christ Seed

Now last Sunday we celebrated the birth of the Christ. This is the eternal seed of spirit which is planted within every form of flesh that walks the earth. But this seed which is planted was planted in the human sense and so man was born with a human consciousness. But he was born but for the one purpose and that is to find the Christ within himself.

You see this whole world is Christ. It is the only begotten Son of God because when God and Nature form this union, this marriage—then nature (representing the flesh) and Spirit (which inhabits that form of flesh) took being upon this earth and all that you see around you is the expression of that one life—that sonhood, that son-ship of God-the-Father and God-the-Mother as nature.

There is no place where you can look where you do not see the Christ. But now that Christmas is gone, we forget about it again until the next year; we don't think of this as a time of beginning,

but we think of it as Christmas having ended—the birth of Christ now is celebrated and so Christmas is over. Another year is over and we don't think that this is just but the beginning of that Christ-seed, that Christ-life which is sprouted, which had been born within us.

The Birth

When you attain the realization of your Oneness with God, when you are filled with the feeling of carrying that Christ-child within yourself—and it is (as I said last Sunday) an actual physical experience which you feel within your own being—then that is only the first step. It is just like the child that is born from the mother's body; when it comes it is a helpless babe. It must learn—in the first place it must be fed, it must be clothed, it must be changed; it must be taken care of in every detail because it is not able to take care of itself. It is the expression of the Infinite come in human form but it must be taught how to walk, how to speak, how to live. And the tragedy of it is, in the human sense, that we teach it all of the things of the world. We teach it selfishness, we teach it to think only of the ego—*watch that you don't hurt yourself; be sure and put your mittens or your coat on; now you must not step over there.* All of these things you must do for the protection of your human self—which, of course, is true because in the spiritual sense the same thing is true—because we tell our children that they must always keep company with good people; that they must try to obey the laws of God; that they must treat others as they would be treated; all of these things come into being.

But the beginning, the birth date of this child which is born within you—the Glorious One, the Son of God, the consciousness of who and what you really are—just begins at this birth [Christmas] and then it expands and it expresses itself. And so the New Year is not the end of Christmas, but it is the beginning. It is the beginning and from there you go on and you nurture that Christ-child within yourself and you see you have the memory of all of the things in the human within yourself, the experiences which you have gone through as a human being in human consciousness. And these habit patterns of thought, of speech, of ac-

tion are very deeply embedded in your consciousness—they are not gotten rid of easily. This is why Jesus said that *a prophet is without honor in his own country* because such a one going through these experiences, still, after the experiences, maintains the same form—they still eat, they still sleep, they use all of the senses, they still wear perhaps the same clothes; the same personality manifests itself, the same habit formations. But they do not realize that what has happened *inside* that form is totally and completely different. Because the price has been paid for that difference, that—where before everything was in the ego, the human ego consciousness—now the divine spark has been lit. And the taper, that flame within, has to grow and spread until it becomes a conflagration, and it absorbs the whole consciousness, the whole being, the whole body, the whole life.

A Slow Process

It is not done overnight. You see, this is the mistaken idea in all of the orthodox teachings and you can't say it is the fault of those who teach it one way; it is because their consciousness has not yet expanded to the point where they know the greater truth. They must come into that truth before they can teach it. But there has to be an expansion and we take the Christ, as I have said many times before, up to and through the crucifixion. Then we tell about the resurrection and we give merely a nod to the ascension, but it is this ascension after the birth of the Christ that we speak of. Because that ascension takes three days or three periods of time, the same as the descension did after the crucifixion or the death of the human ego within yourself.

It is a slow process—it is a time of going through purgatory, or the purging of the soul from all the dross, from even the memory of that which was left before. Because these habit patterns that we have formed in the past are not easy to get rid of—they have been within us for incarnations; they have cut deep grooves into our consciousness and it is very difficult to overcome them. It is spoken—the antichrist is spoken of in the Bible—and we think of this as some being even as we think of Jesus, the Christ contained only in one form which lived two thousand years ago. And we think of this antichrist as perhaps Satan incarnate, that has come

to tempt us away, to pretend to be the Christ. But there is an anti-christ in *every* man and that antichrist *is* the human ego; it is that which has no substance in truth. It is totally unreal.

Christ is Universally Present

Truth is the only reality. It is the essence of all life. It is behind all the seeming appearances. It is your inner Self, that glorious, shining, radiant Self which is God—the Spirit of God manifesting within you. It is a strange thing how the orthodox faith limits the Christ whom they profess to worship with all of their heart; they take just a part of the teaching, a word here, a word there and they try to make it into a whole. They have forgotten that He is equally present everywhere—in every atom of space, in every form which walks the earth, in every blade of grass, in the stars, the sun and the moon: the whole life as we see it is an expression of the Christ-consciousness. And it is only when you disassociate your mind from this limited margin that has been put upon it and expand it into the consciousness of His Infinite Presence everywhere, that you start to get the true impact and meaning of the Universal Consciousness.

The Antichrist

This is not attained in a day. And in the meantime you know it is terrible the things that we do. Being in the spot that I am, as a teacher and a minister of God, I am constantly amazed at the things that I see before me. People come to me many times and they say very wonderful, beautiful things. They tell me how much they love God, how much they love God in me, and they profess to be holier than thou. And yet underneath there is nothing but hypocrisy and the minute they get out of my sight, then the tongues fly and there are many things said which would indicate that this was not exactly what was within their consciousness. This is the antichrist that comes in and doubts not only God but the servants of God—they pick them to pieces. And they set themselves up as shining examples, as critics, as judges, and not only that but they pass sentence, condemnation—it's an amusing thing because these are the ones who will look for every excuse, for every justification of doing what they want to do.

Purity of Living

Now, tonight will be New Year's Eve. And so there will be much celebrating because the old year is going out and a new year is coming in. This is in the outer sense. I wonder just what each one here is going to do and those others of the group who are not there. Will it be spent in meditation; in contemplation upon God; of trying to find this wonder and beauty, this light which is within yourself? Or will you feel that you have to go out and drink liquor, celebrate, carouse around? Which? No true yogi—I don't care who or what they claim to be in God—is a true yogi if they do not observe the covenants laid down by those who have led the way. All of us in the beginning in the human state indulge in the things of the senses. But when you put your feet on the final path toward God, when you want to go this last mile, then you cannot drink any kind of liquor. I reiterate—you cannot drink *any* kind of liquor—that means beer, wine, hard liquor of any kind because it will retard your progress. This is very definite.

My Body is my Cross

I have had a bad back for twenty-five years—sometimes it is so painful that you wouldn't believe it; there is scarcely a moment of my life when I am down in normal consciousness when the pain in this body is so great that it is almost unbearable. And yet I have learned to rise above it and those of you who mingle with me know very little about what goes on in this body, because I have this power of God within myself to go above, to forget that I have a body. But when I'm working around down in human consciousness, then this pain is very much prevalent even to the point where I cry out involuntarily. The reason is that this body is my cross; this back is the cross upon which I bear much for all who follow with me to God. These are not just vain words; it's not conversation—it's been proven a hundred times, that I take on something in my body. I'm not even aware that some member in the group has had something wrong with them and I find out maybe the next day or a week later. And somebody will say, "Mother have you had so and so, or haven't you been feeling well?" *I* am always feeling well. It is *my body* who takes care of

this; because I do not identify myself with my body anymore but only with God who dwells within my body.

Mother's Joy

I wish I could give to each and every one of you the joy which I feel twenty-four hours a day within myself regardless of seeming appearance. Even when I have this pain, I am able to rise above it. When I come before you and speak I am not conscious of the fact that I have a body. I say “I” because everyone must have a center, an identity, some center from which they must communicate with those others who are their brothers and their sisters. But when I say “I” and I stand before you speaking, I am identifying myself with my Father because I know that *I of myself am nothing*. You are all His children—you do not belong to me. There are some people who say, “My people versus your people; my congregation versus your congregation.” Each and every one of you are free to go or to come whenever you will. You are not *my* people; you are God’s children—every one of you. And yet I call you my own, because I am your mother and I am also your child. I teach you and yet I learn from you. You have no idea the wonder and the beauty that you have poured into my life; how each and every one of you have helped my consciousness to grow through the experiences which you have brought me one way or another. Because when the experiences are not good—what you bring to me—this is my test and I have to rise to it. I have to be able to handle it within myself without reacting in the human sense at all. And you have helped my growth even if perhaps God in this form has helped you a little.

Rising Above Hurt

But I do not set myself above you; believe me I do [not], because only God is great. Only God is great. It is His name, His fame, His truth which must be put forth across the earth as a flame. I work through a human personality; how else could it be so? But when you come to the point where you are humanly divine and divinely human, then you have really arrived, because God is both human and divine. But gradually, the human conditions, the human feelings wear off and where people could hurt you, they could insult you before; you rise above it, because they

have done this to the point where you are saturated and you can take no more and so you become impersonal. Then for awhile, perhaps, you beat yourself with guilt and you think, “Why don’t I feel this way about my children, my family, my friends. I’m not doing right.” But it is *they* who have caused you to become this way, through the things which they have forced upon you. And then sometimes they quarrel with the result—I have seen it many, many times. *Things are not the same, you aren’t the same to me; I don’t have the same feeling from you*—how could they; they’ve destroyed it. They have done it; I have not. And so I have come to the point where I have no feeling of guilt whatsoever. None. Because I have realized that every single thing that has happened to me, against me and for me has been but for one purpose and that is to take me to the realization of my Oneness with God. To make me know that this little self who used to get hurt and kicked around and insulted through criticism doesn’t exist anymore and it never did, except in my own consciousness.

When you can rise to the point where no one can hurt you no matter what they say or do to you, but you see it only as your test, perhaps, or greater still, their test, their test—because it tells what’s inside of them, not what’s inside of you—then you have really arrived in the consciousness of God. You have risen above honor or dishonor. You have risen above respect or disrespect. Above everything, in the sense that people can get at you, can hurt you and you can work with them in divine love. And this love that you send forth from yourself is so far greater than anything in the human sense that you have no conception of it because no matter what they say in an effort to destroy you that love remains. You are willing to give your life in service to them, to help them out of this degradation into which they have catapulted themselves. This is the truth.

There is nothing that I would not do for any one of you, to help you to transcend this human consciousness, this human ego. This doesn’t mean that you die to the world—you do in the sense that it has no hold on you; but you, rather, learn to live as you have you have never learned before. You learn to appreciate the gifts which God has given you and when you get one little foothold into this consciousness these gifts grow, and they multiply. And

you find that being One with Him, that you can do all things if you put your consciousness to it, your energy to it. And so your abilities expand in every direction and you have the chance for a successful life—a glorious life, lived in the divine love and service. But you express yourself—you don't die; you for the first time realize that all of your life up to this point has been that of the living dead—you're like walking zombies, you realize. And that now for the first time you know what life really is, you know what it means to live it; and to express your real self, the wonder and the beauty, the consciousness of the Christ which is within you—and it is magnificent. Magnificent!

The Purpose of the Teacher

How we can keep ourselves from this I don't understand except that, as it says in the Bible, *at first you see as through a glass darkly and then face to face*. Because man can only go as fast as he can go. And that's another thing you recognize as a teacher and you have sympathy and you have understanding and you have compassion because the consciousness can only expand as it can expand; you can't push it beyond. You can hold out the inspiration, you can hold out the incentive; you can give it everything but until it's ready to open its petals to the Light of God, the Son of God, it is helpless in it.

But that is the reason the teacher comes, to change that, to hold this Light before you constantly, to have patience with your lack, your inability to grasp more than you can at the moment. And you cannot turn such a one away. Because you come to that state of consciousness where no matter where you look, what form you see, there is God in all of His Glory; and you see this other merely as a cloak which is being worn by the human soul which is God Himself in human form. And the love of God within you goes forth to all of His children in such a way that you could deny them no thing; no matter how great the sinner, you want to take them in your arms because you realize that it is only love that will change the world. Not hate, not judgment, not criticism, but love; to give of yourself in full measure. You can give of things; you can give of money, and these things must, and should be given so that mankind can carry on, the work of God can carry on. But

when you give of yourself—fully—your love, your efforts in every way; when you give that to God, then you have arrived in the state which we are all put here to realize—the Oneness with God. God, God, nothing but God everywhere.

My New Year's Wish for You

It is my New Year wish for you that you will not forget Christmas, the birth of the Christ, but that you will water that seed of spiritual consciousness which was born within yourself, deep in the dark ages and which is now ready to bear fruit. And that during this coming year, as has happened to quite a few this last year, you will come into this greater consciousness of who and what you are, that the Christ-child will grow to be a strong master of God, a servant of the Lord, letting God walk before you, leading and lighting the way for you.

Give of yourself with your heart. Stop judging. Stop criticizing. Go first within yourself—changing yourself, you will change thousands. These I think were some of the greatest words that my master ever said: *change yourself and you will change thousands*. And I have found that as the change comes within myself that He has brought me the outlook—more and more people are coming and I am contacting more and more all the time—I feel the growth, the change within myself. I am not perfect—in the human sense. I do many things, perhaps; but in the spirit of God, that perfection is growing every day of my life. And I would not have it differently, because every single moment of my life I look within myself to see if there isn't some little thing that I can do to make myself a greater servant of God because I am so totally surrendered to Him that as I said He is my Beloved; He is the Bridegroom; He is the One to whom I am married now. My marriage is with Him and I love it. I have not ceased to live, but rather I have learned to live in the fullness of God.

And I wish this for you, each and every one of you, that during this coming year, that you may find within yourself the growth of this Christ-child. And this growth may take place in such a wondrous fashion that you may become—each and every one of you—masters under God, serving Him with all of your hearts, your minds and your souls in whatever field He has placed you. †

Pujya Swami Satchidanandaji

Excerpt from *The Vision Magazine*, November 2008

On the 12th October, 2008, at 8:10 p.m., our Beloved Swami Satchidanandaji cast off his physical body through which he served humanity for 60 long years, upholding the motto of Universal Love and Service for which his masters, Beloved Papa and Pujya Mataji, established Anandashram in 1931...

...The outstanding characteristic of Swamiji was his unique way of conveying practical hints effectively through his exemplary life style and with minimum of words. Devotees, who have had the good fortune of interacting with Swamiji, even for a brief period, would have experienced a rare warmth and affection, as if they were one with him. His benign and captivating smile would easily make one feel at home with him. His illumined face emitted grace and peace. The few soft-spoken words that would come forth would clearly and precisely convey his soothing message.

To those who approached him for material help, he would give, give and give, so readily and freely and so lovingly. What his right hand gave, the left hand would not know. To those who sought his advice and guidance on spiritual matters, he had always a clear-cut solution, explained in the simplest of terms. His surrender to his Guru was total as is evident from his repeated assertion that Beloved Papa's will alone prevails. In his presence one could learn what self-effacement is. He lived for others, worked for others, did everything for the happiness of others.

He only acted but never reacted. To the sick he was a doctor. To the broken-hearted he infused strength and courage. To one and all he was more than a loving mother taking care of even their minutest requirement. To Ashram workers he poured out parental affection in abundance. He treated Ashram cows on par with the other inmates and was their caring vet. He was profound in all fields of knowledge; at the same time he maintained a low profile. His child-like look, his radiating love melted the hearts of all those who sought his guidance and he made everyone feel his closeness.

Although apparently immersed in the so-called ‘administrative’ activities, just like a chief executive of a large establishment, Swamiji remained ever cool, calm, and unruffled in all conditions and circumstances. He was always revelling in bliss.

By Swami Muktananda, editor of The Vision

Every year, when November comes, we specially remember Pujya Swamiji’s birthday on the 12th. We intensely bring to our mind Swamiji’s kindness, love, compassion, care and concern for everyone. We eagerly look forward to have his darshan early morning and offer our pranams to him on that day. But this year, just a month before Swamiji would



complete 89 years, Beloved Papa decided that the mortal coil of Pujya Swamiji has served enough and therefore allowed it to return to its elements.

Pujya Swamiji has time and again told us not be attached to the physical frame of the Guru, but to see our Guru within. We may have tried and failed. But now it is inevitable that we look within, for no more can we have the joy of being in Pujya Swamiji’s physical presence.

Pujya Swamiji’s life was one of service, service, and service, to one and all. Rich or poor, learned or illiterate, high or low—all were equally respectable to him, for he saw only his Guru in all of them. He loved and served everyone without any distinction of caste, creed, religion and such other divisions. That his love was so universal and all-encompassing was clear from the multitude of humanity, from all walks of life, that poured into Anandashram on the 12th and 13th of October to have a last look at their beloved Swamiji.

May Pujya Swamiji’s life of love and service inspire all of us to follow his example and make ourselves worthy of being his spiritual children. †

His Perennial Light

By Yogacharya David Hickenbottom

*The passing of a great one from his physical confines
releases a spiritual force that blesses all the world.*

The dearest of friends
No longer has a hand to hold
Nor eyes in which to gaze
No feet at which to prostrate.

I miss his presence already
Though I live at a great distance;
The world itself misses him,
Knowingly or unknowingly.

An ache in my heart
Tells me something dear is gone
A heaviness of being
Reveals an eclipse occurring.

Tears well up
Goodbye my dear one
You have lit my way
My deepest, deepest, deepest love to you.

Thus far
I have spoken of the human, the lesser,
All of which is true,
However it is not all the truth.

For there is another knowledge
Deeper—more profound
Eternal
And all-pervasive.

With the death of a body
Comes a resurrection in Spirit
For those attuned to sacredness
With inner eyes to see and ears to hear.

The inner eye doth see
A shining and glorious Soul
Living free and joyous
All heart's desires fulfilled.

Spirit perceives Spirit
Rising to love's greatest communion
No narrow limits can remain
No sorrow can enter therein.

For joy follows upon joy
Blessed smiles radiate welcome
Personalities there are transparent
Doorways to omnipresent Bliss.

Life—life eternal
Obvious and without doubt
This Truth reverberates forevermore:
God is life and life is God!

Human and Divine
Are two perceptions under one Reality
Revealing a lesser and greater existence
An inner hand with an outer glove.

Human cannot stand alone
For separateness is suffering
Suffering instigates a desire for freedom
And freedom comes only from realizing God.

And this is what this great one taught
This is what he lived
This is what he aspired for all to know
This is what made him great.

I bow at the feet of his wisdom
My heart blossoms in his love
I dive deep in his fathomless Soul
And I will forever soar high in his perennial Light.

Letters from Swamiji

By Cate Koler

I recently re-read the letters I received from Swamiji over the last 12 years and, realizing that they contained wonderful words of wisdom that could benefit all devotees, decided to share excerpts of them. I have included some of the letters from 1996-1999; perhaps in a later journal I can print some of the others.

I actually wrote Swamiji the first letter before I had a chance to meet him—I felt moved to do so after Larry’s visit in 1996—and received such a loving response. The first entry is the second reply from Swamiji. I had written to say how thrilled I was to be addressed as “Mother” as it made me focus on becoming more like my Guru, even though I knew that at the ashram all women were addressed as “Mother”.

May 21, 1996

Beloved Mother,

Yes, we address all women as mothers, as they are the manifestations of the Lord’s feminine aspect—creative aspect—dynamic aspect.

It is nice to hear that you are trying to walk in the footsteps of Mother. In fact you are the divine Mother herself. Only you have forgotten that, because of the mask you have put on yourself. All that you have to do is to throw off the mask...

...If we are able to keep God-remembrance constantly it may not be difficult to do all our work as dedication to God. That means when you have His remembrance He is with you, guiding you and working through you. The very work proves blissful.

October 24, 1997

It was a joy to receive and read your long and loving letter of 8th October. Whether we are corresponding with each other or not, after Larry came here, all of you who are connected with Mother Hamilton, all of you who are parts of the universal body of Beloved Papa are often in our thoughts.

Larry and Yogacharya David wrote to us about the plans to

visit India in 1998. It will be a great joy for all of us to meet you all and have you in the Ashram for a few days. The very thought of it gives us joy. It is not merely a pleasure, but a great blessing to think of and meet devotees.



Swamiji in December 2007

Lord Krishna says He worships His devotees and He literally did worship. Such is the status of a devotee.

The next paragraph was in response to my regrets that I had not taken full advantage of the time I had spent with Mother.

Even when we are living with saints we can open ourselves to receive their grace only to the extent we have progressed. I often feel that if I had not been so unwise as to commit certain silly things, I would have been closer to Papa and Mataji and therefore progressed more. That I was not wise enough to behave better and gain more was just because I was made ready only to that extent. We have to pass through certain situations and gradually prepare ourselves physically and mentally for higher experiences. You say rightly, why talk about the past. Why not do it now? There we drew a blank! We are now ready only to do so much and receive so much as we already have. The bud takes its own time to blossom into a flower. Forcing it will only spoil the beauty of the flower. Ultimately it is He who is by our own so-called 'Sadhana' removing the mask of ignorance put on by Himself. When the process is complete and the instrument is made fully pure and prepared he will declare "I am He". Now the little 'I' that was claiming doership so far has disappeared. He alone 'is'.

Master's Birthday

By Rajasi Janakananda

This writing appeared in the Self-Realization Magazine, March 1954, two years after Master's Mahasamadhi.

Special meditation services were held on January 5th in all SRF churches and colonies to commemorate Paramhansaji's birthday. It is the custom for the disciples at the Mt. Washington Center to purchase each year a live Christmas tree, which is decorated and placed in Master's



apartment for the holidays, then transplanted to the grounds outside on his birthday. One day the Mt. Washington hillside will be dotted with graceful deodars, the tree he loved so much.

Rajasi Janakananda, Master's chief disciple, spent the day in seclusion. Later he recounted to the other disciples a wonderful experience that he had had on that hallowed day:

"I awoke around two or three o'clock in the morning of January 5th, and saw Lahiri Mahasaya in the greatest blaze of light in which he has ever manifested to me. Then one by one, Sri Yukteswar, Babaji, and Master appeared. Master lifted me out of the body and we floated together over many gatherings of people. Master blessed each group as we floated over it. We were not walking, but floating overhead. It seemed as though Master wanted all the people to know that I was with him.

"I was with Master a long time, from two or three o'clock until nine o'clock—the longest I have ever been with him in this way.

"Master is very busy there, just as busy as he was when he was here—helping the people in these other spheres, teaching them the way of salvation and how to achieve Self-realization themselves." †

Memories of Mother Mother Hamilton!

By Phyllis Victory

The first time I knew about MOTHER (in 1972), was when Janice Stevenson, said to me, on the phone “*I met this woman*”... I knew that my search that had begun ten years before was over.

Ten years before, my husband’s father had died and the church that he belonged to had refused to perform the service because he hadn’t paid his dues for the last year. HmMMM...So, I asked the Minister of my church, the Episcopal Church that I had gone to for over 15 years, and the answer was the same. More hmMMM. So, I looked around, found a Lutheran Minister who agreed to do the service and quit the Episcopal Church. In that moment I also had a very strong conversation with God. I told Him that I was about to believe that I had been scammed and maybe He didn’t exist at all, and that if He DID He better show Himself to me, because I was very disappointed and disillusioned. Immediately after that I began to have many experiences in the astral world, and so I figured that was a sign and went looking for a teacher, one who really knew the truth.

So, on that day, after looking at many paths—Ananda Marga, TM and Carlos Castaneda—those words from Janice, “*I met this woman*” spoke a Truth that echoed in my soul and indeed, I knew that my search was over.

When I finally met Mother, in 1972, we were invited to her apartment in Seattle. I remember sitting on a stiff chair and not understanding anything she said. Chakras and egos and God-realization were all new to me. I felt like a fish out of water and wondered what in the world I was doing there, when all of a sudden this small woman sitting in front of me, turned into a brilliant ball of white light. That experience was surprisingly, somehow very familiar to me and I sat there and was just bathed in the light. On the long drive back to Cumberland, B.C. with Bruce and Janice Stevenson, I asked if anyone else had seen what I had seen and they hadn’t. I thought that rather strange, but those were strange days anyway and I was in for the ride of my life.

Mother came, a few years later, to visit Bruce and Janice in their home in Cumberland. I went to get her at the airport and remember how difficult it was for me to say the words that I had been rehearsing for months. "Would you be my guru?" I was terrified, but finally they came out as I delivered Mother, my precious cargo, at the front door of Bruce and Janice's house. She looked at me with those dark and piercing eyes, right into my soul, and said, simply, "yes".



Mother, Bruce, Phyllis & Janice, 1978

Whew, that part was over. I thought that was the hardest part, but NOOOOOOOO, there was so much more to come, (I will write another time). On this visit, she gave a talk and I invited 19 people, my heart was thrilled to share this Sacred Woman with so many of my friends. We sat, crammed, on the floor of Bruce and Janice's small home and listened to this great God Woman share about God. It was to my absolute amazement that only one person there would even know who she truly was. His name was Bill Marion. Bill had been to India some years ago and, as it turns out, had been initiated into Kriya Yoga by a teacher there: a Swami Gayananda.

The week with Mother, was intoxicating. I use those words because I became drunk with her presence and after a talk one night (I lived a block away and could see Bruce and Janice's house from my living room) I made a huge banner that I hung out my living room window that said "VICTORY TO GOD!".... Ah well, such was the power of Mother to lift you up into other realms.

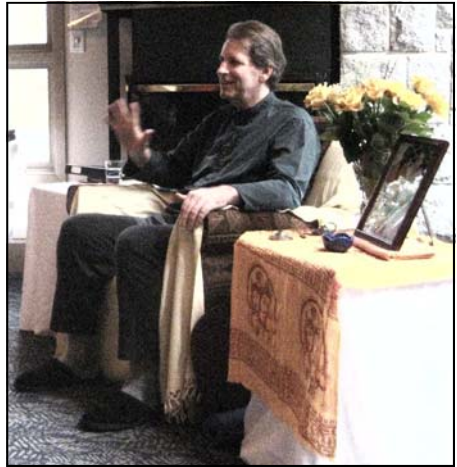
I loved her with all my heart, and although most of the time, was terrified to even talk to her, would have gladly given up my life for her. 🙏

LOON LAKE

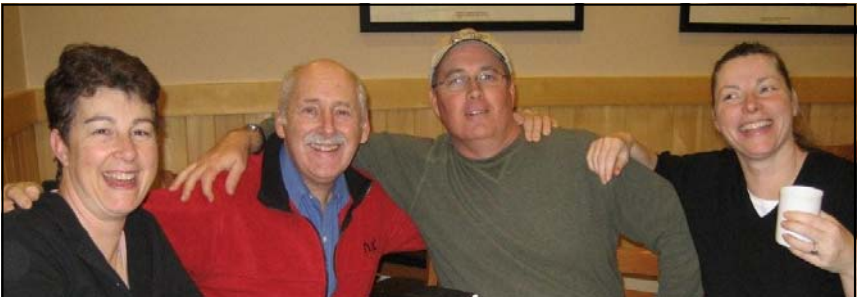
By Yogacharya David Hickenbottom

Loon Lake has become a regular biannual retreat that allows sadhakas (seekers) to come together to focus their energies on deepening their practice. In November we focused on *Your Path*.

We began with an examination of Master's teachings from the *Science of Religion* that the real goal of life is God-realization, and each retreatant made an honest appraisal of *what is*; that is, establishing a baseline of what clamoring ideas for happiness compete with the one desire for realization, i.e. real happiness. We then moved on to the *Four Fold Path of Yoga*: Karma, Bhakti, Jnani and



Raja practices to see how each aspect of Yoga applies to the individual practitioner. Finally we explored *The Goal*, attaining realization; each one imaging being in a state of realization, releasing that tremendous potential and letting go of all competing desires. In addition to this deep work there was good conversation, good food and a wonderful movie about the life of Mother Teresa of Calcutta, a perfect example of a Karma Yogini. †



Geraldine, Bruce, Rick and Jill



Phyllis



Heidi



Peggy



Deborah, Dru and Honor



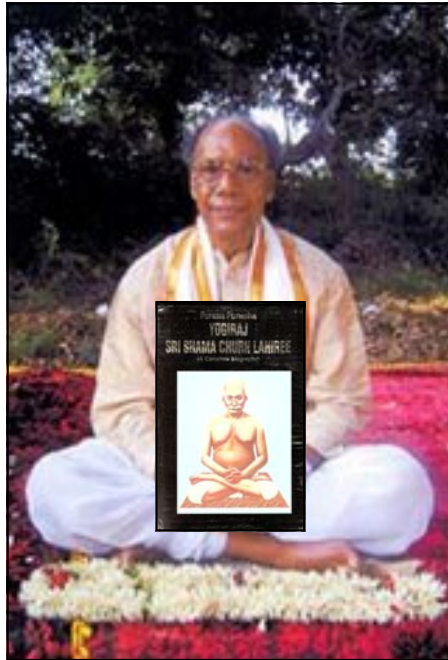
Michele and Ruth at Loon Lake

We celebrated the birth of a new addition to Stephanie and Josh Mackie's family. We welcomed in Emma with a baptism; family and friends were in attendance. Afterward there was delicious food and a beautiful warmth of family that we felt very keenly. It seems only a short time ago we baptized McKenzie; now she is a lovely young girl who goes barefoot in cold weather and likes to climb trees. †

David



David, Emma, Stephanie, McKenzie & Josh



December 24th marks the 76th birthday of Yogacharya Dr. Chatterjee of Calcutta, India. He is the author of *Purana Purusha*, *Yogiraj Sri Shama Churn Lahiree*. We are taking orders for this biography of Lahiri Mahasaya. Order the book by clicking on “Publications” on the Cross and Lotus web site.

Calendar of Events

Dec.	21	Winter Solstice (4:01 a.m. PST)
	25	Christmas Day, Mother Hamilton’s Birthday (1904)
	27	Swami Ramdas’ Sannyas Day (1922)
Jan.	5	Paramhansa Yogananda’s Birthday (1893)
Feb.	2	Mother Krishnabai’s Mahasamadhi (1989)
	25	Ash Wednesday
	26	Yogacharya David’s Birthday (1954)
Mar.	7	Paramhansa Yogananda’s Mahasamadhi (1952)
	9	Swami Sri Yukteswar’s Mahasamadhi (1936)
	20	Spring Equinox (3:43 a.m. PST)
Apr.	12	Easter

And he shall be called Immanuel: meaning God with us. God with us—Oh blessed promise—the first-born of every creature to be found within us! This birth of the Christ, the Light of God, is the awakening of God-Consciousness to all them who wait upon the Lord. In the sacred night keep watch—be awake and ready; be awakened!

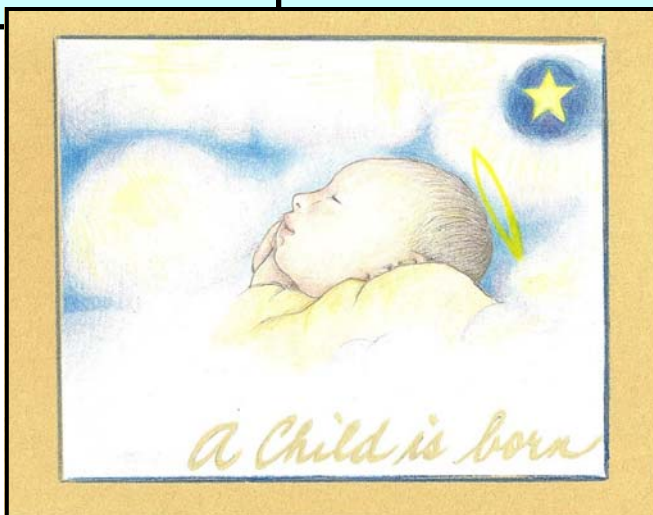
Yogacharya David Hickenbottom

Do away with all wandering thoughts and feel your oneness with the spirit of Christ. I invoke the spirit of Jesus, and the Masters who are one with him in Spirit, that the perfect one who was born on earth nineteen hundred years ago may manifest his consciousness within you now. This I pray earnestly today, with all the unctuous fervor of my soul.

Paramhansa Yogananda

There are three screens. One is transparent, the second is red and third dark. The transparent screen is call Sattwa Guna, the red one is Rajas and the dark is Tamas. By Sadhana you must tear up these screens one by one; first the dark screen of Tamas, then the red one of Rajas. When these two are gone you are almost face to face with the Divine as there is only the transparent screen of Sattwa between you and the Divine...intense and ceaseless Sadhana should continue even after one has reached Suddha Sattwa.

Swami Ramdas



By Lorraine Bourcier