

# The Cross and The Lotus Journal



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



Mother Hamilton



# The Cross and The Lotus Journal

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

*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

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© 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.

Dear Friends,

We have been enjoying watching the Olympics lately—athletes from around the world in competition to be the fastest, strongest and most skilled in their field. This competition of the body, mind and heart puts me in mind of the qualities needed for spiritual practice. Lahiri Mahasaya once said,

*True manly prowess is how spiritedly you can practice Ātmasādhana* [spiritual practice]. *Reorient a portion of*

*the mind. . . towards sādhanā; endeavours should be made by all for this.*



All aspirations for achieving something higher, something greater than yourself are preparation for realizing God. The art of dreaming what you might become; learning to focus your attention; knowing that discipline leads to accomplishment and freedom; continuing on when all is going against you—all of these lessons and more are hard-won victories in the ultimate battle for realization.

Striving for realization would more aptly be likened to the long distance runner than the sprinter. The sprinter makes a tremendous effort in an explosion of intensity—granted he is putting his, or her, all into that moment, but then the race is suddenly over. The long distance runner, however, must find the strength to exert himself constantly. And like the long distance runner, *the spiritual aspirant must find a clarity of intention and internal strength that never wavers or is sidetracked.*

An athlete must learn good habits from the very beginning. There is the story of a professional coach who took on two student-athletes at the same time. One athlete had been practicing

for some time; the other was brand new but was eager to learn. The teacher charged a higher amount per lesson for the experienced athlete. When that student found out he was paying more he complained to the teacher. The teacher explained that he had to work much harder with the experienced student to *unlearn* the bad habits he had previously learned, while the inexperienced student did not have harmful baggage from the past and thus, the teacher's work was easier!

The spiritual aspirant must be very careful about what habits he is learning and propagating along the way. Once a habit is made it takes work to unmake it: indifferent practice, carelessness, coasting instead of steady effort, a wandering mind that goes unchecked, an attitude of superiority, inconsistency; all of these habits are a result of not making sincere and intense efforts.

While at Anandashram I heard Swami Satchidananda make the observation that when an aspirant is not making progress, stumbles or falls, it can be traced to lack of proper intensity of sadhana. The Guru, like the athlete's coach, is there to help correct the aspirant. However, the coach cannot give the athlete the heart to really strive for victory; that has to come from somewhere deep inside the athlete himself.

As a spiritual aspirant you must have a fire of intense desire to make your practice go deeper, to overcome the obstacles and rise into new heights of realization. This fire of spiritual desire comes from Grace. However, there are many gifts of spirit that you either choose to receive or reject. You have free will. *You must choose to align yourself with the Grace that is flowing to you in order to have the intensity required for realization.*

In the beginning you start with a dream. You see yourself attaining what few in this world do. This dream provides the fuel for the fire that must burn within you. It can be easy to get distracted from this dream. Your dream comes from an intuitive grasp that you have a destiny that lies beyond that which you currently know; it is a dream of beauty, grandeur, fulfillment, and much more. The essence of the dream is true, while the way you imagine details of achieving the dream are a projection of

your mind only. Knowing that in your spiritual quest you begin in a state of ignorance, you cannot really know what realization will be like. Therefore, some of your notions will be wrong. However, the essential nature of your dream will be true. To keep the dream alive you must be willing to accommodate Truth when it obliterates some cherished notions of the mind along the way. This requires humility.

We all make mistakes; we have times of failure. In the field of competition this becomes abundantly clear. I remember when I was a wrestler in high school there was an incredible athlete named Dan Gable on the college level. Dan had never lost a wrestling match since he started the sport in high school. This perennial champion won national championships year after year. Finally in his senior year of college and his last match for the national title, he was beaten!

We have all lost, made the wrong decisions and gone down the wrong roads. Shame is a prison that enshrouds the soul. When we let shame take over it weakens the will and makes us shrink into nothingness. Great athletes know how to focus their minds beyond a defeat, otherwise they would stop right there and never compete again. Spiritual aspirants must also know how to look beyond their past and focus on their ultimate goal.

The real question is not what have you done; it is what will you do now? Of course you must learn from your past; mistakes and defeats are excellent teachers when you have an eye for learning. However, when the lesson has been absorbed and humility acknowledges its errors, it is time to let go of the past and move into the present with newfound wisdom.

Begin with your dream, and make it big! Keep clear on where you are heading and learn from your experience. And by all means, keep the fire burning bright for the greatest success. *Realization of your oneness with God is the biggest dream you can behold and it is the one dream that will answer your quest for complete fulfillment.* Boldly live in the here and now; letting the Divine Life shine through every part of your Being and make your life shine GOLD with spiritual success! †

David



Mother Hamilton (circa 1967)

### **A Little Child Shall Lead Them**

Excerpts from a Talk Given by  
The Reverend Mother, Yogacharya M. Hamilton  
in Seattle, Washington on May 15, 1977

#### **Ramdas, A completely Illumined Soul**

I read a great deal to you from Swami Ramdas' writings. The reason I do this is because this great master had picked up his cross and had followed the Christ—not in that way perhaps, although he always carried a Christian Bible with him. He carried also the works of the Buddha and he carried the works of Krishna. These three scriptures he'd lived with as he sought God within himself. He was a completely illumined soul and every word that came from that man's mouth was a jewel of wisdom from God. I feel very honored, very privileged to have spent a full year with him and to have had him by my side when I went through this most tremendous experience of walking the way of my own cross; of giving myself to God completely; of crucifying my human ego; and of having him help me with the transformation into the divine.

I pay tribute to him in every way possible as I do to my own guru: the one who started me on the path, who opened up a com-

pletely new world for me. He taught me the ways and the means. I *went* the way and *used* the means and then at the final tests (when man must decide if he wants to be his real self or continue on in the little human self) then God sent me to this great master. So this is why I read so much of his writings to you because I consider him to be so great in God.

### **Divine Alchemy**

The name of this article is “The Divine Alchemy”.

At first the deep shadows of sadness crossed and darkened my life. Palpable dimness clouded my soul. Agony and despair seized my being. For a time the world disappeared from my thoughts. I longed, hungered, and wept for the great Truth—the eternal rest and peace. I struggled with the forces that offered resistance. I wailed, prayed, and fought like a frantic child. Nothing would satisfy me but the fullest vision of the Truth. “If God is, where is He? I would see Him. I would do all that is humanly possible to get Him. I would even die for Him—if death alone be the ransom to attain Him.” This was the one thought that burnt like a flame in my mind—a flame that grew in volume day after day until it consumed *me* completely.

Now the great transformation came upon me. A supernal splendour dazzled my soul. I felt I was enveloped by and lost in a halo of Divine effulgence. I was merged in unutterable bliss and peace. My old self is dead. I am now a new being—illuminated with the light of God. It is a light not of this world of shadows—it is the Light of lights—the transcendent first principle and root of all that exists—call it God or Truth. I am blessed with the grace of this almighty Truth. Now, life is filled with sweetness ineffable. Now, it flows in rhythms of joy—it sings of the glory of its own eternity. Its touch transmutes—its sight awakens—its very thought purifies and elevates. Such a life is mine—such a God is mine—the ever-abiding beloved Lord of my heart.

Now I have found a joy that never fades. I have found a Life that never dies. I have entered into an empire that knows

no bounds, no decline, and no decay. I live in the realm of the immortals. I commune with incarnations, prophets, saints, and sages. I mingle my light and life with theirs. I sing in tune with their voice. My face is bewitched by their smiles. I dance with them in ecstasy. O supreme felicity—O supreme everlasting bliss!

This is my life. Those who wish to share with me the blessing of this immortal life—step out from the sphere of death, fear and sorrow—rise from the vale of doubt, despair and darkness—renounce the region of desire, hate, wrath and greed—possess the consuming fire in which I was transformed by the Divine alchemy of His grace. This is the way to the life immortal—God.

### **Bible Reading**

Our Bible passage this morning is from St. Luke, Chapter 18, beginning with verse 15.

15. And they brought unto him also infants, that he would touch them: but when *his* disciples saw *it*, they rebuked them.

16. But Jesus called them *unto him* and said, Suffer little children to come unto me and forbid them not, for of such is the kingdom of God.

17. Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein.

### **A Child Starts as a Seed**

I've chosen for my subject this morning, "A Little Child Shall Lead Them". We're going to have a baptism afterwards and we have a wonderful little soul with us, so I thought I'd like to talk to you about parents and children. Did you ever stop to think how wonderful it is when a little child is born from a mother's womb; how that little child, like everything on earth, starts from a seed, and it sprouts forth and it becomes a living, breathing, human being. It is tremendous when you stop to think about it. A seed is planted in the ground and in accordance with the type of seed it is, it comes up in that image and likeness. The wonderful



part of it is that out of all of God's creation, man alone is made in *His* image and likeness—*His* image and likeness. It is wonderful. Now He builds a body temple and within that temple, He places His indestructible eternal Spirit. He is the life which permeates every single form which walks this earth, every single thing! He is even in the inanimate objects as well as the animate.

### **Ramdas' Childlike Nature**

It is wonderful when you get this universal vision and you follow the path that Ramdas followed as he described so vividly here. It was not an easy path. Any of you who have read *In the Vision of God, In Quest of God*, know what tremendous obstacles this man had in his path and how he kept on. He surmounted every single one of them. How did he do this? By simply chanting the name of God, by keeping God's name on his lips eternally, constantly; by seeing God in every form that came to him, in every experience of his life. And he became like a little child. I know this because I was with this master in very intimate circumstances. Day after day, many of us would gather in his room and we would listen to him and his childlike laughter; his complete faith and trust in his Father-God was the most beautiful thing you would want to see. For him, there was nothing but God everywhere; nothing but light, nothing but bliss. All were his children—every one of them.

### **Christ in You**

He had realized this Oneness with God, which all of us as Christians strive to attain and yet we say that Christ is the only one who can teach us. And as I discussed with you last Sunday, there have been many, many Christs on this earth. Is God so limited that He can create only one? The Christ is in each and every one of us. "Lo, I shall be with you always. Ye are the temple of God," He said. Within us dwells the wondrous, glorious God. He dwells within each one of us both as Father and as Mother; and from the Father and the Mother comes the Child.

### **Your Book of Life Before God**

Now Jesus didn't want His disciples or those who followed with Him [to] turn little children away. Many parents do this;

*children should be seen, but not heard* and this is very wrong because children are people. You, who are parents—or who in the future will become parents—may one day have to ask yourself, “What would I do, just what would I do if I had to begin writing every single thing I thought, said, or did to my child, about my child, in a Book of Life and present it before the Father-God on the last day?” Would it in any way change your thoughts, your words, your actions from what you do every day if you have children? You have a tremendous responsibility. It is said—or was said—by a very great spiritual man, Bishop Fulton Sheen, that, “There are no delinquent children. There are only delinquent parents.” That’s a very profound statement and it says quite a good deal, doesn’t it?

### **A Child’s Karma**

I would quarrel with that a little bit because many times you find parents who are very, very wonderful; who have tried with everything they have to give their child a good background, a firm foundation, to teach them the difference between right and wrong and yet that child—may be one out of six or seven that they have—doesn’t turn out right. And the reason for that is because of the law of karma, or as Jesus said, “As ye sow, so shall ye reap.” These souls that turn out that way have come having sown seeds that were not good, and so they are reaping the harvest of that which they sowed before. And they bring into this lifetime a habit pattern, an unconscious knowledge of evil and great desire to do the things that are not in accordance with God’s laws. Now the parent can certainly do everything to help such a one, but they cannot always be the final word because this individual child—and as they grow to manhood or womanhood—is subject to the perfect law of God: “As ye sow, so shall ye reap”.

I think that reincarnation has very definitely been established as a fact today. There have been many who have regressed into former incarnations, many who have had visions when they are lifted up into the final experience where they are trying to attain their Oneness with God; and God, for His own plan and purpose,

shows the individual soul perhaps some of the lifetimes which have preceded this one. And some of these things which are shown him account for the situations that he finds himself in now, the people that he finds himself with—because he has things to work out. And until he changes himself, he is never going to work them out.

### **Children Need Loving Discipline**

It is said that parents, in a sense, act as God-the-Father and God-the-Mother to the child. The father comes with wisdom, or he should, and the mother comes with love, or she should. But today on TV, more and more, we are hearing about child abuse....

Now the child needs discipline. There is no question about that. It needs discipline, but it doesn't need torture. It doesn't need abuse. A child is like a delicate flower when it comes into the world. Here is a whole new world that is put before it. It has so much to learn and what it learns at the mother and the father's knees is going to influence it for the rest of its life. Don't forget that the youth today are going to make up the nations of tomorrow....

### **Teaching Children the Truth**

When the little child is born, you start to teach it. You teach it that it can touch this, but not that, because if it touches this—either it will damage it or perhaps the child itself will be injured. So the child begins to learn at the parent's knee, but the child is at a very impressionable age—right from the beginning. Don't think that because a child is just a babe in your arms that it can't understand what you say because that brain takes in every single thing and knows. Many have come on this plane remembering former incarnations. They come with a certain knowledge at birth. It is found now that children can be taught in the mother's womb—in India this has been known for thousands of years. So all of the time they are carrying the child, they teach that child while they are carrying it. They teach it about God. They repeat and chant the name of the Lord. They go through worship services.

It is so tremendous when you get to know the people of that nation. And to think that we send missionaries over there when everything that we have as Christians originated in the cradle of all religions and that was 5,000 years before Christ and, goodness knows, how many years before that, but it has only been written for that many years. They have had the sign of the cross. They have had their savior, Krishna, which means, "the Christ". They have the Trinity, the Father: at first the Spirit and then the Father, the Mother, and the Child. Christ came from the Holy Ghost and Krishna came from Vishnu, the Preserver. One is the Comforter; one is the Preserver, exactly the same thing.

When you really start to study the scriptures, (and you can verify what you study through historical writings that this is the way it truly was) instead of taking it as you have been taught to believe; it is, believe me, an eye opener. It is my wish, that which I live for, to teach all who come before me the truth; and especially the little children, to teach them that there is but one Father-God. That regardless of race, color, creed, or anything else, we are all children of that one Father-God, equal in His sight, and that each has their own form of worship in accordance with the language which they have been taught, with the customs of their people, but all, right from the beginning, is the same.

God is immutable. He didn't create a part of His creation one way (or His creatures) and another part another way; because He is the very life, the very spirit within each and every one. Each and every one. Now, in our Christian scriptures we have the commandment, "Honor thy father and thy mother." Today that seems to have been forgotten, as have many of the commandments and it is too bad, but it is also the fault of the parent because the child needs and wants discipline. It needs and wants discipline, but it must be given discipline lovingly. It must be given discipline in a way that it can learn. Instead of saying to your child, "Don't do this. No, no, no," all the time, say, "Come on, let us explore this. Wouldn't you like to do this?" And do it with them; don't be too busy to pay attention to your children. And remember, that everything that you are thinking, saying and doing with regard to your child is, in truth, being written in the

Book of Life and, on the last day, that you will be accountable for whatever you have done with regard to this child.

### **Your Child Teaches You**

It's an important thing to remember. A child comes as the greatest blessing because that child comes not only to be taught by you, but to teach you. How many lessons I have learned from my children! Every one of them I am so proud of because they've been good children, good children, but perhaps that is because, right from the beginning, I taught them about God. They had Sunday School. I taught them about the real truth behind the parables. I taught them to regard all people as their brothers and sisters and they have friends in every race and I think that's wonderful. Bigotry, narrowness has no place in the life of a real Christian. Jesus didn't teach this way. "A new commandment I give unto you," and I keep repeating this over and over again, "that ye shall love one another as I have loved you and your neighbor as yourself."

As He loved us: His love for us was so great that He went through the experience of the human death, the death of the human ego in order to show us the way that we too must go if we are to pick up our crosses, which are our bodies, and follow Him; emulate Him in every detail even unto death. But don't forget there is no such thing as death. There is only the death (so-called) or the transformation of the human into the Divine; from the son of man into the Son of God; from the savior into the one who's become the Christ-ed one, the one who knows all things, who has earned the privilege of sitting at the right hand of the Father, who is one with Him. How beautiful, how wonderful that is, and to think that we throw away our heritage every day.

### **Teach Your Children to Meditate**

It is important that you teach your child about God from the beginning. Teach him to sit in the meditative posture, perhaps in the beginning with a pillow under the buttocks, but many of them can get in the full lotus posture. And the reason you sit like that instead of on your knees—you know if you are constantly on your knees, your knees start to ache—and instead of thinking

about God, you're thinking, "Oh my knees, how they ache. I wish I could get out of this position." And you aren't thinking about God at all; you're thinking about your body and how it hurts. But you see, the Hindus developed this method many, many centuries ago of sitting in the full Lotus posture because then all of the currents in the body are balanced evenly and you can put your full attention upon God. Your spine is straight. Your whole body is at full attention, your hands in the receiving position ready to receive whatever God is going to give you inside.

So you put your full attention at this point between the eyebrows. You look there for the spiritual eye, the great light of your own soul. You think only of God. You chant to Him. You sing to Him. And when you talk to your child about this tell him that there is a beautiful, beautiful place right in the center of his forehead. It is filled with light. It has a golden rim on the outside and this is the gold of cosmic energy and in the inside is the blue light of the Christ. It is a beautiful deep blue and in the very center is the five-pointed silver star of the east that the Wise Men saw many years ago; only it is right within you. Teach them that that is the gate to heaven within themselves. If they will pray to God; if they will love Him; if they will serve Him; if they will obey His laws in every way; that one day that star which is the gate to heaven within themselves will open and they can go in and visit God and they can sup with Him and He with them. He will take them on His lap and hold them and give them of His love, of His wisdom. I have seen little children who, all of a sudden have said, "Oh, I see the star. Isn't it beautiful?"

### **A Saint in Mexico**

Many years ago—I may have told you this—I was down in Mexico and there were eighty little children who were being trained under a great woman saint, believe me she was. She had nothing and yet she stopped at nothing to get what she had to get for these children of hers. She gathered them from every place. Many of them hadn't had any clothes. They hadn't had any water to drink and very little food. They were living in a barren spot, just a squatters' row. She went and begged and borrowed from

every church group that she could find. She got clothes for them. She built a single room and used it as a school room. She talked a dentist and a doctor into coming in and giving them free service there. There had been many who had been living together, had children out of wedlock, and one day she went down and got a priest or a minister, I don't remember which, and brought him up and she had a mass wedding of a hundred couples. Now that is something, really. She went around and she found out which child belonged to which couple. She had a talk with each one of them, and so she made them all legal.

This is the way this woman was, but anyway, I felt it a great privilege to know her and she had great love for me. She always used to say to whoever was with me, "You know, we love each other." And she'd say, "Mother, I shall see you up there." She is no longer in the body, but believe me—she even went to the president of Mexico and begged for permission to carry on with her work, asked for help, and she got it. Finally, before she passed on, she saw that her work was secured. She searched around until she found the proper organization to take over and continue the work that she had started. She worked for many, many years this way and I wish you could have seen this woman's face. It was so filled with the light of God, how beautiful she was! And she said to me one time, "You know, Master said to me, "If you will just whisper, I shall hear you and I shall come and help you." Because you see, one who has realized his Oneness with God, which is the sole purpose that all of us are here, has this power to help those, even who follow with him to God, even after he has left the body.

### **You must be the Example**

Because there is no such thing as death—again, as I say, there is only life. We go to higher and higher realms of spiritual understanding—it is beautiful; it is wonderful when you teach your little children that way, when you yourself set them the example of going to God, by attending church, by giving brotherly love to everyone, by obeying the Ten Commandments of God, by associating with the right people. Do you suppose a child is to blame

when it sees its father or its mother drinking liquor, becoming intoxicated; smoking cigarettes; perhaps on drugs; perhaps having illicit relations with other people or, having divorced, bring somebody else to live in the same house where their mother or their father lived; that they're going to not have trouble? Of course they are! You've got to be the example. And you say, "Don't you dare smoke cigarettes. Don't you dare take a drink! This is not right for you to do." And the child has every right to say, "If it is not right for me, how come you do it? How come you do it?"

You must be the living examples for your children. You must live the life of God. You must teach them to meditate. Teach them the few simple techniques that we have given, with the exception of Kriya. You must teach them these things and you will find that your children will grow up to be God-people. But teach them the fascinating lives of the saints. Read to them about their experiences. It isn't a dead, dried, cut-up thing with nothing to do, no fun in it, but rather it's the most exciting adventure in the whole wide world. Why? Because God is everywhere equally present and no matter what you do, what adventure you go into, God is there. When you are with God, you are in business with every business in the universe. When you are with God, you are one with every single person in this universe, all the experiences. But it is important what you send out from yourself because every thought, every word, every deed carries with it a vibratory force. Even the flicker of an eyelash carries with it its own vibration.

### **The Future Depends on You**

It is when you are able to sit in the silence of your own soul, in the temple of God within yourself, and forget everything in the outer sense. Go beyond time and space; go beyond duality and you will, if you concentrate hard enough. You go beyond all of these things and you come face to face with the great light of your own soul—which is to say, God within you. We are made in His image and likeness; but we are given intelligence, we are given energy, and we are given will. And in accordance with



how we use this, will depend the future generations and therefore, the world tomorrow. †

## Come

My dear Master,  
 When you say with such love  
 I will come again, and yet again,  
 To save all souls from pain of separation,  
 I hear a clarion call to all of us  
 To come, come my brethren.  
 Come and bring your dear ones nigh.  
 One devotee takes the hand of the next,  
 That one stretches out and takes another  
 By his hand, and so on goes the chain.  
 It is a chain of humanity, a chain of love.

Come my brothers and sisters, come.  
 Come into the universal kingdom of Soul  
 Where the Light illumines every mind,  
 Where love is the only bond.  
 Come to where wisdom sets the bearing  
 And selfless service is the singular motive.  
 Hear the Master's call dear ones,  
 Hear his voice echoing through eternity.  
 And come—come out of your darkness  
 Into the warm Light of Self-realization  
 Until none are left in the dungeon of delusion.

**By Yogacharya David Hickenbottom**

## **Kailash Journal**

### **Pilgrimage into the Himalayas**

*Excerpted from the book, Kailash Journal, by Sri Swami Satchidananda, Integral Yoga Publications. [Note, this is a different swami from Swami Satchidananda of Anandashram.] Here, Swami Satchidananda is on his way to Mount Kailash, home of Shiva and considered to be one of the most holy and difficult pilgrimage routes. Swamiji shares a personal experience: the rigors of the pilgrimage climb capped by a transformative upliftment in Spirit.*

22 June. We left this morning to see the famous Milam glaciers. Mules and porters were specially engaged for the two-day trip. We started out with a gradual climb over the first mile, but the following few miles were a tortuous steep ascent. The entire distance was covered with icy, granular snow. The air was so thin that we were all soon exhausted from lack of oxygen. We had to halt at every step to catch our breath as we went higher and higher, until we were scarcely able to breathe at all. This made us acutely aware that the simple involuntary act of breathing in and out, which man normally takes for granted, can also cease involuntarily at any moment. This was our first experience of such a formidable climb, and we were only able to cover four miles between early morning and noon.

We had climbed to a height of approximately 13,000 feet when we pitched our camp near Lake Sandilya, named after the great saint who had performed penance there. The divine vibrations that filled the air soon filled us as well. We rejoiced in a bath in the lake, followed by a satisfying lunch, and were all surprised to find ourselves recovering from the extreme fatigue of the climb so quickly. That afternoon was spent enjoying the surroundings and discussing our experiences. After a light evening meal, we retired for the night.

As it turned out, I only spent a few minutes in bed. Some unknown force kindled me from within. I suddenly became aware of a pleasant feeling, both within and without, that words cannot

express. Reluctant to stay in the tent, I put on a woolen shawl and left for the shore of the lake. There I sat in meditation. What calmness! What peace! What joy! The Lord blessed me with the wonderful bliss of sleep with consciousness. I lost myself in that bliss.

I did not realize how much time had passed until the first brilliant rays of morning sunlight reflected off the glaciers, piercing my eyelids. The inner light gradually sank back into the heart, while the eyes became alive to the outer light. The mind, still immersed in the joy of the inner light, made the eyes gently close their lids once more. This gentle tug back and forth between the inner light and the outer light went on for some time. The ears, which had only heard the inner sound of OM in that blissful state, now became aware of the heavy movements of men and mules. Little by little I became conscious of the outer world. But even while moving about in the world, that bliss within—once experienced—is never to be forgotten. †

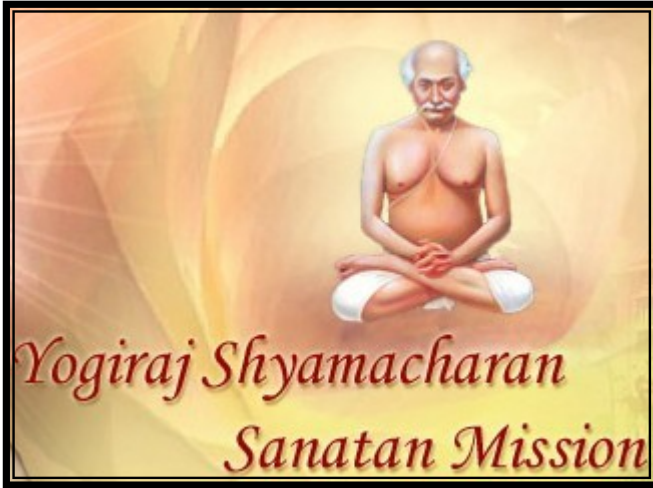
## Diary of a Devotee

The time of our departure had come. Sri Ma said to Rajkumar: “Your way is now clear. With single-minded determination continue to tread this path.”

**Rajkumar:** I wanted to take the spiritual path from the very beginning. It is you who induced me to get involved into family life with all its complications.

**Ma:** Good—to get a taste of life in the world has cleared the atmosphere. This is the peculiarity of having approached this body [Anandamayi Ma]. Had you gone elsewhere, many things would have remained hidden within you; but having come to this body, everything has become revealed. This is for your good. Is it safe to keep snakes in your caverns? Who knows when they may raise their hoods? It is far better to extract these reptiles once for all and clear the road for further progress.

*From “In Association with Anandamayi Ma” by Amulya Datta Gupta. Published by Swami Mangalananda in the online newsletter from [www.SriAnandmayiMa.org](http://www.SriAnandmayiMa.org).*



## Lahiri Mahasaya

The end of September marks the anniversaries of Lahiri Mahasaya's birth (Sept. 30<sup>th</sup>, 1828) and mahasamadhi (Sept. 26<sup>th</sup>, 1895). The great Master's life has been beautifully elucidated in the *Autobiography of a Yogi*. Since the time of that publication there have been other accounts of the Master's life; a wonderful and detailed portrayal is the *Purana Purusha Yogiraj Sri Shama Churn Lahiree* by Yogacharya Sri Ashoke Kumar Chatterjee (Kriya disciple of Sri Satya Charan Lahiri; grandson of Lahiri Mahasaya).

In March of this year we were contacted by Dr. Kiriti Sengupta, who is a devotee of Sri Chatterjee, the book's author. His initial email contained these kind words: "I have noticed there had been a couple of writings of my Gurudeva, Sri Sri Dr. Ashoke Kumar Chatterjee in your esteemed Journal. I feel so delighted & honored."

We have printed below an excerpt of the biographical note written by Dr. Sengupta and two fellow devotees, Smt. Keya Mitra & Shri Ranjan Dasgupta about their Guru, the author of *Purana Purusha*. They also point out that *Purana Purusha* is based on "the yogic realization and findings written by Lahiree Baba in His own personal diaries."

### **Biographical Note on Yogacharya Chatterjee:**

*Yogacharya (Dr.) Ashoke Kumar Chatterjee was born in West Bengal, India in December 1933. He got his First Kriya initiation from Sri Annada Charan Shastri, a disciple of Sri Panchanan Bhattacharya, one of the chief disciples of Yogiraj. Yogacharya Chatterjee got his Second Kriya initiation from Sri Sunder Lal Lala-ji, a disciple of Sri Hari Narayan Palodhi Mahashaya, one of the distinguished disciples of Yogiraj whilst Yogacharya Chatterjee got his Third till Sixth Kriya initiation from Sri Satya Charan Lahiree, Grandson of Yogiraj. It was Sri Satya Charan Mahashaya who authorized Dr. Chatterjee to grant initiation since 1978. He is a Yogi of the highest order.*

*He has scrupulously adhered to the ideals of Yogiraj, thus has remarkably juxtaposed total domestic existence with yogic discipline as shown by Yogiraj Himself. He is a householder as well as a Yogi. This blend is perfect and it lends a special charisma to Him. Due to His charismatic magnetic presence many are attracted to Him. He has been accorded the highest honor by being invited as the only Hindu representative from India to the Parliament of World Religions held in 1997 in France.*

*Yogiraj Shyama Charan Sanatan Mission<sup>1</sup> has been founded in September 30, 1991 by Yogacharya Chatterjee as a world platform for inspiring the masses about the knowledge of the scientific shastra-approved Kriya yoga revived by Yogiraj.*

**Selections from Purana Purusha Yogiraj Sri Shama Churn Lahiree<sup>2</sup> follow:**

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Yogiraj<sup>3</sup> would never advise anyone to abandon family existence. Instead He would ask them to practice *yogasādhanā* by remaining within the family precincts. He would stipulate to mankind that by remaining within the family only *yogasadhana* should be practiced. Through the medium of this scripturally ap-

<sup>1</sup> See [www.yogirajshyamacharan.com](http://www.yogirajshyamacharan.com)

<sup>2</sup> The Master's given name at birth was Shama Churn Lahiree (The spelling in *Autobiography of a Yogi* is Shyama Charan Lahiri)

<sup>3</sup> Yogiraj, king of yogis, is a respectful reference to Lahiri Mahasaya

proved *yogasadhana* the concentration of the *citta*<sup>4</sup> is achieved. By this the mind becomes purified gradually. In this purified mind, love, affection, peace and devotion towards God will arrive. Then by being one with universal consciousness, malice and envy will cease and an ordinary man will be transformed into a great man. *Prana*<sup>5</sup> is everything. He is Supreme. Only by uniting with the Supreme, man attains greatness. By executing a domestic existence uninterruptedly and by practicing austere *yogasadhana*, Yogiraj expounded the necessity of the practice of *Kriyayoga* and sowed the seeds of *yogasadhana* by instilling inspiration in *Kriyayoga sadhana* amidst ordinary people.

Tarakanth Sanyal, son of Rajchandra Sanyal brother-in-law of Yogiraj, was a highly educated youth. Once he was affected by a chronic stomach infection. Even after prolonged treatment when his affliction was not allayed he eventually left for Kanpur, for a change in climate and started residing at his father's intimate friend's house. While staying at Kanpur, a local resident told Tarakanth—"Medicines cannot cure you of this disease. If you can obtain the grace of a *Mahatma*, then your affliction will be immediately alleviated." He further continued—"Such a *Mahatma* exists in Gorakhpur. Immediately go there and try to obtain his grace."

While Tarakanth was making arrangements for going to Gorakhpur, his father's friend hearing everything replied—"A *Mahatma* exists in your family, and you are going elsewhere in search of a *Mahatma*?"

Tarakanth enquired—"Where is the *Mahatma* in my family? I have not heard of any *Mahatma*."

His father's friend answered—"Don't you know your uncle (husband of Rajchandra's sister) Shama Churn Lahiree Mahasaya? He only is the *Mahatma*. Try to obtain His grace, for this will be beneficial for you."

Tarakanth returned to Kashi<sup>6</sup>. He visited his uncle with his father.

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<sup>4</sup> Citta is the subtle mind

<sup>5</sup> The intelligent life-force that is the cause of all creation



Statue of Lahiri Mahasaya at Yogiraj Shyam Charan Sanatan Mission

When Yogiraj heard everything He administered an herbal medicine to Taraknath. Using this medicine he was completely cured. After this he was initiated into *Kriyāyoga* and became absorbed in sadhana. Since he stopped making endeavours to earn a living, his uncle commanded him to decrease his *sāadhanā*. He said—“*Sāadhanā* has to be practiced and at the same time you have to earn your livelihood. It is improper to depend upon someone for your subsistence. You should maintain your family yourself.”

Later this Taraknath became Head of the Department of English but despite this was able to arrive at the highest state of *sāadhanā*.

From this incident it can be deduced how secretive Yogiraj would keep Himself.

\*\*\*\*\*

Iswari Narayan Singh, the king<sup>7</sup> of Kashi had become old. He was taken ill due to old age and was awaiting death. The palace was located on the opposite side of the Ganges in Ramnagar. It is believed that one who expires on this opposite side of Kashi in Vyakashi is born as a donkey in his next birth. Due to this dread,

<sup>6</sup> Kashi is the ancient name for Varanasi (Benares).

<sup>7</sup> The king of Kashi took Kriya Initiation from Lahiri Mahasaya.

the Royal family had built a palace in Kashi proper. Thus when any Royal member was about to face death he would be brought to the palace at Kashi. Similarly Iswari Narayan also was brought here to tide over the gnawing fear of the aforesaid belief. One day through a messenger he informed his Guru [Lahiri Mahasaya] that before death he was desirous of seeing Him. If only once He would be clement enough to grant him this prayer.

Hearing everything, Yogiraj replied—"I do not much go anywhere these days, let's see."

The king passed away. Taraknath Sanyal Son of His brother-in-law asked Him after a few days—"The King was highly desirous of having Your *dārśana*<sup>8</sup> but You did not grant him."

With a gentle smile Yogiraj replied—"I no longer visit any place in this body; the King has obtained My *dārśana*, you need not worry!"

Hearing this, those present looked at each other in surprise.

\*\*\*\*\*

Dr. Gobardhan Dutta, one of the devotees of Yogiraj was employed as a doctor in the Navy. He had to travel many countries by sea. Whenever the ship would return to Calcutta port, he would then go to Kashi and have a *dārśana* of his Gurudev. Once, he had come to Kashi likewise, paid obeisance to Yogiraj and sat down beside Him.

Yogiraj affectionately told him—"Why do you take the trouble for coming from so far? This involves both labour and expenditure."

In a humble tone Gobardhan replied—"I work in the Navy and thus travel to many places by sea. When the ship arrives at Calcutta port, I hasten to have a *dārśana* of You. Since I stay in the ship, I cannot maintain any sanctity or practice *sādhanā* regularly. Kindly bless this base mortal that on remembering You, I can get a *dārśana* of You."

Yogiraj nodded smiling gently.

It has been later heard from Gobardhan that while on board the

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<sup>8</sup> Being in the presence of (the sight of) a saint



ship whenever he would recall his Gurudeva, He would appear before him. Towards the end of his life, Gobardhan became a resident of Kashi and was able to reach the highest state of *sādhanā*.

\*\*\*\*\*

A little distance away from the house of Yogiraj, Bhairav would stay. He would shave Yogiraj regularly and perform other household chores. Since he was slightly demented, none would any longer shave or have their hair cut by him, everyone was afraid to do so. But Yogiraj never abandoned him.

One day Yogiraj was going upstairs for lunch after coming out of the parlour downstairs. At the time Bhairav also was going up ahead of Yogiraj with a pitcher of water. Seeing Yogiraj, he stood at one side and when Yogiraj came near him, he chanted “Hara Hara Mahadeva<sup>9</sup>” and poured the water on His head. Yogiraj did not utter a word, just smiled gently, went up and changed His clothes.

\*\*\*\*\*

Yogiraj would often practice *Kriyāsādhana* throughout the night and go for a holy dip in the Ganges at Ranamahar Ghat in the morning. His great devotee, Krishnaram would accompany Him. While Yogiraj would go for the dip, He would be in a thoroughly rapt state and totter like a drunkard. On the roadside, there was a betel leaf shop. Seeing Yogiraj in this drunken state, the shopkeeper would make fun and comment—“Today, He is drunk again. Look at this Bengali Gentleman, He is intoxicated having drunk such a lot in the morning.”

It can be noticed at a later date that the shopkeeper selling the betel leaves became His ardent devotee and advanced a great deal in the path of *sādhanā*. †

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<sup>9</sup> A Name of God

Words are only shells. Win conviction of God’s presence through your own joyous contact in meditation.

Lahiri Mahasaya (from *Autobiography of a Yogi*)

## The Isa Upanishad

1. All is perfect, so perfectly perfect!  
Whatever being lives, moves  
And breathes on Earth  
At every level from atom  
To galaxy is absolutely perfect in its place  
Precise and choreographed,  
Because “That” flows from the Glory of God,  
The Lord, The Self,  
Consciousness, The Source,  
Awareness, Peace, and Love,  
And is therefore perfect.  
When you have surrendered your ego  
To “That”  
You will find true happiness.  
Never ever envy the place of  
Any other man or woman.
2. Although a man or woman may desire  
To live for a hundred years  
Performing good deeds,  
No other way than this total surrender,  
Acceptance of “what is”  
Shall stop these deeds  
From binding him or her.
3. There are the worlds of the ignorant  
And the wicked,  
Hypnotized in blind darkness.  
Those who have lost hold  
Of Knowledge of their True Self,  
Of Consciousness, Reality, Love,  
They return after death  
To various levels of existence,  
In the vast universe  
As Consciousness ordains.

**4.** That One, the True Self  
Of Consciousness, Reality, Love,  
Although still,  
Is swifter than thought,  
As a greyhound is to a tortoise.  
The senses never know “That”.  
Consciousness runs and overtakes them.  
Without “That Self” there is no  
Real Life, I assure you.

**5.** Consciousness  
Moves and does not move,  
It appears to be distant  
Yet is near,  
It animates all  
And envelopes all,  
Eternally.

**6.** Who sees “all being”  
In his or her own Self  
As Consciousness, Awareness,  
Like his own Self,  
Never suffers from fear.

**7.** When a man or woman  
Understands and knows  
That the Self of Consciousness  
Reality, Love  
Has become all that exists,  
What possible trouble or sorrow  
Can affect  
He or she who has seen  
That seamless Unity?

**8.** This Self of Consciousness  
Encircles all,  
Bright, Luminous,  
Formless, Transparent,

Pure, Unembellished,  
 Like the sage,  
 Wise, Self-Existent,  
 All knowing.  
 “That” establishes perfect order  
 Righteously for all time.

**9.** Any man or woman  
 Who worships  
 What is not True, Good,  
 From the Self alone,  
 But follows blind action  
 Without Knowledge,  
 Drops into the pit of darkness,  
 As do those who only follow Knowledge  
 Without wise action.

**10.** Knowledge alone has  
 A disastrous outcome,  
 As does action alone,  
 So we have learned from  
 The inspired Sage Wisdom  
 Of the Ancient Rishis.

**11.** But he who understands  
 The wisdom of Self-Knowledge, Jnana Yoga  
 And the wisdom of Action, Karma Yoga  
 And the wisdom of Surrender, Bhakti Yoga  
 Overcomes even death  
 And with this understanding  
 Reaches the level beyond time into Immortality.

*The Isa Upanishad (dated prior to 500 BC) is placed first in the Upanishads in the commentaries by Adi Shankaracharya; it was regarded as the most important verse in Indian scriptures by Mahatma Gandhi. This excerpt comes from the book entitled The Principal Upanishads and was published in 2007 for Sacred Wisdom, an imprint of Watkins Publishing. †*

## The Holy Readjustment

*From Quiet Talks with the Master by Eva Bell Werber*

*During the 1970s and early '80s Mother often read from this wonderful book. In the foreword to this timeless tract, published in 1936, is written: "In moments of meditation these quiet talks were held with the Master of men. May they mean for each one who takes them unto himself a pathway into the secret of His Presence."*

I would speak further with you regarding the burdens which you bring to Me to be lifted from your heart and consumed by the Altar Fires. The question arises in your mind. "Lord, can they just be consumed, and thus leave my life? What of their effects, how shall taking the fear of them from my heart solve the problem?" Listen, carefully, My child, for this is the kernel at the heart of the message. It is only the fear and the weight of the burden, the outer wrappings, that are burned at the altar. This leaves the heart of it exposed to the rays of My Divine Intelligence and Wisdom. This washes and purges it in a holy readjustment. Unseen, but mighty Forces take this heart out of the problem and work it out on the basis of My Truth and My Perfect Harmony. Readjustment in the outer life must and shall follow, as daylight follows night. So you see, My Beloved, there is never cause for fear, never are you justified in carrying for one moment a thing which distresses you.

You shall put this to the test and find it true. Now you have a deeper understanding of how My Love operates when you do your part and accept the great privilege, which is so freely given. You understand now how you really have a right to go forth from this tryst, free in every way for My Service. Knowing this, if you are still fettered by anything, whether great or small, it shall displease and grieve Me greatly. Your mind must ever be open and receptive to My Truths. They cannot penetrate a mind distraught by outer disturbances. Peace and the secret of Peace I have now given you. Go forth and practice it! †

## Mother Krishnabai—A True Yogini

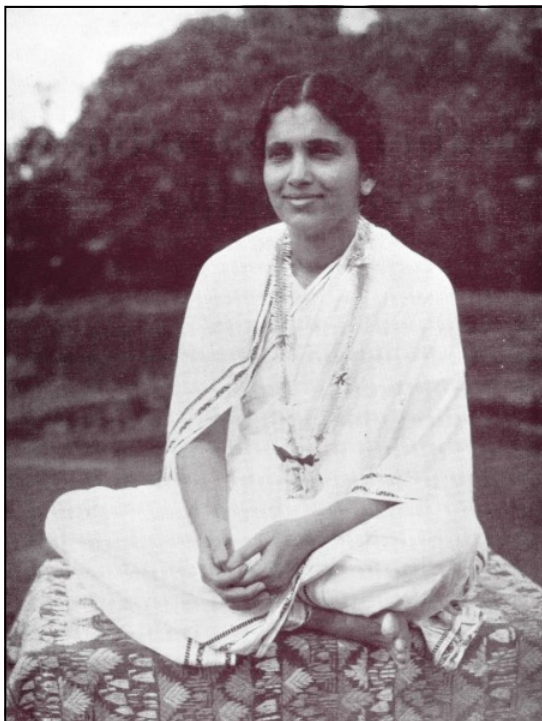
By Swami Satyananda Giri (*Brother Disciple of Yogananda's written for the Silver Jubilee of Mataji's Renunciation, 1955*)

The sincere devotion and loving touch of the devotees of Swami Ramdas at Bombay roused in me an attraction towards the Saint. This led me to Anandashram on one morning of August, 1942. The sweet smile on the radiant face of the Swamiji made me his own in a moment. Soon after the cordial reception by him I felt the motherly love and attention of Mother Krishnabai when a cup of coffee was sent by her to me.

I had the privilege of staying at the Ashram for a few days. As days passed, I could appreciate and feel the loving presence of the Mother, the keen caretaker who prefers to remain behind the screen. She—the embodiment of the divine Mother—is veiled from our eyes, yet her Shakti was reflected alike in the Ashram life and discipline, her keen attention was bestowed on all Ashram activities, her soothing touch healed many a soul in distress and her selfless service showed her deep devotion to the Lord. She is the supreme Mother in the Ashram, yet she is so meek, so gentle and so noble. She keeps herself ever busy with the Ashram affairs, yet she remains detached, ever tuning herself with the Absolute, with spiritual sweetness within. She is a true Yogini who has dedicated herself wholly at the feet of the Guru. May her noble blissful and dedicated life of love and devotion be the guiding example of womanhood of the perplexed world of these days!

Though I had to leave the Ashram without previous notice, the loving attention of the Mother amidst her heavy duties was shown to me. The divine smile on her profound and tranquil face has made a deep impression on me which is ever fresh in my mind.

I feel myself privileged in joining others to pay homage to Shri Yogini Mother Krishnabai when she completes twenty-five years of her life of divine consecration at the feet of the Lord and to invoke all-pervading peace, energy, love and knowledge in the hallowed name of the Mother Divine. †



### Calendar of Events

|       |    |  |
|-------|----|--|
| Aug.  | 31 | Ramadan (Sundown)—ends Sundown on Sept. 30       |
| Sept. | 22 | Fall Equinox (8:45 a.m. PDT)                     |
|       | 26 | Lahiri Mahasaya's Mahasamadhi Day (1895)         |
|       | 28 | Mother Krishnabai's Birthday (1903)              |
|       | 29 | Rosh Hashana (Sundown)—ends Sundown on Oct. 1    |
|       | 30 | Lahiri Mahasaya's Birthday (1828)                |
| Oct.  | 8  | Yom Kippur (Sundown)—ends Sundown on Sept. 9     |
|       | 13 | Thanksgiving Day (Canada)                        |
| Nov.  | 12 | Swami Satchidananda's Birthday (1919)            |
|       | 27 | Thanksgiving Day (U.S.A.)                        |
| Dec.  | 21 | Winter Solstice (4:01 a.m. PST)                  |
|       | 25 | Christmas Day, Mother Hamilton's Birthday (1904) |
|       | 27 | Swami Ramdas' Sannyas Day (1922)                 |

**Announcement:** September 22, 2008—The launch of our website's new look and updated content. ([www.crossandlotus.com](http://www.crossandlotus.com))

The greatest strength of mind, body and spirit coincides with remembrance of God. Some say God is for the weak. Really, God-remembrance brings the power to overcome, manifests as all positive virtues, makes it possible to have a universal vision that embraces all of life as One. The Infinite Beloved is for the strong, the weak, the joyful and the sorrowful. Reliance upon the inborn Light allows you to transcend frail humanness and enter into the highest spiritual domains.

Yogacharya David Hickenbottom

Above all, remember that the right method of meditation is the only way to all-around freedom and success. It would be a tiresome long hike by foot from New York to Los Angeles and would take months to accomplish, but by fast airplane it would take only a few hours. . . Why not take the airplane of high meditation and follow the shortest Yoga path to God?

*Paramhansa Yogananda*

True is the saying that man rises by his own strength and falls by his own weakness. Strength is gained by communion with God, and weakness comes through subjection to the ego. Freedom is not licence, but service. Independence is not arrogance, but responsibility.

Swami Ramdas



Our Beloved Swamiji, H.H. Swami Satchidananda—a recent photo.  
He will celebrate his 89<sup>th</sup> birthday on November 12<sup>th</sup>.