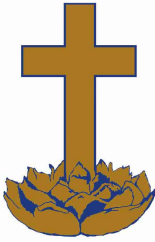


The Cross and The Lotus Journal



June 2009, Vol. 10, No. 2

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



Reverend Mother Yogacharya M. Hamilton



The Cross and The Lotus Journal

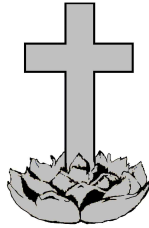
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The cross and lotus symbolizes the unity between East and West. The lotus is the sign of illumined consciousness, the thousand petal lotus of the crown chakra. The cross is the symbol of the body surrendered to the will of God. Following the way of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

© 2009 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,

Americans are a forward looking people. Anthropologists have stated that even the most ancient civilizations on this continent were travelers from other places. The energy of exploring, looking forward is the hallmark of all those setting out to find new places.

This constant desire to know what is over the next horizon, to find out what is possible and to extend our knowledge has resulted in unparalleled innovation. In the life of one generation there were those who ran outside of school rooms and homes to witness their first view of an airplane roaring overhead and then living to see the day when live pictures and sound were broadcast showing the first man setting foot on the moon!

The innovations we have seen have been astounding, and continue to be so. I am currently writing on a computer that weighs a mere two and a half pounds and sits on my lap; in the recent past a much less capable computer than mine would have needed to be housed in a large climate controlled room.

All of this technology stands in marked contrast to the day on which I write this. Today is Memorial Day; it is a day originally set aside for honoring those who died in the great conflict of the Civil War, a war that preserved the union of the United States and resulted in the end of slavery. In later days Memorial Day has come to symbolize the honoring of all those who sacrificed in armed conflicts for this country.



For this celebration I have returned to the community where I grew to adulthood in this lifetime. For many here this day holds a special meaning. Thousands will travel to the local cemeteries to honor not only veterans of wars but all those who have passed on from this physical existence. These cemeteries with headstones, many of them rising out of the ground with engravings and some with statuary dating back a hundred and fifty years, will be strewn with flowers and flags; colorful displays that celebrate the lives of those who have gone before us. Although most are solemn as they stroll the grounds, stories are recounted, there is laughter, tender memories are evoked and an unspoken gratitude is felt.

In many cultures the honoring of ancestors is a tradition kept religiously. In this forward looking culture the past and those who inhabited it are oftentimes dismissed along with outdated and worn out clothing. However, there is not a case where we do not stand upon shoulders of giants, those who have manifested superior qualities of character and genius of mind. A tree that reaches up for the sun would not last if not for deep roots in the earth. No individual can claim autonomy from his or her past or ancestors.

Are there not deep lessons we can draw from those who have come before us? Can anyone be so arrogant as to presume we live lives so much better than those of the past from whom we have benefited? In reaching back in time we can sense the strong roots which have made it possible for us to reach up higher. Each generation brings new gifts of creative thinking, yet without honoring the past the new shoots are like spindles of a rootless plant that quickly die out because there is nothing to sustain it below the surface.

Spiritually this rings so very true as well. Papa Ramdas once said that those who say they can achieve realization without a Guru is like saying someone can take birth without a mother! We honor those both living and those who have left the body who bring spiritual Light to this world. We understand the deep roots that enable us now to aspire for that highest Light.

I once had a vision of Mother being a giant oak tree, and myself as a tiny sapling growing next to her. Over the years this vision would come spontaneously to me and the little sapling, which was guarded over by the giant oak, gradually grew in strength. After Mother took Mahasamadhi the vision came once again. This time the giant oak was gone from its guardian role from above. I grieved for the change. When I looked down I realized that the giant oak now lay on the ground, dissolving into earth, and that mighty oak was now the life that was feeding roots of myself, the growing tree. The Guru never stops giving to whom she has given spiritual birth.

Ultimately God is the original ancestor. On this day I am feeling a special affinity for all the ancestors who have greatly contributed to all that we enjoy today, for all the advancements we have in the physical, socio-political and spiritual sciences. My heart fills with gratitude for all that we have been given. Deep roots are indeed needed for great growth. The balance of gratitude and understanding of the past and reaching up for greater light leads to a balance that makes for a healthy garden of creation. †

David

Letter from David to a Devotee

Dearest _____,

How lovely to hear of your God-experiences.

I think that what you describe is truly important. Two vital parts stand out to me:

- 1) To feel the Presence of God as an ordinary part of your day.
- 2) To feel the magnetic draw to go deeper into this Presence.

These may not seem like fireworks, but they are the result of your spiritual work through the years and are much rarer than you might imagine. It is also the key to your going deeper into God-Realization. By attuning yourself with this Presence you will find that your actions are automatically guided, peace is

with you even in the midst of activity, revelations of Truth (this also comes in simplicity) come to your mind spontaneously, and your heart and mind are purified so that you are more established in this Presence. Gradually, with this purification, the boundaries between “you” and God dissolve and you merge into this Presence in a seamless way. Now the effort to remember God is not necessary, it is automatically your default way of Being.

On the upward journey it is possible to become arrogant and take this Presence for granted, because it does seem so natural. However, stray from this Presence by deliberately going against Its direction or because you are drawn out by fear or desire nature and you quickly discover how precious it is to have this Presence once it is gone. This comparison/contrast between ego separation and God-union convinces you (body, mind and soul) that there is nothing in this world worth sacrificing God for! You realize that in this simple method, Practicing the Presence of God, you have the keys to the Infinite Kingdom of Heaven that aspirants have striven for, sacrificed for, cried for, died for, for millennia; and it is all in your hands! This is the Truth.

It is the mind that makes you feel that God is distant; but this notion is false. Mother said the most profound statement when she said, “When I stand on the ground I am connected with the whole earth.” Of course you then apply this spiritually, when you contact God in any small way you are in touch with all of that which is God. Through this Presence you feel, you have the portal to the entirety of, all the power, all the intelligence, everything! And it is God’s great joy to reveal Himself to you as He chooses. So you relax, you allow Him to run the show. You trust in Him to do all that is necessary to bring you into His glorious Kingdom. All this happens through that connection you feel with your Friend of friends.

May you be in constant remembrance of this Presence and feel more magnetically drawn to His Presence, now and always.

With all Love and Blessings,

David





Mother Hamilton

The Spirit of The Lord Is Upon Me

An Excerpt from a Talk Given by
The Reverend Mother, Yogacharya M. Hamilton
in Seattle in February 2, 1975

Evolution and Perfection

Someone asked the other evening, and we made it the subject for our evening discussion; “Is it possible to be perfect in this lifetime?” If it were not, why would Jesus have said, *Be ye perfect even as your Father in heaven is perfect?* Now we think of God as being totally perfect. He has all of the attributes—all wonder and beauty and power and light and sympathy and compassion, every good quality which mankind reaches out for. We think of that, and if we are to attain this perfection within ourselves, then we must do the things which are necessary.

Now this whole world evolved out of a thought of God and the thought rises and falls. It is like the coming and going of the seasons. It is a going out and a returning—constantly the ebb and the flow of all of this creation is going on. It is God in action. Now there are many times when the whole world—because the

savior has come in human form—has been lifted up into the higher consciousness of the spirit and then after that one has passed on, for awhile it seems that everything is changed and then it is as though the thought buries itself under the earth again. And it seems that there is a tremendous regression.

Man thinks that he regresses constantly if he isn't up in that high pinnacle, because he has tasted moments where he has had the bliss of the spirit and he has been lifted up and he has attained such happiness that he never experienced before in the use of the senses. And when he comes down again from that high pinnacle, he feels desolate. He feels lost and he doesn't like the feeling that he has, but this coming down process, this burying under the earth, so to speak, is necessary because through the social system then—of government, of work, of living—gradually again the earth is tilled and the seeds which heaven planted by the great Master, again take sprout. And they reach out toward the light, toward that which is above the earth, toward the sun and the Son of God. And so it is within each man, because he has the Son of God within himself.

Intuition

It is this place right here [third eye point] where you will find the light of your soul. It is in the cavern of your heart where you will come in contact with the Lord. Also we have the moon which is the solar plexus, the second brain of the body where we get the intuitive faculty, the psychic quality which is the *still small voice of God*.

Now by psychic quality, I don't mean that which is contained in visions, necessarily. It is the inner direction, in the beginning, by which man is led and guided to that which he must do. In the outer sense he can do many things. In the first place man is constantly feeling his physical pulse. You know, he's always looking for a knock in his motor. This is true. You want to see every little thing that is wrong with you and dwell upon that. Wherein, if you will but put your consciousness upon God, if you will visualize your body as being perfect, then you will rise above these conditions.

The Load Mother's Body Carries

I am fully qualified to tell you this because all of my life has been one long struggle because I came with a very weak body. And yet I have been through things, which would—well they are unbelievable—and still this body stands before you. Occasionally the body kicks up because it's carrying a tremendously heavy load and many things and it has much opposition, which because it is so sensitive, it feels. But *God* is the power, the source within and that protection which somehow takes it up again, puts it on its feet and gets it going, but the thing that does it is *will*. This body is my servant and it has been made to get up out of a sick bed when it couldn't even move, when forces were being used against it to keep it there; where it didn't have an ounce of strength; where it had manifestations of the evil that was being worked upon it and still it went. It got up and it went and it gave lectures and gradually, as the will to do God's will alone overtook it, everything straightened out and became a thing of harmony in that body.

Reaching for what is Higher

The one thing that man—the special gift that he has been given, is to learn to reach out. He is always able to learn something new—to reach out for something that will better his condition. But man has learned to look for this betterment in his condition in government; in society; through indulging in the things of the senses; through increased motorization—everything that we have now is equipped with electricity: the coffee pot, the iron, the washing machine, the automobile—many, many things. (The automobile runs by gas but there used to be some electrical ones too.) But anyway, we are a totally motorized society, a totally electrified society from the sense of the physical objects which we use. But these things will never make man what he should be because they are outside of himself, and it is his soul which must be changed, and until you change this inner environment you are never going to change the outer environment.

Seek first God and His kingdom. I keep preaching what the Christ said time after time after time. And I shall continue to do

so until my last breath. "Seek ye first God and His kingdom, then all of these other things will be added unto you." Until you change your own consciousness, until you change your way of life, until you are willing to discipline yourself physically, mentally, emotionally, your outside world is not going to change, and your inner world is going to be nothing but a mess of unhappiness and suffering. It means what it says; that you have to make the effort first.

Now God will give you every help on the way as long as you are striving to do your best and He knows when you are doing this and when you are not because He is that life within you, that consciousness within you, that power within you, and every place you go you take Him with you. You cannot escape the living God who is your real Self, your very Self.

See God in all

Now instead of always gossiping, when somebody else gossips about somebody, say something good about them, try to see God in them. You cannot love the outer individual sometimes because of personality traits, because something in them doesn't jell with your own particular personality, but one thing you can do. You can love God within them and if you say you are followers of the Christ, if you are *sons of God*, then you must see Him in every atom of creation, in every single form that walks the earth, in every religion because every religion is a part of God. Each one in its own way is endeavoring to serve God in man.

Now many people are at different levels of consciousness, just as each and every one of us can attain only our own God-realization. So each and every religion is formed for the purpose of serving people at a given state of consciousness and therefore it is of God and it is good. Now to those who have risen higher on the path, sometimes it seems wrong. It seems that they are blind and they give out hatred and they give out enmity. They are narrow; they are bigoted. And many times they are so engrossed with evil in their effort to find God that they don't realize that in trying to take other people to God that they are building the satanic force by giving so much power to him.

This is why I don't want to dwell on sin. I don't want to dwell on guilt. I want to dwell only on the love of God. I want to see each human being that comes before me as a Son of God, as in truth I know he is and I want him to see God in this form equally. Not for the sake of the ego but for the sake of his own God-realization, because in everything that I'm trying to do, I'm trying to help you to get rid of the sin, of the idea of separation from God, because it is the greatest sin that was ever perpetrated upon mankind.

Working Two Ways: Inner and Outer

You are all the children of God, made in His image and likeness and you have all power, all intelligence, each and every one of you who are here, to be lifted up into that higher state of consciousness, to find your union with Him—this tremendous marriage, this holy sacrament—which is the true marriage of every soul to the Divine. And when you have that, then and then alone, will you find peace in the earth of your own being.

Now, in the first place, man must work in two ways. He must constantly reach out to the Divine, but also surviving the social world is a vital part of that, because it is through his experiences in society that man reaches out for the Divine and they work hand in hand. It is as though Divinity is constantly reaching down to lift man up and yet divinity in man is constantly reaching up to bring it down to himself. And this is accomplished by the intermingling of the two, but the foundation must be laid in man's consciousness in his own soul through his own life.

Until he can change himself, he cannot hope for a better world but as he is willing to go all the way, to pay the full price, then God will take him up and use him and he will set him on a hill-top as a light, a beacon for all of those who want to follow the spiritual path. He will have such magnetism, such power within himself, such light within himself that they cannot help but be drawn to him. And so this is the world—the way the outer world will be changed, but it cannot be changed until you change your inner world. To do that, it is good to work, not just to be dawdling your time away, but actually to get in and find yourself a

job. It doesn't matter what it is but you must earn your right to be on this earth, to enjoy all of the good things of your Father's kingdom. You should not be a parasite on society expecting the other fellow always to put food on your plate and clothes on your back and money in your pocket, without any effort on your part. You must earn your way, because everything in the spirit must be earned in the human sense. And finally everything must be overcome in the human sense. But it is through work that we have our experiences, it is through mingling with our fellow men—through the tests, the temptations, the various plays, and variety of play existing between the various minds.

Learn to Listen

It is a tremendous thing to learn to be a good listener. You know, even if you have never had any education, if you are a good listener and if you have a keen, quick, active mind, you can pick up a tremendous amount of knowledge from the other fellow. Now he may not always give you the right facts, or the truth, but this is where going within yourself and using the power of discrimination, that intuitive faculty of exploring what is true that comes out of this individual, comes into place. So this is the reason that God has given you these faculties so that you may use them. So take the good that comes forth from each and every one and then give in turn the good from yourself, the God within yourself and you will find that your knowledge grows and grows and grows.

You will get capsule information here and there and everywhere and as you develop this quality of perception, this quality of tuning in with the divine within yourself and with the other fellow, you will find that you have a tremendous amount of information and that you can go right to the heart of whatever they are talking about and use it intelligently and they would think that you had studied that subject in school, in college, that you may have a master's degree or a doctor's degree. This is true. I know it because I have done it. I've talked to some of the most brilliant minds in this world when I was in India because many of them gathered where I was. And this is what happened because of my desire to learn, my desire to know, even though I

had not had formal education in the way that I had hoped and wanted. Still God was working with me, because I put my full faith and trust in Him, not in books, but in Him because it is He who writes this book of life in every single form which is made by Him.

Become a Free Child of God

It is a tremendous experience when you really take hold of your life and you make the effort to change yourself in every way possible. In every way possible. Look at the good in things; build a new dream for yourself. Make a new blueprint for tomorrow, beginning with today, and know that every thought that's going to come out of you, every word, every action, is going to be positive; it's going to be with its foundation in that Christ-consciousness from within yourself. That you're going to be willing to give up all of these habits, which have clung to you like barnacles throughout the ages, and that you're going to be free of them. You're going to be a free child of God with no burdens, with no cares, with no troubles, because you've emptied yourself of this little self, which is nothing but a pack of troubles. And you've laid it all at His feet in order that He may pour Himself and His great light, His great power, His great truth inside of you. Try it. Try it. †

Father, Mother, Friend, Beloved God, receive the unctuous fervor of our souls. Forget us not, though we forget Thee; remember us, though we remember Thee not; be not indifferent to us, though we are indifferent unto Thee. Father, Mother, Friend, manifest Thyself as Thou art, no more hide and seek: Come out of the clouds, Come out of the stars, come out of the darkness of my mind, come out of the ignorance of everything that hides Thee. Appear to us as the great love, the great light, the joy of Christ.

Paramhansa Yogananda

Dao De Ching

Chapter 25

*There was something undifferentiated
and yet complete.
Born before Heaven and Earth,
Soundless and formless,
It depends on nothing and does not
change.
Revolving endlessly,
It may be thought of as Mother of all un-
der Heaven.
I do not know its name;
So I just call it Dao,
And arbitrarily name it Great.
To be Great means to move on and on;
To move on and on means to go far and
wide;
To go far and wide means to return.
Thus,
Dao is great;
Heaven is great;
Earth is great.
There are four great ones in the uni-
verse,
And Man is one of them.
Man follows the ways of Earth;
Earth follows the ways of Heaven;
Heaven follows the ways of Dao;
Dao follows its own ways.*

Translated by Dr. Charles Wu

Rob Ivie—Requiescat in Pace

By Yogacharya David Hickenbottom

Rob Ivie had been a disciple of Mother's since the early 1970s in Seattle where he was fortunate to have had close contact with Mother. I first remember Mother referring to Rob after her trip around the world in 1978. Rob was then at a Buddhist Monastery in Sri Lanka. When Mother saw him there she observed that he was very emaciated. She used his example as a teaching for the rest of us. The path of the *jnani* is filled with identifying what is not God, not this, not that. There are few that are well equipped for the path of the *jnani*. Mother felt that Rob had gone down the wrong path for him and that his body reflected the poor health associated with that choice. Mother extolled the virtues of the *bhakti*, a positive path of loving and serving God.

I did not meet Rob again until I was at Anandashram in 2002. Rob happened to be at the Ashram when we were there. He had come into an inheritance that allowed him to live in India full time. He wished to make a permanent home in the north of India in the Himalayas, there to practice deepened meditation in order to achieve enlightenment. During our discussions he said he had struggled with whether Mother Hamilton had been his Sat-Guru, the one who was uniquely suited to take him all the way to complete realization. During our talks he said that the question was



David and Rob in Rob's Home in Kausani

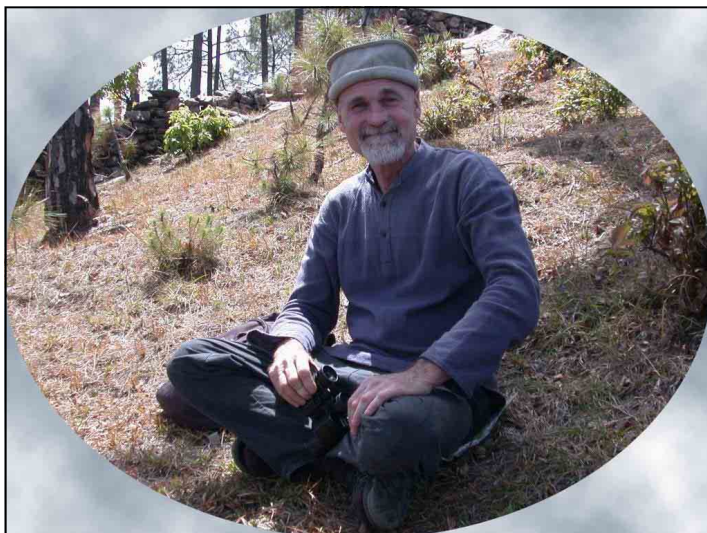
settled for him after so many years of wondering; Mother was his Sat-Guru.

Two years later Carla and I travelled to Kausani, a small town in the Himalayas where Rob had ended up finding a long term home. Kausani was a delightful village clinging to the hillsides with panoramic views. We stayed a few days with Rob and he showed us his rooms located on one end of a family home owned by Mr. Negi. Rob had worked on his room with meticulous fervor. He displayed his cut and bruised fingers from doing battle while remodeling his quarters. With no Home Depot nearby, he travelled thirty miles by twisting roads to Almora to get meager renovation supplies. Over months he gradually brought his personal ashram into compliance with his exacting disposition. The result was a beautiful home for the remainder of his stay.

We trekked to a favorite meditation spot Rob enjoyed. In the rarified atmosphere of those mountains Carla and I struggled at times to catch our breath, but Rob had adjusted well and moved with ease up and down the hills. We ended up sitting at his meditation spot, looking out at a 180° view of snowcapped mountains; Nanda Devi (meaning Bliss-giving goddess) was central to the vista, rising to almost 26,000 feet. We were enchanted with the view and in those sacred hills we felt the uplifting influence of this sacred spot.

We had brought many gifts for Rob, one of which was a complete set of Master's Lessons, requiring a heavy toll as we lugged the bulging suitcases from train to auto rickshaw many, many times. Rob was very grateful for all the gifts; but expressed the most gratitude for our coming to see him and his feeling blessed by the visit. It was with a tug of the heart that we waved goodbye as his laughter sent us on to our next pilgrimage stops. This was the last time we were to see this joyous soul in this lifetime.

Rob was a very sincere seeker, dedicating himself fulltime to his practice in those beautiful and sacred precincts, beloved to yogis. He sometimes went by the name of Yogi-Rob, and certainly he strove to live up to the name. I think of him now, laughing, joyful and ready for the next adventure!



Rob, Seated in His Favorite Meditation Spot near Kausani

[David received this letter from India after Rob's passing]

March 24, 2009 Kausani

Reverend David R. Hickenbottom

A few lines of bad news. Rob Ivie died while undergoing treatment for cancer in one of the cancer hospitals in Haldwani. Rob died on the 18th or 19th of February in a hotel room. The police took the body and did all the (toomalitee) autopsy and enquiry in the hospital in Haldwani.

In his will, which he prepared in October of 2008, he requested that I cremate his body as per Hindu custom. The body was brought by police from Haldwani to his residence in Kausani in the early hours of the 22nd of February; after a couple of hours we took the body to Bageshwar where we solemnly consigned his mortal remains to the flame.

In our area Bageshwar is a holy place established on the confluence of the two rivers; it is 40 km from Kausani.

Rest on hearing from your kindness.

Yours sincerely,

A.S. Negi

Memories of Mother

Mother's Experiences in Anandashram in 1958

[Continuation of an Interview with Swami Satchidananda about Mother's Experiences at Anandashram, conducted in 1996 at Anandashram by Rev. Larry Koler.]

Swamiji: After some months she [Mother] showed signs of sort of restlessness—though she was talking about God only. She was not talking the normal way. We were a little worried about it.



She wanted to do *pada puja* to Papa very often, she wanted to garland him, worship his feet. And she did it once or twice. She would take Papa's prasad. She would say Papa was God Himself and had the highest reverence for him. But when we noticed her moods we could feel that everything was not going on properly, in the right direction. And suddenly one day she started shouting. Father came and reported to us—she could not get any sleep all night; she was not normal. Papa went to her room; she got hold of Papa's feet, who was standing just outside the room leaning on the wall. She got hold of his feet and started pulling the feet. And it was a dangerous situation—Papa might fall down. Then, watching the situation, I caught her from behind, and lifted her bodily, took her to the bed, put her on the bed. She was furious—thought she was not allowed to worship Papa.

Larry: And Papa was pretty... was Papa ...?

Swamiji: Papa was smiling.

Larry: Is that right!

Swamiji: Papa was smiling. He didn't say anything at all.

Larry: And he didn't seem worried?

Swamiji: No. He was taking it very

coolly. Father was very much excited. And we had to after that get a psychiatrist from Mangalore. The psychiatrist said it was nothing seriously wrong; she only wanted some sedatives. And some days rest. Some sedatives were given. And she was expressing very often that she was passing through a period of crucifixion.

Larry: So she was using that description even at that time—that that's what it felt like to her.

Swamiji: Yes. And it was really a crucifixion. You could understand the state of turmoil she was passing through in her mind. Fortunately after a few days everything settled down. She became her normal self. She could retell it—though not everything—most of the things she had passed through: and said she had passed through a very serious trial, that she had come out of it with Papa's help and she would explain it later on that she had got the highest state of spiritual attainment.

Larry: And was she still asking Papa for confirmation on that too or was that now, not a...

Swamiji: Yes, Papa assured her that she was going to be not an ordinary spiritual force in the West; she was going to lead a number of real seekers of truth and would have to do a lot of work. She was very happy to hear all those things. But Papa never assured her but that she had attained the highest. She also





knew she had to attain something more before they left. She was not very happy when they left because she had to return before reaching the highest goal.

Larry: Hmm... exactly.

Swamiji: Papa and Mataji were both happy that she had got something and she was not going empty-handed though they were not happy with certain experiences that she had—apparently unpleasant.

Larry: That's right. And really in opposition to Papa too, from what Mother said—that she thought of Papa at one time as the devil and didn't want anything to do with him and this was right before she left or she was still going through those doubts and it must have been very difficult to—as disciples of Papa's—to have someone say that.

Swamiji: It was a very difficult time. You cannot simply imagine how Papa was taking it, though he was smiling all the time—he never made a remark, pleasant or unpleasant. Was just watching it—might have been helping her from within.

Larry: One time he said to her that, when she had been going through this—and this was while she was still in India—that “Papa had stood at the door and warded off all of the bad forces.” He told her that. And in her mind her own Master came in and said, “No he didn't. I did.” (Laughter) Now, of course, this is the way masters are—there's some dispute amongst us disciples over who...it's all God, isn't it.

Swamiji: It's all the same. And they were happy that she came out successful in that ordeal and could live a very happy and useful life for many years.

Larry: It took her many years to get over—to get through the next few stages.

Swamiji: And we heard she had a large following in Seattle after she returned from here—quite a number of young men were listening to her talks daily, following her teachings.

Larry: Yes. That's right. I don't know exactly the number but it was in the hundreds and it included all over the U.S. and Canada.

Swamiji: When she came here again we were very happy to meet her. She was blossoming to sainthood. We were very happy.

Larry: In 1968?

Swamiji: I don't remember the exact year but it was with Mrs. Ranney she came.

Larry: Yes, that time. So that was the time when she was still finalizing—still not through it and—with Mrs. Ranney, that's right and then the second time—the third time really—she came with Mrs. Ranney's son, David, a very sweet man, a good friend of mine. But you felt that in '78 she had attained the goal, because she was relaxed...

Swamiji: Yes.

Larry: ...and in that state of mind.

Swamiji: She had got something substantial.

Larry: Hmm. Exactly.

Swamiji: And she could guide real aspirants. That we could feel....

Larry: She could guide—and that she was a capable guide?

Swamiji: Capable of guiding, yes. Real aspirants. †

To be continued...

Scribbles From My Journal

By Ken Hoffman

I wake this morning to the sound of my phone alarm at 4:40 a.m....it is 5:00 a.m. before I unleash my body from the comfort of my bed.

My running clothes and shoes are close by and quickly I put them on before I can come up with a strong enough reason not to go out into the early a.m. darkness.

I am met by a star filled morning that has just a hint of the morning light glow coming from the east.

In about 10 minutes I am aware of my breath and start speaking the universal word of God... Om, Aum...whatever is the correct spelling is of little consequence. The outcome is to quiet my mind.

I talk of God, of Buddha, of Babaji, of Jesus, of Paramhansa, of Siddhartha. Am I a man of God? A funny question it seems a junkyard poet to ask himself.

I let the footsteps and my breath take over....I push myself and focus on my labored breath. The mindless chatter slows down considerably. Before I am even aware of it I see the willow tree and realize what gift I have been given this morning.

This morning is one where the loved ones in my life past and present all begin to melt into the surroundings and become part of me. This feeling is almost overwhelming as the awareness of all the life going on around me comes into focus.

The Canadian Geese honking as they fly overhead, landing in the small lake to my left makes me smile....It begins here.

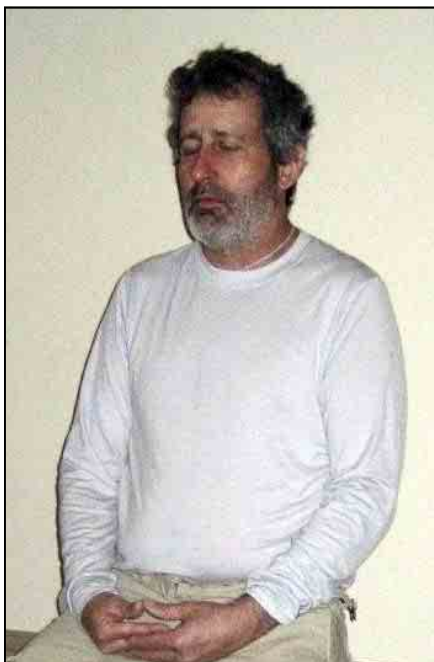
Then the senses begin waking up and what I hear is music....the symphony of small birds, honking geese, quacking ducks, my breath, and a slight breeze across my ears.... What I see everywhere I look is God's presence. And so it begins. The moment....the feeling....the desire I am constantly wanting to experience comes without warning.

I look into the small pond and the water is so calm, so still, the illusion of another world is reflected with such perfect clarity. I

stop running and look into this mirror totally mesmerized.

My eyes begin to water and the tears begin to come. Tears of gratefulness for this moment. For this gift of life. I silently say “thank you, Lord, thank you, God for this awesome life. I am so grateful.”

The gentle blue sky, the beautiful white clouds drifting in the reflection are a perfect rendition of the morning sky above. The single star still visible in the morning light and the sliver of moon is a perfect match on the glass surface of the pond.



I stand there at this moment feeling more “alive” and aware of my connection to all of this than seems possible.

The smile on my face turns to gentle laughter as the perfect picture slowly goes out of focus. The small duck has swum through the middle of my illusion of life and caused it to ripple and become blurry.

The laughter becomes louder as I realize here in the perfect of a beautiful morning, as in my everyday life some quack has to swim in the middle of it and muddle up my interpretation of a perfect moment.

I laugh at this illusion as I realize my goal is to learn to live and laugh in every moment and be grateful for the quacks that swim through the middle of my life.

These are the ramblings of a junkyard poet on this 21st day of April, 2009. Once again, Lord, I say “thank you”. I am so grateful for this awesome life. †

Sent in an e-mail to Yogacharya David and Carla

Dancing with God

Attributed to author, Elaine L. Guercio

When I meditated on the word *Guidance*,
I kept seeing “dance” at the end of the word.
I remember reading that doing God’s will
is a lot like dancing.

When two people try to lead, nothing feels right.
The movement doesn’t flow with the music,
and everything is quite uncomfortable and jerky.

When one person realizes that, and lets the other lead,
both bodies begin to flow with the music.

One gives gentle cues, perhaps with a nudge to the
back or by pressing lightly in one direction or an-
other.

It’s as if two become one body, moving beautifully.
The dance takes surrender, willingness, and atten-
tiveness from one person and gentle guidance and
skill from the other.

My eyes drew back to the word *Guidance*.
When I saw “G” I thought of God,
followed by “u” and “i”. “God, “u” and “i” dance.”
God, you and I dance.

As I lowered my head, I became willing
to trust that I would get guidance about my life.
Once again, I became willing to let God lead.

My prayer for you today is that God’s blessings
and mercies be upon you on this day and everyday.
May you abide in God as God abides in you.

Dance together with God, trusting God to lead
and to guide you through each season of your life.

This poem was sent to us by Heather McLean



Beloved

The soft breeze blows around my limbs,
I can feel it pass through every atom of my body;
Rustling leaves in the trees and bushes
Welcome the busy birds.
The warmth of the sun and the fragrance of the flowers
All gifts from you,
My shy and beautiful Beloved
You wait for me.

All these gifts you give to me
And wait for me
To know and turn to you, Beloved
Blessed am I with friends and family
You coax me with Divine teachers
Music swells my heart and fills me with emotion
All gifts from you, my shy and beautiful Beloved

So why do I forget you and play at hollow clever games?
Worldly duties call me from my meditation chair
And still you wait for me,
My shy and beautiful Beloved.

By Lorraine Bourcier

Memories of Mother

It Rained Blessings

By Rebecca Barnowe

Mother held her meditation gatherings for many years in the childhood home built by my father. My own beautiful mother, Bonnie was her close confidante and friend. These were cherished times.

Of course we prepared the site with great ardor in advance: cleaning, sweeping the walkways, arranging flowers and incense. On each occasion we were told by Mother:

“God is coming to visit in the forms of His children.”

There was a very defined sound suspended in the air wherever Mother passed. It wasn't simply the ‘swish’ of her robes as she walked (although that in itself evoked the most tender and heartfelt anticipation.)

This that I speak of is of paramount importance to convey. It is a sound described in every mystical tradition the world over. Sacred in its power to uplift the soul and awaken the deadened senses from the spell of earthly attachments, this vibration, held in silence, permeated the entire house for many days after every service. Its fullness of tone was like an ethereal field, tilled to receive and germinate untold seeds of spirit.

After speaking at length, Mother would on many occasions caution her students to: “hold this vibration in your hearts, rather than socialize just afterwards and expel this force through conversations, and hobnobbing as a group.”

Over years the call of this silence still engenders an epiphany of solace; and an arousal of untamed splendor of spirit.

Whenever Mother came to visit, it rained blessings. (Ask anyone who knew Her.) The air resounded!

Physical injuries were healed. Emotional knots hidden from sight were untied. (And, yes, even financial misfortunes were banished into memories.)



Outshining every fear was an iridescent gold reservoir of pure loving power, so vibrant in its reach that everything in its wake was forevermore transformed.

Someone has written: "...breathe deep of that yet sweet and lucid air."

There is no better way at the moment to describe the majesty invoked by a Master. I am still being blessed. We might be inclined to hearken to one of Rumi's Odes:

**"Keep silent in order to hear
God's whisper."**



When you have services in your home, you view your home differently. As you clean and set up for a service, you prepare your home as you would a chapel, a place of worship. You welcome in devotees and guests with all love. When you do all of this, mindful that you are serving God and Gurus, your consciousness is attuned to being God's instrument.

From a letter David wrote to Center Leaders in 2004

Victoria Center News

By Yogacharya David Hickenbottom



Carla and Maureen

In April, Maureen Chlopan became the new Center Leader for Victoria, B.C. Just as Lahiri Mahasaya held meditation services and Gita studies in the little parlor of his home, so do Center Leaders open their homes for meditation, spiritual talks and study groups. We celebrated the occasion with a potluck and kirtan (the singing of devotional

songs) on April 4th and a Sunday Service on April 5th. Kirtans charge the room with spiritual vibrations and help to lift up each soul to a higher consciousness.

We also acknowledged John and Dianne Durkin for their many years of service as Center Leaders in Victoria. With their recent retirement, John and Dianne plan to travel more and are finding that family members are in need of their service. Indeed, a spiritual life means one of dedicated service, to one's own family as well as to the family of mankind.

A Center is a hub of spiritual activity. The Center Leader dedicates his or herself to leading, first of all, a spiritually aligned life. Without this integrity the Center has no real reason for existing. When two or more are gathered for lifting the hearts, minds and souls of all the aspirants to God a synergy occurs wherein the sum total is greater than the parts. This not only has a posi-



John Durkin and Cate

tive effect on those who attend, it is also a proven fact that such meetings change the community for the better.

Center Leaders make a commitment to God and Gurus that definitely help them to progress on the path. Mother once told me that when Master made her a minister it was a great help to her in keeping her mind on God and accelerated her realization of God. And so it is with all those who have made such a commitment as Center Leaders.

All aspirants should show love and be of service to their Center Leaders, faithfully attend meditation services and classes, making it a top priority, for just such a commitment helps the aspirant attain his or her own realization. There are times when personalities clash within a Center. This is a perfect opportunity for the individuals to rise above personality and find the transcendent Spirit in which we all are one. Let us become one in the body of Christ, the One divine Spirit that is all love, wisdom, light and joy! †



Yogacharya David

Scalloped Eggs and Onions

One of the recipes originally published in Master's Lessons

Onion - 2 cups finely sliced

Vegetable Shortening - 2 tablespoons

Eggs - 6, beaten

Salt - $\frac{3}{4}$ teaspoon vegetized

Milk - $\frac{1}{2}$ cup

Cook onions (covered) in shortening until soft but not brown. Place in greased baking dish. Mix beaten eggs, milk and salt and pour over onions. Bake in a 350 degrees oven, in pan of hot water until firm in center, about 30 minutes. Garnish with chopped parsley. Serve plain or with well-seasoned sauce. Serves four to six.



Comments from our C&L chef, Angela Victory:

I used the same ingredients but made healthier choices for a more modern diet. Substitutions are goat milk, organic onions, grape-seed, olive or coconut oil and Celtic (mineral) sea salt.

By the way, it's a lovely dish; the eggs are cooked to a delicate texture; the onions are sweet and tender—the dish would be such a delicious brunch dish served with thick slices of buttered toast.



Photos by Mike Victory



We are very happy to announce that Brad and Emily Kelley from Eastern Washington gave birth to a beautiful baby girl, Braelyn Marie on April 10, 2009. Brad was initiated into Kriya in June 2007 and David performed their wedding ceremony a month later! Braelyn’s maternal grandmother, Cathy Kelley is a longtime Kriyaban. Welcome, Braelyn to our spiritual family!

Calendar of Events

June	21	Father’s Day
	20	Summer Solstice (10:43 p.m. PDT)
July	1	Canada Day
	4	Independence Day
	7	Guru Purnima
	25	Babaji’s Remembrance Day
	26	Papa’s Mahasamadhi Day (1963)
Sept.	18	Mother Krishnabai’s Birthday (1903)
	22	Fall Equinox (2:20 p.m. PDT)
	26	Lahiri Mahasaya’s Mahasamadhi Day (1895)
	30	Lahiri Mahasaya’s Birthday (1828)
Oct.	2	Swami Satchidananda’s Mahasamadhi Day

Journal Editors: Larry & Cate Koler

God's abundance is always flowing to you. Why does not everyone receive equally? Deep in the conscious and subconscious mind the individual is faithfully receptive or limiting in belief. Through constant practice the aspirant may gradually open the doors of prosperity—for all the Infinite is sending to you even now!

Yogacharya David Hickenbottom

If your work in life is humble, do not apologize for it. Be proud because you are fulfilling the duty given you by the Father.

He needs you in your particular place; all people cannot perform the same role. So long as you work to please God all cosmic forces will harmoniously assist you.

Paramhansa Yogananda

He [Buddha] asked them to follow certain disciplines, to love and serve all fellow beings. When one is trying to purify oneself this way, one cannot but be kind and loving to everyone. Buddha believed in practical religion. He insisted on offering love to everybody. Jesus Christ taught the same thing— 'Love thy enemy'. In the case of Buddha, he said: 'Give love for hate', which means the same.

Swami Ramdas



Loon Lake Retreat - March 2009

Back Row: Dianne, Jonni, Bruce, Jodi, Andrew, Jill, Margaret, Peggy, Tom, Phyllis, Debra, George, Janice, Peter, Geraldine, Chad - **Middle Row:** Heather, Christine, Ken, David, Carla, Teresa - **Front Row:** Joy, Vera, Michele, Sarah, Angela, Honor, Lina