

Mr. & Mrs. Mildred Hamilton

Nov 17<sup>th</sup>-1949

Dear Ones,

Words fail to describe how my spirit & the spirit of the masters are rejoicing for your opening of the SRF Centre. As spiritual you are—this is the fulfillment of a long-waiting wish of God and the masters.

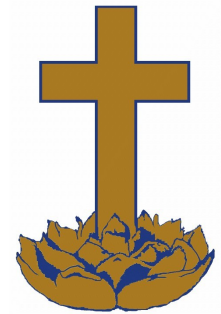
When family members work for God's greater family with the same interest as their own family—then they learn to expand spiritually & ultimately attain emancipation. Family duties are only a lesson and practice in fulfilling divine duties for the greater divine family of brothers & sisters. I rejoice now after dutifully fulfilling your family duties—you are working for God & His greater family. Please give my blessings to all new brothers & sisters of the new order of new dispensation of SRF to unite Christianity, Hindu Yoga & essence of all religions. All success to you. The light brought forth must continue to shine as a lasting spiritual centre.

With all my love to you both, to  
your children and to  
the brothers & sisters of the  
Seattle SRF Group—Seattle  
needs you all.

Very Sincerely yours

*Paramhansa Yogananda*

## The Way of the Mystic Christ and The Cross



In Celebration of the Nineteenth Anniversary of  
Yogacharya Reverend Mother Hamilton's  
Mahasamadhi Day, January 31, 2010



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**Reverend Mother Yogacharya M. Hamilton  
and Reverend David Hickenbottom**

The Way of the Mystic Christ and the Cross

thing. It is the ego of the mind, and it crops up and it tempts you and it battles with you, and it takes you this way and that way, and you fly in all directions. And you wish to God you could settle down someplace and find out which way you should go. But the more you ask, the more you try, the less you seem to know. And finally you just give up and say, "Well, God, I'm helpless. You've got to lead me." And that's the moment that God is waiting for. That's when He can truly step in, when you know that you are helpless, when you can do nothing, when you can think nothing, say nothing, then God can come in and take care of your life, take charge of it for you. And He does everything for your highest good, because He knows what is best for us.

### **. . . All Happens for Our Highest Good to Take Us to God**

Master often said, "God is very gracious. He keeps us from being burned in the fires of our own desires." Sometimes we pray for things that would be the worst possible things for us to have. They seem good to us at the moment but, afterwards, having been denied these things for some reason or other we can look back and we can see that what happened was for our very highest good, that we grew through that. Maybe we lost a little something materially, but that's unimportant. Because the only important thing, the only thing we can take with us, is the growth of our soul, the character, the complete giving in to God. That is Oneness with Him, union with Him.

Sometimes we resent it, we resist it, we become bored with hearing about it perhaps. But you see, that too is within ourselves and is our own problem, no one else's. And it is only when we are ready to be humble, to relinquish all sense of doer-ship, to learn true humility, true love, true service, to give up our attachment for things, that we truly begin to live in God. Then we become supermen. Then we become the children of God, and our lives and our beings are filled with light. We have a new body in Christ, a new mind in Christ. And it is the cosmic consciousness which permeates everywhere. And we see that all are He. Everything is He. There is nothing but God everywhere. †

*of a giant Kriya. With the sound came a great flash of spiritual white light whose brilliance might be compared to that given forth by a million electric light bulbs. Doctor's blue eyes opened. Piercing flashes of blue light came from them, then they were locked at the Christ center in the forehead. His head lowered somewhat, but his body remained erect. For an instant, the face of Swami Sri Yukteswarji appeared, enveloping Doctor's face, then all was over. How many times I have thanked God, the great ones, and beloved Master, that I was privileged to witness such a glorious passing.*

[Mother continuing her talk]

### **Hong Sau Technique is to Gain Control of Breath, Mind, Heart**

This is the yogi's voluntary leaving of the body, in full control, not being forced out, of having the breath choked out of the body, but of being in full control, of going into this state where you are breathless and yet you have full consciousness. "Breathlessness," Master said, "is deathlessness." And this is absolutely so.

So we should practice this Hong Sau technique and gain this control over our breath, over our mind, over our heart, all of our functions.

### **. . . Release from Causal Body Is Most Difficult of All**

Many times we come a great way. We go through many experiences. But you see, the last stronghold is the causal body. We go through the physical. We escape from the physical, even though we are still living in it. We escape from the astral, or the psychic body. But this causal body that says, "I am spiritual, I have had these wonderful experiences, I have come so far," this is still the little "I", and that little "I" must be destroyed in order that you may attain the consciousness of the Christ so that you see that consciousness in every atom of space where you see the light of God everywhere. This must be.

This is the most difficult time of all because this is a subtle

## **MOTHER'S MAHASAMADHI**

January 31, 2010

**By Yogacharya David**

On January 31, 2010 we mark the 19<sup>th</sup> anniversary of Mother's Mahasamadhi; a time that reminds me of how much I, and all of us, have to be grateful for Mother. This Work has continued to grow under Mother's watchful eye: new aspirants coming, seasoned aspirants continuing to make progress and those in need of healing and seeking direction getting both; in every way she has seen to it that her Work is on the ascendency.

Mother has laid out a program for the future as well: her books await the time for their entry into the world, new growth and realization for current and future devotees, and the constantly expanding Light of Mother's influence. That influence did not end with the passing of her physical life. Devotees everywhere talk of knowing and feeling Mother's beautiful Presence in their lives. A deep mystical bond exists between Guru and disciple, the same kind of mystical bond exists in the relationship between Param-Guru and disciple. When a fully realized Master makes the promise of standing as a Guru, he or she does not do so just for the moment, but for all time. What joy I feel when disciples frequently tell of Mother coming to them as a source of inspiration, protection and pure spiritual Light.

The story of Master's disciple coming to Swami Ramdas comes to mind. Master's disciple asked Papa if he would be his Guru. Papa said, "You have your Guru already." The disciple responded that his Guru, Master, was dead. Papa responded forcefully, "No, your Guru is not dead, you are!"

Please join me in invoking the living Presence of our divine Mother. Master emphasized attunement with the spiritual master as a means of purifying the mind. Attunement with Mother brings the greatest spiritual advancement and also makes you aware of her wonderful personal attributes. Through attunement with Mother you will find enhancement of your intelligence, strength of will, pursuit of Truth, humor, loyalty to your Guru, and foremost, great love—love for God and Guru and love for all His children

May Mother ever bless you and keep you in His eternal Light. †



### **Christian Yoga**

Excerpts from a Talk Given by  
The Reverend Mother, Yogacharya M. Hamilton  
At Carnegie Hall, New York City, May 3, 1960.

#### **Body is the Cross; Way of the Spine; Kriya**

. . . Man himself as he stands upward with his arms outstretched and his feet together is the Cross upon which must be crucified his own ego. Every technique, everything that Master came to give us, will accomplish exactly this purpose. You must go by way of the spine.

Now let me read to you what it says here. "Verily, verily I say unto you, he that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber." [John10:1] Now, Master has said that the only true way to go to God is by way of the spine and through the five-pointed star which is in the center of the spiritual eye. So we must keep this in mind in everything that we do. You see, the purpose of Kriya is to teach you how to revolve the Life Force around the spine and through the brain. Now when you are able to do this

successfully just once, that will give you the same development physically, mentally and spiritually as you have in one year of ordinary living. Now this is tremendous. Think of the number of incarnations that Master is saving you from being born in. This is a tremendous gift to humanity. Tremendous.

So what this that I am telling you is to establish is that by doing Kriya and taking this Life Force up the spine you will also, when you have accomplished this within yourself that I have been discussing, take this Christ Seed up. And this will help you to do it much more readily. In other words, the way the Kriya lessons are written, there is no indication of what actually happens within you as far as the mystic Christ is concerned and what the spiritual purpose is for all of this.

You see, by doing what my Master said, I have attained this Realization of God. He said, "I came not to give you Yogananda Realization, but your *own* Realization." He also made the statement that the blind cannot lead the blind. He said instead of being Doctors of Divinity, he calls them doctors of delusion. You must have experience before you can teach others with authority. No ordinary teacher can give you these things unless they have experienced them within their own being.

[Mother reading]

#### **. . . Mrs. Lewis Describes Doctor's Passing**

*His first three days in the hospital were hard on him because of the tests. On Monday, however, he seemed greatly improved ... That day we had such a pleasant time together. After his supper, which he enjoyed, he sat in the chair for thirteen minutes and then returned to bed. At 7:00p.m., he said he would take a nap. He slept very peacefully until 7:30, when he awakened and remarked, "I want to sit up straight." I arranged the pillows at his back as he assumed the lotus pose for his usual evening meditation. His hands were upturned, his eyes closed.*

*I sat beside him thinking that I, too, would meditate. I was aroused in two or three minutes by a tremendous sound. It resembled the suction sound of a huge pump, or the breath sound*