



# The Cross and The Lotus Journal

Spring Edition

March 2000, Vol. 1 No. 1

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Dear Friends,

This is the first publication of The Cross and The Lotus Journal. Its purpose is to provide inspiration and information for the spiritual devotee. Our plan is to make this a quarterly journal that will contain uplifting articles, quotes and timely information. We will plan to have it available by internet and snail mail as well as through center leaders. Please let us know of special requests in this regard.

It has been one year now since my return from India. What a wonderful privilege it was to travel that land, to meet some of its great saints, to visit places of pilgrimage that I have so long heard of and admired. To become imbued with the spirit of that land is to draw closer to that Spiritual Presence that pervades all time and space. I feel greatly blessed by that Spirit and have striven to share what I have received with all of you.

Since my return I have begun The Cross and The Lotus Publishing. Its purpose is to publish Mother's works and to respond to Swami Satchidananda's request to me to be the distributor of Anandashram books in North America. Also, I have published My Spiritual India, a personal account of my pilgrimage to India in 1998 to 1999. Many have said this account has been an inspiration for them. This is my greatest wish.

There are more publishing works ahead. I plan to have a tape of the month available from my talks. We are working on getting Mother's Truth Series

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**The Reverend Yogacharya Mother Hamilton**

## Letter to a Disciple

-continued from the Spring Edition-

I'd like to read to you this evening from the works of Wilferd A. Peterson on "The Art of Prayer":

*The highest level of prayer is to think God's thoughts after Him, to attune our lives to love, hope, faith, justice, kindness, to become open channels for the goodness of God.*

*Prayer does not change God. It changes us. It deepens insight, increases intuitive perception, expands consciousness. It transforms personality. Prayer opens doors to let in God and let out self, to let in love and let out hate, to let in faith and let out fear.*

*Prayer helps us to find ourselves by praying not to get more, but to be more. We discover a way to serve, a purpose for which to live, a dream to make real.*

*Prayer is dedicating our thought, feeling and action to the expression of goodness. It is to become like a window through which the light of God shines.*

(Continued on page 2)

Our Bible reading this evening is Psalm 1, beginning with verse 1:

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. The ungodly are not so: but are like the chaff which the wind driveth away. Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the Lord knoweth the way of the righteous: but the way of the ungodly shall perish.

Some years ago I had a student who was with me for a while and then decided that I was all wrong, that I couldn't have the realization of my oneness with God and wear makeup, ordinary clothes, go to shows, have a desire to see certain places, go out and eat rich food and whatnot. And it was a pretty scathing letter that I received all the way up and down the line. So I gave it this answer, and I'd like to share it with you just as though I'm lecturing to you, which I am, and have you fully comprehend what I'm saying here.

Adherence to form and ritual cannot give you God-Realization. Neither will knowledge of the scriptures, the performing of asanas nor the practice of Pranayama take you to your goal. All of these things are but cords which serve to bind the soul to the body because the need for them is conceived only in the nebulous world of the mind. Man strives in many ways to seek and to become that which he already is in God. He uses many methods and follows many paths. He retires to a cave seeking to shut out the outer world not realizing that the world is also God. He goes into the forest thinking to feel his oneness with all of nature, to see Him manifesting in the birds, the animals and in the beauty of every leaf and tree. He scales the height of a mountain thinking that the nearer he reaches the summit the greater will be his awareness of the sublimity of the Almighty. Having searched everywhere and done everything, he finally falls to his knees and prays, "Lord, I have tried every way I know to find Thee but Thou art still hiding from me. My feet are bleeding and my Spirit weary. I can do no more. Come to me, O my Lord. Come to me. Reveal Thyself. Reveal Thyself. I surrender my will to Thine. Here am I, Lord! Take me." At that very moment of total surrender when man knows that of himself he can do nothing, the Lord answers his prayer and reveals the blazing glory of His Infinite Presence. God-Realization is a thing of grace. It cannot be achieved through man's own efforts. The existence of the world hinges on but one thought. When you sleep at night

the world ceases to exist. When you awaken in the morning, there it is! One thought! This whole universe is already contained within God. It always was, it is and it always will be. So where is creation? Speaking for myself, this body is but the visible manifestation of that One who is eternal. It eats nothing, it wears nothing, it lives no place and it goes nowhere. Conversely, it eats whatever is put before it, it wears whatever God directs, it lives wherever it happens to be, under whatever conditions it finds there and goes wherever He wills. "In truth there is no place but here, no time but now. We have never left the heart of God." Heaven is not a place but a state of consciousness. So also is Hell. Man can live in whichever place he chooses by the mere acceptance or rejection of an idea which has been placed before him because he becomes whatever his powerful mind accepts and puts into practice.

My incomparable Guru once said, "Only one who has attained the state of God-Realization can recognize it in another." When I put my foot upon the ground I touch the whole earth and am therefore one with it. So it is with God-Realization. Having attained the realization of his oneness with God, man becomes one with the source of all knowledge, all wisdom, all power, all light and all love. He has only to turn the tap on the fountain of truth and the living waters of the Spirit rush forth to quench his thirst for knowledge and experience. In the infancy of his understanding man knows and he knows not, but when he has had the full realization of his oneness with the Father, he knows and he knows that he knows because he has become That. He can speak of it or not according to his own purpose because he knows that the 'I' within is all there is and to that One all things are possible. It is because of this that it is not only possible but it is the truth that such a one can have his attention fixed upon the Infinite Beloved inwardly and at the same time be consciously aware of His presence in all of duality. He is at once the witness and the actor, the play and the one who conceived it. The fully God-Realized soul enjoys this state which is called Sahaja Samadhi twenty four hours a day, waking or sleeping. He is like the river that, having met the ocean, still continues to flow toward it. You will note in this simile, however, that even though he has become one with the ocean, still he remains the river at one and the same time. Even as the river is limited by its own boundaries so, too, the waves of the ocean still touch the boundary of the sky and of the earth. And so it is through all of the workings of the manifestation of His oneness. Seemingly God limits Himself when He takes human form but man at all times is free. He has only to lay claim to the idea of freedom in his consciousness because the idea of freedom or slavery is also a thing of the mind and is not the reality. The man who constantly

dwells on the idea of escaping from the body, from the world, from the wheel of birth and rebirth, has not known nor understood God because he has not yet come to the point of total surrender to His will. He does not know, because he has not realized, that God is all of life; that this play is God's very nature, part and parcel of Himself and that He, being eternal, continually explores and expresses the facets of His own one being. Man has had impressed upon his mind and accepted as truth the idea that he has come out from God and must therefore return to Him. But where is he to go and to whom if God is all there is? The human cannot be separated from the divine because God is both. We cannot deny that if, as we say, He is omnipresent, omniscient and omnipotent. We cannot talk out of both sides of our mouths at one and the same time.

[To be continued in next issue]

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## LEAVING INDIA

By  
David R. Hickenbottom  
March 3, 1999

What a privilege and blessing it has been to be in India. My mind goes back to my prayer at Mother Ganges to Babaji to show me spiritual India. Not only was his answer immediate, but has lasted through my entire time in India.

The true exchange of the "best of both worlds" can and should be embraced by East and West, without forsaking that which makes each a unique contributor to the world community of mankind. It is this state of mutual exchange and upliftment of world interests that I sincerely pray for, now and always.

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### Addresses to Note:

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### Om Sri Ram Jai Ram Jai Jai Ram

"Spend early hours of the morning for mediation and repetition of the Mantram and leave the rest in His hands. Don't worry. Believe that God is ever with you, that He is your guide and friend in all things."

- Swami Ramdas

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### CALENDAR OF EVENTS

April 2 Daylight Savings Time-  
Spring Ahead!

April 20 Passover Begins

April 21 Good Friday

April 23 Easter Sunday

May 4 National Day of Prayer

May 10 Sri Yukteswar's Birthday

May 29 Memorial Day

June 18 Father's Day

June 21-25 Kriya Initiation



*(Continued from page 1)*

released, a series of twenty taped talks she had selected for publishing that will be made available to all. Also, we have discovered a selection of transcripts that Mother was working on in order to create a book. While Mother did not complete this book, we will publish what she had put together at that time. The second half of My Spiritual India outlining the time I spent at Anandashram will be forthcoming. Meanwhile, Ram seems to be dawdling over getting started on Mother's books, but the desire has been put firmly into our hearts to complete these.

Meditation Groups are going on as before. In Seattle we meet every Sunday and Wednesday. Our Vancouver meetings occur every Tuesday and the first and third Fridays of the month, and Maple Ridge is also meeting weekly. Sunnyside continues to meet weekly on Wednesdays, Prince Rupert continues to meet regularly, and Hornby Is. is currently not holding regular meetings although I am still making trips there to meet with devotees. This coming June the twenty first to the twenty fifth we will be holding Kriya Initiation in Seattle. New initiates need to make their request to me beforehand. All who have taken Kriya Initiation before are heartily welcome and encouraged to attend; please let me know of your intention to do so. This is a most sacred time and I am looking forward to all of us coming together for the purpose of gaining our complete Realization of the Infinite.

Namaste, I bow to the Light within you,

Yogcharya David

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