

Feeling that God is intimately flowing through you as life-force, intelligence and enthusiasm, and that He orchestrates every experience, both within you and without, that He is ever working for your higher good and spiritual evolution, let go of all fear and worry and make Him the focal point in your life. Howling worries and oversensitivity to what others are doing or thinking will cease to be a dominant factor in your life. You will know a definite freedom, inner guidance and sustaining power to see you through any situation.

Yogacharya David Hickenbottom

The yogi who does not identify himself with the cosmic dream dramas but who ever beholds the omnipresent beam of Divinity that created them, is beloved by the Lord.

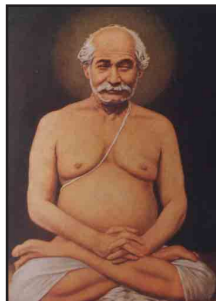
A true devotee is one whose mental equilibrium is not affected by good fortunes or calamity, who is not overpowered by grief under any circumstances, who feels no anger at nonfulfillment of desires, and who is free from material longings and has thus risen above the duality of good and evil.

[Gita commentary chapter 12, Stanza 17 Page 439.]

*Paramhansa Yogananda*

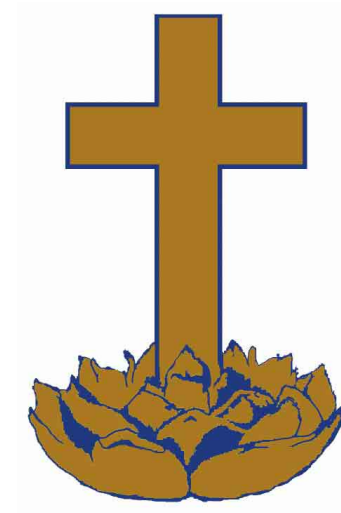
When you have once taken complete refuge in God, you ought to give up all doubts and worries. You have to consider that, whatever way He decides the course of events in your life, it is always for good. Worldly honour and disgrace have no bearing on His decisions. You must freely and unreservedly put yourself in His hands. He can never come to your rescue if you do not cease from worrying and restlessness. Self-surrender means a state of perfect peace and calmness, attained through complete submission to the Divine Will.

Swami Ramdas



Lahiri Mahasaya  
Birthday Sept. 30, 1828  
Mahasamadhi Sept. 26, 1895

# The Cross and The Lotus Journal



**Fall Edition**

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© 2003 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.

### Vancouver Center



Al Cone has been Center Leader for the Vancouver Group since 1998. He has been a quiet steward of the meditation services and has provided a warm, welcoming presence to all. Both Al and Elaine have been great sup-



porters of this work, and have done much to be of service. Elaine has been an active partner with Al in opening up their home. Elaine has also been busy re-recording Mother's reel-to-reel tapes, some of them over forty years old now, to compact discs for preservation. She has also transcribed many of my talks for future use. Recently Al and Elaine moved to the Sunshine Coast of British Columbia to the small town of Egmont.

I want to express my heartfelt thanks to Al and Elaine for opening their home to all sincere devotees these past years. They have supported this work by their spiritual practice, active service and generous financial donations. May they be blessed in their new home, always.

In September, Honor Wells will be opening her home (near Granville Island) for services to begin anew in Vancouver. I know from my own experience that to have meditation services in your own home becomes a great blessing. Regularly scheduled meditations will be posted on the [crossandlotus.com](http://crossandlotus.com) web site.

David

### Calendar of Events

Sept.	1	Labor Day
	23	Fall Equinox (2:47 a.m. PDT)
	25	Mother Krishnabai's Birthday
	26	Mahasamadhi of Lahiri Mahasaya
	30	Lahiri Mahasaya's Birthday
Oct.	6	Yom Kippur
Nov.	12	Swami Satchidananda's Birthday
	27	Thanksgiving
Dec.	21	Winter Solstice (11:01 p.m. PST)
	25	Christmas
		Mother Hamilton's Birthday
	27	Swami Ramdas' Sannyas Day

Journal Editor: Rev. Larry Koler



Aurella

## Hough Family Additions

We would like to welcome to our spiritual family two new additions to the Hough Family in Seattle: two sisters, Aurella (age 12) and Jeanette (age 6). They join Liz and Jenrri in keeping dad and mom Hough very busy and entertained with their delightful and charming personalities. There was a welcoming kid shower held at the Koler's home complete with games (guessing their favorite color, favorite desert), prizes, gift opening, pizza and ice cream sundaes. We are so happy they have blessed us with their shining Light of God.



Jeanette



Liz



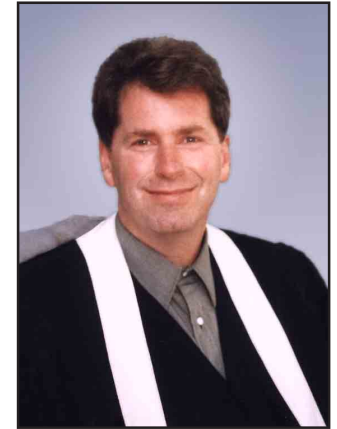
Jenrri



Humor From Mother's Files

Dear Friends,

I recently accepted an invitation to a class reunion. It was wonderful to see old friends and classmates. However there were many who told of disasters in their lives since I had last seen them. Severe physical traumas and family crises were on the minds of many. With those events in their recent past, the feeling of suffering I felt from them was great.



In my work with devotees of this path there are many I speak to who also have difficulties, both of past and present origins. I had the opportunity to observe first-hand the difference in how those following this path and those former classmates handle the effects of life's difficulties. I found it very interesting that many of the reunion participants had no reference to a higher, greater power or intelligence in their lives. Call it God, a spiritual reference or higher consciousness, it was absent in relationship to their traumas.

Those who follow this path make the constant reference to God and the inner Divine forces and intelligence operating in their lives; or they at least are struggling to find that connection. This connecting link with the Divine Presence makes all the difference.

That is not to say, of course, that there is no spiritual reference by these very good people from my alma-mater, but the degree of feeling that God is intimately playing a role in every part of their lives, including great difficulties, is not the same.

As a result I left with the feeling that the degree of fear, grief and unresolved emotions was greater in my former classmates than anything I observe in the many people I work with in our spiritual groups.

A practical extension of our goal, to achieve conscious union with God, was there, right in front of me. When the practice of seeing God working in *every aspect* of life is present, then the results: emotional, mental, even physical move through our lives at a greatly accelerated rate.

This is not to say that difficult things do not happen to devotees. Seeking realization is not some antidote to worldly difficulties. All the things that happen to others may happen to us as well. We are still subject to disease,

old age and death. Family upsets, financial setbacks etc. may still occur. The law of cause and effect must be carried out and continues to function with regularity. However, what is different is the aspirant's reaction to these events.

First, we are ideally leading our lives in such a way as to not be accruing negative karma. In addition to leading good lives, the base of a spiritual life, we are continuously focused on God, the highest Light within. With our attention on God we take away our over-mindfulness of the body and worldly events. We loosen our hold on our need to control events, knowing that the Creator will direct our lives to fulfill the highest good of everyone concerned.

As a result, we feel at peace with our lives. We gain certain knowledge that God is controlling all the events in our lives. By seeing the Divine in all, we come to know we have nothing to fear. Lack of fear allows the traumatic things of life to pass through us, as we have no reason to hold onto them.

Life continues, events unfold, but the devotee remains unchanged. This great state of being unmoved by the world, anchored in the Divine, connects us with a greater Reality than the worldly reality alone.

God then moves in us, guides us, plays with us, is in never-ending relationship with us. There is nothing in the end but God and the self, and finally, nothing but God. This is the great resolution to suffering. The realization the Buddha had, that Krishna had, that Jesus had, is the same realization that will come to us when we meditate upon God alone.

Then our lives *are* transformed, not outwardly necessarily, but inwardly and forever. We come to know the truth of our Being, and that truth sets us free.

Visiting my class reunion made me see in a new way the deep value of the teachings of the Masters. This contrast of experience between the human view of the world and the Universal Vision we have been taught has sharpened my awareness of the value devotees receive from these truths given to us so freely.

Thank you God, thank you Masters, thank you devotees everywhere, for the teachings and examples of a better way of living.

David

will is full of holes and imperfections—when you tune your will with God then you know what is right and how you should guide your will by Divine Will. Therefore, you must know that your first duty is to meditate upon God and to find [and] know Him.

And if you find Him, then you will know that your only meat on earth is to do the will of God—only food, because no life is possible without God. Your heart cannot beat. You think food sustains you, air sustains you; you forget that the beating in the heart is responsible. Once He has wound the heart, then it has to beat 60 years. When it stops all your engagements are cancelled. So you are directly dependent on God for your life. You are not dependent on anything else. You are directly dependent on God. Therefore, you must find God. Commune with Him through Kriya Yoga and meditation and finish your work on earth. Then you will know what He wants you to do. Then you will know the cosmic plan, the perfect cosmic plan.

Then you won't mar the drama of life by your own desires. You think you are here for yourself, that's why you are in trouble. "I want this, I want that"—that's the source of all your troubles. When you seek money it takes away all your happiness. If you seek happiness money will be your slave as it has been mine. Even the least desires that I've wished God has supplied to me.

I was in San Francisco. I went on a very important errand and I had gone by train and some others were with me because I have to go carry on the world with me wherever I go. Correspondence from India and all over the world I have to keep it up. So I thought, "Why shouldn't I, as God's child, have a Cadillac car for a little ride?" So when I heard fifty dollars a day I saluted, I said, "Not for me...good bye." I said, "Ford is good enough." So [I] had a brand new Ford, five dollars a day and had a nice time going around seeing Chinatown and doing all the work that I wanted to do. My movement is for work and pleasure everlasting. I don't seek any pleasure, I have the Divine Pleasure. My pleasure is not conditioned by anything. That[']s the secret of happiness, that's the secret of happiness. As soon as you say you have to have a car or you have to have this—now I was given money that I could have hired the car—instead I gave it to others for something very useful. Well, when I came back shortly after a brand new Cadillac was given to me. Now, what is given to me I couldn't throw away. That's the way it happens throughout. I have seen beyond my dreams. God has given me things, always, even if I [have the] slightest wishes, and that is true.

## How to Be Blissful and Happy all the Time

A transcribed talk given by Paramhansa Yogananda

San Diego, June 12, 1949

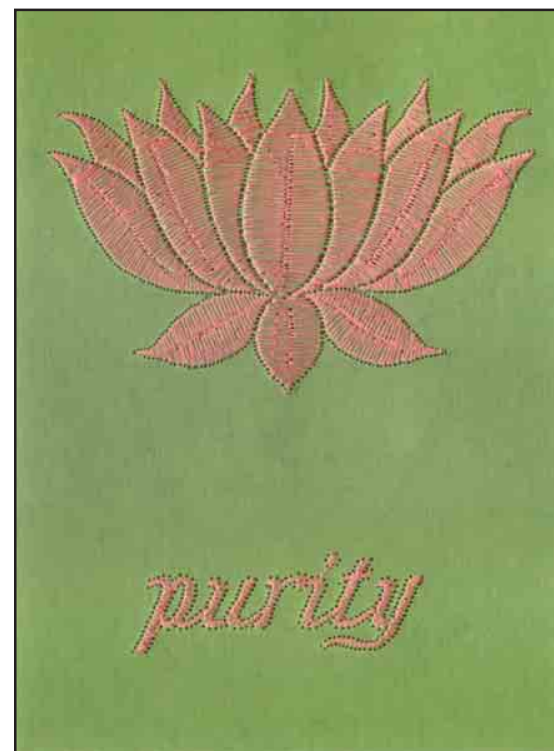
And all human beings of this earth, down to all kinds of creatures and animals and birds all are filled with that Divine Love.

[There are] those that are special reflections of God. That means if there are 100 cups filled with water and they are under the moon, and if all the waters are stirred up or covered up, they do not reflect the moon. But if one cup is kept open and there is no agitation there in the water, then the moon is reflected fully. So are great Masters, those that fully reflect God. That's why he said, "All those that received Him"—don't shut out His light. We are the sons of God. So he said, "My life...my meat is to do the will of Him that sent me and to finish my work." It means that everyone is destined to do a part of this job, whether [a] big or small part.



Everybody wants to play king on the stage, but if everybody played king there couldn't be a show. So there are kings and queens and servants. And the little man is also very important because he is needed in the show, so don't think you are less than anyone else! Everybody has a job, but it is because [of] your desires that you do not know the job God destined for you. And that [is] why the trouble. So the best way is to tune in with God or tune in with Guru, who is one with God, then you will know that you are on earth for a destined purpose. And when you know that purpose you will do the will of God and the work that you are destined to do to finish.

That's why I was telling I have lots of work to do yet. But I am always free. I never will to live or die, because life to me is a bulge of the ocean and death is sleeping in the bosom of the ocean. But I am with the ocean always, so there is no wish of mine but to do the will of God. Because your



### Just for Fun Church Bulletin Excerpts

Miss Charlene Mason sang, "I will not pass this way again," giving obvious pleasure to the congregation.

The peacemaking meeting scheduled for today has been cancelled due to a conflict.

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching For Jesus."

Low Self Esteem Support Group will meet Thursday at 7 p.m. Please use the back door.



Mother Hamilton in 1976.

## You Are Born To Succeed

A Talk Given by Mother Hamilton  
in Seattle, Washington  
on November 14, 1976

I want to read to you this morning from Swami Ramdas' book *At the Feet of God*, and he has written an article here on love.

### Love

God is love. Love all. What a grand privilege it is to love with a pure heart! Sanctify yourself with pure love, the supreme love. Let every nerve of yours thrill with the rhythm of love. Let every fiber of your being respond to the impulse of love Divine. Let the very blood in your veins run to the soft music of love. Let a halo of love surround your immortal existence.

Let your very heart beat keeping time to the heavenly harmony of love. Let your words drop like the soft and smooth pearls of love. Let your acts be the soothing blossoms of love. Let your thoughts

To make even more of an impact on myself, as soon as I got a paycheck I would immediately deposit it and take the ten percent for God, pay cash for a money order and then mail it to David to support the work he was doing for God and Gurus. That way I knew the money was no longer in my account and that it was on its way to God. Then I took ten percent and put it into my savings account. Once this was done then I paid bills, bought food, gas, etc.

I took a leap of faith, showing God that He was first and that I was trusting in Him to take care of me, however He saw fit. I continued the ten percent rule without any specific expectations on how it would turn out. After about six months of doing this, a very subtle shift took place that gave me the courage to leave the job I had at the time and look for one that paid more money. Looking back now, I know that it was trust in God that gave me the strength to move on to something new, and that trust invariably opened the door to prosperity and abundance.

I soon got work that paid me enough to start paying off the debt. There were times I was tempted to forgo the ten percent contributions to give me more money to pay off the debt, but I stayed the course, knowing that it was because of these contributions to God and myself (my savings account) that I had received the increased money in the first place, and I wasn't going to stop that flow now!

Within a relatively short time I had paid off all of the debt, something that seemed an impossible goal at one time. I was learning valuable lessons about money. I no longer spent money I didn't have and maintained a simple lifestyle.

Eventually I even got a job working as an administrative assistant for the third richest man in the world (yes, even richer than the richest man in Babylon!) and I was making more money than I had ever dreamed possible. By giving to God first, then to myself, prosperity and abundance flowed in ways that I could never have imagined!

God continues to shower me with unlimited prosperity and abundance for the highest good of all, and I trust Him to take care of me. All I have to do is put Him first.

Putting God first is the right step in achieving prosperity and abundance. Through God's grace and seeing David manifesting that universal love, abundance and prosperity that goes with Universal Consciousness, I have now made my peace with money.

## God and Prosperity

By Carla Hickenbottom

Several years ago I was deeply in debt from a business loss. I promised myself I would pay off all the money I had borrowed, never go in debt like that again, and make my peace with money.

I spoke to David about it because even though I had made the commitment, had tried various ways to make more money, nothing seemed to be changing. Even though I was not incurring any new debt, I just couldn't seem to make enough money to get rid of the old debt. He talked to me about it and then one day, casually handed me the book, *The Richest Man in Babylon* by George S. Clason. He said, "Read this," and I did. I had decided that whatever suggestions or feedback David gave me I would unconditionally follow, as all of his previous help had a 100% success rate and I was confident that my problems with money would finally be resolved.

*The Richest Man in Babylon* is a very short book and can easily be read in an afternoon. From it I learned that to truly become prosperous I had to take ten percent of whatever money I made and give it to God and then another ten percent was to go into savings. At the time I was barely making enough money to cover rent and basic needs, and here I was taking what little I got to give to God and savings, not paying off my debt and barely making ends meet! Well, I laid aside all doubts, dove off the cliff and did exactly what he suggested.



be the ethereal light of the gem of love. Be in tune with love. Be merged in love. Be saturated with love. Let every atom of your frame vibrate and dance and sing the song of love. Clasp the whole universe in one vast embrace of love.

Let your life be sweetened with love or else it will be dry and tasteless. Let your heart beat the rhythm of love. Let your voice sing of love. Let your eyes see the vision of love. Let your ears hear the music of love. Let your tongue taste the nectar of love. Let your nose sense the perfume of love. Let your body enter into the noble service of love.

Love sanctifies all. Love purifies all. Love ennobles all. Love enlightens all. Love pervades all. Love is God.

Our Bible reading this morning is from Revelations, Chapter Five, beginning with the first verse:

And I saw in the right hand of Him that sat on the throne a book written within and on the backside, sealed with seven seals.

And I saw a strong angel proclaiming with a loud voice, who is worthy to open the book, and to loose the seals thereof?

And no man in heaven, nor in earth, neither under the earth, was able to open the book, neither to look thereon.

And I wept much, because no man was found worthy to open and to read the book, neither to look thereon.

I want to speak to you this morning on the subject, *You Were Born to Succeed*.

In connection with that I found something—I may have read it to you a long time ago, but I don't remember doing so. This was found on John W. Consis' desk. He was the commodore of the Cunard Fleet and master of the Queen Elizabeth, and he had this prayer framed in his quarters behind the bridge. When he shows it to passengers, he always asks them this question, "Who wrote it?" Many people know the prayer, but not its origin. Maybe you do.

LORD,

Thou knowest better than I know myself that I am growing older and will some day be old.

Keep me from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from craving to straighten out everybody's affairs.

Make me thoughtful but not moody; helpful but not bossy.

With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point.

Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by.

I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others.

Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a Saint—some of them are so hard to live with—but a sour old person is one of the crowning works of the devil.

Give me the ability to see good things in unexpected places and talents in unexpected people. And, give me, Lord, the grace to tell them so.

I think that is very, very good.

### **Importance of Positive Thoughts**

In this Bible Chapter this morning:

And I saw on the right hand of Him that sat on the throne a book written within and on the backside, sealed with seven seals.

This is speaking of the subconscious and the conscious mind. And the seven seals are the seven spinal centers or chakras as they are called in India. This book of Revelation is almost impossible to determine the meaning of unless you have actually experienced the things that are written about in here. Now we are told so much about the conscious and the subconscious mind today but until we have a marriage of those two minds we are constantly going to be in distress.

You are actually born to succeed. You see, the only reason we are put here is that we may realize our oneness with God who is the indwelling

For 4½ months Mother suffered. She hardly left her room for that time. She was often tied to her bed to prevent damage to herself and to keep her in her room. She had such a Kundalini fever that at times the ashramites formed a bucket brigade to douse her with water. Papa was in daily attendance and watched over her both on the inner and outer planes. Mother described this Kundalini experience at the ashram as a physical crucifixion, the first of three: one for each of the bodily jars: the physical, the astral and the causal.

In interviews with the ashramites, they described that it was very difficult to serve Mother during this time. Probably they would rather she had been sent to a hospital. Indeed, if she had not been under the protection of Papa, or if she had been anywhere in the West, she would have been put in a hospital and the experience could have been short-circuited. Mother often lamented that Western psychiatrists do not know how to handle these types of spiritual experiences. She said that Papa's help had been absolutely essential.

In tribute to Papa, in a talk she gave after hearing of his passing\*, Mother said:

Papa stripped me of all the things of the human, in order that he might show me the truth of my soul. And I have thought many times, lately, what a tremendous service he did me. But for him, I could not sit here and tell you the truth of the cross—the way of the cross and the Christ, as I have experienced it within myself. Because he had the courage to hurt me physically, mentally—to put me through the greatest of tortures—in order that I might find the joy of God, and the truth of Being. There can be no greater love than this for any man. No greater love. Do you not see this?

---

\* Swami Ramdas' Mahasamadhi was July 25, 1963

THE REVEREND MOTHER  
YOGACHARYA M. HAMILTON

Facsimile of Mother's Letterhead

people and events described. Is it not true as God has shown me that every scripture tells not only about the creation or expression of God in the form of the universe and various stellar systems but also that they tell the history of the evolution of every man from the human to the divine?’

Papa looked straight at M.H. and said in a very powerful voice ‘You have made Him say it.’ She said afterwards that as Papa looked at her and spoke those words so forcefully, it was as though a bolt of lightning had gone right through the centre of her head. It was a great moment of Truth.

During one’s sadhana\* it is sometimes important to have great inner revelations confirmed. Mother told us of Papa’s teaching regarding this: 1) they are confirmed by a saint, 2) they are verified in the scriptures or 3) they actually manifest and become prophecy fulfilled. This was a particularly dramatic example of the first way.

Mother stated that she came to bring back the original teachings of the Christ, the deeper knowledge which is alluded to in the Bible but in allegorical form. And she stated that these mystical experiences that she went through were part of the teachings known to the early Christian adepts. She also told us that in a previous lifetime she was involved in bringing Christianity to Europe.

Mother taught us that the Bible’s story of Christ was intended to illustrate every man’s journey from the human to the divine—it is an allegory and a very complete and accurate one. At the time of the above conversation with Papa, Mother did not know how intimately she was about to learn the soul’s journey from man to God-man.

Mother once explained to me Papa’s part in her experiences. She said that one day<sup>†</sup> at the ashram twelve sadhus<sup>‡</sup> had recently arrived. While in a gathering around Papa, and with these sadhus in attendance, at one point Papa breathed out a long sigh, “Ahhhhhh.” At that instant Mother was launched into a long excruciating crucifixion experience. From what we know of this experience, as related to us by Mother and as viewed by others at the ashram, she experienced great physical, mental and psychological disturbance. She later told us that it was a schizophrenic-like experience and that inwardly she became very unsettled and paranoid.

\* Sadhana – Spiritual discipline and practice

<sup>†</sup> We now know from Father Hamilton’s journal this date to be February 24, 1958.

<sup>‡</sup> Sadhu – Wandering Renunciant

Presence within each and everyone in all of this universe and beyond. So many times our early training has something to do with whether or not we are a success in life. A little child comes into the world and he’s very curious and he wants to know what everything is all about. “Who made this? Why does it happen?” Sometimes he asks his father and mother, “Who is God and who made God?” And that really throws the mother and father as a rule. But it is a fact that a child comes with a great curiosity. And determining (and depending, I should say) on what answers are given to him, and how he is treated, will depend on how he looks at life, whether he will be a success or a failure.

If positive thoughts are placed in his mind, if he is not told that he is a miserable sinner, but rather that he is a child of God and that God is within him, that He is equally present everywhere and that God will do all things for him (being his divine Father, his infinite Father, and therefore the one who loves him beyond all others) he will grow up with that concept of life and will be a very happy child. Instead of telling a child, “No, don’t do this,” all the time, reach out and say, “C’mon, let’s do this,” or “Have you tried this?” or “Let’s go someplace together.” Have a togetherness with your child and you will find that that child will respond in a way that they would certainly wouldn’t otherwise.

If you are telling a child not to do something, you are actually hampering their ability to create, not only mentally, but physically, emotionally, every other way. Help them to create positively. Now when it speaks about the book written within and on the backside sealed within seven seals, as I say it’s talking about the conscious and the subconscious mind. And you cannot disassociate these two minds, because whatever your conscious mind places in the way of thought in your subconscious mind, you bring into manifestation.

### **Importance of a Good Self Image**

So if you feel that you’re a failure: if you say to yourself, “I’m a failure, I’m ugly, I never did anything right in my life, I have no memory, nobody likes me, I’m not fit to love,” that’s exactly what you’re going to bring forth into your life. But if you have a good self-image and you think that you are attractive, you are charming, you have charisma, everything is going to be successful for you, you are absolutely beautiful, wonderful; it will come to pass. Even if you are not physically attractive or handsome (whichever the case might be) you can change your life, you can change your whole concept.

I had occasion to bring this to someone's attention the other day. This person told me I was beautiful. I have never gone about with the concept that I was beautiful, certainly because to me only God is beautiful. I have had surgery about eighteen different times and I have some scars on my face. And so I started pointing out these various scars and yet this person thought I was beautiful. Why? It is because this happened to me and I made up my mind that I wasn't going to let it throw me. There was nothing I could do to change it at the present time. I had to accept it, so I was going to forget about it and just be beautiful in God. If I am beautiful in God then I am beautiful in everything else in my life and so are you. And that's the truth.

So nobody notices it, you see, because I am not conscious of it. I have forgotten it. I have forgotten it. And it doesn't make any difference. If it offends them then this is their test and their responsibility, it is not mine. It is not mine so I don't accept it at all. So I go about my Father's business knowing that I am successful, that I am attractive enough to attract all of those who want to seek Him. And you don't do that from personal appearance only, although you should always be neat and clean. You do it from the beauty within yourself, the beauty of the worship of God. The beauty of the love of God and that love must extend to God in every single form.

If you will tell yourself that there is God in every form that stands before you, that there is beauty in that person, which certainly there is if you will only take the trouble to find it, you will find that not only do you change your life, your consciousness, but you change theirs as well. If you are constantly telling a person that he isn't doing something correctly, that he's this or that in the negative field, he's going to view himself as that. But regardless of how little he tries to do right, praise it, bring it out. Tell him how wonderful he is. Tell him how beautiful he is because in truth you are not lying because God in everyone is beautiful, if you will only see that beauty.

### Story of the Grumpy Man

There is a story told about a man who is a terrible grump. He was a regular sourpuss. He didn't get along with any of the people who worked for him. He was having trouble, he was always scrapping; he didn't see any good in anything. He'd get up in the morning and he'd go down to the breakfast table and he'd cover his face with a paper so he wouldn't have to look at his wife. He never praised her, he never did anything and finally he got really ill.

We went into the chapel, we knelt down on the bare floor and we prayed for a few minutes—and as we came out she took hold of my arm, drew me away from the rest of them. She said, 'But, Mother, you must return to the church. You must take communion every morning.' I said, 'I'm sorry, Mother, but I don't feel directed to do that.' She said, 'Oh, you must! I couldn't live without having the body and blood of my Christ every morning.'

So, I said to her, 'Well, Mother, 20 years ago I went through the mystical crucifixion in a small ashram in southern India.' And I said, 'That crucifixion lasted a good many years. I went through many tremendous, difficult experiences and at the end of that time I held the holy Eucharist from my own body in my own hand. Having had this personal experience, Mother, how in the world can I go back and follow the form which you follow.' [Mother Teresa said,] 'Yes, I see. Well, will you bless me and pray for me as I shall for you.' And I said, 'Yes, Mother.' So, we did. We embraced each other and that's the way we parted.

I believe the experience of the Eucharist that Mother describes above was one of the highest points in her life's attainment and it and the experiences associated with it were the reasons for her taking birth.

The ashram that she mentions in southern India is Anandashram—at that time the abode of Swami Ramdas, referred to as "Papa" by his many devotees. Anandashram is located near Kanhangad in North Kerala State, India. Mother met Papa in 1954 during his world tour when he visited Seattle. Later, in 1957, she traveled to India, specifically to spend time with Papa. She and her husband, Ralph Hamilton, sold all that they possessed and cast their lot in with God. Little did she know what was in store for her—little did she know what God planned to do through her.

Mother was at Anandashram for nine months on that trip. Some of the conversations between her and Papa were recorded by Swami Satchidananda (of the ashram) in his book, *The Gospel of Swami Ramdas* where he records the following conversation [From para. 585]. (M.H. refers to Mildred Hamilton.)

As though to break the silence that ensued, a devotee asked a question about the scriptures and Papa answered at length, describing the events as having actually happened historically.

M.H.: 'Papa, I would like to verify a revelation which God has given me. You speak of the scriptures as actual history of the places,



Mother Hamilton with Mother Teresa in 1977

## The Life and Teachings of The Reverend Mother, Yogacharya M. Hamilton\*

by Rev. Larry Koler

### Preamble

In the fall of 1977, during a visit to India, Mother Hamilton met the great saint and spiritual master, Mother Teresa of Calcutta. From Mother's description of this meeting in a talk given in 1980, the following discussion took place.

And all of a sudden, she said to me, 'You were a Roman Catholic, weren't you?' and I said, 'Yes, I was, Mother.' We stopped the conversation then. [loud laughter]

Later, near the end of the visit:

She took my arm and said 'Let's go in the chapel and pray.' So, we went in, there were many of the other sisters there.

\* Mother's title comes from her calling card. This article is the first in a series.

So someone suggested that he go to a psychologist and the psychologist said to him, "Well, what brought you to this state?" "I don't know, everything in the world is wrong," he said. "Nobody loves me. Nobody thinks anything about me; they never have. They don't think well of me." And he said, "I don't know what to do about it, somebody said I could come to you and that you could give me the answer." He said, "Well, I would suggest that when you get up in the morning you go down and you kiss your wife and you tell her how lovely she looks and how good the food is that she puts on the table before you."

He said, "Well, if I said that I would be a hypocrite." And he [the psychologist] said, "Well, try it anyway. Try it anyway." He said, "Just try it and see how it works." Well you know he did it and his wife almost fainted but she managed to recover. And things started getting a little bit better. And then also the psychologist had told him to go down and praise the people who worked for him. He said, "Find something—there must be something about your secretary that's attractive or that she does well—tell her about it, tell about it." So he tried these things out even though he didn't feel that way, and day after day he kept trying. Finally the change took place. He developed a new habit pattern and pretty soon he was the most congenial of people. Everybody was talking about the tremendous change that had taken place in this man and somebody said in his office, "He must be in love!" And so he was; he finally had a love affair with his higher Self or God within himself. Each and every one of us can have a love affair in that way if we will only put forth the effort.

### As We Think, So We Are

You know, as we think, so we are. And if someone could take a photograph for instance, of our subconscious mind, our conscious mind, and that which is going to occur in the future, they would find that everything we put into our minds this moment, today, is going to help to build what our tomorrows are going to be.

We're always blaming everybody else for everything that happens to us—this person is so and so and therefore I am not happy, or this person said this to me or did this to me, and therefore I am not happy. But nobody does anything to you really; you give them permission to do so through your own acceptance of it. But also life is like that.

You know life just isn't a bowl of cherries. Every experience which comes to us, some of them are good and some of them are bad, but it has a definite purpose in our life and the failures many times bring out some of

the greatest things. Some of our greatest difficulties are really blessings in disguise because they stir up that which is within us to meet these things.

It's true. Each and every one of us can be a success because we were born to succeed; we were born to realize that we are the children of God. And it is because we have been taught ever since we've been little children in the orthodox churches that we were born in sin; that we are miserable sinners, we should repent, repent; that this terrible thing has happened to us and our subconscious minds have been conditioned with the idea of separation from God. Whereas Jesus the Christ came to tell us that *the kingdom of heaven is within, that God is within*<sup>1</sup>. *that our bodies are the temples of the living God*<sup>2</sup>—that's a tremendous thought. How could anybody fail? When they have that infinite Presence, the very life of God Himself, the very intelligence, the very power right within them—how could they fail? Not unless they gave themselves permission to do so and went about bringing it to pass.

### Sweep Out Our Inner House

No one else is responsible for our failures but ourselves. And if we will only let go and let God, let Him take over every little part of our lives—everything, all of our thoughts, our words, our deeds. Think of the thought that Jesus said, *I of myself am nothing, it is my Father who doeth the works*<sup>3</sup>. When you can get rid of this little self and reach out for the Divine within yourself, knowing with full faith, with full knowledge, with full acceptance that whatever is for your highest good is going to come to pass, it will happen. It will actually happen.

Sometimes something that seems very difficult to handle happens to us. But if you will look back on whatever it was that happened to you, you will find that God took away something that was finished, something that was old, something that wasn't doing you too much good anymore in order that He might give you something better.

You can't bring the new into manifestation until there is a breakup of the old, and that ego must be broken up; it must disappear. That one who sits on the throne of God, as it says in the scriptures, telling himself he is God must completely fall away if you are to realize who and what you are as children of God. Now, you write in the book of your life with every thought, every word, every action. You write consciously, and then the backside or the subconscious brings it into manifestation because that's your memory storehouse. And you've got to clean that house out; you've got to sweep it clean.

## A Roxy Story

I have to relate this Roxy story because I found it surprising and delightful. The other night Laura and I were out on our weekly date and our baby sitter, Bethany, was watching the kids. Roxy was at the dining room table and made several pictures out of watercolors and whatever. Roxy told Bethany she wanted to go out on the sidewalk and set up a table to sell them. I thought that took a lot of gumption but that is what she asked for, so Bethany let her. It was late afternoon so it was light and the weather was beautiful. Some nice couple came along and engaged Roxy in conversation and were probably amused, so they bought two pictures for a dollar each.



Roxy was so happy and proud of herself that she came back in and asked Bethany if she would take her to the dollar store, which is Roxy's favorite store along with the Metaphysical Bookstore up the street. She and Bethany and the other kids went to the dollar store. Instead of Roxy buying herself something, which is what we are used to the kids doing, she bought Laura a little heart shaped vase to put flowers in and she bought me a porcelain figurine of two little cherubic angels praying on either side of a cross. When we came home, she was so excited for us to open her presents to us. She had wrapped them in ordinary paper and as we unwrapped them, you should have seen the look on her face. She was so excited, her face just lit up like the sun.

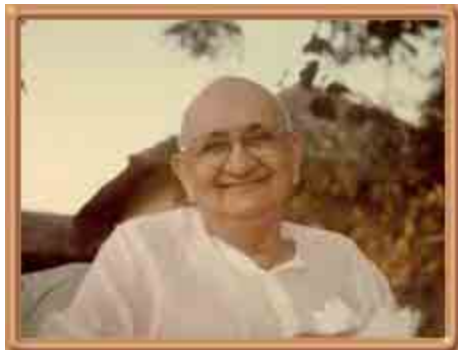
I tell you this story because it is so surprising. Usually the kids want some candy or something else for themselves; I was so delighted Roxy came up with all this on her own. She is constantly surprising us and I have a lot of conversations with God about her—mostly just being thankful. Different people want different things for their kids, some want them to be sports stars or professionals or whatever. I always wanted to have spiritual kids that love God. But I know that is a very personal decision and if they do or don't it will be because of what they want and not what I want. So to have what may be a little 'God-lover' in the family is really special for me: the thought of it warms my heart.

[From a letter sent by Peter Schultz, writing about his second child, Roxy, age 5.]

## BELOVED PAPA'S 40TH MAHASAMADHI DAY

By Swami Satchidananda

It was forty years ago that our Beloved Purushottam Papa shed his mortal coil. Though he is not physically with us, he is in spirit ever within us and without us everywhere. He has been so gracious that he makes us feel his presence every minute. As he is our Sadguru, it is natural that we should remember him constantly. When we think of him, we think of his eternal, infinite existence, that is, his Nirguna Swarupa. At the same time, his charming personality comes to our mind. He was so charming, so loving that everyone was attracted towards him.



What he liked most was that his children—his followers and his admirers—should chant the holy Ram Nam more and more, love God intensely and love everybody, looking upon everybody as different forms of Ram. Because he gave us the most precious gift of Ram Nam, we chanted Ram Nam to please him, to get his grace and to realize our oneness with him. If we had done the chanting with as much devotion and as much love as he expected us to do, we would have surely realized our oneness with him. But, unfortunately, most of us are lagging behind. Even now, it is not too late. We must intensify our chanting. We must love God increasingly and aspire for realizing our oneness with him. Then alone we can say that we are the children of our Beloved Papa and are following his teachings. Otherwise, we are wasting our time in a useless way.

Let us not waste our life. Let us make the best use of it. Let us take to the chanting of Ram Nam constantly and love each other as everyone is a manifestation of Beloved Papa himself. This will please him most. This is the greatest service we can do to him. When he is pleased, he will shower his grace on us and take us all unto himself, giving us eternal happiness.

[Reprinted by permission from “The Vision” magazine, August 2003.]

### The Supreme Experience

Now that's sealed with seven seals and yet it says that no one was found worthy to open these seals. Now, these seven seals are spinal centers—represent the seven planes of consciousness in man. This serpent force is at the base of the spine and is coiled up; the Hindus call it the kundalini. As your consciousness starts to rise in God, as your heart opens to receive the great love of God and as you yearn for Him with everything you have, gradually He will lead you into one spiritual experience after another. Until He leads you to the supreme experience where you go through what is called the crucifixion or the transformation from the human to the Divine. And then you have everything within yourself in the supreme state of marriage with the Divine. *Christ is the bridegroom and we are all the brides*<sup>4</sup>. Until we can come into absolute and perfect contact with that Christ Consciousness within ourselves we have not been born again.

It is necessary that this second birth takes place, believe me: *He who hath an ear to hear let him hear*<sup>5</sup>. If you will listen to this voice of God, He will speak to you upon every occasion and finally it comes just like a flow, just like a straight pipeline from the Infinite through you and to you. It is a beautiful, a wonderful experience. You are lifted up; you are filled with the power, the wisdom, the bliss, and the wonder and the beauty of God.

### You Can Succeed

This is the way each and every one of us should be. We should walk the earth with our heads up. We should know that we are born to succeed. We should know that whatever God is doing for us at this moment is for our highest good and accept that and do our best with it. Draw out all the power that is within you to deal with any single problem that comes to you and you will find that if you will give it everything you have, that God will give you everything He has. And He has this infinite storehouse of abundance. All you have to do is to reach out for your good, knowing that it is there for you now.

Get this positive idea in your mind. Know that anything you undertake you can succeed at. But you've got to do the work! You've got to start like the man did, even though you don't believe in it. And see the good in people; praise the good in people; give your best to everyone from God within yourself to God in them. And you will find that gradually you will develop new habit patterns, new consciousness, and therefore new results in your life. You cannot fail, because that is the law. You have set that law

in motion with the power of faith within yourself, with the power of absolute conviction that God is doing everything through you and for you and that you are bound to succeed.

### There are No Failures in God

If you feel that you are a failure, you have made yourself a failure through your own thinking in the wrong direction, because there are no failures in God. How could there be? How could there be. Because God took on human form; He was the Word that went forth and *took on a garment of flesh*<sup>6</sup> and that applies to you, to me, to every single one. The first and only begotten Son of the Father went forth and inhabited every single form in this universe—yours, mine, everyone, and He dwells among us. *Lo, I am with you always*<sup>7</sup>, he said. So He is that infinite Presence, that infinite Spirit that makes us move and live and breathe and have our beings.

Isn't it wonderful to think that whatever you are thinking, whatever you are speaking, whatever you are acting out in this stage of life, that God in you is really doing it? You think you are, but in truth you are doing nothing—except sometimes to have an over-bloated sense of your own responsibility and importance.

It's like the man who felt this way and thought this way. He got on a train one time and he was sitting on the train, and he decided that if this suitcase which he had with him was going to go anyplace he'd better put it on his head and carry it. Now that's ridiculous isn't it because the train would have gone with him and the suitcase regardless of whether he carried it on his own head? But he thought the only way it would get there safely was to do this. Now that *is* ridiculous. You see, we can't in fact do anything, and we don't in fact do anything without this constant flow of intelligence, of power that is within us. We are always looking for something more than we have in this world of the five senses.

### Story of the Beggar King

There was a king once who was given to meditation and he prayed a lot for increased wealth, for increased power, and yet he was the monarch of the kingdom. One of his subjects came one day to ask him if he would help him with a project that he had. He needed some money very badly; he had tried every place and couldn't get any money anywhere. And so he was asked by the servant to wait. He said that the king was praying; he was in meditation. So the man was ushered into a room. Well it just so happened that this room was next to where the king was praying and pretty soon he

heard the king praying out loud, "Oh Lord, give me more wealth, give me more power to rule the people of my Kingdom," and so forth. And so the man hearing this from this king that he had come to ask help from got up and started to leave. Well just then the king had finished with his so-called meditation and he came out of the room and asked the man what he wanted. He said, "I hear that you wanted to see me." He said, "Yes, I did, but," he said, "I decided I don't need to." He said, "I came to beg you for money but I heard you begging the Lord for money. So as long as you are begging the same as I am, I'm going to the head man myself!"

And this is what we do, you know. Really. We have everything right in the palm of our hands. We have everything within us if we will but do what is necessary to open the seals—the seven seals of the book of life within ourselves. That means keeping your attention upon God every moment. You say, "How can I do that when I'm trying to hold down a job?" How could you hold down the job if it weren't for God? Your first engagement is with Him. He is the sole doer in the universe.

*Lord, let my attention be forever fixed upon thee, let me love thee, let me serve thee, let me worship thee alone. Thou art all and all in all*<sup>8</sup>.

Do everything with the consciousness of Him and you will find that your whole life changes, never to be the same again. Believe me. This is so.

In closing I want to read one little thing to you:

*Finally, brethren whatsoever things are true,  
What[so]ever things are honest,  
What[so]ever things are just,  
Whatsoever things are pure,  
Whatsoever things are lovely,  
Whatsoever things are of good report.  
If there be any virtue, and if there be any praise, think on these things.*<sup>9</sup>

If you will change your consciousness, if you will think only of God and of good, of success, of wonder, of beauty, you will realize that which you were born to be: successful.

<sup>1</sup> Luke 17:21

<sup>2</sup> 2 Cor 6:16

<sup>3</sup> John 14:10

<sup>4</sup> Mark 2:18, 20

<sup>5</sup> Mat 13:9

<sup>6</sup> John 1:14

<sup>7</sup> Mat 28:20

<sup>8</sup> Prayer written by Mother

<sup>9</sup> Phil 4:8