

# The Cross and The Lotus Journal



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



The 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

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© 2005 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.

My dear friends,

When you throw your lot in with God as your sole (soul) guide, He takes you upon a grand adventure of the first order; not without a few ironies as well.

Years ago I felt the strong inner direction to leave my profession of counseling while having a unique and perfect position at the time. Since then He has guided me to India three times, I took a year of silence and solitude and in general He has given me an indrawn nature, focused upon residing in His



Being. All of this has occurred so that I may be in His service and so that I may become established in His Consciousness.

Toward the end of the year of silence and solitude He prompted me to be married; I was the most surprised of anyone at this turn of events. While still in silence I prayed for guidance regarding this inner prompting, wanting only to be directed by God alone.

God answered my prayers by sending Master in his subtle form to assure me that he wanted the householder-yogi pattern to be continued, even as Lahiri Mahasaya and Sri Yukteswar had enacted in their lives. This assurance cleared the way for me to follow this inner prompting.

When Carla and I returned from India in May, I felt that we needed to find somewhere to settle. While looking at retreat properties we came upon the idea to settle in the Mount Vernon area; close to both Seattle and Canada it was ideal for us to travel back and forth and for devotees to come and visit.

I have often spoken of following *the string of intuition*, meaning to pick up the end of the string by going according to what you intuitively feel to do next, and with your attention focused on God taking each successive step and following the string.

This is exactly what we did and it resulted in our buying a house in Mount Vernon. It did not occur to me that we would be able to purchase a house, having taken a “Road-less-traveled.” Yet God made it all possible with a wonderful demonstration of prosperity. Who can predict what

God will do when you put your full faith and trust in Him!

With the help of loving friends we will make this house into a temple-home, a place of worship and deep remembrance of who and what we truly are. I would also like to dedicate this home as a dharmashala, a place of righteousness.

I have been concerned with the state of the world for some time as the respect for dharma has declined in popular culture and the personal lives of so many. This disregard for dharma, doing what is right (not what is easy) is bound to result in a decline in the culture. There are even some that express delight in this decline; it is easy to destroy, it is much harder to build.

It behooves each of us living in this world to focus on doing what is right: to tell the truth, to give love and service to all those we meet, to create a healthy body, mind and spirit, and to aspire for the realization of God with all of our hearts, minds and souls. It is for this purpose of emphasizing these principles that this new temple-home is being brought into being.

I want us all to be examples of making our homes dharmashalas. Be careful of what you let into your homes: only good quality entertainment, only positive thoughts and actions, healthy food and living, simplicity, establishment of a meditation room, area or chair, making a calm environment, laughter and joy, in short all things good and beautiful.

Mother often said that there were times she could not afford nice furniture, but she could paint a box or cover it with material to make it more beautiful. Do according to your means to make your home attractive and well organized.

*Beautify your home* by making your words pleasing and when there are differences sit down and calmly talk about them and find some solution that will work for everyone. Remember there are invisible emanations of energy from your words and actions and those patterns impregnate themselves into the structure in which you live; they fill the air. How you live affects not only yourself and your family, but everyone that is touched by your lives.

When you set your feet on the path to Self-Realization you begin to reflect the Light of Christ-Consciousness and when you attain permanency in that Consciousness you become a source of that same Light.

Your power to bless this world is without limits. This is the truth of your potential, yet so few come to realize their true worth. Dedicate yourself to this end, make your life count in the greatest possible way and see the changes not only in your life, but in the lives of those you touch.

A home is not just wood, glass and plaster. A home is a living presence and it becomes a temple-home when those living there dedicate their lives to realizing God.

May you ever strive for this realization, and in striving you will find that Grace has always been waiting for the door to be opened, even a crack; that Grace is striving more for you than you are for It. Become the living example of these teachings so that all the world may follow you in your example and this world will itself become a dharmashala.

In God and Gurus,

*David*



Our new House.  
See Page 30  
for more  
pictures.



Mother in 1977

## Divine Mother

Excerpt from a talk entitled “Mother’s Day”  
given by Mother Hamilton  
in Seattle, Washington  
on May 13, 1979

Many years ago in 1954 when I started going into very deep spiritual experiences, I was on a journey. My husband and I traveled 11,000 miles around the country and up through Canada. And as we left Indianapolis to go down into Kentucky, I started having revelations. I had seen the havoc that had been worked during the two years since my master’s passing in all of the centers where I’d been asked to speak, and I was absolutely devastated. I was sitting in a hotel—Sheraton Hotel it was, in Washington D. C.—looking at his picture. And because of what had happened at the church that he had established there, I just sat and wept for two hours straight. And I prayed to God with everything that was in me for Him to lift me up, to take me, to use me in any way that he possibly could to bring the truth that my master had come to give to the world.

So as we left Indianapolis, I went into this tremendous spiritual experience, and I had many, many visions that were going on constantly. And many of those same visions have come true over the years. That is one

thing you cannot get when you are lifted up like that is a thing of time, except unless it is given to you specifically. But usually you will see something that is going to happen, but it may not happen for years. For instance, many years ago, twenty-one to be exact, I saw all of the upheavals that are going on in the world today and experienced them within my own being. Yet it's taken twenty-one years actually to bring these things into manifestation.

### **Vision of Divine Mother**

God gave me a very tremendous vision of myself. I was lifted up into the consciousness of my own divinity where I was one with the Divine Mother. And I remember so well, I was saying all these things to my husband as we drove along, and he said, "Oh, why do you bother with that sort of stuff? Just think of all the money we paid," he said, "to come on this trip. Why don't you look at the scenery?" And I said to him, "What God is showing me, I may never see again." I said, "I can always pay money and come back to see this." And so I was sharing as I went along. And I remember so well that I saw from the beginning of creation all of the things that were created and then man being created. And I saw just a parade of people coming out from God. It was a tremendous vision.

### **A Great Light Within**

But as we drove through the southern part of the United States—oh, I wanted to tell you about this one thing. I don't share this in public, but today being Mother's Day, I will share it with you. But anyway, having been lifted up into the consciousness of my own divinity I felt one with the Divine Mother of the whole universe. And I was just filled with the bliss of God, and possibly there was a great light within me and all around me, I don't know. But we stopped at a little store (and I don't remember the name of the town) to get some iced watermelon. As I got out of the car (my husband went in to find out if they had any), two little children came along. They were blonde and curly headed, a little boy and a little girl and they just stared and stared at me. And they walked in front of me and then they turned around and they backed away from me, still staring at me. And God said to me, "Because they have seen you at this moment, they will be especially blessed."

### Confirmation Through the Scriptures

My husband told me that I was absolutely off my rocker. [Laughter] He said, “This is just a thing of your imagination that God has shown you these things.” And so all of a sudden God took me to this particular chapter of John. And He gave me this definition: He said the elder was God Himself. And He was saying it to the elect lady, or the Divine Mother, and her children:

...whom I love in the truth; and not I only, but also all they that have known the truth;

For the truth’s sake, which dwelleth in us, and shall be with us for ever more [sic].

Grace be with you, mercy, and peace, from God the Father, and from the Lord Jesus Christ, the Son of the Father, in truth and love.

I had already of course started my work for God. Then He said that He rejoiced greatly that He had found my children walking in truth and that we have received a commandment from the Father. Then it says,

...I beseech thee, lady, not as though I wrote a new commandment unto thee, but that which we had from the beginning, that we love one another.

And this is love, that we walk after his commandments. This is the commandment, That, as ye have heard from the beginning, ye should walk in it.

For many deceivers are entered into the world, who confess not that Jesus Christ is come in the flesh.

Now that’s the flesh of every man. Those who do not think this,

...This is a deceiver and an anti-christ.

Look to yourselves, that we lose not those things which we have wrought, but that we receive a full reward.

### The Anti-Christ

Now let us all remember this: the anti-christ are [sic] those who deny that the Christ has come in the flesh of every single man. That is the human ego within every man.

Whosoever transgresseth, and abide not in the doctrine of Christ, hath not God. He that abideth in the doctrine of Christ, he hath both the Father and the Son.

If any come to you [sic] and bring not this doctrine, receive him not into your house, neither bid him God speed:

For he that biddeth him God speed is a partaker of his evil deeds.

In other words, don't go along with something that somebody is doing that is not right.

Having many things to write unto you, I would not write with paper and ink: but I trust to come unto you, and speak face to face, that our joy may be full.\*

When we had completed this circuit, we were down in Oregon (I've forgotten the name of the place), and we were staying in a motel. The place wasn't very full. And the next morning I went and sat under the tree outside, and I was meditating. I was lifted from body consciousness totally. I think I've told you this before. It was a tremendous experience. God asked me if I was willing to confess all of my sins, and I told Him "yes." And then I told you about what happened afterwards that I was going to write them all down and embroider them a little, but He didn't see fit to do that. He saw fit to have me do it in public for six and a half hours.

### **Prediction of Papa's Coming**

But anyway, He said that He would come and speak to me face to face, that our joy might be full. And I had the vision of the opposing force in India and in America, the individual, the chief individual on each one of these continents. I had not heard of the one in India at all, but I had heard of the one here. Yet, when I got home, I had a pamphlet sent to me in the mail with the very face I had seen in vision, and I had to buck this. I never met the individual personally during his lifetime. But during the tremendous spiritual experiences that I went through in India, he appeared to me and we had a battle royal in the astral plane, I can tell you. It was really something.

Then I was shown that God Himself would come face to face, but I wasn't given the vision of who it was. It was just a short time after that that I got word from Bob Raymer in St. Paul that Swami Ramdas was coming with his entourage to the United States and was going to visit Seattle. I was asked if I would do what I could to help him. I immediately

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\* These quotes are from 2 John 1

wrote back and invited them to stay at our home. But Bob wrote back and said that there were too many of them. There weren't actually; we could have accommodated them. We talked about it, Papa and I, many years afterwards, and he felt very regretful that they hadn't been able to stay with us. So, in any case, that was the way it was.

### **Meeting Papa**

All of a sudden, after he had arrived in Seattle (I've described this to you before), I went up to the Meany Hotel where he and his party were staying. And I walked up to the door in my robe with a bunch of roses in my arms to give him. The minute he saw me (he was standing back in the room), he started to dance all over the place, and I thought this was very, very strange. But anyway, I walked in, I gave him the roses, and he immediately threw them on the table. They had cost good money, and I didn't understand that because my master had been always very particular about such protocol. But in any case, that was the way it was.

We sat down, and we talked, and we meditated. He described his meeting with me in his book which he wrote, *The World is God*, and he said that as I sat in front of him meditating that I had left body consciousness. And all of you who have the book of course probably have read that.

So I had come face to face with God in human form because, believe me, there was nothing but God in that form. All of you who have read Papa's books, who read "The Vision" constantly, see that it is absolute truth; there is nothing personal in it; it is all impersonal truth. And that's the way it was. And he, of course, was the one whom God Himself had come in that form to take me to Himself.

### **Mother Krishnabai Revealed as Elect Sister**

Then I never did get for a long time: "The children of thy elect sister greet me [sic]." And I couldn't figure out what that meant. I was trying to do it, you see, with my intellect. And it doesn't come that way, because when God wants you to know something, He gives it to you and you don't go probing for it with your mind and expect to get the truth. You must surrender yourself to Him totally. You must be lifted up into the bliss of His presence, into the power of His presence. You must go beyond duality before you really receive the truth of your being and of all creation.

But one Saturday morning I was lying in bed and all of a sudden it came, because I had been given this vision of my own guru and his purpose on earth (and those of you who have ever read the old *Inner Culture* magazines will find in there where there is one article says “The True Second Coming of the Christ” that is the heading of every article that appeared every single month). And so I was given the vision of that; I was given the vision of the other; and all of a sudden it came to me that Mother Krishnabai had come with the one who had been represented to me as the Father God, absolute God in human form, and that my own guru had come to give the teachings of the Christ in the true way. I myself was about to experience it. But then, all of a sudden, she became my “elect sister”—that she had come in one continent and I had come in the other.

In another vision I had been given a picture of Ramakrishna (and it has been said that he experienced every religion and found God at the end of it. I found nothing in the writings to substantiate that, but that’s what all of India says). But then I got this vision of a pie. I found the pie was all cut in pieces, and each piece represented a great religion. But Ramakrishna had come to experience each one of those, He said, but my master had come to bring all of the pieces of the pie together again.

### **Picture of the Cross**

And then I was shown the picture of a cross; and I was shown that we are in the form of a cross, and that we are constantly involved with the cross, the Christ, and the crucifixion. But the East is always involved with the thousand petalled lotus of the brain. Then the vision came that you couldn’t have a head without a body, nor a body without a head, and still function. So the purpose of the whole revelation was that we who had been elected, according to the vision that I got, had come to bring all of the pieces of the pie together again.

I was shown the tremendous impetus as everything had gone out from God, and that this was the beginning of the last time when everything must return to God. And then I read what Sri Yukteswar had said that we were a couple of hundred years on the upward swing in the Dwapara Age. We had just come out of the age of darkness, which was called the Kali Yuga Age. Because of that there was all this tremendous impact, nation fighting against nation, upheaval upon upheaval. But nevertheless,

God had taken form and had come to help to swing this planet up and all the people on it to their God Realization. I remember that He told me what a tremendous task it would be. He said that I had already used up two thirds of the power that I had going for me; I only had one third left, and it would really be a battle. And I can assure you it has been.

You may believe all this or not, but this was what I got in revelation. And then the events of my life that happened afterwards certainly verified it right to the “T”. And as you all know, I was put through the mystical crucifixion in India; I was given the truth of everything that is in the New Testament; and I myself am the living proof of what it means to be born again—a born-again Christian.

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## Meditation

Excerpt from a talk given by Mother Hamilton  
in Seattle, Washington  
on December 18, 1971

### Lifted Up In Christ

I would like to speak to you tonight about meditation. All through the Old Testament, in various spots it speaks of the coming of the Christ. The Jewish concept of that is quite different from that of the Christian's. They look—the Christians look for it, after Jesus came—in but one form, in the person of Jesus Christ. But the Jews were a little wiser; they look for Him to come, but only within themselves. And they have the truth; they realized that the Christ was a state of consciousness. It was that first born of the dead, or the stillness of the spirit and that when man, through the purification of his being, through following God's laws, was purified sufficiently, lifted up sufficiently with his full attention fixed upon God, that one at that time would be lifted up into the consciousness of the Christ.

### Be the Servant of All

This human ego is very deeply embedded in all of us; so much so that we are completely unaware that this is so, because constantly we live in a state of ignorance and darkness. We do not think so; we think we are highly intelligent; we think we are very bright; we give ourselves credit for all the things that we do. We go about our daily work and put forth

endeavor to accomplish the things that will give us satisfaction, that will satisfy our desire to express ourselves and to get commendation. If we were to do this just for ourselves, we might take some satisfaction in it. But we actually do it so that someone else will look at whatever we've done or at us and admire us for our efforts, think that we are great. And yet, Jesus said, that he who would be greatest among you, let that one be the servant of all. Yet sometimes even when one does that, one thinks what a great servant he is.

### **Mother—Above the Law**

We had a small celebration the other night, which was very delightful, on Wednesday evening and we had a birthday cake. We had a little joke because Bonnie has a sense of humor and she put some small candles on it that didn't blow out. So there were three of us involved in a little birthday party and we kept blowing and blowing and blowing and nothing happened; they kept going on. So through all this, of course, we were trying to hold the wish that we were supposed to make before all the candles or I mean when all the candles were blown out and of course you can only get your wish if you blow out all of the candles. Well this was kind of bad, you know; sort of made you wonder if you're ever going to get your wish. But all of the ones that didn't have this type of candle were blown out so we were safe on that part.

So afterwards I was telling some of the individuals that I liked the wish that I'd made, that I wanted to tell them about it. Somebody else said, "But it won't come true if you tell it." And I said, "Well that's only for those under the law. I'm above the law so I'm going to tell you anyway. I don't know what any the rest of you wished, but I'm going to tell you what I wished."

### **Master's Mahasamadhi**

When my master passed on, I went down there and I was with him until they took him from his room to put him in the casket, which was a very beautiful, copper casket. I kept vigil with him all night long and the experiences that I had during that period were beyond belief. I actually saw that whole room filled with light. I closed my eyes, I opened them. I thought I was imagining this but I was not. It actually was happening, time after time. I couldn't get rid of it; it wouldn't disappear. It was there. Many tremendous things happened. Now here was a body that was sup-

posed to be dead, as we term it, and yet, as the monks stood over the master—grieving for him because they would not have his physical form anymore—some of them cried; they wept openly even though they were men. And so did also the women.

The place was packed on the day of the funeral; there were thousands of people there. This man had been a tremendous servant of God, yet he had great humility. But in the way that I say and do things, I see that I copied him a great deal because he used to evidence so-called ego, but he wasn't [egotistical] at all. He had tremendous humility; I know this through various contacts that I had with him and the things that he said to me at times when he could have taken credit, and he didn't do this.



But as these monks stood there all of a sudden a tear came out of the corner of Master's eye and rolled down his cheek. Now how do you account for that? And somebody got a clean, white handkerchief and wiped away the tear and they preserved this.

### **Master Blesses Mother**

On the morning that they were going to take him from his room—he was laid out on the bed, he didn't have any shoes on; he had little blue socks. He was beautifully formed; his hands, his feet were perfect. I was all alone in the room with him for the moment and I had been so glued to him, so attached to him, my love for him was so great that it extended beyond human comprehension. And my loss was indeed terrible. So I knelt down at his feet and put my head on first one foot and then the other. And as I held my head there I prayed with everything I had in me

that God would take me, would lift me up, and use me to even some small degree of the way that He had used my master—to take God’s children to Him. And as I knelt there—and this is the truth as I



stand before you, and God knows it—all of a sudden from these feet came a charge of electricity that went right through the center of my head, as though he had known, that he was consciously in that body yet.

Because you see actually the soul doesn’t leave the body completely for 72 hours after the heart has stopped beating. Because just as the life force enters the medulla (goes to the point of Christ consciousness right here, furnishes the light to the body and then distributes through the brain and down through the spinal centers and to the various parts of the body) so also it goes out the same way and many times the life force lies dormant in the spine. That is why during early days before cremation, many times people were found to have turned over in their coffins when the graves had been dug up later and they had smothered to death. Their hair had grown long—things of this nature—because the life force hadn’t completely left the body. There are many instances of this and it is true. So it was a tremendous experience and it’s...in every way I have had the wish that I made, the prayer that I made at his feet has been answered.

### **Mother’s Work**

But the other night, and many times since, I have thought: why did I use the word “small” way? Lord, that is not sufficient. Why did I not use “in the biggest way possible?”

To use me, every bit of me, right as much as You can, to the last breath I draw, so that not just the few but that hundreds and thousands, if it is Thy will, may be drawn to Thee.

And so this is the wish I made and I made it with all my heart. God heard me.

# Paramahansa Yogananda

## As I Knew Him

By Roy Eugene Davis

[Excerpt from Rev. Davis' new book of the above title.]



Late one evening, Master talked privately with me in the living room of his modest, two-room apartment on the top floor of the headquarters building. As he blessed me, and assured me that he would talk with me from time to time, he took a banana from a nearby bowl of fruit and gave it to me. In the men's dormitory a few minutes later, sitting on my bed, reflecting on my good fortune to have Master as my guru, I slowly ate the banana, including the peel because I did not want

to deprive myself of any blessings that flowed from his hands.

A new building, which Master named India House, was then being built beside the Hollywood temple. A vegetarian restaurant would be at the street level; a meeting hall at the lower level would be used for social and cultural purposes. When the concrete walls were being poured, all of the monks were assigned to the project.

Bernard Cole, a senior SRF minister, came late in the afternoon to examine the work in progress. As he walked by me, he said, "Master wants to see you tonight. Be in the basement hallway near the elevator at seven o'clock."

At 9:00 p.m., after I had waited for two hours, thinking that Master had been detained because of other, more important matters, I went to the dormitory and slept.

"Where were you last night?" The unexpected inquiry was directed to me by one of the younger monks. "Master had to go out last night and got back late. He asked me 'Where's Roy?' When I offered to find you, he said he would see you later."

That afternoon, Bernard informed me, "Master wants to see you tonight at seven o'clock, in the lower hallway."

That evening, after I had patiently waited for almost two hours, Master's car was brought to the entrance of the building and luggage was put into its trunk. Word spread that he was going to his retreat house in Twentynine Palms, a three hour drive east of Los Angeles, and would be there for several months.

Thirty or more disciples lined the hallway to bid their guru a fond farewell. Before long, someone announced that Master was talking on the telephone and would not depart until the next day. His car was returned to the garage, the gathering of disciples dispersed, and I was again alone, this time firmly resolved to remain there throughout the night, if necessary. I did not have to wait long.



I heard the elevator descend, and stop. As the door slid open, Master looked out, saw me, smiled broadly, and exuberantly exclaimed, "There's my boy!"

"Come with me," he invited, as he quickly walked to Bernard's nearby room.

Master, dressed to go for a walk, was nibbling from a handful of almonds. Catching my eye, he remarked, "This is the only food I've eaten today."

In Bernard's room, Master asked me to kneel before him and held my right hand in his. In a gently, paternal tone of voice, he said, "Years ago, when Sri Yukteswar accepted me as a disciple, he told me, 'I pledge to you my eternal, unconditional love. No matter what you do, or fail to do, I will love you forever.'" Grasping my hand more firmly, he said, "Roy, I pledge to you my eternal, unconditional love. Can you pledge that same love to me?"

"Yes, Sir," I assured him.

When I stood up, he inquired, "Will you do as I ask?"

My response was immediately affirmative.

"I want you to go to Phoenix. We have a new project there. The climate will be good for your health, too. Bernard will take you to the train station in the morning."

He told me to write to him frequently and to visit him every two months.

# God Prompts Me

by Lorraine Bourcier

I'm at a greyhound bus station and it's 6:30 in the morning. I buy my ticket and poke my head out the door to see where bus #5 is. Sitting on a bench near bus #5 is a small, round, dirty old bum. At least I think he's old cause he's so dirty and has a full beard. He has a puffy red ski jacket on with the hood up—it's June and only a little cool outside. His head is down and he looks up when he hears me open the door, then looks back down or snoozes or whatever he is doing.

I go back inside and put my hand in my pocket where there's a fistful of change.

All of a sudden God prompts me—go give the bum some of that change.

I get up and as I'm about to open the door I see this notice on bright yellow paper: "Due to safety concerns, please do not give out money if solicited. Thank You." So, I think—geez, maybe I shouldn't do this—maybe he's crazy or violent or something.

Then that urging again—go on—give him some money.

I look at the change—\$10 and a bit. Well, I could give him \$4 and a bit and have enough left over for breakfast.

I go outside and he looks up and then looks back down again all hunched up on himself. I walk over to him and ask, "Would you like some change?" He grunts and I quickly put it in his hand and walk away.

I'm sitting inside the station and my hand is jingling the coins I have left in my pocket. I wonder if I should have given them all away. I know I have more and can afford to buy myself breakfast. But then I figure I've done my bit.

It's time to get on the bus. I'm sitting by the window looking at the bum and my heart is melting with pity and compassion.

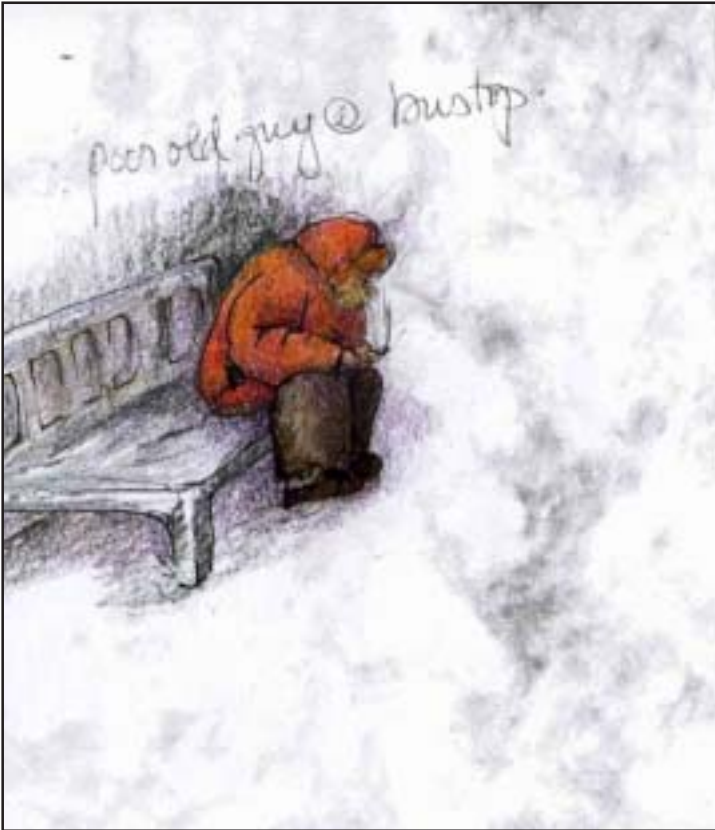
I get up and ask the driver if I can get off for a minute. He says sure.

I walk over to the bum and ask him if he'd like more change. He seems a bit startled and opens his hand. This time I really look at him and boy is he dirty! He's not an old man at all and I see the top of a bottle sticking out of his pocket. His hands are bright red and swollen with chilblains. I put all the change in his hand and place my hand over his and softly say, "God bless you."

This is not something I would ever say to anyone but it comes out of my mouth before I can think.

I go back onto the bus and sit down again and look out the window at him. He pushes back his hood and looks up at me. As the bus pulls out, I raise my hand to him and he just looks back.

As the bus is about to turn the corner, I take a last look at him and he is opening his hand to count the change.



Lorraine Bourcier

But all the things that God would have us do are hard for us to do—remember that—and hence, he oftener commands us than endeavors to persuade. And if we obey God, we must disobey ourselves; and it is in this disobeying ourselves, wherein the hardness of obeying God consists.

Father Mapple, character in *Moby Dick* by Herman Melville

## OM MA

[Excerpts from the book, *Om Ma, Anandamayi Ma, A Short Life Sketch* by Swami Mangalananda, pp. 13-26]

At this time a neighbor by the name of Hara Kumar Rai became the first person to address Her as “Ma”. He was of an enthusiastic religious nature, and would approach Her to give him prasad (sanctified food offerings) from Her hands. Nirmala, Who always maintained the strictest modesty and decorum, only consented after obtaining Her husband’s permission. Sri Rai made the prophetic statement, “Now only I address you as Ma, but someday the whole world will call you such.”

### **Ma’s spiritual bhavas**

Here in Ashtagram, Ma first manifested unearthly bhavas during kirtan. On one occasion, a neighborhood kirtan was arranged, and as the men sang to the accompaniment of drums and hand cymbals, the women watched from separate quarters. Suddenly Ma’s body was drawn up like a dry leaf in the wind, and barely touching the ground, She floated into the midst of the kirtan party. She then exhibited all the symptoms of Mahabhav, Her body alternately floating and rolling on the ground to the rhythm of the music, Her eyes and face bathed in a radiant glow. Finally She sank to the ground and entered into a deep samadhi trance. After a long time in this state, the kirtan had to be resumed to bring Her back to external consciousness.

### **The Lila of Sadhana**

In the year 1918, Sri Ramani secured a post as an estate clerk, and he and Nirmala moved to the town of Bajitpur. This next stage of Ma’s life became the most intense and esoteric, and perhaps held the deepest significance for all seekers and sadhakas.

Ma frequently used the word “Kheyal” to describe the inspirations for Her actions. The word usually simply means a mood or frame of mind. Ma used it to denote an inner movement of Divine Will that then took expression in thought and speech. Since Ma was Pure consciousness and had no “mind” in the form of conscious or subconscious conditionings, Divine Inspiration and Desire alone expressed Itself through what we call “thought” in Her mind. This inner, motiveless expression of Divine Will, Ma termed “kheyal”, and it was this alone that motivated all Her speech and movements.

The way Ma described the beginning of this next phase of Her life was as follows: One morning as She was bathing in the pond at Bajitpur, She said that the kheyal arose in Her mind: “What would it be like to play the part of a sadhika (spiritual aspirant)?” With that inner movement of thought, Ma described that within Her, the integral and perfect Knowledge of Reality that had been



Her's since birth, had a slight veil drawn over it, simply to see how it would be pierced. Hence the lila of sadhana began and continued with intensity for the next six years. As in every phase of Ma's life, She Herself did nothing willfully, but everything manifested spontaneously and perfectly.

Each evening after completing all Her household duties, She took Her husband's permission to begin Her spiritual disciplines. She cleaned one section of the room where She slept, and after lighting incense, sat quietly in yogasana (meditation posture). Then simply quietly repeating the Name of God “Hari”, which She had learned from Her father, She would enter a deep state of meditation. Each night, Her husband would curiously observe Her until sleep overtook him. He observed how various yoga kriyas, mudras and asanas would spontaneously and gracefully manifest



Swami Mangalananda

in Her body. At one point he said to Her, “We are Saktas (worshippers of God as Mother), so why are you saying the Name of Vishnu (Hari)?” Ma replied, “Then should I say ‘Jai Siva Shankara?’” He agreed, and Ma continued with this Name. The yogic manifestations continued to manifest and unfold as when She was repeating the former Name, illustrating the point that all the Divine Names have equal potency.

In later years, Ma would give the general advice that if spiritual practice is applied and continued, everything that is needed will manifest at the proper time. She would always say that any Divine Name that appeals to a person should be taken and repeated regularly, and that if the practice is sincere and steady, God, when necessary will send anything else that is needed. In Her own life, Ma gave a powerful demonstration of this exact Principle. She began Her practice repeating the simple Name of “Hari” that Her father had taught Her. She later described how this practice brought deep Divine states, how the Name became linked with the breath, and the various changes in Her consciousness that it produced. The asanas and kriyas that were needed to support this practice, then spontaneously manifested in Her body and mind at the required time.

### Ma’s Initiation

Ma later said that when the time is right for the disciple, the Guru will always make an appearance to impart the necessary power to continue in the Godward Path. She also always stressed that although the Guru appears outwardly in different forms, the Guru is only One—God Himself as the Indweller of the Heart. In Ma’s case, everything manifested naturally from within to illustrate all these points. Hence, after about two years of intense japa sadhana, the initiation from the Guru took place in a unique way.

On August 3rd, 1922, on the auspicious night of Rakhi Purnima, Ma spontaneously drew a yantra (divinely-revealed geometric pattern asso-

ciated with every mantra) on the floor where She was sitting, and all the steps of Guru Diksha spontaneously revealed themselves in the exact pattern prescribed by the Shastras. Ma later described how everything that was needed, including the vessels for the worship, offerings, etc., She took from within Her own self in subtle form. Then in a mysterious way, the Guru Himself appeared from within Her, imparted the mantra and empowerment, and was absorbed back within Her own self. Her husband awoke in the morning to find Her counting the japa of this mantra on Her fingers, as is shown at Initiation.

From this point on, Her sadhana became even more intense and concrete. In later years, Ma said that although She had described much that went on at this period, only one one-thousandth of what occurred has been made known. Ma spontaneously manifested every possible sadhana and practice known to mankind, not only of the Hindu Tradition, but also of every other religious Faith and Tradition. Each practice was spontaneously manifested and brought to its perfect conclusion within Her own consciousness. Practices that take aspirants lifetimes to perfect, were played through Her body in a matter of minutes, and taken to their complete fulfillment of Illumination. Thus in later years, when people from all over the world, and from every different spiritual background and lineage came to Ma for advice, She always instantly knew every intricate detail of whatever practice they were engaged in, and gave detailed instruction for its correct procedure.

Ma also said about this stage that “whatever happened was for all of you people only.” Hence in Ma’s own Person, we find the embodiment of all sadhana and sadhana shakti (divine power). Ma would say that all Paths to God are Her Paths. By this phase of Her life, this was dramatically demonstrated. Ma became the Patron of all spiritual aspirants, by having revealed Enlightenment through every Path and approach in Her own body.

### **Ma’s self-revelation**

During this period, an important event occurred in which Ma first revealed Her true Identity. Two relatives of the family came, and seeing Ma in the inner room engaged in yogic practice, questioned Her husband why She was behaving in this strange manner. They then approached Ma and told Her that to do these practices required initiation from a Guru.

Ma replied that this initiation had taken place. They asked if Her husband had received initiation. She said, not as yet, but then named the auspicious date, along with the astrological settings, when this event would occur. They then chastised Her for this seemingly strange behavior. Ma suddenly manifested a powerful and luminous countenance and bhava, and the visitors drew back in amazement. They then asked Her plainly, “Who are you?” She first replied, “I am both Mahadeva and Mahadevi (Siva and Shakti).” They inquired further, and Ma uttered the words, “Purna Brahma Narayana” (the Fullness of God in Human Form). They asked for a demonstration of Her power. Calling Her husband, She placed a hand on his head, and he immediately entered a deep state of yogic samadhi and remained entranced for a long time. On being called again to outer consciousness, he confided that he had experienced a state of bliss and consciousness that was beyond description. All these facts were kept secretly within the family for many years, until they became spontaneously revealed at a much later date.

### **Sri Ramani’s Initiation**

In January of 1923, the date that Ma had predicted for her husband’s diksha arrived. Remembering, he left early for his work without partaking of breakfast, thereby unknowingly fulfilling the condition of the disciple’s fasting before the initiation. Ma sent word to him that he should return or She Herself would come for him. Fearing a scene, he returned home to find everything in readiness for the ceremony. Ma gave him a clean cloth and told him to bathe. Then with great power and authority, the entire ceremony of empowerment and instruction poured forth spontaneously from Ma’s lips. The holy mantra was imparted and as he began to repeat it, he was indrawn into a deep and blissful state of concentration. Albeit somewhat unwillingly at first, but from then on with great enthusiasm and energy, Sri Ramani’s spiritual life and transformation was begun. Ma then gave him the name “Bholanath” a name of Siva denoting His gentle and natural temperament. As the story of Ma’s life unfolds, we can observe Bholanath’s nature being molded and transmuted from a simple and mundane—though virtuous—man of the world, into a great sadhu, sannyasi and rishi. He became the guiding father of the family of devotees that would eventually gather around Ma.

After six full years of an intense manifestation of sadhana and tapasya

(ascetic discipline), Ma had the all-encompassing vision of Herself manifesting as the entire Universe, and once again the self-imposed veil that had temporarily obscured the perfect Reality was forever rent in two. Ma then entered a three-year period of complete silence and withdrawal into Herself\*.

\* *Life of Sri Anandamayi Ma, Alexander Lipski*

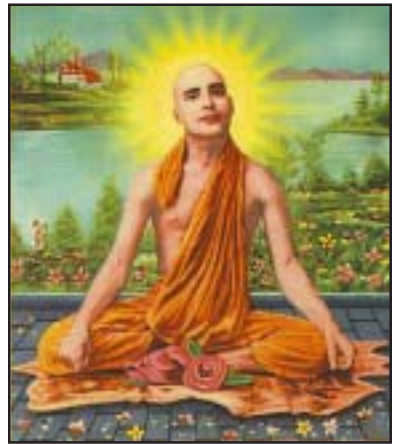
## The Teachings of Sri Ramakrishna

The world and God, how is it possible to harmonize these two? Look at the carpenter's wife, how many things she is doing at once! With one hand she stirs the flattened rice in the mortar of a Dhenki (husking machine), while with the other she nurses her child and at the same time she bargains with a purchaser. Thus though her occupations are many, her mind is fixed all the while on the one idea of the pestle of the Dhenki shall not fall on her hand and bruise it. So be in the world, but always remember Him, and never go astray from His path.



Mercilessly rolls on the wheel of Law. He who lives the Law, rides the Law. He who sets up his will against God's will (i.e., the Law) must be crushed and suffer Promethean tortures.

The Law is [the Cross], it pierces the little false self. He who suffers willing Crucifixion, to him the world is a Garden of Eden. To all else, it is a Paradise Lost. The Law is fire, it burns up all worldly attachments, it scorches the ignorant mind, yet it purifies and destroys all kinds of spiritual plaguegerms.



**Swami Rama Tirtha**

## Riding with Mother

by Cate Koler

In 1983 or early '84 I was asked by Mother if I would accompany her to Victoria. Mother had arranged to stay with Pat Downey, the Center Leader there, and to give a talk that Sunday. It was after her stroke and she needed someone to drive and to help her dress. I was honored to have been chosen, but needed to bring along my little 3 year old daughter, Nicole. Mother agreed.

The weekend was filled with happy times, inspiring moments and a very important test for me. But in addition there was an incident that has stayed with me through the years and I know that moments that fix themselves in our memories are perhaps more meaningful than we can imagine.

We were driving home to Seattle and just north of Everett encountered a thick fog. I am often a nervous driver even in the best circumstances and it was almost impossible to see the road. I reflected that I had two of the most precious people in the world in my care and the prospect made me even more nervous.

"Perhaps we should take this next exit," I said to Mother, "And get a cup of tea and wait till the fog lifts."

"No, keep on going," Mother replied. "You'll be fine. We'll chant."

We rode safely on, our voices raised in unison, singing Master's chants and Om Sri Ram. I'll never forget Mother's strong, beautiful soprano beside me blending with the sweet lilt of "Do-wa of my Hawt" (Door of my Heart) coming from the little soul in the back seat. Surrounded by the dense fog, encapsulated in our car, we glided through time and space to Eternity and back. No other existence except we three, merged in the Holy chants, forever together, forever safe.

How can one fathom the lessons the Guru teaches the devotee? Sometimes only years later one grasps a little of what has been imparted. The story can be told, words can attempt to capture the moment, but who can describe an experience that resonates not only in the heart, but to the core of one's being? It can only be explained one way: Guru Shakti.\*

Jai Guru Deva!

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\* Power of the Guru



Mother & Cate in 1976, during Kriya Week

## Moments with Mother

About two months ago after meditation God gave me the idea to propose a new “column” for this journal—a place where devotees could relate anecdotes of their experiences with Mother. These stories can range from the simple to the sublime.

During the last Loon Lake Retreat another of Mother’s disciples and I were sitting together sharing some memories of our time with Mother. A newer devotee was listening in rapt attention. I realized how wonderful and important it can be for people to hear these stories.

When the idea came to me, I knew in a flash that I should initiate the “column” with one of my own stories and felt that Mother herself was picking out the one I should write about. We invite you to send in your written memories for future journals: they can be sent to the Cross & Lotus address or emailed to me at [ckoler@comcast.net](mailto:ckoler@comcast.net). [Cate Koler]

# Swamiji

by Jonni Anderson

He wears the ochre robes with ease as though he'd been born to renunciation.

For many years now his has been the driving, loving energy that keeps the Abode of Bliss growing, giving and healing.

The devotees come to sit at his feet. At the noble age of eighty-six, in a wheelchair now after his stroke, he listens as one after another comes forward to read a letter, tell a story or



sing a long Tamil chant. He seems tired, nods and closes his eyes and I think, “Why don’t they leave this poor, old man alone.” Then, without any warning, I feel a rush of love pour out and over me—catching me off guard—so strong and joyous is this energy that the tears, freed from the critic’s grasp, wash down my face until, at last, he is wheeled by his adoring aides back into his room.

For days each time I walk with all the others alongside his wheelchair, as he goes to greet the cows, or offer prasad at the canteen or just oversee workmen renovating the satsang hall, the tears pour down my face. I feel no shame, nor wish to hide, only this desire to be near him. And I think, as I meditate on this, that this must have been what it felt like to be close to Jesus, and I know why the crowds followed his every step.

OM SRI RAM JAI RAM JAI JAI RAM

# Papa's Passage to Divinity

From the Introduction to  
*Passage to Divinity, The early life of Sri Swami Ramdas*

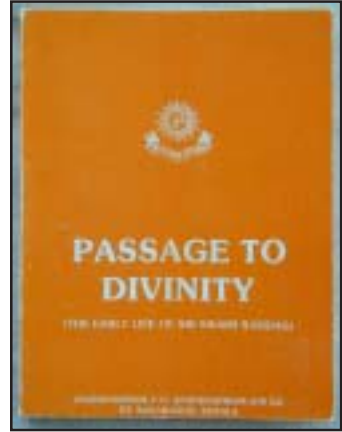
By Chandra Shekhar

Saints are born as much as they are made. Some of these great souls show unmistakable signs of their divinity from their very birth. In the case of a few others, God's Grace has alighted suddenly, transforming and divinising them at once by a single contact with a saint or a God-man, like the base metal being transmuted into pure burnished gold. Valmiki is a classic example of this class. Others again have attained that high state of Self-realisation only through strenuous effort, untold suffering, severe and ceaseless austerities and a hard rigorous discipline. Many of these have reached their later beatific state only after a prolonged, testing ordeal, pursuing their supreme ideal with dogged determination, fighting the battle of life with dauntless courage, and finally emerging all-triumphant from the struggle.

These great souls, who have later in their lives attained the exalted state of divine illumination, apparently seemed to have lived an average worldly existence for a certain period. To all intents and purposes their lives do not seem to differ in any way from ours. Life brings to them in its train, joys and sorrows in equal measure as it does to us. Rather, life appears to treat them more harshly and unkindly than it does to us. Fortune rarely favours them; obstacles and frustrations dog their footsteps. Every moment of their lives is a struggle.

We ask: "In what special way do they differ from us ordinary mortals, that they alone should become God's chosen few? In what special way, more than ourselves are they entitled to Divine Grace which immortalizes them?"

But we forget that these are the heroes and supermen who have turned their very misfortunes into effective instruments to remove all obstacles and difficulties, whose one purpose and determination is, come what may,



to reach the goal they have set before them, and who are ever ready and prepared to make the highest sacrifices, nay, to stake even their lives most cheerfully for the cause. To them defeat is unknown; hard knocks of life do not cow them down; death holds no terror for them. How can it be otherwise than that the kingdom of heaven should be theirs? Though seemingly they appear as ordinary mortals like us, a closer study of their lives reveals them as men of exalted moral stature, immense courage, strong sympathies, warm hearts, and strong and earnest religious feelings and aspirations.

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## Our New Home

On August 27 we had a work party to help us work on our new home. Devotees came and helped paint, deconstruct old structures and build for the day, with potluck and good fun along the way. Certainly we want this to be a home and a place of peace for all devotees, everywhere. It is a joy to be creating a home that has harmony and beauty. Thank you to all who participated, and those families who supported a loved one in coming to help.

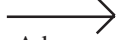
David



David - "Outstanding in His Field" (Side yard)

## House Help

Starring:  
Bob Ladd



Adam  
Shinn

& Jill  
Hough



## Calendar of Events

Sept.	5	Labor Day
	22	Fall Equinox (3:21 p.m. PDT)
	26	Lahiri Mahasaya's Mahasamadhi Day
	30	Lahiri Mahasaya's Jayanthi Day
Oct.	3	Mother Krishnabai's Birthday (Hindu Calendar)
	4	Rosh Hashanah
	13	Yom Kippur
Nov.	12	Swami Satchidananda's Birthday (Hindu Calendar)
Dec.	21	Winter Solstice (10:35 a.m. PST)
	25	Christmas Day, Mother Hamilton's Birthday
	27	Swami Ramdas' Sannyas Day

Journal Editors: Larry & Cate Koler

Take hope: in the large cycle of celestial time the winter of the Kali Yuga has transitioned into the Spring of Dwapara Yuga. Daylight is longer, sweet Spring air occasionally raises the spirits—winter fights on, but its cause is lost!

Yogacharya David Hickenbottom

A dazzling play of light filled the whole horizon. A soft rumbling vibration formed itself into words:

“What has life or death to do with Light. In the image of My Light I have made you. The relativities of life and death belong to the cosmic dream. Behold your dreamless being! Awake, my child, awake!”

*Paramhansa  
Yogananda*

Universal love and service can be practiced only by realizing the unity of humanity as a whole. We must think always in terms of the universal Spirit. Although we belong to different countries, we actually belong to one human race. We have to develop this consciousness so that we can live in harmony and peace with one another, to whatever country or nationality we may belong. This unity can be realized only when we know that there is one all-pervading Spirit, God, dwelling in the hearts of everyone of us. The recognition of this truth and the realization of this Spirit will enable us to live in absolute harmony.

Swami Ramdas



Cake Artwork by Maya Shiinn  
(Prepared for Adam & Maya's  
House Blessing, July 16, 2005)