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



Mother Hamilton (1970)



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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

© 2007 The Cross and The Lotus Publishing is dedicated to the publication of materials that promote God Realization. Our spiritual lineage begins with Jesus Christ and Babaji and flows down to us through Lahiri Mahasaya, Swami Sri Yukteswar, Paramhansa Yogananda and Yogacharya Mother Hamilton.

The Reverend Yogacharya David Hickenbottom continues this lineage with the help and support of many sincere devotees. We are dedicated to realizing God and serving devotees of every race, color, creed and religion.

Mother Hamilton often said she was the product of two fully illumined Masters, her own Guru, Paramhansa Yogananda, and Swami Ramdas. We therefore feature articles about Swami Ramdas and Anandashram. We bow to the feet of Saints and realized Masters of all religions.

Dear Friends,

In the course of life we live many *lives*, different phases that can be radical departures from the last *chapter* we have just lived. This sudden change can be brought about by some dramatic event in our life, or the life of someone close to us. Certainly a serious illness or death can be such a *triggering event*.

A dear devotee was recently diagnosed with a cancerous condition. Of course this event has had its repercussions for the



devotee as well as those who are close to her. Even a distant event can arouse a deep feeling of compassion and can be life changing when it lands upon a fertile mind.

Soon after getting a call from this devotee I found myself mowing the lawn. It was then that I was aware of a feeling of deep sorrow, and then mixed with anger. I continued to observe these feelings moving through, having the perfect occupation of mowing the lawn for observing these feelings: a vigorous physical activity that did not require much attention from the mind. As the feelings moved through I then became aware of an adamant resolution to fight for the life of that devotee as well as for the health and well-being of all souls, everywhere. This happened quite automatically from a higher intelligence than my cognitive mind.

The condition of this devotee and my subsequent resolve continues to be a stern reminder for me not to grow complacent. We have all been given work to do while here, work on every level of existence: physically, emotionally, socially, mentally, and of the greatest importance, spiritually. Yet in the day to day living of our lives it is so easy to shift into the *automatic pilot of habit* that makes us carry on life while only half paying

attention. Weeks, months and years can slip by without any appreciable change in the way we live!

It is a sad commentary that many will live out their lives without fully *stepping into* their selves, into their lives. I remember a time in life when I came to a realization that I was not fully living my life; I had held back from fully committing myself to it. A *perfectionistic* part of me was afraid: it was afraid that if I did commit and then failed, it would confirm my worst fear; that I was not good enough. However (so went this twisted emotionally-driven logic), if I did not really try my best, then failed, I could comfort myself that I preserved my pride because I had not tried my best.

To really live, we have to commit ourselves, overcome our fear-pride complex that keeps at least a part of ourselves on the sidelines of life. One of my favorite quotes comes from one who lived life fearlessly, Teddy Roosevelt:

The person who succeeds is not the one who holds back, fearing failure, nor the one who never fails... but rather the one who moves on in spite of failure. Far better to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much because they live in the grey twilight that knows not victory or defeat.

It is a shame to waste time on a life only half lived. We have been created to make full use of all of our faculties, our talents and develop strengths; not because they come easy, but because we feel a need to do so and we will feel fulfilled only by putting ourselves on the field and striving with all of our strength. We learn as we get older that not everything we once thought important to do is really essential, but there are those things that if left undone will leave us feeling that our life was incomplete.

For me I know that realizing God is **the** essential thing in my life. All other goals are satellites to this solar-like focal point. I know this is what other devotees would also say for themselves. Yet does our life reflect this statement? **We must answer this question.**

During a time management seminar I once attended, a provocative question was asked when talking of priorities. After everyone had made a list of what was most important in each one's individual life, the facilita-

tor then asked: *if I looked at your daily schedule and your check-book, would they reflect the values you just said were most important in your life?* Upon hearing this there were many moans and groans as each reflected on where they spent their time and money in relation to what they just said were their highest values.

In order to have peace, in order to feel that we have lived the life we would have wanted to live, then we must make our deepest values our priority in accordance to what we truly know about ourselves. If months turn to years and they have gone by **without significant alignment between how you spend your life and what you know are your real values, then you cannot have a legitimate claim on peace.**

Do not wait for death's call to come to remind you of what you have not done in your life. This is your time on the stage, and this time cannot be replaced by any other: **you are accountable for every decision you make for how you spend your life!** It is too easy to slip into a habit-driven life that substitutes killing time rather than really living it. Not every dream you have may find fulfillment as you once envisioned it, but this is not an excuse for giving up on your life. Truly you will have a deep regret for only *going through the motions* of living.

You are a magnificent creation of a magnificent Creator. Create new chapters in your life by being alive to what your Creator is calling you to do! Life is meant to be lived fully, without holding back, until you have spent body, mind and soul on accomplishing what you have come to do. Awake, Arise! Hear the ancient battle cry of the Gita echoing down to you today. **God is awakening within you, listen and you will hear the trumpet call of life, calling to you to forsake your sleep and arise to a spiritual dawn of life charged with Divine Power!** †

Yogacharya David

I am what they call in Iran a shah-saudagar (merchant prince). I am neither a wholesale nor a retail dealer. If you're in the market to purchase a pin or a needle you must go to a retail merchant. I am not dealing in merchandise such as granting favors. A shah saudagar can and may, if he likes, supply anyone with even a pin, but it would be unthinkable to approach him for such a thing.

Meher Baba - from *Listen, Humanity*



Mother in 1967

Lifestyles: Time For Reflection

This article was written by Mother and was published in the Victoria, BC “Times Colonist” newspaper in early 1980.

Since the beginning of time man has been developing new “lifestyles” to suit both his needs and his desires. His needs are basic for sustaining his life. His desires are usually multitudinous and endless.

During the last two decades man’s lifestyles have changed to a remarkable degree. In many instances, resentment and disillusionment with the false front, the hypocritical side of that which he has labeled “The Establishment” has mounted to such a peak that he has almost lost his sense of values. Some have become nomads, wandering the face of the earth looking for handouts. Some have gone back to the land and its primitive aspects; others have let their hair and their beards grow unkempt. Many have rejected cleanliness physically, mentally and emotionally and, in today’s terminology, have placed themselves in the position of “letting it all hang out.” With his craving for alcohol, cigarettes, drugs and sex predominant, he has forgotten his responsibility to God, to man and to himself. In order to justify his actions and his self-indulgence, he tells himself and everyone he meets that, after all, this is a new age and one must of necessity go with the changing times. He denies the validity of the

Ten Commandments and labels them archaic. He seems totally to have forgotten that the laws of man can be changed by man but that the laws of God are immutable.

We have but to look around us to see what havoc has been wrought by this present lifestyle. Our prisons, our mental and medical hospitals are filled to overflowing with those who have followed the various destructive paths in pursuit of the so-called pleasures of the senses. Many have committed crimes which they do not even remember having committed while under the influence of drugs and/or alcohol. Many have lost their memories and go around like walking zombies with blank looks on their faces. Some have taken drugs so powerfully destructive that they are, as far as their memory and intelligence are concerned, like little children having to be taught once again the fundamentals of elementary education.

Murder, rape and theft are daily occurrences. People are no longer safe on the streets or even in their own homes. Many couples are living together without benefit of marriage. Children are born from such unions with no guarantee or feeling of security. They are forced to bear the stigma of illegitimacy. The terrible, the unbelievable part of it all is that this mode of living is being taken for granted as being the perfectly acceptable thing to do in this new age. They take no thought of what bearing their actions will have not only on their own futures and those of their children but also on that of the generations to come. They are building, in fact they have already built, a world in which security has no part. They are so enamored by their so-called sense of FREEDOM which, in truth, is nothing but LICENSE, that they fail to see that the path they are following is not only one of self-destruction but the destruction of a whole world.

Are these statements products of an over-zealous, overwrought imagination? You have but to listen to the radio, look at the movies or television screen, read the newspapers and listen and view for yourself as you move and live with the rest of humanity and you cannot possibly deny its truth. This is the world in which we now live and we, ourselves, have brought it to its present state. Those who have the vision to see look at it and hope and pray that it will change before total destruction descends upon it. Believe with everything you have that wishing will not bring it about. The world is made up of individuals—you, me and all of our neigh-

bors in this and other lands, and it will not and cannot possibly change until we as individuals change. The world at any given time is the reflection of that which each man sends forth from himself physically, mentally, emotionally, and spiritually. For every thought, word and action there is an opposite and equal reaction. This is the God-made law of the universe and man cannot change it. He can only change himself.

It is high time for the pendulum to swing in the opposite direction, time to develop a new lifestyle—one of dignity, self-respect and self-mastery. It has already started and many are searching for Truth—real Truth as never before. They are no longer willing to accept the long-held-out promises of redemption and salvation through faith—promises which through the centuries have not materialized. They are asking the questions: “Who am I?” “Where did I really come from before I entered my mother’s womb?” “Have I lived before?” “What is the purpose of my existence?” “Are the scriptures fairy tales or are they parables that hide the living Truth that can be realized only by those who have eyes to see and ears to hear?” These are the ones who have realized that there is only one way out. These are the ones who are ready to go on the greatest of all adventures—the search for reality which they at long last realize is to be found only within themselves. They are the ones who go in search of a real master, a God-realized soul who has paid the full price for his knowledge of Truth; one who alone can lead them out of the darkness of ignorance into the light of eternal bliss and happiness; who can show them the way to unite the soul with its Maker. The way is simple. It is to forget “original sin” and all of its historical offspring and to concentrate only upon “original innocence.” It is to live in constant remembrance of God, serving him with all of your heart, your mind, your soul and your strength. “Seek ye first the kingdom of God, and his righteousness; and all of these things shall be added unto you.”¹ Do this and you will not only change your own world but you will become a beacon on a hilltop to light the way for others who seek the Truth.

In these troublous times let us all work shoulder-to-shoulder to build a new world of peace, love, honesty and trust in God and in one another. Let us forget our religious names and differences, the divisions of race, color and creed, and kneel down together as brothers and sisters and

¹ Matthew 6:33

worship the omnipresent God who is the one and only Father of us all.

The Reverend Mother

Yogacharya M. Hamilton †

Mother on Master

I remember the time when I was down in Los Angeles, and I had the very great privilege of having Master invite me to Encinitas, and I was down there for three days. I got there through Sister Gyanamata, bless her, because the other people there weren't going to let me see him. But she managed to arrange it for me, and he invited me down. So I had three days with him, and I stayed right at the hermitage.



God arranged the whole thing because there weren't any rooms at the inn. I had a wonderful, wonderful time. I listened while he spoke words of truth and of wisdom to me. I ate at the table. I listened as he described the very things which are now in the *Autobiography*. He showed me the scar on his arm where he, by the power of his will, put the boil there. He showed me just the plain lead armlet that his Master had given him, and all of these things. It was just a tremendous experience.

And it happened that he was going back to Los Angeles at the same time that I was, and he asked me how I was going back. I said I had my bus ticket. Mr. Cuaron from Mexico was along at that time. He said to one of the girls who was going to drive back with him, "Here, you take her bus ticket, and you go by bus and she'll ride with me." What a wonderful privilege it was.

So we came to this place where I was staying (I was staying with a girlfriend that I had known formerly in Seattle), and Master immediately got out and he wanted to carry my suitcase for me. Well, I was just utterly shocked to think of this man in whom I adored God so much, that I revered God so much as my Guru, that he would think of carrying my suitcase.

And I said, "Oh no, Sir. Thank you very much, but I will carry it myself."

(From a talk given on April 24, 1964)

Mundane to Spiritual—Selections

By Swami Satchidananda

God-remembrance possible for householders

The condition for God-realisation is intense aspiration to realise Him and His constant remembrance. Only those who are fired with such an intense aspiration can chant God's Name constantly and maintain ceaseless remembrance. All the saints who have realised God had done such intense Sadhana. Some of them were householders. Even as householders, they could devote all their time for God-remembrance and thus showed the world that even for householders it was possible to remember God constantly.



Swamiji in Pune with Swamini Chandrananda, Swami Sannyasananda and Lalchand, April, 2007

Mahatmas may give only a glimpse of God-realisation

Coming in contact with saints gives us an awakening and an impetus to our Sadhana. They do not suddenly or miraculously transform a Sadhaka as, they say, it is not advisable, though it may be rarely possible. Once when Beloved Papa was asked why he should not use his powers to give

Realisation to all who approach him, he smilingly replied that if it was possible, he would have transformed the entire humanity by giving Realisation to one and all. This means the Sadhaka has to pass through the course of Sadhana, which is very difficult in some cases and not so in some other cases—according to the purity of mind attained by them.

Beloved Papa used to say that even if a saint gives some high experience by his touch to a Sadhaka, the experience may not last long. It will give the Sadhaka only a glimpse of the Reality and he will have to struggle hard to get established in it. So, nothing can be had unless we pay the full price for it. From this it is clear that Realization is not a thing to be given by one to another.

Prepared aspirants alone may get experiences

At the same time, we hear of instances where certain aspirants got some experiences when they came into contact with certain Mahatmas—like Swami Vivekananda experiencing Nirvikalpa Samadhi when Sri Ramakrishna touched him. This cannot, however, be a general rule. It should not be forgotten that Sri Ramakrishna gave this experience to none but Swami Vivekananda. He needed a Swami Vivekananda who alone could receive this experience. This shows that the aspirant should be fully prepared to receive the experience from a Mahatma.

Beloved Papa used to say that saints are like fire and only aspirants who have become dry twigs can catch fire when they come into contact with a Mahatma. A piece of wet wood or a green plantain stalk will not catch fire even when placed on the fire for a long time. This clearly shows that, what is important is the inner preparation of the aspirant to receive the higher experiences.

Contact of saints does not go in vain

One thing is certain. The contact of saints does not go in vain. First it awakens us to the Reality, then it gives us an impetus to our Sadhana, which may take a short or long time, depending on the kind of purification required of us. Sometimes the results are quick and at other times there is delay. In any case, there is no need for frustration. Once we are in the clasp of a saint, he is sure to lead us on the path until we reach the goal. Never give yourself to moods of depression or frustration. Be courageous, feeling that our Guru—Beloved Papa—is ever protecting us and guiding us to the ultimate goal. †

Dialogue between Tongue and Teeth

by Swami Satchidananda

Tongue: My friends, who are supposed to be protecting me, have started to trample upon me and crush me; I escape with severe pain and bleeding.

Teeth: We are always protecting you. Besides, we are trying to help you by crushing and powdering hard things before we pass them on to you, so that it may be easy for you to enjoy the taste for some time. When you are absorbed in the task, sometimes, you may forget or delay to return to your safe place, you get caught between our two rows, and you suffer. Are we responsible for this?

Tongue: This trouble started only recently.

Teeth: We are glad that it is a recent development. The trouble may be because three of our group of thirty-two suffered a serious infection and died. The vacancy created was filled by new fellows who do not belong to our community. They are foreigners. They look like us, but they are not sensitive. They have not got adjusted to the new environ and are not yet in alignment with us. It is possible they may be the ones hurting you, though unwittingly.

Tongue: Can you not train them?

Teeth: It is not training that is wanting, but the feeling of oneness with the colleagues and those under our care. You came into being first. After a few months, we appeared to protect you. You are safe under our care. Don't you feel so?

Tongue: I was feeling safe. But recently, I started feeling insecure. Please make your new arrival behave properly and not hurt me.

Teeth: We are protecting you and shall continue to do so. But, sometimes, we find that you are leading us to dangerous situations.

Tongue: How can you say that? When you are strong and can frighten anybody who looks at you, and you can cut to pieces anything that comes before you, why do you have to be anxious about difficult situations?

Teeth: We are strong, no doubt. That strength is necessary for the type of work we do. Have you not noticed that while doing our work,

we break down sometimes because of the hard things we have to deal with? You may blame us for our strength which hurts you.

Tongue: What is your complaint against me? Don't you know I am absolutely harmless?

Teeth: You are not so harmless. You may be incapable of physically hurting anybody. But you are so sharp that you can cut anyone to pieces by lashing them with your words. The hurt caused by you is more serious than the pain you suffer from our hands.

Tongue: What do you mean? How do I hurt others?

Teeth: By your sharpness, the words emanating from you can cause more harm than a sharp knife. Here, not only others are hurt, we are also in danger.

Tongue: How can you be in danger?

Teeth: On hearing your words, people threaten to knock us off, for no fault of ours. For what you do, we have to suffer. People may be frightened when they see us. They can never suspect that a backboneless one like you can provoke their anger.

Tongue: When I provoke them, why should they threaten you?

Teeth: Because they cannot do anything to you as you are well protected by us. They also know we all belong to one.

Tongue: I also know your suffering is my suffering as we belong to One.

Teeth: So let us help each other. Forgive and forget minor lapses that have happened. In future, never complain about anybody. Thus let us live harmoniously, enjoying peace. This should be the attitude of all, more so of us who are not different, but one, being parts of the same person.

Tongue: That we are all part of the same person is forgotten and we take it that we are separate individuals, ignorant of our Source. The moment we know our source, naturally we know what we are and feel a sense of oneness.

Teeth: Let us not forget our Source. Then, as you said, we know our duty. See how the hands and legs work hard for feeding the mouth. They do not claim any share from the mouth. All of us must do our allotted work in perfect harmony with one and all in order to make the life meaningful. †

Intellect Versus Intuition

by Dr. Minott Lewis

Meditation is for the purpose of consciously contacting the presence of God as you understand it within. That's why intuition is so important, because intuition does not come through outward testimony, but through the conscious contact of God within. God knows all things through intuition; we know things through sensation, mind and intellect plus intuition. He knows immediately without the agency of any outward testimony of senses, mind, or intellect or anything else. Intuition is the all-knowing power of the soul. It knows completely, immediately. It does not depend upon anything else. How do you realize that you exist? Do you think about it? "How do I exist?" Or look around? You know you exist through the intuition of the soul within.



...now we have a testimony about intuition in the *Autobiography of a Yogi*, where we read, "Intuition is soul guidance, appearing naturally in man during those instances when his mind is calm." Don't you think meditation is necessary? With the mind running this way, hither and yon, how can intuition get in? How can it operate? It cannot. So realize, intuition comes when the mind is still. There will be flashes of it when there are no thoughts. "When the thoughts have come to rest," as the Master used to say, "That's the time I see God best." So that's when intuition comes.

Intuition is soul's guidance appearing naturally in man, but we don't give it a chance. We are so taken up with this restless mind, and the doings of this worldly existence, and a million other things, poor intuition

¹ *Autobiography of a Yogi*: Chapter on "The Cauliflower Robbery."

can not operate. But it will operate, if you still the waves of the mind. And so that is what we read, going on a little further, “The human mind, freed from the disturbances or ‘static’ of restlessness...”—realize this; these are the Master’s own words—“is empowered to perform [through its antenna of intuition] radio mechanisms—sending as well as receiving thoughts and tuning out undesirable ones.”¹

We have within us a radio receiving broadcasting station which is exact, which operates without fault, if we turn out thoughts and those things which disturb us. Because we are a ray of the Infinite Omniscience of God who knows all things, His great power—His all seeing universal power of sight, the universal power of healing—is in us. It is through that force that God’s radio operates and knows all things. We have that, but we clutter it up with worldly thoughts and consciousness.

Let us understand this. These are the Master’s words, “As the power of a radio broadcasting station is regulated by the amount of . . . current [through which it operates] . . .”—that’s the power of the radio station, and so we read in the *Autobiography* here—“As the power of a radio-broadcasting station is regulated by the amount of electrical current it can utilize, so the effectiveness of a human radio depends on. . .,” yes, power, but what kind of power? Will power. And so when you still the waves of your mind, and in that silence within, if you use the power of your will, then you can operate the radio station which God has given to you. And so just to finish, “As the power of the radio broadcasting station is regulated by the amount of electrical current it can utilize, so the effectiveness of the human radio depends on the degree of will power possessed by each individual.”

The will power is the thing. How do you think God created this universe, just by sitting down and thinking about it. No, He put His will into it. And so, if you want to change through meditation, put your will power into it. Sit there. Make your mind as calm as you can; but sit there and use your will, in the best way you can, to reach the goal. You will have conscious communion with God, and you will know He is guiding you in every action. That’s what we can do, but we can do it, not through intellect, not through sensation nor mind, but through the power of intuition within us, the power of God within us, the soul’s power. †

Excerpt from the book, *Treasures Against Time* by Brenda Lewis Rosser

My second visit to Anandashram

By Jill Hough

This time, as was the case with my last visit, I had several fears about my trip to India and Anandashram. The first trip I worried about bugs (they have always driven me crazy on camping trips) and the heat. Having suffered heat stroke in my teens I have always been very sensitive and often miserable when the temperature gets extreme. My prayer to God was, “My family is making great sacrifices for me to have this experience: please God, allow me to fully experience the peace and bliss of Anandashram without the troubles the body might inflict.”



This trip my prayer was quite different but also involved blocks I might find and my prayer that they would be resolved. Just as before, God removed all obstacles, although often not in the way I might have imagined.

Getting to Anandashram, even when traveling “straight through,” is about a 48 hour process involving not less than three planes and at least a two-hour taxi ride. The cab ride on the way to the Ashram is always the first chance to really practice letting go and letting God! After arriving, such joy and hospitality is shown by all those at the ashram that each act feels like a gift.

Each morning begins at 5:45 a.m. as the mandirs are opened. This happens by groups of local men and visitors starting their morning chanting God’s lovely name. From my room it was heard and I would slowly awaken. At 6:00 a.m. another wonderful sound is heard through my window, “Coffee? Tea?” and I rise from my solid, sparse but comfortable bed. Balakrishna fills my coffee cup with sweet, steaming ashram milk and coffee. I sit on the veranda and fill myself with the last of the quiet before daylight comes. Before I dress in the clothes that the local seamstress has created for me, I proceed with my morning bath. This involves

walking to the end of the building and filling a large bucket with hot water. I return to my private bathroom and setting the bucket on a bench built for this purpose, mix the water to the perfect temperature with cool water from the sink. Pitchers are provided to pour the water over one's head. There is nothing more refreshing than a bucket shower. It is now 6:30 and the women are taking their turn at chanting. We pick up the continuous chant as the men exit. Walking slowly around and around on the cool marble floor I chant *Om Sri Ram Jai Ram Jai Jai Ram OM...* and it begins again. Each step I pray to God to show Himself to me, to make me love Him more than this world. The cymbals clank, keeping the beat, and my prayer is raised with the voices. We spend a half hour this way. Slowly walking, our minds sometimes wandering to what will happen, what has happened, but always our prayers are taken up with the song, and another veil is lifted. Then men appear, as it is 7:00 and time for the changing of the guard.

Hurrying to the Flower Ceremony, I slow to greet Papa, pictured in full height in his mandir. I approach the Bhajan hall and hear the music rising with the voices of at least 50 men and women. The women's side is filled with color, not a single repeating fabric have I seen on a sari, with the exception of those used as uniforms. As the ceremony begins, the women form an informal line, each trying to allow someone else to go ahead of them, always so gracious. We take our turns bowing before Swami Muktananda, offering in this bow our gratitude, receiving grace from all the Masters. We are handed flowers to offer to Papa and Mataji by placing them on their altars. Bowing to the settees that held Papa/Mataji and that now hold lifelike paintings of them, always fills me with an overwhelming feeling of their presence. The grace flows over me in a palpable way and many morning tears of joy flow freely.

Exiting the hall after a visit to Papa's former room, I tuck the flower in my hair that is given to each "mother." In a sea of flip-flops, I spot my bright pink ones and slip them on. It is time for breakfast and for the day to "begin".

My departure culminated with a meeting with David and myself being called to Swami Muktananda's office. We had a lovely talk that concluded with the reminder to not identify with relative reality, the wife, employee, mother, daughter, but to play that role while always identifying with the Ultimate Reality. It is a hard task to undertake, but I practiced as

I rode to the airport. When you ride in Indian traffic, with each part flowing, giving way, accelerating at just the correct time with just the correct amount of force, it becomes a wonderful example of All is One. Each car, truck, pedestrian, bike, auto rickshaw moving in concert, each fulfilling its own expression but moving wonderfully in concert, even when seeming to be at odds. †

Shri Sai Baba: Hindu or Muslim?

The Saint of Shirdi baffled his admirers. No one definitely knew whether he was a Hindu or a Muslim. He dressed like a Muslim and bore the caste marks of Hindu! He celebrated with the same childlike éclat the festivals of both the communities! If the Hindu protagonists felt a pride of possession in the thought that true to their customs Baba was always burning the sacred fire or *dhuni* before him, they were also reluctantly compelled to admit that after all he lived in a masjid. He quoted the *Quoran* and delighted Muslim worshippers, and then made them look askance at his profound knowledge of the Hindu Shastras. He called himself a *fakir* and on his lips reverberated constantly the incantation *Allah Malik*. But then, he called himself a pure Brahmin too and showed a remarkable proficiency in all yogic practices. It was a magnificent tribute to his luminous presence that the most orthodox members of both the communities prostrated themselves at his feet. Perhaps such a phenomenon is yet unknown in the history of this vast and bewildering country of ours, when these two communities have worshipped one seer with the same veneration and with mutual tolerance of each other's mode of worship. Sai Baba, in his infinite wisdom saw [how] imperative it was to harmonize people, for he grievously hated all dissensions and was never so hurt as when he found people arguing and quarreling. That Rama (the God of the Hindus) and Rahim (the God of the Muslims) were one and the same—was his constant counsel to his followers. In Shirdi in those days a remarkable spirit of love and brotherhood prevailed, for all communities had found a common and unifying interest in the divine personality of Shri Sai Baba. Could this not be one of the important reasons why Baba set about deliberately baffling his followers whether he was a Hindu or a Muslim? †

[Excerpted from *The Saint of Shirdi* by Mani Sahukar]

Author of All

by Cate Koler

Lord of the Universe,

Above the screen of worlds You delight in the scenes You have created.

Both author and reader, You curl up with this novel on a wintry night, hardly able to breathe as you turn each page. You have written every line, you know the ending but the words entrance You, and You relish the plot. Sometimes centuries go by.

You are a child lining up toy soldiers—blue on one side, red on the other. Lots of noise and crashing—many fall. One side has triumphed, the other lost. Once more You line them up, and they battle again. Do you ever tire of the game?

A housewife with too much longing, You secretly turn on the afternoon soaps. You disapprove; You shake your head; You know what these characters should do—do they never learn? Yet You play out Your energies through them; after all, they are *All Your Children*.

You take a break and walk through Your garden. You look and it is good. Birds still fly; animals go about their Father's business. Some blemishes mar the landscape but You worry not: all is renewed with each Breath You take.

Yet through the sweat, the passions, the hatreds, the ambitions and the boredom, You spy one from time to time—one of your characters who steps out of the story. He reaches up, like Adam in the famous painting—You reach down; he touches Your hand. The clouds part, like a screen being rent.

No longer bound by the hard covers of the volume, he now is Co-Author. Every word, every action is written with his hand in Yours. He views the library of the worlds; he has inhabited many books; he knows the plots; he wants no more stories—wants only The Author of All; simply to rest in His bosom. And then to rise even farther: Creating, Sustaining, Delighting, Destroying, Merging into the one syllable, word of words—OM OM OM for ever and ever. †

July 17, 2006

Embrace the sleeplessness
Give thanks
For it's in the depth of the darkness
That we recapture our soul

By Chris Yates

[The following three letters were used with permission by the correspondents.]

SOMETHING ELSE

by Rick Bohr

David,

It is such a simple concept that we truly cannot ever be happy with a life based on attachment to things of this world.

As humans, when we are small kids we figure we will be happy when we get that new, cool toy...and a very short time after we get it we want something else. When we are in grade school we hope for the cool people to like us and once some of them do...we want something else.

When in high school we want to be better in sports, better in grades, have a cool car, get some cool clothes...and if and/or when we get all of that we want something else. Then the college years come and we feel that one day, some day we will have a good job and a degree, or a 'trade' and surely with that and the money and position in life which comes with all of that we will be happy and then when we will get all that, we want something else. Then, as the years of life go by we want more stuff, more love, more money, more friends, more sex, a more attractive partner, more of this and more of that...thinking and feeling that once we have all of those "something elses" then we will be happy.

Many people in this world do rise to a level of having a great amount of those "something elses" only to discover they are not any nearer to being happy (*content, feel deeply loved, satisfied, peaceful, grounded, secure, free of fear*) than they were when they were that little kid wanting the newest cool toy. So what is my conclusion? I learned this from you, ...well, I have always known this at some level but now I may finally be getting it.

The only way any of us are ever going to be truly happy (*content, feel*



deeply loved, satisfied, peaceful, grounded, secure, free of fear) is from within and from being connected to and being with God. That is how as humans we can stop the cycle of the sensory-driven, never-ending cycle of wanting something else. And I now realize that unless and until each of us humans *gets this* at a deep level and in a very steady and consistent way each day...we can never and will never be truly happy.

Thank you so much for this. It is really quite simple. So I continue on now with an intense (in a satwic way) desire to be mindful each moment that my happiness will not come from having, being or doing something else. I carry on realizing that everything is perfect just as it is and having a sense, not fully knowing yet, but having a sense and understanding that I will be wonderfully happy in direct proportion to my ability to not want, desire or think I need...something else.

My life is forever changed as a result of your guidance. And I do know that you are with me each moment. I do know that no matter if you are in India or Mt. Vernon you are with me. Oh yes, sometimes my human self forgets, but my God-self knows.

Thank you, thank you,
With deep Love and commitment,
Rick 🙏

I see His Blood upon the Rose

I see his blood upon the rose
And in the stars the glory of his eyes,
His body gleams amid eternal snows,
His tears fall from the skies.
I see his face in every flower
The thunder and the singing of the birds
Are but his voice—and carven by his power
Rocks are his written words
All pathways by his feet are worn
His strong heart stirs the ever-beating sea,
His crown of thorns is twined with every thorn,
His cross is every tree.

by Joseph Mary Plunkett (1887-1916)

The Light will never go out

By Tom Knott

Dear David,

Thank you for the full spectrum of news from Anandashram...it is wonderful to be “in touch” while I am missing the ashram so much.

Yes, the news of Swamiji’s distress is difficult to receive, and yet...in my first few darshans with Swamiji I saw and felt the great love and respect that so many feel for him, wanted to feel that myself, and yet could not get past the image of the frail tired old man sitting in the wheelchair. I prostrated before him and felt unacknowledged. I said to myself, “he’s tired, of course he didn’t see me.”



Then, shortly before we were leaving, Jonni and I went to see him. And that was when I was ready to truly see him. As I lifted my eyes as I came up from pranam, our eyes met and he held his twisted crippled hands together in blessing. Then I saw; saw Swamiji as he truly **IS**. It was I who was ready to see him, as he has always been ready to see me and every other person. Our meeting happens in the eternal moment...a gift beyond measure!

And this is how I will always remember—the body suffers and breaks down and will die as all bodies must...the light will go out of the eyes. And the Light will never go out!

This is what Swamiji has taught me and now we can never be separated. My heart hurts for his physical and mental pain while I know that he is also beyond all suffering and that he Knows This. This sure knowledge is my comfort. I pray that everyone will find comfort and can know that he will never leave any one of us.

Thank you, David ... Love and Blessings, Tom. 🙏

Memories of Mother

Letter from a Devotee

Dear David,

Last weekend I received a package from John D. which contained the latest *Cross and Lotus Journal*, some magazines from Anandashram and a CD of you speaking at Loon Lake. I cried a lot remembering how sweet and rich it sometimes is when experiencing the gift of being transported to that still place within where love, peace and bliss abound. Again, I felt a connection with Mother. Thank you for your teachings that bring her to life for me.

The messages give me the strength to pray for more devotion and steadfastness in my practice. The thought of spiritual emancipation is very enticing.

In a blessed state, I recalled an experience from my youth. This would've been a couple of years before meeting her [Mother]. I was working on a salmon enhancement project in Sooke. I was on my routine wilderness walk up the river to feed the fish one morning. As I forged a path along the river embankment, I was overcome by a presence that I immediately identified as being the Divine Mother. As I ascended the hill, there was a clearing in the forest where the sun shone through onto a pool of cool still water. For as long as she stayed, I paused and wept in gratitude, awe and wonderment.

This is where my path began. The following spring my brother gave me the *Autobiography of a Yogi* for my birthday, which I so resonated with. Soon after that I met Mother. I've often wondered if it was she who visited me at the pool that day.

I am well and at peace here for the time being. I'll be home in 3 months. I look forward to seeing you and Carla sometime after that.

Blessed be,
Maureen †



[Maureen Chlopan, from Victoria, B.C., is currently teaching English in Korea.]

Padre Pio, Saint and Stigmatist

While at Loon Lake Retreat (see next article) we viewed a wonderful film based on the life of Padre Pio (“Padre Pio: Miracle Man”); from an early age this humble saint surrendered his life at the feet of his Lord. The result of his surrender was that his life was used for the upliftment of souls everywhere. It is interesting to note that Padre Pio had the wounds of Christ in his hands and side, and he lived in Italy during World War II; a country controlled by the dictator Mussolini. Meanwhile in Bavaria, a part of Hitler’s Ger-



Saint Pio of Pietrelcina

many, Theresa Neumann, whom Master wrote of in *Autobiography of a Yogi*, was also a stigmatist. Each of these two countries was a nexus for evil at that time, and simultaneously the homes of two great mystics who shared the suffering of Christ in this unusual way. The Grace that flowed from their suffering as well as the faith their lives inspired in others no doubt had a dramatic effect for good and helped the forces for Light to ultimately prevail. For more information on this great saint refer to “The Cross and The Lotus Journal” of September 2004, Vol. 5 No 3. - David

[The following excerpts are from the book *Padre Pio, the Stigmatist* by Rev. Charles Mortimer Carty.]

The privilege of seeing in creatures and in things that which is hidden was manifested in him from the beginning of his monastic life. In the act of hearing confessions, which takes up so much of his time and energies, God aids him by disclosing to his eyes the status of the souls of the penitents and by permitting him to reveal part or even all that he discerns.

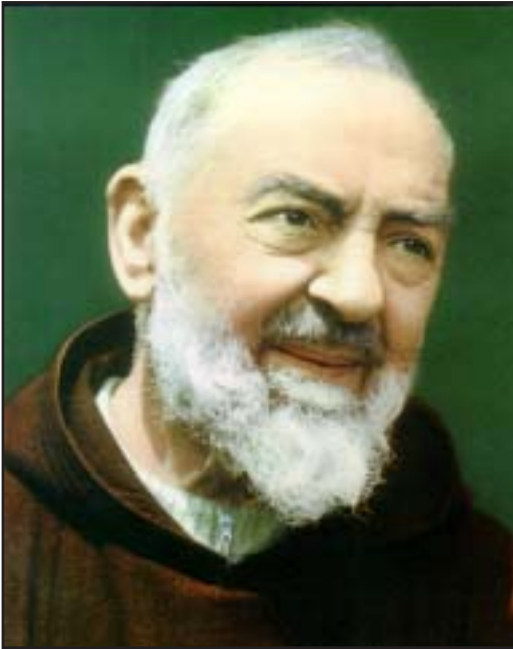
This discernment permits him to solve in a few minutes a task that would normally require a long time, and such a faculty is confirmed by the accuracy of his statements. How could he otherwise tell a penitent the exact number of times he missed Mass on Sundays and Holidays? How could he solve a hundred problems that are proposed to him, without that supernatural aid? How can he answer questions not yet formulated? How can he disclose what is contained in letters without opening them? Whence comes the faculty to destroy other letters because they did not merit an answer?

Why he does not answer certain requests in spite of his good will, he explains himself. "The Lord makes me remember only whom and what He wishes. He in fact, the Lord, often presents to me persons whom I have never seen nor spoken to save to pray for their favors which are always heard. On the contrary, however, when the Lord does not wish to hear me he makes me forget to pray for those persons who had every good and firm intention. My forgetfulness is sometimes extended to those more needful things, such as eating, drinking, etc. I thank Providence that He has not allowed me to forget things belonging to my state."

Even the reading of thoughts at a distance is easy for our Capuchin¹, and numerous facts prove it. Two sisters obtained with difficulty permission from their father to visit Padre Pio, but with the prohibition of kissing the gloved hands which come in contact with so many lips, because the father thought it would bring infection. The girls promised obedience, but when they saw Padre Pio enter the church and the people press forward to kiss his hand, they could not resist the temptation to do the same. He looked at them, smiled and withdrawing his hand said, "How about the promise?"

Father Antonio narrates that during the war in Africa an Italian soldier was standing behind a large rock, while a fierce battle was going on. Suddenly a monk stood beside him and pulled him gently by the sleeve,

¹ Capuchin: a member of the Order of Friars Minor Capuchin forming since 1529 an austere branch of the first order of St. Francis of Assisi engaged in missionary work and preaching.



saying he should get out from behind the rock. The soldier did not want to leave what he thought was a safe place. The monk pulled a second time, and was more emphatic. He did not move. Then the monk pulled him out by force. Right after that the entire place where the soldier had been standing blew up. The monk disappeared. Some days after as he was relating this to a fellow soldier, the companion showed him a picture of Padre Pio, which

he always carried with him. The soldier whose life had been saved exclaimed, "That is the monk who saved my life!" He had never seen Padre Pio or heard of him before.

About ten years ago an Austrian woman came to San Giovanni Rotondo. She was in a state of deep depression as a result of the war and of what it had done to her country, and was suffering besides from a painful swelling in her arm. Shortly after her arrival Padre Pio appeared to her in a dream. He pressed both thumbs on her arm and when she awoke in the morning she was completely cured. She was able to make her bed and lift furniture, having been unable to do so for many weeks. Several months later she had occasion to ask Padre Pio if it had been he who had appeared to her and had cured her, and he answered that it was.

A few years later she woke very early one morning and was overcome with sadness at the thought of Austria, her native land that was going through such cruel trials. As she lay there weeping Padre Pio appeared at the side of her bed holding a large cross which she later recognized as the

one in the choir. He blessed her with it and she immediately felt consoled and at peace.

On her name day, the feast of St. Ann which is the 26th of July, she asked Padre Pio in the confessional whether it was he who had appeared to her on the 29th of June and had blessed her. He said, "Yes." Then she asked him why he had blessed her. He said, "To dispel the evil spirits." Since she did not understand Italian well, she understood that she had been possessed. She was horrified, but did not know how to ask for an explanation in Italian. But Padre Pio answered her unspoken question: "I did not dispel the devils OUT of you but AWAY from you." †

Loon Lake Retreat

by Yogacharya David Hickenbottom

The glinting sun sparkled from Loon Lake as we arrived to spend time in deepening our focus on the path. I felt a thrill about our topic, as God had been revealing to me deeper layers about Master's teachings on the chakras and the subtle astral spines beyond the sushumna¹ leading to emancipation through the Brahmanadi² into Brahmanirvana.³

As kindred souls arrived, embracing the best aspects of family; a pervasive feeling of love was in my heart: *For where two or three are gath-*



*ered together in My name, I am there in the midst of them.*⁴ Truly we are meant to live with one another in this familial feeling, serving one another, helping each one we meet to achieve his or her greatest potential.

We have the privilege of having some of Master's original words. Master quoted a song that was written by one of Sri Yukteswar's disciples and was oftentimes sung by the great Master and his disciples. It is a call to meditation, to the deepening awareness of the path of consciousness found in the higher centers of the spine and the brain. Let us all take inspiration from this song and let it draw us nigh to the portals of Bliss, entering into that sacred region from which no sorrow returns.

A Yogi's Song

Without meditation mind, hither, thither wander thou,
 Adorable Him, Adorable Him, search in secret now,
 For thy weal's sake all-pervading God flows
 As Ida then pingala,⁵ whenever thy breath blows.
 On the left good Ida, on the right pingala river.
 In the middle ever flows sushumna, Cosmic Redeemer.
 After knowing sushumna you will have true yogi power,
 In cranium you will reign in cosmic bower.
 Inner sight will blossom, you will lose *me* and *mine*.
 All will be **thysself** after thou hast sight divine.
 Floating on the breeze of bliss, in the chariot of skies,
 Peering into His eyes with thy diving eyes.
 Thousand petal nectar drink, drink, and drink, drink
 In soul-drunk cosmic sound deeper do thou sink.

Brahmanadi subtle passage lies through soil of
 Sushumna's deep,
 Vajra,⁶ chitra⁷ tunnels two cover that passage deep.

By pranayama's light those two paths explode.
 Then you can go soaring in brahmanadi's fold.
 Fruitarian diet, sack-cloth and yellow dresses,
 Keeping matted tresses
 Willy, nilly roaming with a begging bowl,
 You will never know your subtle soul.
 Whoever knows brahmanadi by meditation lore,

He was known as Brahmin in those days of yore.
Through bad karma all is gone, all is lost today.
That is why in India we see sorrow's sway.

Knowing this path will rest in brahmanadi's light,
You will destroy all obstacles might.

Blessed vajra, if thou wilt have cosmic rest,
Guru-given pranayama practice thou with zest. †

1 Sushumna: Astral cerebral-spinal axis.

2 Brahmanadi: Spiritual brain of wisdom and spine of the causal body.

3 Brahmanirvana: Expansion in Spirit through the extinguishment of ego and all desires that compel a soul to reincarnate.

4 Matthew 18:20

5 Ida and Pingala: Two astral nerve channels on either side of the Sushumna—constitute the primary channels of the astral sympathetic nervous system.

6 Vajra: Second astral spine, provides all activities of motion of the astral body.

7 Chitra: Hidden within the vajra, and controls the spiritual activities (those related to consciousness).



Jonni Anderson



Rose Wylie, Peggy Baker, Dianne Durkin, Diane Tipton, Charles and Ruth Lamb

Religions of the World!

by Yogacharya David Hickenbottom

Religions of the world, refine your understanding! You are each a special and unique expression of the Creator. You are meant to serve your devotees by providing the means for guiding their lives in ways that promote physical, emotional, mental, social and spiritual well-being. Your mandate is to lift all souls to God!

Pride, jealousy, fear, anger, falsehood, and perversions of faith have no place in your midst. Humility, generosity, courage, calmness, truthfulness and sincere desire to carry out divine will are your foundation stones upon which a holy environment is created. You cannot achieve a heaven upon earth or elsewhere through violation of God's immutable law of love.

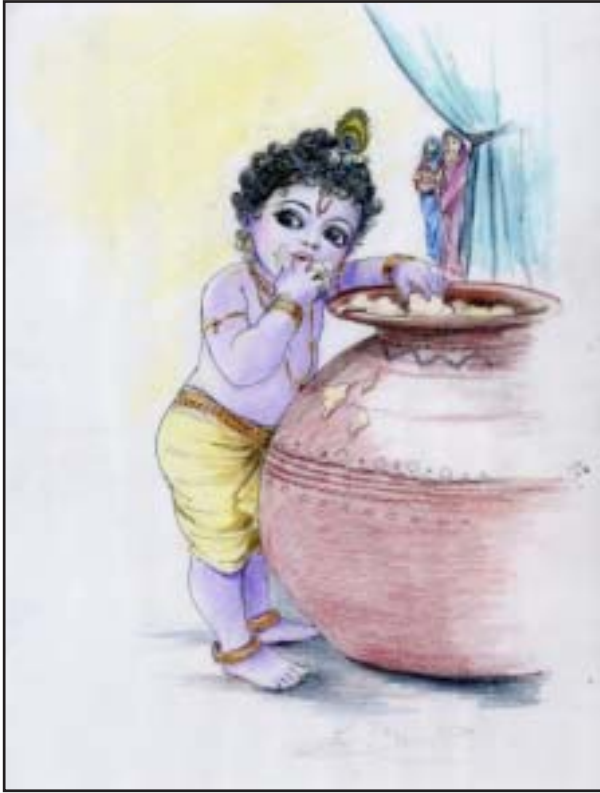
You must always put love first, you must forgive always, and see the universal divine Light animating all life. You are the guardians of Light, according to the universal precepts that have inspired your movements. Fulfill your role correctly and the world will be brought into an era of peace. Ignore divine will and law and you will invite calamities; one after another.

One can be mesmerized by the differences in language, culture, symbology and history and come to the conclusion there are unbridgeable chasms that separate one religion or people from another. But, there are unifying principles that transcend all differences, which serve as a basis for expression; that is Truth, Existence and Bliss. These are the eternal virtues of the Supreme Being and may be known in the Soul through a calm and loving mind.

All religions, all of God's devotees, are created to serve the one supreme Lord and to serve their neighbors; as they would serve their own selves or families.

Like a beautiful song each religion and each soul make up harmonious notes and movements that are essential to the whole; none can be dispensed of without making the work incomplete; yet each one must play in divine harmony for it to be beautiful.

Oh religions of the world! Honor one another even as you honor your own, unique contribution to this world. Through a universal vision all the world is made whole. Draw strength and vigor from all the parts; all playing pure notes in the universal symphony, singing a sacred song of unity through all hearts, minds and souls! †



by Lakshmi of Anandashram

Calendar of Events

June	17	Father's Day
	21	Summer Solstice (11:08 a.m. PDT)
July	1	Canada Day
	4	Independence Day
	25	Babaji's Remembrance Day
	29	Guru Purnima
Aug.	18	Papa's Mahasamadhi Day (1963)
Sept.	23	Fall Equinox (2:52 a.m. PDT)
	26	Lahiri Mahasaya's Mahasamadhi Day (1895)
	30	Lahiri Mahasaya's Birthday (1828)
Oct.	11	Mother Krishnabai's Birthday (1903)

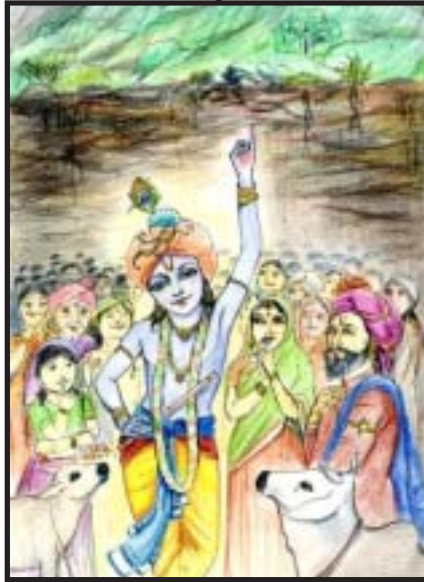
Fear, anger, jealousy and greed are demons that rob us of our Divine inheritance. Without erasing these from our mind and replacing them with courage, patience, faith and generosity we will never know the Kingdom that awaits us. Strive, and never stop striving in your spiritual practice! Grace will stand with those who persevere with loyalty.

Yogacharya David Hickenbottom

My heart is shining with power as it never was, that God has selected such an unworthy nothingness like me to do His Work. Your spirit is with me—the real you is now coming in the limelight. Be not afraid child of the

Eternal Lightning. March on with unperturbed steady steps—elbowing thru a million darkneses. Why what is body, what is this passing show—they are gone—but the candles that you are lighting and burning in your Father's house, will show you your path here and hereafter.

Paramhansa Yogananda



In his sadhana period Ramdas found that fear was only a mental weakness. He was commanded by Ram to resort to lonely places such as graveyards, cremation grounds, haunted houses and so on and pass nights there.

Once he went to a solitary place as willed by God. When he was sitting there all alone, he suddenly heard shriek after shriek and was startled. Ramdas asked Ram, 'What is this, Ram?' to which Ram replied, 'Why should you fear? Repeat Ramnam.' Then Ramdas was all right. He was perfectly at ease.

Swami Ramdas