

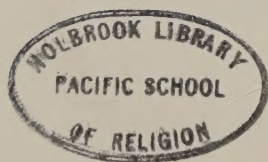


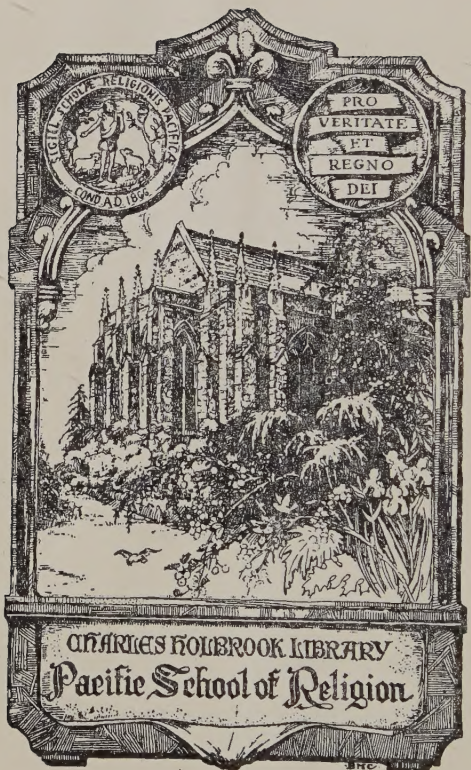
Scientific Healing
Affirmations

PARAMHANSA YOGANANDA

Author of "Autobiography of a Yogi"

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SCIENTIFIC HEALING AFFIRMATIONS

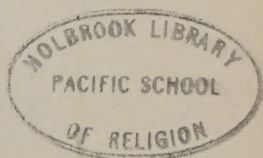
THEORY AND PRACTICE OF CONCENTRATION

*The Scientific Use of Concentration and Affirmations for
Healing Inharmonies of Body, Mind, and Soul through
the Power of Reason, Will, Feeling, and Prayer*

By

PARAMHANSA YOGANANDA

*Founder of Self-Realization Fellowship
Author of "Autobiography of a Yogi"*



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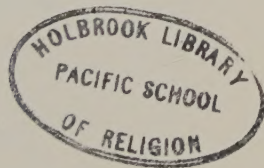
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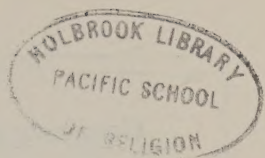
DEDICATED

to my Gurudeva

JNANAVATAR SWAMI SRI YUKTESWAR

with love, reverence, and devotion





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Paramhansa Yogananda entered *mahasamadhi* (a yogi's final conscious exit from the body) in Los Angeles, California, U.S.A., on March 7, 1952, after concluding his speech at a banquet held in honor of H.E. Binay R. Sen, Ambassador of India. The story of the beloved yogi's passing was reported in *Self-Realization Magazine* (Los Angeles), May 1952 issue; and in the national news weekly *Time*, August 4, 1952 issue.

The great world teacher demonstrated the value of yoga (scientific techniques for God-realization) not only in life but in death. Weeks after his departure his unchanged face shone with the divine luster of incorruptibility.

Mr. Harry T. Rowe, Los Angeles Mortuary Director, Forest Lawn Memorial-Park (in which the body of the great master is temporarily placed), sent Self-Realization Fellowship a notarized letter from which the following extracts are taken:

"The absence of any visual signs of decay in the dead body of Paramhansa Yogananda offers the most extraordinary case in our experience... No physical disintegration was visible in his body even twenty days after death... No indication of mold was visible on his skin, and no visible desiccation (drying up) took place in the bodily tissues. This state of perfect preservation of a body is, so far as we know from mortuary annals, an unparalleled one... At the time of receiving Yogananda's body, the Mortuary personnel expected to observe, through the glass lid of the casket, the usual progressive signs of bodily decay. Our astonishment increased as day followed day without bringing any visible change in the body under observation. Yogananda's body was apparently in a phenomenal state of immutability... No odor of decay emanated from his body at any time... The physical appearance of Yogananda on March 27th, just before the bronze cover of the casket was put into position, was the same as it had been on March 7th. He looked on March 27th as fresh and as unravaged by decay as he had looked on the night of his death. On March 27th there was no reason to say that his body had suffered any visible physical disintegration at all. For these reasons we state again that the case of Paramhansa Yogananda is unique in our experience."

SRF SCIENTIFIC TECHNIQUES

Various techniques are referred to in the following pages as specific Self-Realization methods. Detailed instructions in these techniques are given by Self-Realization Fellowship in weekly lessons that are sent by mail to its members. The lessons contain practical teachings covering all phases of man's progress on the highway of Self-realization.

The ideals and goals of the Fellowship are stated on page 59.

SCIENTIFIC HEALING AFFIRMATIONS

1. Why Words Work

Spiritual Power in Man's Word

MAN'S word is Spirit in man. Words are sounds occasioned by the vibrations of thoughts; thoughts are vibrations sent forth by the ego or by the soul. Every word that leaves your mouth ought to be potent with genuine soul-vibration. A man's words are lifeless if he fails to impregnate them with spiritual force. Too much talking, exaggeration, or falsehood make one's words as ineffective as paper bullets shot from a toy gun. The speech and prayers of talkative or inaccurate people cannot produce a desired change in the order of things. Man's words should represent not only truth but also his definite understanding and realization. Speech without soul force is like husks without the corn.

Words that are saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs, which, when set off, explode the rocks of difficulties and create the change desired. Avoid speaking unpleasant words, even though they are true. Sincere words or affirmations repeated understandingly, feelingly, and willingly are sure to move the Omnipresent Cosmic Vibratory Force to render you aid in your difficulty. Appeal to that Force with infinite confidence, casting out all doubt. Otherwise the arrow of your attention will be deflected from its mark. After you have sown in the soil of Cosmic Consciousness your

vibratory prayer-seed, do not pluck it out frequently to see if it has germinated into the desired result or not. Give the divine forces a chance to work uninterruptedly.

The God-Given Power of Man.

Nothing is greater in power than Cosmic Consciousness, or God. His power far surpasses that of the human mind. Seek His aid alone; but this counsel does not mean that you should make yourself passive, inert, or credulous; or that you should minimize the power of your mind. God helps those who help themselves. He gave you will power, concentration, faith, reason, and common sense to help yourself in each bodily or mental affliction; you should employ them all as you seek His help. When using your own will power or common sense to get rid of a difficulty or disease, you should not rely wholly upon, nor harness yourself solely to, your ego and thus disconnect yourself from the Infinite Power.

As you utter prayers or affirmations, always believe that you are using *your own*, but *God-given* powers to heal yourself and others. Seek His aid; but realize that you yourself, as His beloved child, are employing His gifts of will, emotion, and reason to solve all difficult problems of life. A balance should be struck between the medieval idea of wholly depending on God and the modern way of sole reliance on the ego.

Use of Will, Feeling, Imagination.

As one uses different affirmations, his attitude of mind should change; for example, will affirmations should be accompanied by strong will; feeling affirmations by devotion; reason affirmations by clear understanding. When healing others, select that affirmation which is suitable to the conative, imaginative, emotion-

al, or thoughtful temperament of your patient. In all affirmations the intensity of attention comes first, but continuity and repetition mean a great deal, too. Impregnate your affirmations with devotion, will, and faith, intensely and repeatedly, unmindful of the results, which will come naturally as the fruit of your labors.

During the physical curing process, the attention should not be on the disease, lest one's faith be dampened; but on the infinite powers of the mind. During mental healing of fear, anger, bad habits, and so on, one's concentration should be on the opposite mental quality; that is, the cure for fear is cultivating the consciousness of bravery; for anger, peace; for weakness, strength; for sickness, health.

Mental Responsibility for Chronic Diseases.

While attempting healing, one often concentrates more on the gripping power of the disease than on the possibility of cure; thus permitting the illness to be a mental as well as a physical habit. This is especially true in most cases of nervousness, in which the disease may be felt long after it is physically cured. Each physical activity or bodily sensation of disease or health, happiness or depression, irritability or calmness, cuts subtle grooves in the brain cells and strengthens the tendencies toward disease or health.

The subconscious idea-habit of disease or health exerts a strong influence. Stubborn mental or physical diseases always have a deep root in the subconsciousness. Illness may be cured by pulling out its roots from the subconscious mind. That is why all affirmations practiced by the conscious mind should be *impressive enough* to stay as mental habits in the subconsciousness, which in turn automatically influences the conscious mind. Strong

conscious affirmations thus react on the mind and body through the medium of the subconsciousness. Still stronger affirmations reach not only the conscious but also the superconscious mind — the magic storehouse or factory of all miraculous powers.

The affirmations of Truth should be practiced willingly, feelingly, intelligently, and devotionally. Occasionally they may be uttered loudly (when nobody else can hear); but mostly mentally (not even in a whisper), with an ever-increasing intensity of attention and continuity. The attention should not be allowed to lag. Straying attention should be brought back again and again like a truant child and repeatedly and patiently trained to perform its given task.

Patience and attentive, intelligent repetition are the creators of good habits. Deep and long-continued affirmations for curing chronic mental or bodily afflictions should be practiced mentally until they become a true part of one's intuitional convictions, by utterly ignoring unchanged or contrary results (if any). It is better to die (if death has to come) with the conviction of perfect health than with the thought that a mental or bodily ailment is incurable.

Though death may be the necessary end of the body according to present human knowledge, still its "destined hour" may be changed by the power of the soul. Therefore, all affirmations, in order to reach the superconscious, must be free from uncertainties, doubts, and inattention. Attention and devotion are lights that may lead even blindly uttered affirmations to the subconscious and superconscious minds. The greater their strength, the farther attention and devotion may usher the vibrations of different affirmations toward the subconscious and superconscious destinations.

2. Life Energy Causes the Cure

Drugs, medicine, massage, spinal adjustment, or electrical treatment may help to bring back a lost harmonious condition to the cells by chemicalization of the blood or by stimulation of certain tissues. These are external methods that sometimes assist the Life Energy to effect a cure; but they have no power to act on a dead body, whence the Life Energy has vanished. No power resides in a dead body that can utilize the properties of medicine or electrical currents. Without the Life Energy, medicines and drugs have no healing power. It is the Life Energy alone that effects a cure; all external methods of stimulation only cooperate with the Life Energy, and are powerless without it.

Cure According to Temperament.

Imagination, reason, faith, emotion, will, or exertion may be used according to the specific nature of the individual — whether imaginative, intellectual, aspiring, emotional, volitional, or striving. Few people know this. Coué hoped to cure everyone by auto-suggestion only; but the diseased person of an intellectual type is not susceptible to suggestion, and may be influenced only by a metaphysical discussion of the power of consciousness over the body. He needs to understand the whys and wherefores of mental power. If he can realize, for instance, that blisters may be produced by hypnosis, as William James points out in *Principles of Psychology*, similarly he can understand the power of the mind to cure disease. If the mind can produce ill health, it can also produce good health.

Autosuggestion is also powerless to act on the type of man characterized by strong will power. He needs stimulation of his will power instead of his imagination in order to be cured of his ailment.

The Power of Emotion.

A case is recorded of an emotional person who had lost his power of speech and who received it back when he ran from a burning house. The sudden shock at the sight of flames stimulated his feeling so much that he shouted: "Fire! Fire!"—not remembering that hitherto he had been unable to speak. Strong emotion conquered his subconscious disease-habit. This story illustrates the power of intense attention in curing sickness.

During my first steamer-trip from India to Colombo, I was suddenly seized by a spell of seasickness and lost the valuable contents of my stomach. I resented the experience very much because it had been sprung on me without my permission to accept it and at a time when I was enjoying my first experience of a floating room (the cabin) and a swimming village. I determined never again to be tricked like that. I advanced my foot and planted it firmly on the floor of the cabin and commanded my will never again to accept the seasick experience. Later, though I was on the water for fifty days coming from Calcutta to Boston, and for a month going to Japan, and for twenty-six days from Seattle to Alaska and back, I was never seasick again, in spite of very rough seas that affected the health of nearly all other persons on board.

Stimulation of Life Energy

Will, or imagination, or reason, or emotional powers cannot of themselves effect a physical cure. They act only as different agents, which, according to the varying temperaments of individuals, may stimulate the Life Energy to awaken and cure an ailment. In a case of paralysis of the arm, if the will or imagination is continuously stimulated, the Life Energy may suddenly rush to the diseased nervous channels, healing the tissues of the arm.

The repetition of affirmations ought to be firm and continuous, that the strength of the will and imagination be sufficient to stimulate the uncontrolled or inactive Life Energy.

Self-Realization teaches the art of concentration and meditation, and control of the will, by which the Life Current may be used directly for healing one's self and others. No one should ever minimize the importance of *repeated, ever deeper* efforts of will or imagination when using affirmations to effect the cure of bad habits and of mental or bodily troubles.

Two Factors in Healing.

In planting a tree, two things are to be considered—the proper seed, and good ground. Similarly, in healing diseases two factors are to be taken into account—the power of the healer, and the receptivity of the patient.

“Virtue (that is, healing power) had gone out of him,” and “Thy faith hath made thee whole”: such Biblical sayings show that in healing both the power of the healer and the faith of the person to be healed are required.

Instantaneous healing of physical, mental, and spiritual diseases may occur at any moment. The accumulated darkness of ages is dispelled at once by bringing the light in, not by trying to chase the darkness out. One never can tell when he is going to be healed, so do not set an exact time limit. Faith, not time, will determine when the cure will be effected. Results depend on the right awakening of Life Energy and on the mental and subconscious state of the individual. Disbelief immobilizes the Life Energy; and this Body Doctor, Body Builder, and Master Mason therefore cannot work.

Effort and attention are essential to attain that degree of faith or will power or imagination which will automatically

impel the Life Energy to effect a cure. Desire or expectation for results weakens the force of true belief. Without one's use of will and faith, the Life Energy remains asleep or inoperative.

It takes time to reawaken a weakened power of will, faith, or imagination in a patient suffering from a chronic disease, because his brain cells are subtly grooved with thoughts of illness. As it takes a long time to form a bad habit of disease consciousness, similarly some time is required to form a good habit of health consciousness.

3. Explanation of Healing Methods

Classification of Healing.

1. Healing of bodily diseases.

2. Healing of such psychological diseases as fear, anger, bad habits, failure consciousness, lack of initiative and confidence, and so on.

3. Healing of such spiritual diseases as indifference, lack of purpose, intellectual pride and dogmatism, scepticism, contentment with the material side of existence, and ignorance of the laws of life and of man's own divinity.

It is of paramount importance that equal emphasis be given to the prevention and cure of all three kinds of disease. Each one causes physical, mental, or spiritual suffering in man and should, therefore, be remedied by a suitable method of healing.

The attention of most people is fixed solely on the cure of bodily inharmony, because it is so tangible and obvious. They do not realize that their mental troubles of fear, despair, resentment, worry, violent anger, lack of self-control; and their spiritual suffering through ignorance of the clue to the mystery and meaning of human life are even more important and over-

powering. All physical diseases originate in mental and spiritual inharmony. Ignorance of the laws of mental hygiene and of the spiritual art of living are responsible for all human bodily and material suffering. If the mind is free from the mental bacteria of anger, worry, and fear, and the soul is free from ignorance, physical disease or material lack is unlikely to be present.

To Prevent Physical Disease.

Obedience to God's material laws is the method of avoiding physical ills.

Do not overeat. Few people die of starvation; the majority die of greediness and of ignorance of right food-habits.

Obey God's hygienic laws. The mental hygiene of keeping the mind pure is superior to physical hygiene, but the latter is very important and should not be neglected. Do not, however, live by such mathematical laws of hygiene that the least deviation from your wonted habits upsets you.

Prevent decay in the body by right activity and by knowledge of the conservation of physical energy and of supplying the body with an inexhaustible amount of Life Current by Self-Realization exercises.

Charge the body cells with Life Energy by Self-Realization methods.

Prevent hardening of the arteries by proper diet.

Save the heart from overwork; fear and anger overtax it. Give rest to the heart by the Self-Realization method, and cultivate peace and relaxation. If one estimates as four ounces the amount of blood expelled by each contraction of the ventricles of the heart, the weight of the blood moved during one

minute will amount to eighteen pounds. In a day it will be about twelve tons; in a year, four thousand tons.

These figures indicate the enormous amount of labor expended by the heart. All other organs of the body work during the day and receive rest during the night in sleep, but the heart works even in sleep. Medical science claims that rest is received by the heart during its diastolic period of expansion, totaling about nine hours out of the twenty-four each day. This period, however, is not rest; it is only preparation for the systolic movement. The vibrations caused by the contraction of the ventricles reverberate through the tissues of the heart during its relaxation; hence the heart cannot be said to be resting.

This effort expended daily and nightly by the heart naturally causes wear upon the heart muscles. Rest to these muscles would consequently be of great value in maintaining health. Conscious control of sleep, sleeping and waking at will, is part of the yoga training by which man may regulate the beating of the heart. Control over death comes when one can consciously direct the motion of the heart. The rest and renewed energy given to the body by sleep is only a pale reflection of the wonderful calm and strength that come through the conscious sleep, when even the heart rests.

St. Paul said in *I Corinthians* 15:31: "I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily"—that is, the holy peace that comes with Christ Consciousness rests or stops the heart. Many passages in the Bible prove that the ancient prophets possessed knowledge of the great truth of resting the heart by scientific meditation or by one-pointed devotion to God.

Some years ago, in India, a yogi by the name of Sadhu Haridas was buried underground for five months under the constant super-

vision of European doctors, and at the end of that time he resumed breathing and returned to normal life. He had mastered the art of controlling and resting the heart.

To Prevent Mental Disease.

Cultivate peace, and faith in the Cosmic Consciousness. Free the mind from all disturbing thoughts and fill it with love and joy. Realize the superiority of mental healing over physical healing. Banish bad habits, which make life miserable.

To Prevent Spiritual Disease.

The method of spiritualizing consciousness is to destroy our limiting conceptions of mortality and change. The body is materialized vibration and should be cognized as such. The consciousness of decay, disease, and death should be removed by scientific understanding of the underlying unifying laws of matter and Spirit, and of the delusive manifestation of Spirit as matter, and of the Infinite as finite. Firmly believe that you are created in the image of the Father, and are therefore immortal and perfect even as He is. Even a particle of energy is indestructible, as science has proved; the soul or spiritual essence of man is also indestructible. Matter undergoes change; the soul undergoes changing experiences. Radical changes are termed death, but death or a change in form does not change or destroy the spiritual essence.

Apply to your daily life the experiences of peace and poise received during concentration and meditation. Maintain your equilibrium amidst trying circumstances, standing unmoved by violent emotions or adverse events. There are various methods for concentration and meditation, but the Self-Realization techniques are the most effective.

Evaluation of Curative Methods.

Disease is generally considered a result of external material causes. Few people realize that it comes through the inaction of the Life Force within. When the cell or tissue vehicle of the Life Energy is seriously damaged, the Life Energy withdraws from that place and trouble consequently starts. Medicine, massage, and electricity merely help to stimulate the cells in such a way that the Life Energy is induced to return and resume its former work of repair.

We should not be extremists in any way. We should adopt whatever methods of healing are suitable, according to individual conviction. Medicines and food have a definite chemical action upon blood and body. So long as one eats, why should one deny that medicines and other material aids have an effect on the body? They are useful so long as the material consciousness is uppermost. They have their limitations, however, because they are applied from outside. The best methods are those that help the internal Life Energy to resume its healing activities.

Medicine may chemically help the blood and tissues. Use of electrical devices is also of benefit, but neither medicine nor electricity can cure disease; they can only stimulate or coax the Life Energy back to the neglected diseased body-part. The introduction of a foreign element, be it medicine or electricity or any other external aid, is undesirable if we can manage to use directly the Life Force to effect a cure, not employing any intermediary agent.

In massage, osteopathic treatment, adjustment of the vertebrae, yoga postures, and so on, no introduction of an outside influence is involved; by these methods we may remove or relieve the congestion in the nerves or vertebrae and permit the free flow of Life Energy.

On the other hand, mental cure is superior to all methods of physical cure because will, imagination, faith, and reason are phases of consciousness that actually and directly act from within. They furnish the motive power that stimulates and directs the Life Energy to accomplish any definite task.

Autosuggestion and will-affirmations are useful methods of stimulating the Life Energy; but because purely mental healing methods do not consciously work with the Life Energy but use the will without establishing a physiological connection, they are not invariably efficacious. A cure is certain if psychophysical methods, together with will, faith, and reason, are blended to direct the Life Energy and to reach the superconscious mind. Knowledge of the inherent and inseparable unity of matter and Spirit solves all problems of inharmony.

Power Over Life Energy.

It should be clear that both physical methods and mental methods of cure are useful only insofar as they influence and awaken the Life Energy. It is the Life Energy that will cure; that method which exerts the most power over the Life Energy is the best method. The Self-Realization system teaches one to harness and direct the will to assist the movement of actual vibrating Life Energy to any body-part. Neither physical culture methods nor mental healing can equal the marvelous results of the Self-Realization techniques that employ the will and the Life Energy directly. One can feel the definite flow of tingling energy throughout the body by the use of these exercises.

Medicine may be useful for little itches, sores, accidental cuts, and so on. If your arm has been fractured, it is unnecessary to give God the trouble of joining your displaced bones when a doctor (a child of God) can fix it by the use of his skill and

knowledge of God's own laws as applied to matter. If you can instantaneously heal your broken bones by mental power, do so; but do not wait until you attain that power.

4. The Nature of Creation

Matter does not exist in the way we usually conceive it; nevertheless, it does exist as a delusion. To dispel delusion requires a definite method. You cannot cure a dope-fiend in a moment. Material consciousness possesses man through a law of delusion, and only by following the opposite law of undoing the delusion may the material consciousness be dispelled.

The rabid medical man and the rabid mental healer are extremists. They are wrong because they draw a dividing line between matter and Spirit. Spirit, through a series of processes of materialization became matter; hence matter proceeds from and cannot be different from its cause, the Spirit. Matter is a partial expression of Spirit, the Infinite appearing as finite, the Unlimited as limited. But since matter is nothing but Spirit in a delusive manifestation, matter cannot exist without the Spirit.

Consciousness and Vibration.

Consciousness and vibratory matter are a twofold expression of the one undivided Spirit. The difference between consciousness and matter is one of degree. The former is a finer and the latter a grosser vibration of the one transcendental Spirit.

In creation the hitherto unmanifested Spirit manifests two natures — one consciousness, and the other matter. Consciousness is the vibration of Its subjective aspect, and matter is the vibration of Its objective aspect. The Spirit, as Cosmic Consciousness, is potentially immanent in objective vibratory matter, and manifests also as the individualized human consciousness with all its count-

less ramifications of thoughts, feelings, will, and imagination.

Metaphysically speaking, the difference between matter and Spirit consists in the rate of vibration — a difference of degree, not of kind. This point is illustrated by the fact that, though all vibrations are qualitatively alike, yet vibrations from 20 to 20,000 are gross and are audible to the physical sense of hearing, whereas vibrations below 20 or over 20,000 cannot be registered by the tympanum. The vibration of consciousness is so subtle and powerful that it cannot be detected by any material instrument. Only consciousness can comprehend consciousness. Only conscious human beings can detect the vibrations of consciousness emanating from other human beings. For instance, those who live in a certain room impress a vibratory force on that room which may be felt by sensitive persons.

The subtlety of the vibration of consciousness and the grossness of the vibration of matter are only superficial differences of degree. But the vibratory force of Spirit has caused these differentiations to appear so distinct and specific that, to human consciousness, they appear to be differences of kind rather than differences of degree only. Consciousness may be cognized as a finer force existing within a coating of grosser vibratory force called matter; or it may be said that consciousness is the first subtle vibration of Spirit, and that matter is in turn the result of a grosser vibration of consciousness. The Ego cognizes consciousness directly; and matter (for example, the body) indirectly, through sensation, perception, and conception.

Many misconceptions are current about the oneness that exists between matter and consciousness. The appearance of a living body and a dead body side by side produces in man the delusive thought of difference between body and consciousness.

Seldom does anyone realize that the sight of either a dead body (that is, a body without consciousness) or of a living one (that is, a body with consciousness) may be produced by the sustained power of a hallucination or in the dream state of the human consciousness; and that these apparent contrasts are similarly produced in life by the power of Maya or World Illusion.

Body and Consciousness Created by Man in the Dream State.

In the dream state, a sleeping man may find himself walking joyously in a beautiful garden, and perhaps he suddenly sees the dead body of a friend. He becomes stricken with grief, sheds tears, suffers from headache, and feels his heart throb. Or perhaps a rainstorm blows up suddenly, and he becomes wet and cold. He wakes up and laughs at his illusory dream-experiences. What is the difference between the experiences of the sleeping man under the influence of a dream (experiences of *matter* as displayed in the bodies of himself and his dead friend, the garden, heat and cold, and so on; and experiences of *consciousness* as displayed in his recognition of himself and his friend, in his awareness of the garden, heat and cold, and so on) and the experiences of his waking state? The consciousness of matter and the consciousness of consciousness are present in both cases. The sleeping man is able to create matter and consciousness in his dream.

World Illusion (Maya)

If such a delusive Creation is possible to the human consciousness, then it is not difficult to realize that the infinitely powerful Cosmic Consciousness or Spirit may, by the power of Maya or World Illusion, create for man a dream-world of "life" or

conscious existence that in essence is as false (because ephemeral, ever-changing) as are man's experiences in the nightly dream-state.

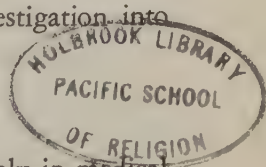
The phenomenal world operates under Maya, the law of duality or oppositional states; it is thus a false world that veils the truth of the Divine Oneness and Unchangeableness. Man in his mortal aspect dreams of a world of dualities and contrasts—life and death, health and disease, joy and sorrow; but when he awakens to a realization of his essential nature, all dualities disappear and he knows himself as the eternal and blissful Spirit.

For those who have not attained to this Cosmic Consciousness, both medical and mental aid are important. While the superiority of mental aid and of the healing power of the mind over the healing power of drugs is undeniable, the limited healing or death-dealing power of herbs and drugs may also not be denied. When employing mental aid, man need not scorn all physical methods of cure; for they are the outcome of investigation into God's material laws.

Underlying Unity of Medical and Mental Cures.

The point is, that most people believe either solely in medical cure or solely in mental cure, and ignore the point of unity where both methods coincide. Material laws cannot contradict mental laws, for material law is simply a projection of spiritual law. Similarly, the law that governs matter, and therefore medical science also, is more limited and bound than is its spiritual source. Therefore mental healing has a wider scope and efficacy than medicine, for the latter is a gross materialization of the former.

So long as man's material consciousness of the body exists, the use of medicines and drugs cannot be dispensed with entirely; but as soon as that material consciousness begins to diminish,



man's belief in the healing power of drugs disappears; all bodily sufferings are seen to have their roots in the mind.

My Master never spoke of the uselessness of drugs; yet he so trained and expanded the consciousness of his students that they placed no reliance on medicines, and used only mental power to cure themselves when ill. Some people, in both the East and the West, fanatically deny the existence of matter and medicine while they are still so engrossed in the flesh that they feel that they cannot live if they miss a meal. It is inconsistent to deny the existence of matter with the same mouth that enjoys a steak for lunch every day. The state of realization in which body and mind, death and life, disease and health all appear *equally delusive* is the only state wherein we can say that we do not believe in medicine, food, surgery, or the existence of matter.

To teach the nonexistence of matter while one is dreaming and engrossed in matter is productive of impracticality, danger, and fanaticism. There is a deep-seated scientific psychological law governing the formation and breaking of the delusion of matter. Banishing delusion cannot be done by imagination and fanatic belief. It can only be accomplished by the methods of psychophysical concentration, which gradually and consciously disengage and liberate the soul from its identification with the material consciousness.

5. The Technique of Affirmation

People with a material consciousness, i.e., those accustomed to thinking of the "self" as the gross or physical body, need first to be gradually trained away from dependence on medicine and other material aids, and taught to rely more on mental power and on realization of the immortal nature of consciousness. Unless the conversion of a materially minded person is brought about

by his own increasing inner realization of the true nature of matter, he may only become a metaphysical fanatic, and nothing is gained. A great deal of harm may be done by blindly denying the existence of matter. Such an attitude comes from ignorance of the material laws of God. Medical science has discovered and applied material laws that metaphysical fanatics crudely deny. This self-deception only leads them into deeper misunderstandings. They fail to comprehend the systematic and scientific laws of mind also, and may become stubbornly fixed in mistaken dogmatism, following an idea blindly without satisfying natural reason and logic. Truth contents every part of man's nature, and does not include any inconsistent or inharmonious factors. Truth possessed by one man will prevail; whereas error shared by all the rest of humanity must eventually be rejected.

The Body as Materialized Vibration.

The body is vibration materialized as the combination of solids, liquids, and gases. Beneath the strata of flesh is the vibration of life current, present as fluid energy; and beneath it is the vibration of subtle human consciousness, which remains isolated, through ignorance, from Cosmic Consciousness. In Cosmic Consciousness there is no change or death, whereas human consciousness is subject to change and limitation. The process of freeing the mind is to train it by affirmations, concentration, meditation, Self-Realization techniques, and so forth, that it may gradually turn its attention away from the grosser body-vibrations and their attendant changes of death, disease, and other ills; and feel the subtler and more stable vibrations of Life Energy and of higher mental states. In Cosmic Consciousness there is no awareness of change (death, life, disease, health, and other oppositional states); an unchangeable perception of Bliss is ever-present.

Individual and Group Directions.

TIME: (*For the individual*) Immediately after awakening from sleep in the morning, or during the period of somnolence preceding sleep at night. (*For the group*) Any suitable time.

PLACE: Noiseless or quiet surroundings so far as possible. If the affirmations have to be used in a noisy place, just ignore the disturbance and devotedly attend to your practice.

METHOD: Before starting to affirm, always free the mind from all worries and restlessness. Choose your affirmation and repeat all of it first loudly, then softly and more slowly, until your voice becomes a whisper. Then gradually affirm it mentally only, without moving even the tongue or the lips, until you feel that you have merged into deep, unbroken concentration — not unconsciousness, but a conscious continuity of uninterrupted thought.

Then if you continue with your mental affirmation, and go still deeper, you will feel a great sense of increasing joy and peace. During the state of deep concentration, your affirmation will merge into the subconscious stream, only to come back later reinforced with power to influence your conscious mind through the law of habit. During the time of experiencing ever-increasing peace, your affirmation goes deeper into the super-conscious reservoir, to return later laden with unlimited power not only to influence your conscious mind but also materially to fulfill your desires. Doubt not and you shall witness the miracle of this scientific faith.

During group affirmations for curing physical or mental disease in self or others, care should be taken to affirm with an even tone, even mental force, even concentration, and even sense of faith and peace. Weaker minds lessen the united force born

of such affirmations and may even sidetrack this flood of force from its superconscious destination. Therefore one should not make bodily movements nor become mentally restless. The concentration of all members of the group is necessary for success.

Germinate the Seeds.

The following affirmation-seeds are impregnated with the soul's inspiration. They should be watered by your faith and concentration and sown in the soil of superconscious peace in order to set up inner motile vibrations that will help the desired germination.

There are many processes involved between the sowing of the affirmation-seed and its fruition. All the conditions of its growth must be fulfilled in order to produce the desired result. The affirmation-seed must be a living one, free from the cankers of doubt, restlessness, or inattention; it should be sown in the mind and heart with faith, concentration, devotion, and peace; it should be watered with deep, fresh repetitions.

Always avoid mechanical repetition. This meaning is found in the Biblical injunction: "Take not the name of the Lord thy God in vain." Repeat affirmations firmly and with intensity and sincerity until such power is gained that one command, one strong urge from within, will be sufficient to change your body-cells and to move your soul to the performance of miracles.

Preliminary Rules to be Observed Before Affirmations.

1. Sit facing North or East.
2. Close your eyes (concentrating your attention upon the medulla oblongata unless otherwise directed). Keep spine erect, chest high, abdomen in. Take deep breaths and exhale three times.
3. Relax the body and keep it motionless. Empty the mind

of all restless thoughts, and withdraw it from all sensations of bodily weight, temperature, sounds, and so forth.

4. Fill your mind with devotion and with will, feeling the former in the heart and the latter in its physiological center of generation in between the eyebrows. Cast away anxiety, distrust, and worry. Realize calmly that the Divine Law works and is all-powerful only when you do not shut it out by doubt or disbelief. Faith and concentration allow it to operate unhampered. Hold the thought that all bodily states are changeable and curable and that the idea of a disease's being chronic is a delusion.

5. Forget the particular kind of healing you need.

6. In group affirmations the leader should read the affirmations rhythmically. Then the audience should repeat the same words with the same rhythm and intonation.

The Different States of Chanting.

Remember again that the affirmations should be uttered with the proper loud intonation, fading into a whisper, and above all with attention and devotion; taking the thoughts from the auditory sense to the understanding or conscious mind, then to the subconscious or automatic mind, and then to the superconscious mind, by one's conviction of their efficacy and truth. Those persons who believe will be cured by these affirmations.

The following chart shows the order of the various consecutive chanting states:

Conscious Loud Chanting	Whisper Chanting	Mental Chanting	Subconscious Chanting	Superconscious Chanting
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Subconscious chanting becomes automatic with internal consciousness only. Superconscious chanting results when the deep internal chanting vibrations are converted into realization and

are established in the superconscious and the subconscious minds as well as in the conscious mind. Holding the attention unbrokenly on the real Cosmic Vibration (*Aum*), not on any imaginary sound, is superconscious chanting.

Superconsciousness, Not Unconsciousness.

One very important point to bear in mind is that when passing from one state of chanting to another, the attitude of the mind should likewise change and become deeper and more concentrated. The aim is to unite chanter, chant, and the process of chanting into one. The mind must sink itself into the deepest conscious state; not unconsciousness or absent-mindedness or sleep, but such a focused state of concentration that all thoughts are sunk and merged into one, like particles drawn to an irresistible magnet.

Physiological Centers.

During the different affirmations, notice should be taken of the physiological centers where the attention should be directed; that is, the heart is the center of feeling, the medulla oblongata is the source of energy, and the spot in the center of the forehead is the source of will. Attention is unconsciously directed to those centers; for example, during states of emotion or feeling, the attention is centered in the heart and we feel it to the exclusion of all other parts of the body. We should cultivate a conscious power over the direction of attention to the centers of thought, will, and feeling.

Above all, absolute unquestioning faith in God or His true devotees is the greatest method of instantaneous healing. It is better to attempt to arouse that faith, even though you enjoy

good health, than to maintain a deep reliance upon medicine and other physical aids.

The affirmations that follow will greatly help devotees to understand gradually the divine source of the human body. They should dwell deeply on the inner meanings of liberating truths, and should read and reread the discussion of Spirit and matter.

6. Scientific Affirmations

In using the following affirmations, the leader or individual may read through the entire group, or stop and repeat whatever he wishes.

General Healing Affirmations.

On every altar of feeling,
Thought, and will,
Thou art sitting,
Thou art sitting.
Thou art all feeling, will, and thought.
Thou dost guide them;
Let them follow, let them follow,
Let them be as Thou art.

In the temple of consciousness
There was the Light—Thy Light.
I saw it not; now I see.
The temple is light, the temple is whole.
I slept and dreamt that the temple broke
With fear, worry, ignorance.
I slept and dreamt that the temple broke
With fear, worry, ignorance.
Thou hast wakened me,
Thou hast wakened me.
Thy temple is whole,
Thy temple is whole.
I want to worship Thee,
I want to worship Thee.

In the heart, in the star,
In the body-cell I love Thee;
In the electron I play with Thee.
I wish to worship Thee
In body, star, star-dust nebulae.
Thou art everywhere; everywhere
I worship Thee.

Celestial will of Thine
As human will of mine
Doth shine, doth shine
In me, in me, in me, in me.
I will wish, I will will,
I will work, I will drill,
Not led by Ego, but by Thee,
But by Thee, but by Thee.
I will work, exert my will;
But charge my will
With Thine own will, with Thine own will.

Make us little children, O Father,
Even as Thy kingdom contains such.
Thy love in us is perfection.
Even as Thou art whole, so are we whole.
In body and mind we are healthy,
Even as Thou art, even as Thou art.
Thou art perfect.
We are Thy children.
Thou art everywhere.

Where'er Thou art, perfection's there.
Thou art sitting in every altar-cell,
Thou art in all my body-cells.
They are whole; they are perfect.
They are whole; they are perfect.
Make me feel Thou art there
In them all, in them all;
Make me feel Thou art there
In each and all, in each and all.

Life of my life, Thou art whole.
Thou art everywhere;
In my heart, in my brain,
In my eyes, in my face,
In my limbs and all.
Thou dost move my feet;
They are whole, they are whole.
My calves and thighs
Are whole, are whole; for Thou art there.
My thighs are held by Thee
Lest I fall, lest I fall.
They are whole, for Thou art there.
They are whole, for Thou art there.

Thou art in my throat;
Mucous membrane, abdomen,
Glisten with Thee.
They are whole, for Thou art there.
In my spine Thou dost sparkle.
It is whole, it is whole.
In my nerves Thou dost flow;

They are whole, they are whole.
In my veins and arteries
Thou dost float, Thou dost float.
They are whole, they are whole.
Thou art fire in my stomach;
Thou art fire in my intestines;
They are whole, they are whole.

Even as Thou art my own
So am I Thine own.
Thou art perfect;
Thou art I, Thou art I.
Thou art my brain;
It is shining, it is whole,
It is whole, it is whole, it is whole.

Let my fancy flow free;
Let my fancy flow free.
I am ill when so I think;
I am well when so I think.
Every hour, oh, every day
In body, mind, in every way
I am whole, I am gay;
I am whole, I am gay.
I dreamt a dream that I was ill;
I woke and laughed to find me still
Bedewed with tears
Of joy, not sadness;
To find I dreamt of sickness.
For I am whole, I am whole.
Let me feel

Thy loving thrill, Thy loving thrill.

Thou art my Father,

I am Thy child.

Good or naughty,

I am Thy child.

Let me feel Thy healthy thrill;

Let me feel Thy wisdom's will.

Let me feel Thy wisdom's will.

Perfect Father, Thy light is flowing through Christ, through the saints of all religions, through the masters of India, and through me. This perfect light is present in all my body-parts. I am well.

I am renewed and strengthened by Thy life-giving Energy.

O Conscious Cosmic Energy, Thy life is mine. Solid, liquid, and gaseous foods are converted and spiritualized into energy by Thee to support my body.

Thy power is moving through me. My stomach is well, for Thy healing power is there.

Heavenly Father, my body-cells are made of light, my fleshly cells are made of Thee. They are perfect, for Thou art perfect; they are health, for Thou art health; they are Spirit, for Thou art Spirit; they are immortal, for Thou art Life.

Thy perfect light is in all my body-parts. Wherever that healing light is manifest, there is perfection. I am well, for perfection is in me.

Father, Thou art in me; I am well.

Heavenly Father, Thou art present in every atom,

every cell, every corpuscle, every particle of nerve, brain, and tissue. I am well, for Thou art in all my body-parts.

The healing power of Spirit is flowing through all the cells of my body. I am made of the one universal God-substance.

I recognize all illness to be the result of my transgression against health laws. I will undo the evil by right eating, exercise, and right thinking.

God's perfect health permeates the dark nooks of my bodily sickness. In all my cells His healing light is shining. They are entirely well, for His perfection is in them.

Thought Affirmations.

Concentrate thought upon the forehead, and repeat the following:

I think my life to flow,
I know my life to flow,
From brain to all my body to flow.
Streaks of light do shoot
Through my tissue-root.
The flood of life through vertebrae
Doth rush through spine in froth and spray;
The little cells all are drinking;
Their tiny mouths all are shining;
The little cells all are drinking;
Their tiny mouths all are shining.

Heavenly Father, Thou art mine forever. In every-

thing that is good I worship Thy presence. Through the windows of all pure thoughts, I behold Thy goodness.

O Father, Thine unlimited and all-healing power is in me. Manifest Thy light through the darkness of my ignorance. Wherever this healing light is manifest, there is perfection. Therefore, perfection is in me.

Heavenly Father, Thou art all feeling, will, and thought. Guide Thou my feeling, will, and thought; let them follow; let them be as Thou art.

I will purify my mind with the thought that God is guiding my every activity.

My dreams of perfection are the bridges that carry me into the realm of pure ideas.

Daily I will seek happiness more and more within my mind, and less and less through material pleasures.

God is the shepherd of my restless thoughts. He will lead them to His abode of peace.

Will Affirmation.

Concentrate will upon the medulla oblongata and upon the spot between the eyebrows, simultaneously; and repeat the following, first loudly and then gradually in a whisper:

I will Life Force to charge —
With Godly Will I will it charge —
Through my nerves and muscles all,
My tissues, limbs, and all,
With vibrant tingling fire,

With burning joyous power.
In blood and glands,
By sovereign command,
I bid you flow.
By my command
I bid you glow.
By my command
I bid you glow.

*For the Development and Right Guidance of Reason
and for the Cure of a Dull Mind.*

The following suggestions, used in connection with affirmations and good books, will stimulate right reasoning and mental activity.

1. Read, mark, and inwardly digest.
2. Reason about good things.
3. Adopt the best plan for your life that you can formulate by the exercise of reason.
4. If you read one hour, write for two hours, and reflect for three hours. This proportion should be observed in the effort to cultivate the power of reason.
5. Strengthen your reasoning powers by studying the laws of the mind, outlined in the teachings of Self-Realization Fellowship.
6. Use these affirmations, uttered with soul force, to develop the innate intelligence that modern psychologists are finding to be capable of infinite expansion.
7. By obeying material laws and believing them to be controlled by a superior spiritual law, one may eventually rise above them and be wholly guided spiritually.

Wisdom Affirmations.

Concentrate beneath the skull, feeling the weight of the brain within it:

In wisdom's chambers
Thou dost roam.
Thou art the reason in me.
Oh, Thou dost roam and wake
Each lazy little cell of brain
To receive, to receive
The good that mind and senses give,
The knowledge that Thou dost give.
I will think, I will reason;
I won't trouble Thee for thought;
But lead me Thou when reason errs;
To its goal lead it right.

O Heavenly Father, O Cosmic Mother,
O Master Mine, O Friend Divine,
I came alone, I go alone;
With Thee alone, with Thee alone.
With Thee alone, with Thee alone.

Oh, Thou didst make a home for me
Of living cells; a home for me.
This home of mine is home of Thine;
Thy life did make this home;
Thy strength did make this home.
Thy home is perfect; Thy home is perfect.
I am Thy child, Thou art my Father;
We both do dwell, we both do dwell
In the temple same.

In this temple of cells.
Oh, in this temple of cells.
Thou art always here,
Oh, on my throbbing altar near.

I went away, I went away;
With darkness to play, with error to play;
A truant child, I went away.
Home I came with Darkness dark;
Home I came with matter's muddy mark.
Thou art near; I cannot see.
Thy home is perfect; I cannot see.
I am blind; Thy Light is there.
'Tis my fault that I cannot see.
Oh, 'tis my fault that I cannot see.
Beneath the darkness line
 Thy Light doth shine;
 Thy Light doth shine.
Together, Light and Darkness
Cannot stay, cannot stay.
Together, wisdom, ignorance,
Cannot stay, cannot stay.
Conjure away, O lure away,
 The darkness away,
 My darkness away.

My body-cells are made of light,
My fleshly cells are made of Thee.
They are perfect, for Thou art perfect;
They are Spirit, for Thou art so;
They are immortal, for Thou art living.

Heavenly Father, Thy cosmic life and I are one. Thou art the ocean; I am the wave; we are one.

I demand my divine birthright, intuitively realizing that all wisdom and power already exist in my soul.

God is within and around me, protecting me; so I will banish the fear that shuts out His guiding light and that makes me stumble into a ditch of my own errors.

God is just behind my reason today and every day and is guiding me to do the right thing always.

Perfect peace and poise are mine today, as I concentrate all my power and ability upon expressing the Divine Will.

God is the indwelling Self of man and the sole Life of the whole universe.

I am submerged in eternal light. It permeates every particle of my being. I am living in that light, for the Divine Spirit fills me within and without.

Success Affirmations.

(For Healing of Failure Consciousness)

Success comes by obeying both the divine and the material laws. Material and spiritual success both must be attained. Material success consists in acquiring all the necessities of life.

Ambition for money-making should be utilized to improve society, your country, and the world. Make all the money you can by improving your community or country or the world; but never do so by acting against their interests.

Remember that there are subconscious, conscious, and super-conscious laws for success, and for fighting failure.

The subconscious method of success is to repeat the affirmations intensely and attentively immediately before and after sleep.

As you are a child of God, believe that you have access to all things that belong to Him. Doubt not; when you want anything, cast away the thought of failure; realize that all things are your own.

Ignorance and disbelief in this law have deprived us of our divine heritage. Those who crave to utilize the resources of Divine Supply should destroy the subconscious seeds of erroneous thoughts by steady effort saturated with infinite confidence.

Use effort consciously by trying and planning to succeed and by fighting failure, feeling at the same time that God is helping your efforts to reach their destination. This method establishes a conscious connection with the Divine.

If you want Spiritual Law or superconscious power to help you, do not stop your conscious efforts, nor rely wholly upon your own natural abilities. Ask divine aid in all you do.

When these subconscious, conscious, and superconscious methods are combined, success is certain. Try again, no matter how many times you have failed.

Material Success Affirmations.

Thou art my Father;

Success and joy.

I am Thy child;

Success and joy.

All the wealth of this earth,

All the riches of the universe,

Belong to Thee, belong to Thee.

I am Thy child.

The wealth of earth and universe

Belongs to me, belongs to me.

Oh, belongs to me, belongs to me.

I lived in thoughts of poverty

And wrongly fancied I was poor,

So I was poor.

Now I am home. Thy consciousness

Has made me wealthy, made me rich.

I am successful, I am rich;

Thou art my Treasure,

I am rich, I am rich.

Thou art everything, Thou art everything.

Thou art mine.

I have everything, I have everything;

I am wealthy, I am rich.

I have everything, I have everything;

I possess all and everything,

Even as Thou dost, even as Thou dost.

I possess everything, I possess everything.

Thou art my Wealth,

I have everything.

I know that God's power is limitless; and as I am made in His image, I, too, have the power to overcome all obstacles.

I possess the creative power of Spirit. I am in contact with Infinite Intelligence, which will guide me and solve every problem.

God is my own inexhaustible Divine Bank. I am

always rich, for I have access to the Divine Storehouse.

The sunshine of His prosperity has just burst through the dark sky of my limitation. I am God's child. What He has, I have.

I will go forth in perfect faith in the power of Omnipresent Good to bring me what I need at the time I need it.

Spiritual Success Affirmations.

(For Banishing Soul Ignorance)

Spiritual success consists in contacting Cosmic Consciousness consciously, and in maintaining your peace and poise no matter what irremediable events of life, such as death of friends or other loss, come to you. In the case of separation from one of your dear ones by the law of Nature, you should not sorrow. Instead, thank God that He gave you the great privilege of tending and befriending and keeping in your charge one of His dear ones. Spiritual success comes by understanding the mystery of life; and by looking upon all things cheerfully and courageously, realizing that events proceed according to a beautiful divine plan. Ignorance should be healed by knowledge.

Thou art Wisdom,
And Thou dost know
The cause and end of all things.
I am Thy child;
I want to know
Life's true mystery,
Life's true joyous duty.
Thy wisdom in me shall show

All things that Thou dost know,
That Thou dost know.

I relax and cast aside all mental burdens, allowing God to express through me as perfect love, peace, and wisdom.

My Heavenly Father is love, and I am made in His image. I am the sphere of love in which all planets, all stars, all beings, all creation are glimmering like lights. I am the love that pervades the whole universe.

I can perform all duties only after borrowing the powers of action from God, so my first desire is to love Him. The first love of my heart, the first ambition of my soul, the first and foremost effort of my will and reason is God alone!

As I radiate love and good will to others, I open the channel for God's love to come to me. Divine love is the magnet that draws to me all good.

Heavenly Father, my voice was made to sing Thy glory. My heart was made to respond to Thy call. My soul was made to be a channel through which Thy love may flow uninterruptedly into all thirsty souls.

The power of Thy love crucifies all my thoughts of doubt and fear, that I may rise triumphant over death, and ascend on wings of light to Thee.

Psychological Success Affirmations.

In healing, as we have previously said, imagination, will, faith, reason, and feeling all stimulate the disturbed Life Energy,

which can actually internally electrify the diseased body-cells and restore them to their original healthy condition. Hence, those who want to heal scientifically should know the laws of visualizing and controlling this Life Energy. In healing others, one has to have control over his Life Energy and project a current into the patient's body—a method that stimulates and harmonizes the disturbed Life Energy of the patient by the power of will or imagination. Healing cannot be done by chance. The great healers watch the actual psychophysical laws of nature operating in the body of the patient during the process of healing.

I am brave, I am strong.
Perfume of success-thoughts
Blows in me, blows in me.
I am cool, I am calm,
I am sweet, I am kind,
I am love and sympathy,
I am charming and magnetic,
I am pleased with all;
I wipe away all tears and fears.
I have no enemy.
I am the friend of all.

I have no habits,
In eating, dressing, behaving;
I am free, I am free.

I command Thee, O Attention,
To come and practice concentration
On things I do, on works I do.
I can do everything
When so I think, when so I think.

In church or temple, prayer mood,
My vagrant thoughts against me stood,
And held my mind from reaching Thee,
And held my mind from reaching Thee.
Teach me to own again, oh, own again,
My matter-sold mind and brain,
That I may give them to Thee
In prayer and ecstasy,
In meditation and reverie.

I will worship Thee
In meditation,
In the mountain breast and seclusion.
I will feel Thine energy
Flowing through my hands in activity.
Lest in sloth I lose Thee
I shall find Thee in activity.

Combined Methods.

While the superiority of mental, rather than material, methods of cure is undeniable, a few physical exercises are included in this book for those who desire to combine both methods.

Affirmation for the Eyes.

Concentrate with closed eyes first upon the medulla, then feel the power of vision in the eyes flowing through the optical nerves into the retina. Concentrate upon the retina. Open eyes widely, then close them. Turn the eyeballs upward, then downward; then to the left, then to the right. Then rotate them from left to right, and right to left. Fix the attention of the eyes upon the spot in the middle of the forehead, thinking that the Life

Energy flows into and transforms the eyes into two searchlights.
This exercise is beneficial mentally and physically.

I bid you,
O rays of blue,
To glide through my optic nerves
And show me true, and show me true
His Light is there,
His Light is there.
Through my eyes
He dost peep,
He dost peep,
They are whole, they are perfect.
One* above and two below;
Eyes three, eyes three.
Through you unseen, what light doth flee,
Through you unseen, what light doth flee!

Lotus eyes, weep no more,
Weep no more.
The storms thy petals hurt no more.
Come quick and glide like swans
In the blithesome waters of Bliss,
In the gentle lake of peace,
In the hour of wisdom's dawn.
The light of Thine
Oh, shines through mine,
Through past, present, and future time.

*This refers to the "single" or spiritual eye in the forehead between the two eyebrows.

I command you,
My eyes two,
Be one and single,
Be one and single.
To see all and know all;
To make my body shine,
To make my mind shine,
To make my soul shine.

For Regulating Sex Force.

Before retiring at night, wipe hands, feet, armpits, navel, face, the back of the neck over the medulla oblongata, and all body openings, with a wet towel. Do this regularly.

During bodily excitement, draw a deep breath and exhale deeply. Repeat 6 to 15 times and then quickly go among crowds of people or your superiors.

Through pollen and stamen
Thou dost create the flowers pure.
Through my parents pure
My body Thou didst bring.
Even as Thou art the Creator
Of all good things,
So are we.
Teach us to create
In sacredness, in holiness,
Noble ideas or noble souls.

Thou art sexless,
We are sexless, we are sexless.
Thou didst create us in purity.
Teach us to create in sacredness

Noble thoughts or children
Wrought in Thine image.

To conquer temptations, I will drive evil from my thoughts. I will withdraw my mind from the sense centers on the outer surface of the body, which give rise to mental temptations. I will seek the Bliss within.

The body is like a garden that contains many charming trees of the senses — sound, sight, taste, smell, and touch. God or the Divinity in man warns him against immoderation in the use of any of the sense fruits; and especially against the wrong use of the apple of sex force, situated in the center of the bodily Garden of Eden. By allowing the serpent of evil curiosity and the Eve or emotional feminine nature in him to tempt him to transgress the law of regulated and non-identified sense experience, man is driven from his perfect garden of Bliss Consciousness and loses the joy of self-control. Sex consciousness brings in the fig-leaf or sin consciousness of shame.

Married couples who desire children should confine their attention to the creative purpose of sex. The charm of sex communion should not be sought by man for its own sake.

Physical Exercise for the Stomach.

Bend down while holding the arms of a chair. Exhale breath completely and cave in the stomach and abdomen as far as possible (as near the backbone as possible) with breath expelled. Then throw them out (bulging them) while inhaling. Repeat 12 times. This exercise helps the peristaltic action of the stomach and aids in removing its ailments.

Exercise for the Teeth.

With eyes closed, clench the upper and lower left teeth to-

gether, then the upper and lower right teeth together, then the front upper and lower teeth together. Then clench the entire set of upper and lower teeth. Hold each state for one or two minutes, concentrating upon the "clenching-teeth sensation," thinking that the healing energy is vitalizing all the roots of the teeth and is removing all inharmonious conditions.

For Curing Bad Habits.

1. Good habits are your best helpers; preserve their force by stimulating them with good actions.

2. Bad habits are your worst enemies; against your will they make you do the things that hurt you most. They are detrimental to your physical, social, mental, moral, and spiritual happiness. Starve bad habits by refusing to give them any further food of bad actions.

3. True freedom consists in performing all actions — eating, reading, working, and so forth — in accordance with right judgment and choice of will, not in being compelled by habits.

Eat what you should eat and not necessarily what you are used to. Do what you ought to do, not what your bad habits dictate.

4. Good and bad habits both take time to acquire force. Powerful bad habits can be displaced by opposite good habits if the latter are patiently cultured.

5. First crowd out all bad habits by substituting good habits in everything; then strengthen the consciousness of being free from bad habits in eating, working, and all other activities.

Thou art in law;

Thou art above all laws;

Thou art above all laws.
Even as Thou art,
Above all laws am I.
O ye brave good soldier habits
Drive away the dark, dark habits;
Drive away the dark, dark habits.
I am free, I am free.
I have no habits, I have no habits.
I'll do what's right, I'll do what's right,
Uncommanded by habits' might.
I am free, I am free;
I have no habits, I have no habits.

The eternal life of God is now flowing through me. I am immortal. Behind the wave of my consciousness is the ocean of Cosmic Consciousness. Behind the ripple of my mind is the ocean of God's vastness. I am protected by Divine Mind, which is just behind my consciousness.

Heavenly Father, strengthen my determination to discard bad habits that attract evil vibrations, and to form instead helpful habits that attract good vibrations.

Father, where Thou hast placed me, Thou must come.

Beloved God, no moving picture of life is made up of only one player or one event; therefore my part on the stage is very important, for without me the picture of life is incomplete.

Prayers.

A few prayers follow, which can be used to turn the thoughts to God—the Power in all affirmations. Prayer should be used, not to beg help, but to reclaim that divine treasure which man in his ignorance thinks lost.

O Spirit, teach me to heal the body by recharging it with Thy Cosmic Energy, to heal the mind by concentration and smiles, and the soul by meditation-born intuition. Let Thy kingdom which is within manifest itself without.

Beloved God, teach me to know that Thine all-protecting unseen mantle is ever around me, in joy and in sorrow, in life and in death.

Since Thine indelible image of perfection is in me, teach me to wipe away the superficial stains of ignorance and to see that Thou and I are One.

O Divine Shepherd of Infinite Perception, rescue the lambkins of my thoughts, lost in the wilderness of restlessness, and lead them into Thy sacred fold of silence.

Heavenly Father, teach me to remember Thee in poverty or prosperity, in sickness or health, in ignorance or wisdom. May I open my closed eyes of unbelief and behold Thine instantaneously healing light.

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