

CONTENTS

<i>Preface, by Sri Sri Daya Mata</i>	xv
<i>Introduction</i>	xix
How to Express Everlasting Youthfulness	3
<i>Know the Reason for Your Existence</i>	4
<i>Youth Is a State of Mind and Soul, As Well As of the Body</i>	5
<i>The Five Mental States of the Consciousness</i>	6
<i>Learn to Smile Sincerely in All Circumstances</i>	8
<i>The Importance of Willingness, and of Being Less</i> <i>Self-centered</i>	9
<i>Is Eternal Youth of the Body Possible?</i>	10
<i>The Greater the Will, the Greater the Flow of Energy</i>	12
<i>Obeys the Laws of God Embodied in Cosmic Nature</i>	13
<i>The "Fountain of Youth" Is Within the Soul</i>	14
Remoulding Your Life	17
<i>Life Is a Matrix of Consciousness</i>	18
<i>The Tenacity of Habits</i>	19
<i>"Old Age" Is a State of Mind</i>	20
<i>Will Power Is the Instrument of Change</i>	21
<i>Freedom Is to Act for Your Highest Welfare</i>	23
<i>Both Discrimination and Will Power Are Necessary</i>	23
<i>Think Away Undesirable Thoughts</i>	24
<i>We Are What We Think We Are</i>	25
<i>Let Nothing Weaken the Will Behind Positive Thoughts</i>	27
<i>Change Your Consciousness From Mortality to Divinity</i>	27
A World of Cosmic Entertainment	30
<i>The World Is God's Lila</i>	31
<i>Look Upon Life As a Movie</i>	33
<i>Awaken From the Cosmic Dream</i>	34
<i>Emotional Sensitivity Is the Cause of Suffering</i>	37
<i>Be Like the Active-Inactive Lord</i>	37
<i>In the Diversity of Creation There Is an Inherent Unity</i>	39
Why God Created the World	42
<i>Man's Power Is Nothing Compared to God's</i>	43
<i>This World Is God's Hobby</i>	44
<i>Seeing With the Open Eyes of Wisdom and Calmness</i>	45

<i>Free Choice—God's Greatest Gift</i>	47
<i>Watch Yourself From the Balcony of Introspection</i>	48
<i>Separate the Unreal From the Real</i>	50
How God Is Pulling Us Back to Him	51
<i>Religious Superstition Has Taught People to Be Afraid of God</i> . .	52
<i>The Law of Attraction Inherent in Creation</i>	53
<i>God's Forces of Attraction and Repulsion at Work</i> <i>in Cosmic Creation</i>	55
<i>How the Thoughts of God Evolve Into Matter</i>	57
<i>Evolution Versus Involution</i>	58
<i>Manifesting the Divine Qualities Inherent in the</i> <i>Five Stages of the Soul's Return to God</i>	59
<i>The Paths of Knowledge, Devotion, and Action</i>	62
<i>Work for God, Love God, Be Wise With God, and</i> <i>Realize Him Through Kriya Yoga</i>	64
Acquiring Attunement With the Source of Success	66
<i>Success Means to Create at Will What You Need</i>	67
<i>Cultivate Prosperity in Order to Help Others</i>	68
<i>Have Faith in the Power of God</i>	69
<i>In Having God, We Have Everything</i>	71
<i>Seek God-contact and He Will Guide You</i>	73
<i>"As I Perceive, May You Perceive"</i>	74
Business, Balance, and Inner Peace: Restoring Equilibrium to the Work Week	75
<i>Crime and Violence Are the Bitter Fruits</i> <i>of an Imbalanced Civilization</i>	75
<i>Spiritualizing Ambition With the Ideal of Service</i>	77
<i>A Balance of Oriental and Occidental Traits Is Needed</i>	78
<i>Learn the Art of Living Rightly</i>	79
<i>Leading a Balanced Life</i>	80
Probing the Core of Nervousness	83
<i>Healthy Nerves Essential for a Healthy Body</i>	83
<i>Examine Yourself to See What Makes You Nervous</i>	84
<i>Learn to Control Your Emotions</i>	85
<i>To Be Caught Up in Emotion Is to Forget God</i>	87
<i>Desire and Attachment Feed Nervousness</i>	88
<i>Right Attitude Toward Wealth</i>	88
<i>The Nervous System Connects You to the World and to God</i> . .	90
<i>The Spiritual Physiology That Makes Man Unique</i>	91
<i>The Spiritual Eye: Epitome of Creation</i>	92
<i>How the Intricate Human Body Evolves From Spirit</i>	93

<i>Colour Is Important in Your Life</i>	94
<i>The Best Diet for the Nerves</i>	95
<i>Attunement With God: Greatest Cure for Nervousness</i>	96
<i>Live Like a God, and You Will Attract Godly Friends</i>	97
<i>Kriya Yoga Gives the True Experience of Religion</i>	97
What Is Truth?	99
<i>Truth Is That Which Gives Permanent Happiness</i>	99
<i>The Three Ways of Arriving at Truth</i>	100
<i>Intuition: All-knowing Power of the Soul</i>	101
<i>Through Intuition, Know the Purpose of Your Existence</i>	103
<i>Intuition Develops Through Meditation</i>	103
<i>Attain the Power That Never Fails</i>	104
The Omnipresent Consciousness of Christ and Krishna	106
<i>The Universe Consists of Materialized Thoughts</i>	109
<i>Correspondence of the Trinity in Hindu and Christian Scriptures</i>	110
<i>Expand Your Consciousness and Know the Real Christ</i>	111
Spiritual Selfishness Versus Evil Selfishness	114
<i>The Idea of Possession Is a False Notion</i>	115
<i>The World Family Is Your Greater Self</i>	116
<i>Without Evil Selfishness the World Would Be Heaven</i>	117
<i>The Joy in Being Unselfish</i>	119
<i>Unselfishness Expands the Consciousness</i>	120
<i>Serve Others With Truth Through Your Example</i>	121
Did We Meet Before?	123
<i>Many Lives Needed to Build the Mansion of Friendship</i>	125
<i>Recognizing Those You Knew Before</i>	125
<i>Sincerity Plus Thoughtfulness</i>	126
<i>Earn the Friendship of God</i>	128
<i>When Friendship Becomes Divine, You Will Love All</i>	128
The Art of Getting Along in This World	130
<i>Importance of Getting Along With Yourself</i>	131
<i>Your Conscience Will Help You Get Along With Yourself</i>	132
<i>Evenmindedness: The Right Foundation for One's Existence</i>	133
<i>Deep Thinking: A Corridor to God and Intuitive Perception</i>	134
<i>Common Sense Puts Deep Thinking Into Action</i>	135
<i>Control Desires and the Habit of Wasting Time</i>	135
<i>Getting Along With Others Begins at Home</i>	136
<i>Do Not Sacrifice Your Ideals to Please Others</i>	136
<i>Smile From the Soul</i>	138

<i>There Is a Time to Remain Quiet but Firm</i>	138
<i>Use Tact; Persons Are Not Unfeeling Stones</i>	139
<i>Be Sincere; Never Resort to Flattery</i>	142
<i>Come for Truth That Flows From My Soul</i>	143
<i>Ask Yourself If You Are Getting Along With God</i>	144
The Psychology of Touchiness	147
Why Love Succeeds Where Jealousy Fails	151
<i>All Relationships Should Be Grounded in Friendship</i>	152
<i>Jealousy Foreshadows the End of Happiness</i>	153
<i>Jealousy Comes From an Inferiority Complex</i>	153
<i>“Whatever Is Not Mine, Let It Go!”</i>	154
<i>Thoughts Can Be More Effective Than Words</i>	155
<i>God Is the Ultimate Answer</i>	155
<i>Diamond Mentalities Reflect the Light of God</i>	156
<i>The Effectiveness of Single-hearted Devotion</i>	157
Invite the Christ Consciousness Within You	160
<i>The Proper Observance of Christmas</i>	161
<i>The Justice of God</i>	161
<i>The Universality of Christ Consciousness</i>	163
<i>Love All Countries and All Races</i>	165
<i>May Christ Have a Second Coming Within You</i>	166
What Is the True Equality of Man?	168
The Need for Universal Religious Principles	170
Mahatma Gandhi: Apostle of Peace	183
<i>Man’s Use of the Atom</i>	184
<i>Gandhi’s Treasure</i>	185
<i>Facing Death</i>	186
<i>What of the Future?</i>	187
Nations, Beware!	189
<i>Right Patriotism</i>	190
A United World With God As President	193
<i>Expand Your Love to All Nations</i>	194
<i>Become a “Smile Millionaire”</i>	195
<i>Finding God Gives Great Comfort and Happiness</i>	196
Is God a Dictator?	199
<i>The History of Leadership</i>	200
<i>In One Sense, God Is a Dictator</i>	202

<i>The Pattern of Creation Is Set by God</i>	203
<i>Spiritual Dictatorship</i>	203
<i>God Refuses to Dictate to His Children</i>	204
<i>Man Should Be Taught Universal Patriotism</i>	205
<i>Some Worthwhile Ideas From Francis Bacon</i>	206
<i>We Have to Make a Start Somewhere</i>	208
<i>It Is God Who Animates All Beings</i>	209
<i>A Dictator Wouldn't Give Us the Right</i> <i>to Throw Him Out</i>	209
<i>You Are Potentially Equal to God</i>	210
Receiving God's Answers to Your Prayers	212
<i>How a Sleeping Son of God May Become an Awakened</i> <i>Son of God</i>	213
<i>How the Belief of Being a Son of God Can Become</i> <i>a Realization</i>	213
<i>Demand Versus Prayer</i>	214
<i>Deep Attention and Devotion Are Necessary</i>	216
<i>Demand Unceasingly, and You Will Receive</i>	217
<i>Some Practical Hints</i>	218
<i>Daily Blossoms From the Ever-living Plant</i> <i>of Prayer-Demands</i>	219
The Wisdom Way to Overcome Karma	221
<i>The Influences on Man's Freedom of Action</i>	222
<i>Regaining Your God-given Freedom</i>	224
<i>Salvage Your Freedom With Wisdom and Discrimination</i>	225
<i>Learn to Act Wisely by Attunement With a True Guru</i>	226
<i>How Guru's Discipline Frees One From Imprisoning</i> <i>Whims and Habits</i>	228
<i>Wisdom Destroys the Roots of All Misery</i>	229
<i>The True Purpose of Religion</i>	231
Realize Your Christ-Immortality!	233
Increasing Your Magnetism	239
<i>Begin by Being Kind to All</i>	240
<i>The Inner Self Must Be Cultivated</i>	240
<i>Turn Your Trials Into Triumphs</i>	242
<i>The Power of Good Company and Deep Attention</i>	243
<i>God Is the Supreme Magnetic Force</i>	244
Preparing for Your Next Incarnation	246
<i>Understanding Why We Are Here</i>	246
<i>If You Keep Your Mind With God, You Will Be Free</i>	248

<i>Fulfilling Your Duties to God and Man</i>	249
<i>The Right Attitude Toward Suffering</i>	250
<i>Finding the Divine Love Behind Human Love</i>	251
<i>Friendship—The Purest Form of Love</i>	252
<i>Spiritual Ideals for a Fulfilling Marriage</i>	253
<i>Balancing Feminine and Masculine Qualities</i>	254
<i>Free Yourself From the School of Troubles</i>	255
The True Signs of Progress in Meditation	257
Focusing the Power of Attention for Success	260
<i>A Different Standard of Success in East and West</i>	261
<i>There Is More to Life Than Mere Existence</i>	262
<i>Life Should Be Simplified</i>	263
<i>Heaven Is Within, Not in Things</i>	264
<i>Your Success Is What You Have Attained Within</i>	265
<i>Put Your Duties in Proper Perspective</i>	266
<i>Divine Love Is Unsurpassable</i>	268
<i>The Power Behind All Power</i>	270
<i>The Practicality of Seeking God First</i>	270
<i>Meditation Removes Mental Limitations</i>	271
<i>Keep Your Attention Concentrated</i>	273
<i>Focusing the Attention on God's Power Assures Success</i> <i>in Any Endeavor</i>	274
Quickening Human Evolution	275
<i>Life's Purpose Is to Grow in Knowledge and Wisdom</i>	276
<i>Evolution Can Be Accelerated</i>	278
<i>Increasing the Receptivity of the Brain</i>	279
<i>Focused Concentration Makes You Keenly Receptive</i> <i>to Wisdom</i>	280
<i>How an Ignorant Devotee Found That the Divine Must</i> <i>Be Sought Within</i>	282
<i>Kriya Yoga: Scientific Method of Accelerating Human</i> <i>Evolution</i>	284
<i>All Knowledge, All Success, Are Achievable in This Life</i>	287
Proof of God's Existence	289
<i>Proof of God's Existence Is Felt in Meditation</i>	291
Doubt, Belief, and Faith	292
<i>If Man Could Not Doubt, He Could Not Progress</i>	293
<i>Constructive Doubt Moves Us Toward Truth</i>	294
<i>Faith Begins With Constructive Belief</i>	295
<i>The Fundamentals of Belief</i>	296

<i>Injudicious Beliefs Seem a Wastage of Good Energy</i>	296
<i>The Genesis of Faith</i>	298
<i>Have Intrepid Faith Despite Life's Enigmas</i>	298
<i>Faith Is Ever Secure—Direct Perception of Truth</i>	300
<i>In Calmness, Intuition Gives Birth to Faith</i>	301
Visions of India: Evolving the Higher Self	303
<i>A Land of Great Contrasts</i>	305
<i>Visions of India's Life-giving Philosophy</i>	305
<i>The Ideal of Service as Explained by India's Sages</i>	306
<i>Three Kinds of Selfishness—Evil, Good, and Sacred</i>	307
<i>Being Sacredly Selfish</i>	308
Miracles of Raja Yoga	310
<i>The Real Spiritual Savant Is Not a Magician or Fortune-Teller</i> . .	311
<i>Physical and Mental Miracles—The Need for Raja Yoga</i>	313
<i>Miracles Historically Recorded</i>	315
<i>My Master Showed Me the Unfailing Power of God</i>	316
<i>Direct Knowledge of Laws of Truth</i>	319
<i>The Inner Door to Divine Power and Bliss</i>	320
Resurrection: Renewing and Transforming Your Body, Mind, and Spirit	322
<i>Theory and Practice</i>	323
<i>Bodily Freedom Is Not Real Freedom</i>	324
<i>Right Food Must Be Taken</i>	326
<i>The Wisdom of Fasting</i>	327
<i>Resurrect Yourself From the Consciousness of Disease</i>	328
<i>"Let the Dead Bury Their Dead"</i>	329
<i>Give and Forget</i>	331
<i>The Lap of Immortality</i>	332
<i>Spiritual Resurrection</i>	333
<i>The Crucifixion of Self-sufficiency</i>	335
<i>Never Acknowledge Defeat</i>	336
Oneness in the Infinite Christ	338
<i>Realize the One Life Pervading Everything</i>	339
<i>Try to Live As Christ Lived</i>	340
<i>Learn to Guide Your Actions by the Inner Will of Conscience</i>	341
<i>While There Is Yet Time, Meditate!</i>	342
"Oh, What Joy!"	344
Be One With Christ Consciousness	347

Make New Determinations: Be What You Want to Be!	357
<i>The Power of Thought</i>	358
<i>Bad Habits Are Your Worst Enemies.</i>	359
<i>Life Makes a Mockery of Self-imposed Duties.</i>	360
<i>All Roles Are Necessary in God's Drama.</i>	361
<i>The Joy of Meditation Is Your Best Company</i>	362
<i>Life Is Filled With the Unseen Divine Presence.</i>	363
"Thy Love Alone Suffices": An Evening of Divine Communion.	364
Be a Conqueror of Hearts	370
<i>Love People, but Not Their Faults.</i>	371
<i>Judge Yourself Before God and Your Conscience</i>	373
<i>Only Spiritual Relationships Are Lasting.</i>	374
<i>Real Love Versus Selfish Love</i>	376
<i>Attachment Cannot Form a Spiritual Bond; Love Can.</i>	377
<i>Cooperate With One Another for the Good of All.</i>	379
<i>"Whatever I Have Said, I Have Said From My Heart"</i>	380
How to Quicken Your Spiritual Progress	382
<i>The Blind Cannot Lead the Blind</i>	383
<i>God Is Already Yours</i>	383
<i>Regain Your Divine Nature</i>	385
<i>Do Not Accept Limiting Influences</i>	386
<i>Want Naught Else but God</i>	387
<i>Why Should God Amuse Us With Powers and Miracles?</i>	389
<i>Live in the Unchanging Reality.</i>	391
<i>Conversation With God Requires Silence.</i>	391
<i>We Are Souls, Not Fleshly Beings</i>	392
Realizing God in Your Daily Life	395
<i>"Get Away From This Ocean of Suffering"</i>	397
<i>God Is the Greatest Need of Your Life</i>	397
<i>Perform Your Duties With the Thought of God</i>	398
<i>God Responds When We Make the Effort.</i>	399
<i>The Dynamic Power of "Mental Whispers"</i>	400
<i>Do Not Accept Your Bad Karma</i>	401
<i>Every Minute Is Precious</i>	402
<i>Catch God in the Net of Unconditional Love</i>	403
<i>Nothing Can Match the Experience of God</i>	404
Sri Sri Paramahansa Yogananda: A Yogi in Life and Death . . .	406
Aims and Ideals of Yogoda Satsanga Society of India	408

<i>Additional Resources on the Kriya Yoga Teachings of</i>	
<i>Paramahansa Yogananda</i>	412
<i>Yogoda Satsanga Lessons</i>	415
<i>Glossary</i>	416

ILLUSTRATIONS

Cover: Sri Sri Paramahansa Yogananda, New York, 1926

Facing Page

Sri Sri Paramahansa Yogananda (<i>Frontispiece</i>)	
Sri Yogananda welcomed on arrival at Los Angeles, 1926	8
Lecturing on yoga in Detroit, 1926.	8
Banquet in honor of Paramahansa Yogananda, Cincinnati, 1926	8
Swami Sri Yukteswar and Paramahansa Yogananda, 1935	9
Sri Yogananda at San Diego SRF Temple, 1949	9
Yogoda Math, headquarters of Yogoda Satsanga Society of India	9
Administration Building, SRF International Headquarters.	360
Self-Realization Fellowship Lake Shrine	360
Paramahansa Yogananda with President of Mexico, 1929	361
Sri Yogananda welcomes India's Ambassador to the U.S., 1952	361
Paramahansa Yogananda, New York, 1926.	392
Yogoda Satsanga Society of India, Administration Building, Sakha Math and Ashram, Ranchi.	393
Self-Realization Fellowship Ashram Center, Encinitas, California	393

How to Express Everlasting Youthfulness

*First Self-Realization Fellowship Temple
at Encinitas, California,* March 20, 1938*

The kingdom of God is not in the clouds, in some designated point of space; it is right behind the darkness that you perceive with closed eyes. God is Consciousness; God is absolute Existence; God is ever new Joy. This Joy is omnipresent. Feel your oneness with that Joy. It resides within you, and it encompasses infinity. Beyond the gross vibratory boundaries of matter, the Immutable Infinite reigns in all His majesty and vastness. Endlessness—that is the kingdom of God; conscious Bliss, eternal and boundless. When your soul has expanded and feels its presence everywhere, then you are united with Spirit.

We bow to the Infinite on the altar of the horizon where the sky meets the ocean; and we bow to the transcendental Infinite on the altar of peace within us.

In spite of all our demonstrations of ignorance, God continues to give us life by His indwelling presence. He is sleeping in the sod; He is dreaming in the flowers; He awakens in birds and animals; and He knows that He is awake in the human being. In the superman, He finds Himself again.

In ages past, the *rishis* and masters of India, secluded in their hermitages, unraveled the mysteries that hide the Omnipresent Spirit. Their research has given us the valuable techniques and methods that tune the body and mind to the Illimitable Source of life and intelligence residing in every human being. By concentrating within on the Infinite, you can receive this boundless power.

Knowledge acquired from the study of books or from

* The Golden Lotus Temple. See footnote on page 251.