

CONTENTS

<i>Preface</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>	4
<i>The Five Mental States of the Consciousness</i>	5
<i>Learn to Smile Sincerely in All Circumstances.</i>	8
<i>The Importance of Willingness, and of Being Less Self-centered.</i>	9
<i>Is Eternal Youth of the Body Possible?</i>	9
<i>The Greater the Will, the Greater the Flow of Energy</i>	11
<i>Obey the Laws of God Embodied in Cosmic Nature</i>	12
<i>The “Fountain of Youth” Is Within the Soul</i>	13
Remolding Your Life.	15
<i>Life Is a Matrix of Consciousness</i>	16
<i>The Tenacity of Habits</i>	17
<i>“Old Age” Is a State of Mind.</i>	18
<i>Will Power Is the Instrument of Change</i>	19
<i>Freedom Is to Act for Your Highest Welfare.</i>	20
<i>Both Discrimination and Will Power Are Necessary</i>	21
<i>Think Away Undesirable Thoughts</i>	21
<i>We Are What We Think We Are</i>	22
<i>Let Nothing Weaken the Will Behind Positive Thoughts.</i>	24
<i>Change Your Consciousness From Mortality to Divinity.</i>	24
A World of Cosmic Entertainment.	26
<i>The World Is God’s Lila</i>	27
<i>Look Upon Life As a Movie</i>	28
<i>Awaken From the Cosmic Dream.</i>	29
<i>Emotional Sensitivity Is the Cause of Suffering</i>	32
<i>Be Like the Active-Inactive Lord.</i>	33
<i>In the Diversity of Creation There Is an Inherent Unity</i>	34

Why God Created the World	37
<i>Man's Power Is Nothing Compared to God's</i>	38
<i>This World Is God's Hobby</i>	39
<i>Seeing With the Open Eyes of Wisdom and Calmness</i>	40
<i>Free Choice—God's Greatest Gift</i>	42
<i>Watch Yourself From the Balcony of Introspection</i>	43
<i>Separate the Unreal From the Real</i>	44
How God Is Pulling Us Back to Him	45
<i>Religious Superstition Has Taught People to Be Afraid of God</i>	46
<i>The Law of Attraction Inherent in Creation</i>	47
<i>God's Forces of Attraction and Repulsion at Work in Cosmic Creation</i>	49
<i>How the Thoughts of God Evolve Into Matter</i>	51
<i>Evolution Versus Involution</i>	52
<i>Manifesting the Divine Qualities Inherent in the Five Stages of the Soul's Return to God</i>	53
<i>The Paths of Knowledge, Devotion, and Action</i>	55
<i>Work for God, Love God, Be Wise With God, and Realize Him Through Kriya Yoga</i>	57
Acquiring Attunement With the Source of Success	59
<i>Success Means to Create at Will What You Need</i>	60
<i>Cultivate Prosperity in Order to Help Others</i>	61
<i>Have Faith in the Power of God</i>	62
<i>In Having God, We Have Everything</i>	63
<i>Seek God-contact and He Will Guide You</i>	65
<i>"As I Perceive, May You Perceive"</i>	66
Business, Balance, and Inner Peace: Restoring Equilibrium to the Work Week	67
<i>Crime and Violence Are the Bitter Fruits of an Imbalanced Civilization</i>	67
<i>Spiritualizing Ambition With the Ideal of Service</i>	69
<i>A Balance of Oriental and Occidental Traits Is Needed</i>	69
<i>Learn the Art of Living Rightly</i>	71
<i>Leading a Balanced Life</i>	72
Probing the Core of Nervousness	74
<i>Healthy Nerves Essential for a Healthy Body</i>	74
<i>Examine Yourself to See What Makes You Nervous</i>	75

<i>Learn to Control Your Emotions</i>	76
<i>To Be Caught Up in Emotion Is to Forget God</i>	77
<i>Desire and Attachment Feed Nervousness.</i>	78
<i>Right Attitude Toward Wealth</i>	79
<i>The Nervous System Connects You to the World and to God. . .</i>	80
<i>The Spiritual Physiology That Makes Man Unique</i>	81
<i>The Spiritual Eye: Epitome of Creation</i>	82
<i>How the Intricate Human Body Evolves From Spirit</i>	83
<i>Color Is Important in Your Life</i>	84
<i>The Best Diet for the Nerves</i>	84
<i>Attunement With God: Greatest Cure for Nervousness.</i>	85
<i>Live Like a God, and You Will Attract Godly Friends</i>	86
<i>Kriya Yoga Gives the True Experience of Religion.</i>	87
Divine Harmony	88
<i>We Live in Two Worlds.</i>	88
<i>There Is Harmony at the Core of Disharmony</i>	89
<i>We Run After Rainbows.</i>	90
<i>Harmony Is Born of Love and Wisdom</i>	91
<i>Inner Harmony Breeds Strength</i>	92
<i>Feel at Home With Yourself.</i>	92
<i>Harmony Is the Secret Principle of Life</i>	92
<i>Cosmic Harmony Is the Pulsating Heart of God.</i>	93
What Is Truth?	95
<i>Truth Is That Which Gives Permanent Happiness</i>	95
<i>The Three Ways of Arriving at Truth</i>	96
<i>Intuition: All-Knowing Power of the Soul</i>	97
<i>Through Intuition, Know the Purpose of Your Existence</i>	98
<i>Intuition Develops Through Meditation.</i>	99
<i>Attain the Power That Never Fails</i>	100
The Omnipresent Consciousness of Christ and Krishna	101
<i>The Universe Consists of Materialized Thoughts</i>	104
<i>Correspondence of the Trinity in Hindu and Christian Scriptures</i>	105
<i>Expand Your Consciousness and Know the Real Christ.</i>	105
Spiritual Selfishness Versus Evil Selfishness	108
<i>The Idea of Possession Is a False Notion</i>	109
<i>The World Family Is Your Greater Self.</i>	110

<i>Without Evil Selfishness the World Would Be Heaven</i>	110
<i>The Joy in Being Unselfish</i>	112
<i>Unselfishness Expands the Consciousness</i>	113
<i>Serve Others With Truth Through Your Example</i>	114
Did We Meet Before?	116
<i>Many Lives Needed to Build the Mansion of Friendship</i>	117
<i>Recognizing Those You Knew Before</i>	118
<i>Sincerity Plus Thoughtfulness</i>	119
<i>Earn the Friendship of God</i>	120
<i>When Friendship Becomes Divine, You Will Love All</i>	121
The Art of Getting Along in This World	122
<i>Importance of Getting Along With Yourself</i>	123
<i>Your Conscience Will Help You Get Along With Yourself</i>	124
<i>Evenmindedness: The Right Foundation for One's Existence</i>	124
<i>Deep Thinking: A Corridor to God and Intuitive Perception</i>	125
<i>Common Sense Puts Deep Thinking Into Action</i>	126
<i>Control Desires and the Habit of Wasting Time</i>	126
<i>Getting Along With Others Begins at Home</i>	127
<i>Do Not Sacrifice Your Ideals to Please Others</i>	128
<i>Smile From the Soul</i>	129
<i>There Is a Time to Remain Quiet but Firm</i>	129
<i>Use Tact; Persons Are Not Unfeeling Stones</i>	130
<i>Be Sincere; Never Resort to Flattery</i>	132
<i>Come for Truth That Flows From My Soul</i>	134
<i>Ask Yourself If You Are Getting Along With God</i>	135
The Psychology of Touchiness	137
Why Love Succeeds Where Jealousy Fails	140
<i>All Relationships Should Be Grounded in Friendship</i>	141
<i>Jealousy Foreshadows the End of Happiness</i>	141
<i>Jealousy Comes From an Inferiority Complex</i>	142
<i>"Whatever Is Not Mine, Let It Go!"</i>	143
<i>Thoughts Can Be More Effective Than Words</i>	143
<i>God Is the Ultimate Answer</i>	144
<i>Diamond Mentalities Reflect the Light of God</i>	145
<i>The Effectiveness of Single-hearted Devotion</i>	146

Invite the Christ Consciousness Within You	148
<i>The Proper Observance of Christmas</i>	149
<i>The Justice of God</i>	149
<i>The Universality of Christ Consciousness</i>	151
<i>Love All Countries and All Races</i>	153
<i>May Christ Have a Second Coming Within You</i>	153
What Is the True Equality of Man?	155
The Need for Universal Religious Principles	157
Mahatma Gandhi: Apostle of Peace	169
<i>Man's Use of the Atom</i>	170
<i>Gandhi's Treasure</i>	171
<i>Facing Death</i>	172
<i>What of the Future?</i>	172
Nations, Beware!	174
<i>Right Patriotism</i>	175
A United World With God As President	177
<i>Expand Your Love to All Nations</i>	178
<i>Become a "Smile Millionaire"</i>	179
<i>Finding God Gives Great Comfort and Happiness</i>	180
Is God a Dictator?	182
<i>The History of Leadership</i>	183
<i>In One Sense, God Is a Dictator</i>	185
<i>The Pattern of Creation Is Set by God</i>	185
<i>Spiritual Dictatorship</i>	186
<i>God Refuses to Dictate to His Children</i>	187
<i>Man Should Be Taught Universal Patriotism</i>	188
<i>Some Worthwhile Ideas From Francis Bacon</i>	188
<i>We Have to Make a Start Somewhere</i>	190
<i>It Is God Who Animates All Beings</i>	191
<i>A Dictator Wouldn't Give Us the Right to Throw Him Out</i>	191
<i>You Are Potentially Equal to God</i>	192
Receiving God's Answers to Your Prayers	194
<i>How a Sleeping Son of God May Become an Awakened Son of God</i>	195
<i>How the Belief of Being a Son of God Can Become a Realization</i>	195

<i>Demand Versus Prayer</i>	196
<i>Deep Attention and Devotion Are Necessary</i>	197
<i>Demand Unceasingly, and You Will Receive.</i>	198
<i>Some Practical Hints.</i>	199
<i>Daily Blossoms From the Ever-living Plant of Prayer-Demands</i> .	200
The Wisdom Way to Overcome Karma	202
<i>The Influences on Man's Freedom of Action</i>	203
<i>Regaining Your God-given Freedom</i>	204
<i>Salvage Your Freedom With Wisdom and Discrimination.</i>	206
<i>Learn to Act Wisely by Attunement With a True Guru</i>	206
<i>How Guru's Discipline Frees One From Imprisoning Whims and Habits</i>	208
<i>Wisdom Destroys the Roots of All Misery</i>	209
<i>The True Purpose of Religion</i>	211
Realize Your Christ-Immortality!	213
Increasing Your Magnetism	218
<i>Begin by Being Kind to All.</i>	219
<i>The Inner Self Must Be Cultivated</i>	219
<i>Turn Your Trials Into Triumphs</i>	221
<i>The Power of Good Company and Deep Attention</i>	221
<i>God Is the Supreme Magnetic Force</i>	223
Preparing for Your Next Incarnation.	225
<i>Understanding Why We Are Here.</i>	225
<i>If You Keep Your Mind With God, You Will Be Free</i>	227
<i>Fulfilling Your Duties to God and Man</i>	228
<i>The Right Attitude Toward Suffering</i>	229
<i>Finding the Divine Love Behind Human Love</i>	230
<i>Friendship—The Purest Form of Love</i>	231
<i>Spiritual Ideals for a Fulfilling Marriage.</i>	231
<i>Balancing Feminine and Masculine Qualities.</i>	232
<i>Free Yourself From the School of Troubles</i>	233
The True Signs of Progress in Meditation	235
Focusing the Power of Attention for Success	237
<i>A Different Standard of Success in East and West</i>	238
<i>There Is More to Life Than Mere Existence</i>	239
<i>Life Should Be Simplified.</i>	240

<i>Heaven Is Within, Not in Things</i>	241
<i>Your Success Is What You Have Attained Within</i>	242
<i>Put Your Duties in Proper Perspective</i>	243
<i>Divine Love Is Unsurpassable</i>	244
<i>The Power Behind All Power</i>	246
<i>The Practicality of Seeking God First</i>	246
<i>Meditation Removes Mental Limitations</i>	248
<i>Keep Your Attention Concentrated</i>	249
<i>Focusing the Attention on God's Power Assures Success in Any Endeavor</i>	249
Quickening Human Evolution	251
<i>Life's Purpose Is to Grow in Knowledge and Wisdom</i>	252
<i>Evolution Can Be Accelerated</i>	254
<i>Increasing the Receptivity of the Brain</i>	255
<i>Focused Concentration Makes You Keenly Receptive to Wisdom</i>	255
<i>How an Ignorant Devotee Found That the Divine Must Be Sought Within</i>	257
<i>Kriya Yoga: Scientific Method of Accelerating Human Evolution</i>	259
<i>All Knowledge, All Success, Are Achievable in This Life</i>	261
Proof of God's Existence	263
<i>Proof of God's Existence Is Felt in Meditation</i>	264
Doubt, Belief, and Faith	266
<i>If Man Could Not Doubt, He Could Not Progress</i>	267
<i>Constructive Doubt Moves Us Toward Truth</i>	268
<i>Faith Begins With Constructive Belief</i>	269
<i>The Fundamentals of Belief</i>	269
<i>Injudicious Beliefs Seem a Wastage of Good Energy</i>	270
<i>The Genesis of Faith</i>	271
<i>Have Intrepid Faith Despite Life's Enigmas</i>	272
<i>Faith Is Ever Secure—Direct Perception of Truth</i>	273
<i>In Calmness, Intuition Gives Birth to Faith</i>	274
Visions of India: Evolving the Higher Self	276
<i>A Land of Great Contrasts</i>	277
<i>Visions of India's Life-giving Philosophy</i>	278
<i>The Ideal of Service as Explained by India's Sages</i>	279

<i>Three Kinds of Selfishness—Evil, Good, and Sacred</i>	280
<i>Being Sacredly Selfish</i>	281
Miracles of Raja Yoga	282
<i>The Real Spiritual Savant Is Not a Magician or Fortune-Teller</i>	282
<i>Physical and Mental Miracles—The Need for Raja Yoga</i>	285
<i>Miracles Historically Recorded</i>	287
<i>My Master Showed Me the Unfailing Power of God</i>	288
<i>Direct Knowledge of Laws of Truth</i>	290
<i>The Inner Door to Divine Power and Bliss</i>	291
Resurrection: Renewing and Transforming Your Body, Mind, and Spirit	293
<i>Theory and Practice</i>	294
<i>Bodily Freedom Is Not Real Freedom</i>	295
<i>Right Food Must Be Taken</i>	297
<i>The Wisdom of Fasting</i>	297
<i>Resurrect Yourself From the Consciousness of Disease</i>	298
<i>“Let the Dead Bury Their Dead”</i>	300
<i>Give and Forget</i>	301
<i>The Lap of Immortality</i>	302
<i>Spiritual Resurrection</i>	303
<i>The Crucifixion of Self-sufficiency</i>	305
<i>Never Acknowledge Defeat</i>	305
Oneness in the Infinite Christ	307
<i>Realize the One Life Pervading Everything</i>	308
<i>Try to Live As Christ Lived</i>	309
<i>Learn to Guide Your Actions by the Inner Will of Conscience</i>	310
<i>While There Is Yet Time, Meditate!</i>	311
“Oh, What Joy!”	312
Be One With Christ Consciousness	315
Make New Determinations: Be What You Want to Be!	324
<i>The Power of Thought</i>	325
<i>Bad Habits Are Your Worst Enemies</i>	326
<i>Life Makes a Mockery of Self-imposed Duties</i>	327
<i>All Roles Are Necessary in God’s Drama</i>	328
<i>The Joy of Meditation Is Your Best Company</i>	329
<i>Life Is Filled With the Unseen Divine Presence</i>	329

“Thy Love Alone Suffices”: An Evening of Divine Communion . . .	331
Be a Conqueror of Hearts	336
<i>Love People, but Not Their Faults</i>	337
<i>Judge Yourself Before God and Your Conscience</i>	339
<i>Only Spiritual Relationships Are Lasting</i>	340
<i>Real Love Versus Selfish Love</i>	341
<i>Attachment Cannot Form a Spiritual Bond; Love Can</i>	342
<i>Cooperate With One Another for the Good of All</i>	344
<i>“Whatever I Have Said, I Have Said From My Heart”</i>	345
How to Quicken Your Spiritual Progress	347
<i>The Blind Cannot Lead the Blind</i>	348
<i>God Is Already Yours</i>	348
<i>Regain Your Divine Nature</i>	349
<i>Do Not Accept Limiting Influences</i>	350
<i>Want Naught Else but God</i>	351
<i>Why Should God Amuse Us With Powers and Miracles?</i>	353
<i>Live in the Unchanging Reality</i>	355
<i>Conversation With God Requires Silence</i>	355
<i>We Are Souls, Not Fleshly Beings</i>	356
Realizing God in Your Daily Life	358
<i>“Get Away From This Ocean of Suffering”</i>	360
<i>God Is the Greatest Need of Your Life</i>	360
<i>Perform Your Duties With the Thought of God</i>	361
<i>God Responds When We Make the Effort</i>	362
<i>The Dynamic Power of “Mental Whispers”</i>	363
<i>Do Not Accept Your Bad Karma</i>	364
<i>Every Minute Is Precious</i>	365
<i>Catch God in the Net of Unconditional Love</i>	365
<i>Nothing Can Match the Experience of God</i>	366
<i>Paramahansa Yogananda: A Yogi in Life and Death</i>	368
<i>Aims and Ideals of Self-Realization Fellowship</i>	369
<i>Additional Resources on the Kriya Yoga Teachings of Paramahansa Yogananda</i>	370
<i>Self-Realization Fellowship Lessons</i>	370
<i>Self-Realization Fellowship Publications</i>	371
<i>Glossary</i>	376

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 learned human beings is limited; but from the Infinite, the unlimited power of wisdom can be had. How to attain that? We teach the method in the weekly lessons sent from our headquarters at Mt. Washington.

* The Golden Lotus Temple. See footnote on page 229.

The truths in these lessons have come from God and from the research of the masters of India.

Know the Reason for Your Existence

It is an insult to your Self to be born, live, and die without knowing the answer to the mystery of why you were sent here as a human being in the first place. To forget God is to miss the whole point of existence. Learn to feel God, and to enjoy Him. Make it a habit and you will see in time how much you have gained. Acquiring material possessions and prosperity is no safeguard against sorrow. There will come a day when you will feel totally helpless, a mere pawn of destiny; and then you will begin to realize that God alone is your haven of security. He doesn't want to impose Himself on anyone. You must take the initiative to seek Him through your own fervent desire, preferring Him to all other desires. As the swan can swim through muddy waters with its feathers remaining unsoiled, so should you live in this world. If you coat your mind with the oil of nonattachment, then material desires cannot cling to you.

The dewdrop that separates itself from the lake and floats in isolation on the lotus leaf will be dried up unless it returns to the lake. So, before life evaporates in material desires, better slip into the consciousness of God. The dewdrop of life will then not have to suffer death but will be eternal. Birth is separation from the Infinite; death is not an end of life but a transition to a higher state. Freedom from birth and death is a return to God. The dewdrop belongs to the sea. Separated, it is vulnerable to the sun and wind and other elements of nature; but when the droplet returns to its source, it becomes magnified in oneness with the sea. So it is with your life. United to God you become immortal.

While we are yet separated from the Eternal Sea, our aim should be to manifest as much as possible our essential divine immortality. On the lotus leaf of material happiness the dewdrop of life must remain untouched and unpolluted until it slips into the vastness of God's presence. How to express our innate immortality in spite of contrary limitations is the purpose of our subject on making youthfulness more lasting.

Youth Is a State of Mind and Soul, As Well As of the Body

Everyone is interested in youthfulness. In one way or another everyone is seeking the fabled "Fountain of Youth." But what is youth? All young people are not necessarily youthful; some are

already old and jaded far beyond their years. In contrast, some elderly people remain youthful in spite of their advancing age. They keep their minds young. Their smiles trickle down from their souls into their bodies and faces; their very life blood throbs with the joy of being. And then there are those dull, lifeless persons who are as good as dead before they die—and they don't even know it. They are the "walking dead." You see many people like that—negative, critical, moody, dispirited. There is no excuse for a wrong state of mind. You must be always positive-minded, cheerful, smiling, vibrant. By all means, practice this mental youthfulness that comes from the core of your being.

Thus, the age of the body has no real connection with youthfulness. It is the state of the mind and the expression of the soul that make a person youthful. The definition of youth is that state of body, mind, and soul in which one feels the acme, the zenith, of joy and power. If you want to, you can retain that state indefinitely. Conversely, by carelessness you can lose it very easily.

Let us first approach this subject from the mental standpoint. The mind is the controller; that is, it is at the controls of this body. The body itself is designed by the mind. We are the sum total of the consciousness we ourselves have created over a period of incarnations.* This mind, or consciousness, is the supreme force that governs all voluntary and involuntary activities of this bodily factory with its multifarious outputs.

The Five Mental States of the Consciousness

We judge our condition as desirable or undesirable by the degree of happiness therein, or by the lack of it. Accordingly, there are five mental states: happiness, sorrow, indifference, peace, and true joy.

Waves whipped up in the middle of the ocean by a storm rise high, recede into a hollow, and then rise again, one after the other, until the storm ceases and the waves dissolve in the sea. Likewise with the mind. The mental peaks are life's alternating joys and sorrows; the hollows in between are indifference or boredom. These are the first three mental states.

You can usually recognize a person's mental state by his face. If you ask a person whose face registers happiness what has made him happy, you will find that some desire had been satisfied—he

* See *karma* and *reincarnation* in glossary.

got a raise, he accomplished something he wanted to do, or was otherwise gratified. A desire fulfilled gives joy.

When you see a person with a glum or sour face, his expression tells you that he has met with some disappointment. A desire contradicted produces unhappiness. The desire for health is contradicted by pain; the desire for money is contradicted by poverty, and so on.

Then there are the people in between. Ask them, "Are you happy?" "No." "Are you sad?" "No." They are in the middle, neither on the crest of the wave of happiness, nor on the clashing wave of sadness; they are in the intermediate hollow. That is the neutral state of indifference.

One cannot remain indefinitely on the crests of either buoyant happiness or turbulent sorrow, or in the dumps of boredom. In this world of competing dualities, the ordinary being is tossed up and down—rising on a wave of joy, sinking into the trough of indifference, and then getting tumbled by a wave of sorrow. They little know anything beyond these states of consciousness. To be thus jostled about is to surrender free will to a seemingly capricious destiny.

What man* needs in order to live a successful and satisfying life is evenness of mind. That can be attained only by concentration, mastery of the mental faculties. Even the most terrible sorrow is healed by time; nothing is gained by reliving it every day. Sorrowing for someone who is gone does not help him or yourself, nor does it change that sad fact. Making yourself miserable by nurturing an inferiority complex or punishing yourself for past mistakes or failures will not get you anywhere; it paralyzes your mental faculties. Never allow yourself to get into negative mental ruts. And do not be bored with life either. That is a very uncomfortable state. It slowly stews you. Don't bake yourself and your potentialities in the oven of indifference.

* In his talks and lectures, Paramahansa Yogananda generally used the masculine gender, as was the custom of his time. His usage, however, was rooted not in the narrowly exclusive sense of the word *man*, denoting only half of the human race, but in its broader original meaning; the word is derived from the same root as Sanskrit *manas*, mind—the uniquely human capacity for rational thought. The science of yoga deals with human consciousness from the point of view of the essentially androgynous Self (*atman*). As there is no other terminology in English that would convey these psychological and spiritual truths without excessive literary awkwardness, the use of *man* and related terms has been retained herein.

Beyond the first three conditions of the mind—happiness, sorrow, and indifference—is the state of peace. Very few people reach that plane. Those who have money and health and satisfying relationships—everything they really need or want—may say: “I am not happy or unhappy or indifferent. I am contented; I am peaceful.” After a period of turbulence, such a condition is welcome. But if for a long time one has peace that is merely the absence of joy and sorrow, he will say, “Please knock me on the head so I can feel if I am still alive!” Such peace, being a negative state in which excitation has been neutralized, is not lastingly satisfying.

So now comes the positive aspect, the last or fifth state of consciousness: the attainment of ever new joy. That state is found only by contacting God in deep meditation, through the practice of such techniques as those given by the masters of India. That all-fulfilling joy will never grow stale. How to describe it? If for ten days you were not permitted to sleep, but were forced to stay awake, and then allowed to fall asleep, the joy you feel at that moment, compounded a million times over, would not begin to express the joy that I am speaking about. Jesus and other divine ones spoke of that joy. Saint Francis and Sri Chaitanya* knew that joy. Why else would saints deprive themselves of material gain, except that they found something greater? This path of Self-Realization doesn't tell you to cast aside everything of this world, but it does urge you to give up lesser, obstructing things for the superior, lastingly fulfilling true joy in life.

The time has come for you to know and understand the purpose of religion: how to contact that supernal Joy, which is God, the great and eternal Comforter. If you can find that Joy, and if you can retain that Joy all the time, no matter what happens in your life, you will stand unshaken amidst the crash of breaking worlds.

So that is the first law of retaining youth: You must have a happy state of mind, a state that is untouched by the events of life. In that joy, not even death can shake you. How could Jesus say, in the face of crucifixion, “Father, forgive them for they know not what they do,”† unless he had that inner joy which even the tortures of the flesh could not take from him? In that steadfast mental

* A brilliant scholar in India, Sri Chaitanya in 1508 had a spiritual awakening and became inflamed with love for God, whom he worshiped as the avatar Lord Krishna (see glossary). His fame as a *bhakta* (devotee of God) spread throughout India in the sixteenth century.

† Luke 23:34.