

Contents

Note to the Third Edition (2015)	x
Preface, <i>by Sri Daya Mata</i>	xi
Introduction.	xiii
<i>Chapter</i>	
1. Our Infinite Potential	3
2. Strength in Times of Adversity	11
3. Learn to Meditate.	21
Meditation: The Most Practical Science	21
Preparatory Instructions	22
A Preliminary Breathing Exercise	23
Concentrate on the Peace and Joy of the Soul . .	24
The Deeper Yoga Science of Meditation.	26
A Guided Meditation Exercise	27
A Meditation on Peace	27
Meditate Until You Feel the Divine Response . .	29
4. Rising Above Suffering.	30
The Healing Power of God	36
The Power of Affirmation and Prayer.	38
Technique of Affirmation	40
Cultivating Faith in God	44
5. Security in an Uncertain World.	50
6. Wisdom to Solve Problems and Make Life's Decisions.	57
Developing Discriminative Judgment	59
Intuition: Insight of the Soul.	64
7. Achieving Your Goals	67
Using Dynamic Will Power.	67

Dealing Constructively With Failure	70
Concentration: A Key to Success	73
Creativity	75
Creating All-Round Success	78
The Value of Enthusiasm	80
Abundance and Prosperity	83
8. Inner Peace: Antidote for Stress, Worry, and Fear	87
Nervousness	88
Worry and Fear	91
9. Bringing Out the Best Within You	100
Introspection: A Secret of Progress	102
Conquering Temptations	104
The Correct Attitude Toward Past Wrongs	110
Creating Good Habits and Destroying Bad Ones .	114
10. Happiness	120
Positive Mental Attitudes	120
Freedom From Negative Moods	125
Service to Others	129
The Inner Conditions of Happiness	130
11. Getting Along With Others	135
Dealing With Inharmonious Relationships	135
Developing a Harmonious Personality	138
Overcoming Negative Emotions	141
Forgiveness	146
12. Unconditional Love: Perfecting Human Relationships	150
Balancing Feminine and Masculine Qualities . .	152
Marriage	155
Friendship	160
13. Understanding Death	166

14. How to Use Thoughts of Immortality to	
Awaken Your True Self	178
Day and Night, Affirm What You Really Are . .	178
Peel Away All Limiting Thoughts	179
Know Your Self as Inseparable From God	180
Think, Affirm, Realize Your Divine Nature . . .	181
Impress the Mind With Divine Truth	182
Your Soul Cannot Be Harmed by Trials	184
Fear Nothing, for You Are a Child of God	185
You Are Spirit: Affirm Your Spiritual Qualities	186
You Are Light, You Are Joy	187
You Are Love	189
"Thou Art That"	190
15. The Consummate Goal	192
Making Time for God in Your Life	194
Practicing the Presence of God	198
Establishing a Relationship With God	203
Proof of God's Response	204
The Personal Element in the Search for God . . .	207
About the Author	215
Glossary	224
Index	235

CHAPTER 1

Our Infinite Potential

When we begin to understand the total being that is man, we realize that he is no simple physical organism. Within him are many powers whose potential he employs in greater or lesser degree in accommodating himself to the conditions of this world. Their potential is vastly greater than the average person thinks.



Behind the light in every little bulb is a great dynamic current; beneath every little wave is the vast ocean, which has become the many waves. So it is with human beings. God made every man in His image,* and gave each one freedom. But you forget the Source of your being and the unequalled power of God that is an inherent part of you. The possibilities of this world are limitless; the potential progress of man is limitless.



Every human being is an expression of the great, vast Spirit. Since you are a manifestation of Spirit, you should make an effort to express your infinite potentialities.



* Genesis 1:27.

What you are is much greater than anything or anyone else you have ever yearned for. God is manifest in you in a way that He is not manifest in any other human being. Your face is unlike anyone else's, your soul is unlike anyone else's, you are sufficient unto yourself; for within your soul lies the greatest treasure of all—God.



All great teachers declare that within this body is the immortal soul, a spark of That which sustains all.



Whence does our true personality derive? It comes from God. He is Absolute Consciousness, Absolute Existence, and Absolute Bliss....By concentrating within, you can directly feel the divine bliss of your soul within and also without. If you can stabilize yourself in that consciousness, your outer personality will develop and become attractive to all beings. The soul is made in God's image, and when we become established in soul awareness, our personality begins to reflect His goodness and beauty. That is your real personality. Any other characteristics you display are more or less a graft—they are not the real "you."



Analyze yourself: Something within you is always prodding you to seek that "something else" which seems to be missing in your life. In the inner self of all human beings is a deep-seated need for

achievement. Why? Because we have fallen away from the Father's bosom. We have wandered away from our eternal home in God, and we long to regain that lost perfection.



The soul is absolutely perfect, but when identified with the body as ego,* its expression becomes distorted by human imperfections....Yoga teaches us to know the divine nature in ourselves and others. Through yoga meditation we can know that we are gods.†



The moon's reflection cannot be seen clearly in ruffled water, but when the water's surface is calm a perfect reflection of the moon appears. So with the mind: when it is calm you see clearly reflected the moonèd face of the soul. As souls we are reflections of God. When by meditation techniques‡ we withdraw restless thoughts from the lake of the mind, we behold our soul, a perfect reflection of Spirit, and realize that the soul and God are One.

* See *egoism* in glossary.

† "I have said, Ye are gods; and all of you are children of the Most High"(Psalms 82:6). "Is it not written in your law, I said, Ye are gods?" (John 10:34).

‡ "Be still, and know that I am God" (Psalms 46:10). Scientific techniques of yoga meditation that enable one to calm and interiorize the consciousness and perceive God's presence within are taught by Paramahansa Yogananda in *Self-Realization Fellowship Lessons*, a comprehensive home-study series compiled from his classes and lectures and available from Self-Realization Fellowship International Headquarters.



Self-realization* is the knowing—in body, mind, and soul—that we are one with the omnipresence of God; that we do not have to pray that it come to us, that we are not merely near it at all times, but that God’s omnipresence is our omnipresence; that we are just as much a part of Him now as we ever will be. All we have to do is improve our knowing.



Focus your attention within.† You will feel a new power, a new strength, a new peace—in body, mind and spirit....By communing with God you change your status from a mortal being to an immortal being. When you do this, all bonds that limit you will be broken.



Mines of power lie unexplored within you. You use this power unconsciously in all things you do, and you achieve certain results; but, if you learn how to consciously control and use the powers within you, you can accomplish much more.



Few people in this world try consciously to develop the potentials of body, mind, and soul. The rest are victims of circumstances of the past. They plod

* See *Self* in glossary.

† “Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you” (Luke 17:21).

on and on, pushed by past wrong habits, helplessly going down under their influence, remembering only: "I am a nervous man," or "I am a weakling," or "I am a sinner," and so on.

It lies with each one of us to cut with the sword of wisdom the cords of our bondage, or to remain bound.



One of the illusions of life is to continue to live helplessly. As soon as you say, "It's no use," it becomes so....To think you cannot change at will is delusion.



Our little minds are part of the omnipotent mind of God. Beneath the wave of our consciousness is the infinite ocean of His consciousness. It is because the wave forgets it is a part of the Ocean that it becomes isolated from that oceanic power. As a result, our minds have become weakened by our trials and material limitations. The mind has stopped its work. You will be surprised how much it can do if you cast off the limitations you have put on it.



Why limit your capability to the adage, "Don't bite off more than you can chew"? I believe you should bite off more than you can chew, and then chew it!



The mind is like an elastic band. The more you