

# The Latent Light Culture

Established 1905

## Correspondence Courses of Practical Instructions

A descriptive booklet

### WISDOM

Life is as inscrutable as it is common, and regarding the goal of Individual life there are innumerable views. To know what life is, is to know its Purpose, and wisdom arises from right knowledge of the purpose of life. By wisdom is meant discrimination of the Truth and the Untruth, and proper use of the laws of the universe. All knowledge, however great or small, treasured in our scriptures is practically of no use to one who does not have the wisdom.

## The Latent Light Culture

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# THE LATENT LIGHT CULTURE™

OLDEST KNOWN INSTITUTE IN THE WORLD ON PSYCHIC & SPIRITUAL SCIENCES

ESTD. 1905

HOW LONG WOULD WE KEEP APING THE WEST FOR THE DISTORTED TEACHINGS OF THE EAST ?

It's hightime we got dehypnotised. Please come out of your mental slavery !

Yog is primarily for the Mind - for Unifying the Soul with the Oversoul.

Yog is aimed at reaching the Godhead - Yogaa is aimed at reaching the bodyhead

## SECRETS OF ANCIENT YOG

1

It's a myth that **Asanas**(Yogaa) and **Breathing Exercises** alone will cure incurable diseases. It's a wrong concept that **Pranayam** is Control of Breath; Pranayam (Pran+Ayam) is control over Prana, the subtle energy which gives life to each and every cell of the body, nay, life of the whole cosmos.

2

Sitting with closed eyes in a silent room is not **Meditation**. When a **single thought** or **any center** in the body holds the mind for quite sometime, then one is said to be in Meditation, it means holding onto one thought to the exclusion of any other. Know that it is not the mind that holds the thought but the thought that holds the mind.

3

No one can digest the Truth—Truth that there exist no **Chakras** (energy centers) as such in a normal human being. They appear one by one in the body of a yogi as he progresses in raising the Kundalini upto the crown of the head.

If you feel drawn, you may go through our practical Sadhna lessons on Ancient Yog, based on Bhagvad Gita and other texts on Yog

## THE HOLY ORDER OF KRISHNA

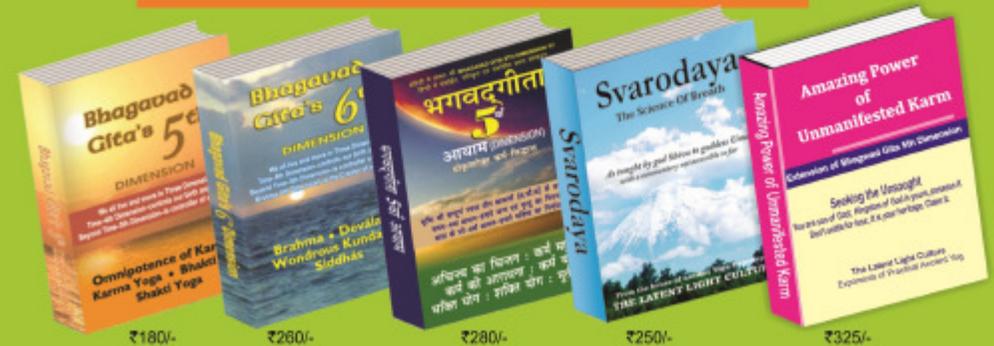
MORE ANCIENT THAN ANY OTHER MYSTIC ORDER OF THE WORLD

### OTHER COURSES OF PRACTICAL INSTRUCTIONS

- On Psychic and Therapeutic Sciences - Mental Sciences and Finer Forces
- On Tantra Shāstra - Shri Vidya: The Ever Filling Abundance
- On Spirit Communication - Hindu Spiritualism

For further information regarding details of our courses you may contact us or visit our website

## TREASURE TROVES OF ANCIENT YOG



For immediate response please contact:

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# The Latent Light Culture

Established 1905

## ABOUT US

The Institute imparts practical training in Ancient Yoga, Mental and Psychic Sciences, Spiritualism and Tantra Shastra. As the name stands for, it cultures the light that is latent in one and all.

The Institute was established in the year 1905 by Dr T R Sanjivi in Tinnevely, South India with the sole purpose of educating people to culture the light that is latent in one and all. We have been working silently and have deliberately stayed back on seeing the mushroom growth of unmatched name-fame-seeking organizations and individuals. We all along waited for the dust to settle but as the trend is not abating, and bewitching the ignorant and the wise alike, we are opting to come to the fore to help those who have been relentlessly striving hard all the years to reach to a place or person where they may be up-lifted. Mind you , you can never up-lift yourself: You are up-lifted by His Grace. No one can make himself holy, it is accomplished by God only - *aham tva sarva papebhyo mokshyasyami ma shuchah (Gita 18.66)*.

**We have taken care that our lessons are not mere book-talk , but practically the voice of the teacher speaking to the student with all the force and magnetism of a living personal contact.** The courses are exhaustive as they have been designed by a school of Mystics and Yogis that carry out the Order of Krishna in solitude. Though they have been gracious enough to transfer the teachings and the practices of Occult Sciences and Ancient Yoga to the Institute as practised by them, they have chosen to remain unknown to the world. What these Yogis declared ages ago, and psychologists and scientists now agree upon, is that man uses only a fraction of the inherent power. People being ignorant of such forces are relegated to the herd life. The majority turn a deaf ear to any esoteric teachings and even today it cannot be taught to everyone. Do you have the inclination? Wait not for some opportune time, Act now!

The Institute is a repository of **Ancient Yoga** and carefully chooses the aspirants to lead them to Godhead. Mind you, we do not teach **YOGAA**. We simply teach ancient Yoga. Much erroneous teachings have flooded the Occult World. Bhagavad Gita, Saundarya Lahari, Upanishads on Yoga, Tantra Shastra and other related texts are not understood even by scholars, because much of their teachings are in extant Sanskrit.

# The Holy Order of Krishna

श्री कृष्णोक्त पुरातन योग

## Some Know Not...

- That Asanas (Contortions) do not form any part of YOGA at all. They have their place in therapeutics only. *Asanena rujam hanti....*
- योग के आसनों का योग-विशेष में कोई स्थान नहीं है। विविध आसनों का प्रयोग स्वास्थ्य-लाभ अथवा रोग-निवारण के लिये ही किया जाता है- आसनेन रुजं हन्ति - आसनों से रोग का नाश होता है। योग आसनों की क्रिया के साथ यदि आवश्यक यम-नियम का पालन न किया गया तो ये रोगोत्पत्ति के कारण बन सकते हैं।
- That PRANAYAMA is not the Control of Breath for PRANA IS not Breath.
- प्राणायाम श्वास को नियन्त्रित करने की क्रिया नहीं है क्योंकि प्राण श्वास नहीं है। यदि यह श्वास को नियन्त्रित करने की क्रिया होती तो इसे श्वासायाम कहा जाता। वास्तविक प्राणायाम द्वारा कर्मबन्ध से मुक्ति प्राप्त होती है। संचित कर्म ही योग में गतिरोध उत्पन्न करते हैं।
- That MEDITATION is possible only for those who are able to bring the mind under the Influence of their will. It needs preliminary training.
- ध्यान केवल वे लोग ही कर सकते हैं जिन्होंने अपने मन को किसी क्रिया-कौशल द्वारा अपनी इच्छा के अधिक त करने का सामर्थ्य प्राप्त कर लिया है। इसके लिये प्राणायामादि अभ्यासों की नितान्त आवश्यकता है। पतंजलि योगसूत्र में दिये गये प्रथम छः अंगों - यम-नियम-आसन-प्राणायाम-प्रत्याहार-धारणा - में निपुणता प्राप्त हुये बिना सातवां अंग ध्यान कैसे किया जा सकता है, जरा विचार करें।
- That SAMADHI is not the end of Ecstasy or Yoga; it is only the beginning.
- समाधि योग का अन्त नहीं है, अपितु वास्तविक योग का शुभारम्भ है क्योंकि समाधि से ही आत्म-लाभ की प्राप्ति है। आत्म-दर्शन अथवा आत्म-स्पर्श के बिना योग

## The Latent Light Culture

# THE KALPAKA

THE QUARTERLY JOURNAL OF PSYCHIC AND SPIRITUAL  
SCIENCES, YOGA AND TANTRA SHASTRA

ONLY JOURNAL TO ACQUAINT YOU WITH ANCIENT TEACHINGS

Annual subscription Rs. 50.00

# Mental Sciences and Finer Forces

## THE SECRET

There is inherent in man a force, a power, which when trained, developed and put to practical use would give a mental uplift, a dominating influence, a winning personality and an admirable command over self and others and in short, would yield a fortune whether the goal be wealth, fame, leadership or intellectual supremacy.

Whence comes this force, this power?

Whence the secret knowledge that makes you great?

You can cultivate this power like any other quality. You have come into this world to be a power and not to remain buried in ignorance. The ways and means to develop this wonderful power have been laid open in our course.

Realizing that only a limited number of learners could afford the time and expense involved in a personal study and training, it was decided to impart education by means of a Correspondence Course. To accomplish this was by no means an easy task. The preparation of a graduated Course of Instructions by correspondence in all the different branches of Occultism just in the same manner and with the same effect as if the students were personally attending a class was a task of great magnitude and involved heavy labour but the highly trained staff of The Latent Light Culture was equal to it as any impartial reader of our course would testify. A Correspondence Course to be successful should not only say things but also teach them. Its lessons should not be mere book-talk ; they must practically be the voice of the teacher speaking to the student with all the force and magnetism of living personal contact. Our Correspondence Course was designed with this end in view and the fact that the several thousands of students all the world over have hitherto been successfully trained and no less than nine successive editions have had to be issued to meet the daily increasing demand is a sure index of the measure of success which it has been given to achieve. The Course is fully illustrated with half-tone blocks.

Written with a view to being understood and practised by all, student or scholar - it is couched in clear and simple language and the lessons and exercises are so graduated that you are smoothly carried from the ABC onward

to a perfect mastery of the subject. You can actually feel your progress from the very day you begin to practice.

## THE COURSE

The Course comprises the manifold phases of :

**Hypnotism, Personal Magnetism, Mesmerism, Phreno-Magnetism, Character Reading, Suggestive and Psycho-Therapeutics, Magnetic Healing, Mind Reading, Telepathy, Will-Culture, Persian Magic and Clairvoyance, Prana-The Ocean of Life, Ghata Yoga-Purification of the Nadis, Development of Mental Powers, Psychic Healing and Wonders of Psychic Healing.**

Our Course teaches that within you lies the key to success, power and happiness. An hour a day devoted to the study and practice of our Instructions will make you not only a powerful personality but it will also

- *develop and increase your powers of influence*
- *develop your individuality*
- *strengthen your ambition and will power*
- *improve and train your memory*
- *Give you self confidence*
- *intensify your intellectual keenness*
- *develop concentration and self control*
- *make you a master of men*
- *develop you as a Psychic Healer*

Truly has Shakespeare said : 'There are more things in heaven and earth than are dreamt of in your philosophy' ; there are various forces around us of whose existence we are utterly unconscious.

Hypnotism is one of those mysterious forces of nature—an invisible, indescribable and inexplicable force, a controlling influence that passes from one mind to another. Words fail to define what it is.

It matters not whatever origin it has or whatever theories are brought forward to account for the mysterious sway it has over all created beings, we can only say that such a power exists and is most powerful in influencing men. Experience has made us aware of its uses and possibilities. The wonderful works of the Indian Yogis and Fakirs were due to the knowledge that they possessed of this marvelous force.

This is a God-given power, an all-powerful influence which gradually paves the way to YOGA proper—which in turn leads to realisation or unification with the One and as such, should not be slighted.

Herein you have a good opportunity to learn the practical working principles of Hypnotism. The use of Hypnotism in the cure of human ailments has proved more effective than medicines. Post-hypnotic suggestions are being used with most gratifying results. Acting through the brain, the treatment follows natural methods of cure by restoring the natural functions of organs, strengthening the system, increasing the vitality, equalising the circulation of blood and thereby producing a permanent cure.

*The power to attract people is Leader's dominant trait. No matter where you start—with the knowledge and training we give you—you can work up—Branch out—Become a Leader.*

The salesman uses it to influence the buyer ; the minister to impress his congregation ; the lawyer to convince the judge and the jury ; the healer to soothe and heal his patient ; the teacher to train and teach the young idea how to shoot, and society man to assert his influence. The magnetic Man is always a mascot of success ; it is impossible for him to be otherwise. Our course has awakened thousands to the joy of a New Life.

It also shows that every man may sometime or somehow be subjected to hypnotic or magnetic forces unless he learns to protect himself by that subtle and intangible power - Personal Magnetism. A careful study of its principles proves it to be an invaluable means of education for success in life.

## **STRANGE EXPERIENCE**

As already stated, the course develops many psychic powers latent in you. Intuitive knowledge is one of them. You have often had the experience of intuitive impression which although it seemed to come from nowhere, was most enlightening. You would have been amazed at it. It may surprise you to know that intuitive knowledge is part of the universal cosmic intelligence and that you can command it to serve you provided you are tuned to it. *Intuition is tuition from within.*

What the Yogis of the yore declared, psychologists and scientists now agree upon is that man uses only a fraction of the inherent powers with which he is imbued as a human being. People being ignorant of such force are relegated to the herd life. Majority turns a deaf ear to any *esoteric* teaching and even today this knowledge cannot be taught to everyone.

If you are fired by an unquenchable desire for knowledge of the great hidden secrets of nature, the door is open and he who knocks will be heard and receive what he wants.

## **UNDERSTAND, what is Meditation?**

The time is ripe now to inform one and all that whatever they are doing in the name of Meditation is not at all even concentration—let alone Meditation. Scores of people and so called Meditation centres mis-guide you, mis-handle you, and mis-lead you in the name of Meditation (ध्यान). You know not, even care to know not, what our scriptures say about it. Do not be misled, open your eyes, see and learn carefully, question yourself what Meditation is, and then compare it with what our Yoga Shastras say about it. Never be a blind follower of any sect or people; think rationally. Be critical if you want to dive deep. Faith without wisdom has led many to nowhere.

Patanjali says : Concentration (धारणा Dharana) is holding the attention fixed upon one thought or object—*Desh bandhasya chittasya dharna* (देशबन्धस्य चित्तस्य धारणा). What Patanjali says is only an extract of what many scriptures say. Do you know what is meant by Concentration? Can you achieve this when you are doing same in a group of people called Sadhana Shivira? Holding the attention steadily at one point is not thinking; it is inhibiting thought except one single thought or one single object in thought. The attention is not allowed to be on the sensations of the body or on anything but the one thing it is deliberately concentrated upon. How many of you have been successful in such type of thought operations? Perhaps none, irrespective of what cult or sect you may belong to. It is simple to understand, because we think of one and immediately jump into another thought, from that to something else, ultimately forgetting the original thought just like a mad man walking 20 meters in front, 10 metres on the left, then 8 metres on the right and finally 25 metres to the back.

Supposing I take it that you can very well concentrate then what is it by which you can measure your power accrued from the practice of Concentration? Concentration gives power to your thought and it has been correctly compared with a double-convex lens. If an ordinary plain glass of about one metre is placed in sunshine, it will give no appreciable result. But, if the same glass is shaped into double convex lens, all the rays of sunshine passing through the lens get concentrated at a point, and the heat generated by one meter of sunshine is so terrible that nothing can measure it, because whatever is used to measure it will melt by the terrible heat thus produced. This is the power of concentration, and if by prolonged practice of concentration of any cult such power of thought is not developed then certainly a question mark has to be put.

Regarding Meditation Patanjali says : *Tatra pratyaya ektanta dhyanam* (तत्र प्रत्यय एकतानता ध्यानम्)—In Meditation the effort to hold the attention ceases. Exactly you might not be knowing it. In Meditation a single thought holds the mind within, not without. But this is possible only when the mind works under the influence of the *will*. Right! And to bring the mind under the influence of the will entails true Pranayama exercises. Mind you, no Meditation is possible without Pranayama which alone will give control over Prana, the subtle air having full control over the mind. Arouse, don't multi-fool yourself, show off will not make you a master. Remember, we do not Preach, we Teach, and it is a part of our teaching that *in Meditation it is not the mind which holds the thought, but it is the thought which holds the mind*. If stirred, call on us. If you miss the call, you alone will be responsible for your lapses.

# The Holy Order of Krishna

## Practical Course on Yoga

The Order of Krishna is a school of mystics, occultists and Yogis that carry out the Order of Krishna, God, our Invisible King. The Order of Krishna has all along, since time immemorial, continued choosing individuals for attainment, drawing men upto Krishna (The God well-known to you, call Him by whatever name you please) and uplifting, back into the whorl of joyous life, in Krishna.

Our Instructions (practical) are based on the teaching of the Bhagavad Gita which have remained a guarded secret of the select few,—a hierarchy of ardent Yogis cut off from the hurly-burly life of the world. The Bhagavad Gita is an open book available in the market and can be had for the mere asking; but its teachings are shrouded in mystical language and technicalities that even the so-called great scholars in the Sanskrit language cannot understand. The only alternative is to come in contact with those who have had the secret-key. The Order of Krishna is one of the oldest Orders—quite a novel thing in the world of occultism, a hierarchy of Adept Yogis of South India having unbroken descent from the Lord, who have been and are gracious enough to avail themselves of the services of the Latent Light Culture for the sole purpose of lifting up the suffering humanity provided they are willing to make endeavour to achieve the End.

The Doctrine of Secrecy (*Guhya*) or reserve in religious teachings, which some have considered dishonest, is, as all know, based on the primal fact that it takes two to realise the Truth,—one to tell, another to hear. While following the Instructions which are personal and confidential, it is open to Members of the Order to seek further enlightenment regarding the teachings imparted, but they should remain on the guard that they do not get themselves into a muddle. It does not matter at all what religious belief the members subscribe to provided they do not transgress what each member undertakes to fulfil within the Order itself. There is no compulsion anywhere, whatever.

He who chooses to follow Krishna finds Krishna ready to meet him more than half-way across the threshold—He is *Dvarikavasi* (द्वारिकावासी). He perfumes the threshold.

The Bhagavad Gita as generally supposed is no book of the Mahabharata period. It need not be taken that the context of the Gita is the battle of Kurukshetra of any epoch; it need not be taken that the War referred to is any other war than the Holy war between the quintillions of lives making up your self; each life in itself a tangled thread of thought in the texture of man's (multiple) personality; each life a fighter, in this field of body and soul; each perfectly and intimately balanced by the opposite. It need not be taken that the Bhagavad Gita (the Song Divine) belongs to any one religion except to the *one Religion that you are Beloved of the God known to yourself*, who seeks redemption, through sacrifice, in you. In the whole of ancient Indian canon of scripture, the Bhagavad Gita is the only literature of any direct revelation from God that has found continued acceptance in whatever form throughout the ages of the past. It is your Book of Books, the original of all Bibles, the Bible of the Present as well as the Future of civilisation.

The Order does not recommend any platitude; does not at all recommend any withdrawal from grosser or subtler material concerns; does not advise any needless withdrawal of the life-forces from the outer world and its interests; nor does it state that any such withdrawal will help on the inner force of the soul so as to withdraw himself into himself. But the Holy Order teacheth that it is possible, while in the world's turmoil, to withdraw oneself therefrom by reaching the state of Akarma - Silence beyond thought. Then comes the strange secret of Inhibiting Thoughts and knowing the sound that resounds through the soul, and work during Silence. The lessons include the practices which finish with Equilibrium of Life & Death, Sacrifice of Death into Life, Life is not a slave to the Breath or Rhythm, True Detachment, the Use of Breath-Rhythm, Hatha Yoga, Laya Yoga, Raja Yoga and the law of the Gita - *SVADHARMA*.

It is of course true that the majority of mankind are not in a position to give up their duties as citizens and members of families. Shri Krishna distinctly states that these duties, if not reconcilable with ascetic life in a forest, can certainly be reconciled with that kind of mental abnegation which is far more powerful in the production of effects on the higher planes than any physical separation from the world. Thus the real importance lies not in physical but in mental isolation, which is the product of practices of the *HOLY ORDER*. Lessons depict the path of a Karma Yogi in the sense a Karma Yogi is the Yogi who, whether a Jnani Yogi or Bhakti Yogi or Raja Yogi or no Yogi at all, is still a

householder practicing Yoga while actively in with the world's turmoil.

The Order issues Grade I (12 Lessons) and Grade II (12 Lessons) and being a correspondence course our relations do not cease with the mailing of the course to you - this is only the beginning of the bond. Each lesson is worth its weight in gold. After you have mastered these lessons, we take you further on in the advanced Degrees of the Holy Order. Herein you are given an opportunity to know more of You. Do not stifle the desire born in you to know more of yourself. Keep the urge going. **Act ! If you sense The Call, Join the fold.**

## SYNOPSIS OF THE LESSONS

### GRADE I

1. **Dhritarashtra** — The shutting out of the sense world. Without *hocus pocus* the Probationer is introduced into the 'astral plane', merely by closing his eyes and still seeing as directed herein; opening of the Third Eye - Prajna Chakshu.
2. **Sanjaya** — Explains the preliminary of the 'Mastery of Anger' by the cultivation of the Sanjaya Point of View.
3. **Ashoka** — Grieve Naught; a lesson in Pranayama—**Kevala Kumbhaka**.
4. **Anta** — The purpose of Life, or Soul, that can be sensed, is here explained.
5. **Seeing the Soul.**
6. **Tasting the Soul — Lambiká Yoga.**
7. **Contacting the Soul — Sparsha Yoga.**
8. **Conquest of Kingdom** — By the word-of-power—**Pranava**, or the **Aumn**.
9. **Naya** — Control of the wandering mind by leading it (the king Mind) as instructed; imposing our own government by leadership.
10. **Akarma** — Explains the strange Secret of inhibiting Thought—SILENCE.
11. **Jiva Ghosh—NÁDA** : The Sound that resounds through the Soul; Shabda Brahma.
12. **Work during Silence** — Control over ceaseless thought-function.
- A1. **The Ever Evolving Mind.**
- A2. **Glossary of Terms used in Bhagavad Gita.**

### GRADE II

13. **Apána and Prána** — Equilibrium of Life-Death. Misconception regarding Pranayama cleared —A special secret Sphincter Exercise; Mool Bandha.
  14. **Apáne Juhvati Pránam** — Sacrifice Death into Life.
  15. **Further on the Emperor** — God.
  16. **Further on Kumbhaka Pranayama** — Restraining Life and Controlling Waste. The closing of the gullet, Jalandhara Bandha.
  17. **Dehántara Prapti of Prána** — This teaches you that "Life it not a slave to the breath or Rhythm" which you can prove to yourself.
  18. **Instructions on Food.**
  19. True Detachment (**Vairágya**) and Mortification (**Abhyása**).
  20. **Hrid Granthi** — The obstruction that has to be removed and the door of the Sushumna which is closed by the mouth of the Kundalini opened; The Sushumna canal; Kundalini and what it is; Saving of the Amrita.
  21. **Sahita Kumbhaka** — Opening the Jalandhara Bandha; Sending up **Aumn** to the "Achyuta" in the Pineal Gland; the use and omission (Pranayama Practice).
  22. **Avashah Karma** — How to Remove Worry.
  23. **Raja Yoga** — Functioning of the Soul or Spirit in the Sushumna; in waking It is dancing in the eyes; in sleep It goes down to dwell in the throat; in deep sleep It goes to the Anahata; in the induced state of trance It goes up to the Pineal Gland; and in rapture It almost is at the crown of the head.
  24. **The 'Law of the Gita'** — Every individual has his **SVA-DHARMA**.
- A3. Companion to the Study of Bhagavad Gita.**
- A4. Raj Yog Taravali - Translation of Adi Shankaracharya's scripture.**
- After completion of Grade I and Grade II Courses, Members are inducted into Advanced Degree Lessons as and when they are found fit.

# Shri Vidya

## Shakta Tantra : The Ever Filling Abundance

### **POWER SECRETS**

We think that the world requires power and strength to endure, and it's a pity that at present people are careless regarding the amount of their actual knowledge, being content to assimilate hearsay and platitudes.

It is not that we will cater to the lust for power of the individuals of the mob who only want to force their will upon the next man, but we wish to inform one and all that they may help themselves by means of ancient and seemingly queer methods. We are therefore issuing these Lessons on Shakta (Power) Tantra (Secrets), giving details of the Practical Magic of Talismans, Diagrams, Yantras, Tantras, Mantras and Prayogas. Today the world has great need of these instructions, hence our anxiety to forward these teachings. But what good will your diagrams and talismans do ?

We could reply by a counter question : "What good will a small quantity of prussic acid, a mere whiff of its gas or a small piece of dynamite do ?" This latter will perhaps destroy your enemy (and you also) ; our talismans and yantras will make him your friend. Which is preferable ?

Are you sure of this ? Yes, absolutely!

But such things have also been positively stated many times by swindlers.

Granted; But don't you feel that swindlers are exposed sooner or later. We, of The Latent Light Culture, have been issuing these lessons since 1905 and have stood the test of time. Thousands of aspirants have been benefited by our lessons so far and we are working silently only to keep up the tradition of ancient YOGA and TANTRA SHASTRA. Whatever we state we say with reverence and sincerity, also with that faith which is the belief to power without the will to overpower.

***Will I, by following out your instructions with your faith, also attain your power ?***

It all depends on what that power is which you seek, whether it is not the will to overpower, and also to what extent this power would interfere with the personal liberty of others. But can mere letters and sounds produce magical power ? When your boss says "Go", is not this little word magical in so far as it may ruin your wife and children who have never harmed your boss at all ? With your practice of this magical power, for example, you would not lose your position as above. Your employer, innately feeling the Divine Mother as shining or manifesting through you, could never gather the courage to discharge you. Your personality will become actually charming and you will acquire the above mentioned power through the Talisman and following the directions given in these Lessons based on the "Saundarya Laharee", the intoxication of the Beauty that fills the universe.

But are not all these Talismans absurd, these triangles, cubes, squares and quadrilaterals ?

Is it also absurd that metals and elements should crystallize into hexagons, polygons, triangles, valencies and potencies which respond to the rhythm of sound, number and geometry ? This rhythm is the characteristic of the universe, geometry nature ever follows, color ever makes tip whiteness, power increases with minuteness.

### ***But these triangles and cubes are all imaginary, are they not ?***

And of course, every great idea that governs the world is imaginary, an effect of the imagination, is it not ? Who can inform us where, in what part of the known visible universe, these ideas that have governed and are governing the world can be found inscribed ? What an idea is but a thought, a thought whose origin is inexplicable ; just as inexplicable as the triangle and the cube into which forms the crystal deposits in the act of crystallization. Just so are the triangles and cubes that we posit in our Instructions, mere aggregations or affirmations of thoughts, posited in a manner which the occidentals of today do not care to understand.

And here we will quote "Mind and Its Mechanism", a scientific work by Bousfield : "Ethereal protons and electrons we know as the constituents of matter. As the basis of the immaterial substance we may postulate a second order of 'ons' which are like electrons and protons fashioned out of the ether and call them psychons. What do we mean by the term 'immaterial' ? Simply that the mass of psychon is of the second order of small quantities compared with the mass of an electron, so small as to be inappreciable by the methods by

of a proton, the psychon may be one-ten-thousandth of the electron or smaller still; in this hypothesis both mind and matter belong to the physical realm." This is a quotation from an occidental scientific work and not supposed moonshine from a Shastri-Oriental. Thus mind and matter are still of the physical realm and so, of course, thoughts are things. Truly then to a much greater degree should the thoughts which we inject into each yantra and diagram, during our exercises, represent and be the things that they stand for.

We issue these Instructions of the Saundarya Laharee Verses regarding the Philosophy of the Universe, which is not at all sentiment but an actuality to be realized by each and every one in many and many other ways. Yes, realized by the Mantra or suggestion that saves us, by the Tantra or trick of reason that illuminates the subject and yourself, by the Yantra, the diagram within which everything difficult to meet can be limited and transcribed ; ways strange to modern minds but which have been in existence from of yore for countless aeons of time.

You may not unmake the act but you can remake yourself, to meet any and every event. You can, in every phase of the world depression that presents itself to you for treatment, stop, look, listen to the occurrence and then meet it with the added knowledge, and power, that these Instructions can give you - if you follow them with due care, with reverence unmixed with blind belief, without carping criticism or sheering infidelity to yourself, and with the fact firmly held before you that there can be things and thoughts that you have never understood.

### ***But are these speculations not beyond the bounds of probability ?***

If the world is thought that has become thing, why may not the world be thing that has become thought ? In other words, why may not the world be dealt with by thought, dealt with as thoughts are ; why may not this world, a figment or structure composed of thoughts, be rebuilt, repaired or broken down again by thoughts, thoughts of which the world is made ? It is not speculation at all but meeting the truth face to face, the assertion that the world is composed entirely and purely of thought. This is not didactic but the statement of western science carried to its logical conclusion. Says Thomson, quoted by Bousfield in his above mentioned book : "It appears that there are certain discrepancies between experimental facts as to atomic structure and the deductions which arise from the mathematical equations that apply to an electric field ; the discrepancy leads to a concept which involves the existence in the universe of WORLDS that build up the electron and proton." Bousfield continues : "We may suppose that

which we appreciate the mass of a material atom. Just as an electron is one thousandth in every electron 99.99 per cent is empty space, that is space not occupied by any material substance, this space to be full of psychons or thought matter, thought being here a term that means something that westerners cannot understand but still want to describe in terms of intelligence, will and motion which are the display of thought."

### ***Lo ! We are led to the eastern teaching and very close to the use of strange terms SHIVA and SHAKTI.***

SHIVA represents Kameshvara, the Lordliness of thought, and SHAKTI representing the play or beauty of thought, its Vimarsha as intelligence, will, motion. We will tell you how these thoughts, being things, can be packed together or piled up so to say by means of auto-suggestions or Mantras, written down or rather placed into Yantras, used, moulded, formed, transmuted into better metal by Tantras, till each Thought becomes Power, SHAKTI. Also how these thoughts can be used in strange ways undreamed of by folks of the west, used towards your betterment. In these days of worldwide depression you will see for yourself how very useful the above mentioned practices are to you. Do not fear, my friend, we are not entering into political discussions of any kind whatever ! we are frankly and fearlessly absolutely non-political. Governments pass us by, we care not for their worn-out and useless efforts to force or coerce men into the sphere of their influence always forgetting, as they do, the human equation ; and we are left alone just as we leave others alone to LIVE and let live.

#### **SAITH DR. SANJIVI :**

*Predestined* are you by the weight of force of your own Karma, Your past Acts;

*Free-Will* have you such as you are, to Act and you will be, as you Act (Think) now.

Your Thought-functions make or mar your destiny. God stands nowhere as intermediary between your Act (Thoughts) and its effects (Re-actions).

# Hindu Spiritualism

## On Spirit Communication

Remember, dear friend, that you have both a material and a spiritual body (***Sthoola*** and ***Sookshma Shareera***). You can learn to use them both while living on the earth plane (***sthoola loka***), you are a citizen not alone of this world, but of the two worlds, physical and subtle, so that you have the privilege and birthright to communicate with spirit citizens - spirit friends, relatives, guides, teachers, doctors, etc. This power is given to you to use rightly and wisely so that you may carry on your spiritual work, while on earth, and be happy here and now and when you pass into the spirit-world that is all around us.

You are responsible for what you do, here and hereafter. If you allow yourself to be led or misled by good or evil spirits (or 'mortals'), you will be held responsible for all your doings, both right and wrong.

***You have entered the portals of the Temple. If you desire to reach the inner shrine, you must be prepared to give years of study to the Philosophy and Phenomena of Spiritualism, supplemented by extensive investigation in the field of Hindu Psychology and Yogic Spiritualism.***

The instructions contained herein merit careful study and practice, and reading, accompanied by analysis and meditation, will reveal new lights of importance.

Mediumship being the basis of Spiritualism, it becomes your sacred duty to unfold it to the highest degree in yourself or in some one near and dear to you in your family or among your friends. Above all and beyond all, we urge upon you the importance of conducting properly constituted and supervised developing circles for beginners as well as for the advanced mediums for their further progress and unfoldment. May the blessings of Spirit Teachers be upon you.

At the time of departure of the soul from the physical body, people say that our beloved is Dead. We say that your beloved has only changed the overcoat. He is not dead. He lives a better life than you.

Even as a man abandoning old clothes takes other afresh, so does the

***Dehi*** (Soul Spirit) leaving off decayed bodies goes up into other fresh Bodies.

Soul becomes clothed after death with the ***Para-Deha***, its heavenly habitation. The teaching is that death is a lustration, a sort of cleaning that it needs very much so that clogs may be shed.

Our hope, when this earthly tabernacle dissolves out, is that we may be clothed with our heavenly habit, and we are so clothed. Death thus in the ultimate, is a kind of mould as stated by spiritualists whereby a damaged or worn-out covering is laid aside in favor of vastly increased freedom, or for a more suitable covering to be again acquired as a matter of utility, comfort and sacrifice.

Since death is finality of our mundane consciousness, we are naturally prone to believe that through it life ceases to exist, because physical witness of it has merged in the dust and to a sphere which is unfathomable to fleshy media. But to us, soul is now a free spirit and encompasses a vaster realm, more illuminated for the communication with the so called living.

### ***No, Not Dead—They Live***

Remember there is no death - life continues eternally. Our course on Hindu Spiritualism lays open the secret methods of establishing communication with the so called Dead. A course of 30 practical lessons with illustrations, whose 10th edition is recently published, is exhaustive. Contents of the lessons given hereunder, gone through carefully will prove its efficacy.

### **THE KEY TO SPIRIT-COMMUNICATION AND OTHER MYSTERIES**

"What could be more consoling than the idea that the souls of those we once loved were permitted to return and watch over our welfare."

—Washington Irving.

Hindu Spiritualism, now as never before, offers its Secret Golden Key to you. Learn to use it and be a Power and a blessing among men!

### **Ask and it shall be given you**

### **THE GREATEST THING IN THE WORLD A New Awakening**

"Never the spirit was born, the spirit shall cease to be never;  
Never was time it was not—end and beginning are dreams;  
Birthless, and deathless, and changeless remaineth the spirit forever;  
Death hath not touched it at all, dead though the house of it seems."

If a man die, shall he live again? Do the so-called 'dead' actually communicate with those still in the flesh? Do their words sound the same in our atmosphere as they did when they inhabited their physical bodies? If so, what kind of existence is theirs? And how can they speak across the borderline? Can we benefit by the information received from our spirit friends and loved ones? How are we to know the good from the evil and undeveloped spirits? How to get reliable messages and draw inspiration from our invisible helpers—from our ministering angel-guides? These are among the burning questions of the day among the advanced thinkers in the West where the daily press and current literature are full of references to psychic and spiritualistic phenomena.

### ***Neither dead nor sleeping***

That there is a life after death—that the spirit or the real person persists after the death of the physical body, retaining all his or her essential qualities and memory of the earthly experience—that the future life is but a continuation of this—and that spirit-communication is a fact in nature—is the conclusion of many scientists of the first rank, such as the distinguished English trio, Sir William Crookes, Sir Oliver Lodge and Dr. Alfred Russel Wallace, of continental savants such as Lombroso, Richet, Flammarion and Zollner and of such competent psychologists as Myers, Hodgson and William James and James H. Hyslop. Yes, our spirit loved ones are able, nay anxious, to communicate with us. And any intelligent person who investigates the subject can satisfy himself and become convinced with Charlotte Bronte that ***there is an invisible world and a kingdom of spirits; that world is around us, for it is everywhere; and these spirits watch us.***

### ***Its Practical Utility***

Hindu Spiritualism does not rest on theory. Its claims are based on the solid rock of fact—demonstrable and conclusive. Its cardinal maxim is that everyone must find out the truth for himself.

In the first place, the science of Hindu Spiritualism takes from the human heart the awful fear of death, and gives the mourner a sure and happy means of communication with his beloved. Knowing that the so-called 'dead' still live and love and talk to the living, the mourner is comforted and will be no more miserable, no more unhappy. These practices have also other very practical resultant benefits, even from a worldly point of view. You will be in touch with your unseen guides and companions and can co-operate with the finer forces around you. They wait for your recognition to lift you to higher states of efficiency, of intuition

and inspiration, of power to heal, to bless and to prophesy, of soul-perception and spiritual strength utterly beyond the capacity of mere physical energy. ***Sadhna*** which at the outset is effort, soon becomes a joy when you call to your aid your ever-ready, ever-waiting spiritual forces. Thus you will see that Hindu Spiritualism has a very practical bearing upon your daily life and will help you from any point of view whatever. Indeed, in our lessons, the whole system is so beautifully graded, so logical, so consistent, and so thoroughly supported by experiences throughout, that you might almost be a thorough materialist, and yet experience all the ***phenomena*** as well as the highest states of development. It is this foundation upon phenomena (siddhis)—physical and otherwise—that makes spiritualism so intelligible to Westerners. Our system begins with Spirit-communication—which is the groundwork of the whole system of spiritualism—and gradually works upward, making you impervious to disease and obsession and overcoming all the obstacles to higher development.

### ***HOW SPIRITS DEMONSTRATE***

#### ***Presence and Power***

The phenomena through which spirits demonstrate their presence and power may be broadly classified as (1) physical phenomena, and (2) Mental phenomena. Of these, physical phenomena cover a wide range of spirit manifestations, such as raps, knocks, table-movements, spirit lights, freedom from the effects of fire, transportation of articles from one place to another, the passage of matter through matter, direct writings on paper, palm leaves, slates, etc. spirit pictures and drawings, direct voices, levitation, spirit photographs, the production of materialised forms of the spirits, playing on musical instruments and singing by materialised spirits, etc. Mental phenomena cover another wide range of phenomena or manifestations, viz., spirit-projection, spirit telepathy, automatic or involuntary writing and drawing, writing by means of mechanical aids, visions, psychometry, clairvoyant perception of spirits, clairaudient hearing of spirit voices, prophetic or inspirational utterances of spirits and trance lectures, speaking in unknown tongues, revelations, etc. This is by no means a complete list, but it embraces the leading phenomena as generally known and witnessed. A continued series of experiments in accordance with our instructions will convince the most sceptical that these and other manifestations are all true, and supernormal (but not supernatural) in their character.

#### ***Mental Phenomena***

Discarnate intelligences can and do make use of the physical organs of the medium or sensitive, in the way of speaking, writing and other modes of

expression. This condition when induced by good spirits is soothing and beneficial. In inspirational lectures, there is not felt that sense of weariness that comes in normal lecturing. The clairvoyant condition of spiritualism or Jnana-Drishti is vastly different from that induced by Hypnotism or Mesmerism. In the hypnotic or mesmeric state, the subject operates on suggestion implied or expressed and deals with the persons and things which are, whereas the clairvoyance of the spiritualist gives messages and information from spirit friends (who may be seen by the sensitive), and deals with the past, present and future. Clairaudience generally accompanies the exercise of clairvoyant faculties enabling the psychic to hear spirit voices, air-messages (Akashavani), etc. Another aspect of spirit clairvoyance is Psychometry or the faculty of reading the past, present and future—through the sense of touch—induced by an article worn, a letter, or portion of a letter, written by, or the photograph of, the person of whom information is desired. The psychometrist can, through discarnate intelligences or spirits, give valuable information of the owner or wearer of the article, even though in foreign lands.

### ***Spirit Projection***

This refers to the capacity (a Shakti) of the spirit to temporarily leave the physical body, and to travel apart from it as already mentioned, in the subtler body or Sookshma-Sharira which is also able to make itself visible to others. By practising this, one can even visit the spheres outside the earth plane, under the guidance of discarnate spirits who can induce the necessary condition, as in inspirational or trance utterances.

### ***Physical Manifestations***

We have no space to explain at length this very extensive class of phenomena. Raps and knocks and table movements are among the most widely known forms of elementary phenomena. Spirit lights may appear as little balls of coloured light floating around the room or rolling across the table, or as streams of light, and once seen they are never forgotten.

### ***Spirit Writings, etc.***

There are many ways in which this class of phenomena may occur. Apart from direct spirit writings obtained on slate, paper or palm leaves, the spirit intelligences may use the hand of the medium to write messages, which, though unintelligible to the medium, will be known to someone present. Spirit paintings, drawings, etc., are often executed by the discarnate spirits of artistic skill. Musical

ability is often exhibited during sittings, and on a variety of instruments. Spirit Photography also is a method of demonstrating the continuity of life.

### ***Levitation***

This form of manifestation often occurs in sittings and circles. The term means 'causing to float in the air.' In spiritualistic parlance it indicates the raising from the floor, with or without contact, of chairs, tables, heavy articles of furniture as well as human beings. The activities of discarnate intelligences do not end here; they extend to and include the removal of articles from one room to another, and even cause them to pass through intervening walls, doors, etc., without injury. The Italian Scientist Lombroso and others have felt compelled to admit that the results in scientifically arranged sittings confirmed the facts of levitation.

### ***Materialization***

This is one of the most glorious, yet incomprehensible of physical manifestations; the return of the so-called dead to earth, in such a manner as to be easily recognisable, and those present may often touch, photograph and converse with them. It is at once the highest and most convincing proof of the truth of Hindu Spiritualism proclaimed by Sri Krishna that 'Death hath not touched the spirit at all, dead though the house of it seems!'

In many instances, materialisation is partial, such as of faces, hands or arms. In other instances, the figure or form may appear to be merely vapoury or ethereal in character. Again, it is often of an apparently substantial nature such as can be not only seen, but handled by scientific investigators like Sir W. Crookes and Sir A. Conon Doyle under such conditions as to eliminate all question of fraud.

## ***TRY PERSONAL EXPERIMENTS***

### ***A Medium in Every Home***

The home is the best place for psychic and spiritual development. Rely chiefly on experiences in your own family or among your own friends. In a family of a half-dozen or so, you usually find one who is mediumistic, i.e., born with the psychic sense in free activity—which, in others, is dormant. It is not a supernatural power though apparently super-normal. For it is as much a part of your natural constitution as any of the recognised five senses. Whether you are born a pronounced psychic or not, you can, if you will, develop the psychic

faculty.

## OUR LESSONS IN PSYCHIC UNFOLDMENT Secret of Spirit-communion made plain

Our lessons are intended to carry the student into the very deepest recesses of his being and will prove a veritable gold mine in his own house. The most closely guarded secrets of Spirit-communion are here divulged for the first time. We give you the results of researches of a very startling character. Indeed nothing so striking and so practical has hitherto been published in this field. Our instructions are precise and in considerable detail—with practical exercises and lessons suitable for all, young and old—men and women. There are absolutely no 'dangers' connected with spiritualistic investigation on our lines. Nothing is learned without practice, without experimentation, without sadhana (effort) as the Hindu Occultists put it—in this field as in any other.

The whole course of our instructions may well be likened to an educational curriculum. Thus the preliminary part is the School Course where you are prepared and taught to converse with spirits and to have genuine 'signs and wonders' from them. The School Course is followed by the college course when the student dips more deeply into the mysteries of the spirit world. Our Advanced Course is really the 'Post Graduate Course' where you rise above the ordinary spiritism or spirit communications to the plane of 'Upasana' or Communion with advanced spirits, Devas and angels.

### SAITH DR. Y. N. PRASAD :

भगवान् और जीव का अन्योन्याश्रय

सर्व साधारण एवं योगादि विद्याओं के प्रचार में व्यस्त अनेकानेक लोगों की ऐसी धारणा है कि मानव को भगवान् की नितान्त आवश्यकता है। परन्तु, हमारी दृष्टि में जितनी हमें भगवान् की आवश्यकता है उससे कहीं अधिक हमारी भगवान् को। कारण, जैसे नित्य नये पदार्थों की रचना हमारी आवश्यकता का प्रतीक है, ठीक वैसे ही हमारी रचना भगवान् की आवश्यकता का द्योतक है। इस बात की अनुभूति के साथ ही वास्तविक अध्यात्म का शुभारम्भ होता है।

## आसन एवं ध्यान – अप्रकाशित तथ्य

सर्वप्रथम यह जानना अत्यंत आवश्यक है कि आसनों को योग-विशेष में कोई स्थान प्राप्त नहीं है। विविध आसनों का प्रयोग योगी को उसकी शारीरिक दुर्बलता एवं कष्टों से छुटकारा दिलाने के लिए किया जाता रहा है। यह सब योगासन हैं और योग के साधकों के लिये ही बनाये गये हैं। बिना योग साधना के केवल योगासन द्वारा रोग निवारण करने का जो व्यापार तेजी से चल रहा है, वह आज नहीं तो कल अवश्य ही खत्म होने वाला है क्योंकि अकेले आसन कुछ अधिक करने में सक्षम नहीं हैं। जो लाभ व्यायाम से प्राप्त होता है वही इसमें भी हो सकता है, इससे अधिक कुछ नहीं। यदि आज आपको ऐसा लग रहा है कि योगासनों से आपको लाभ प्राप्त हो रहा है तो इसमें कोई आश्चर्य नहीं होना चाहिये क्योंकि आरम्भ में कोई भी क्रिया अवश्य ही न्यूनाधिक लाभ पहुँचाती है परन्तु कालान्तर में वही क्रिया अग्रिम लाभ नहीं दे पाती है क्योंकि उसके साथ अग्रिम क्या क्रिया जुड़नी चाहिये इसका पता नहीं होता है। इतना ही नहीं, योगासनों को व्यवहार में लाने के साथ किन-किन नियमों का पालन करना होता है, इसका भी पता नहीं होने से थोड़े समय तक जो लाभ प्रतीत हो रहा था वह भी हानि में परिवर्तित होने लगता है। योग में आसन के पहले पतंजलि ने यम और नियम के पालन की बात कही है। है कोई योगाचार्य जो आज के युग में आपको यह जानकारी देता हो कि आसनों के साथ किन नियमों का पालन करना है? यदि नहीं तो समझ लें कि कितना दुःखद परिणाम होगा। जहाँ आसनो से लाभ की बात कही जाती है वहीं योग के ग्रंथों में यह भी साथ में बतलाया जाता है कि यदि आसनादि क्रियाएँ ठीक से न की गईं तो इनसे रोगों की उत्पत्ति भी होती है। हठ प्रदीपिका में लिखा है—

हिकका श्वासच्चकासच्च पिरःकर्णाक्षवेदना ।

भवन्ति विविधा रोगाः पवनस्य प्रकोपतः ।।

श्लोक स्पष्टतः यह बतलाता है कि यदि आसन एवं श्वासायाम आदि क्रियाओं के करने में त्रुटि हुई और उससे वायु विकार पैदा हुआ तो अनेकानेक रोगों की उत्पत्ति होती है, अर्थात् रोगों की उत्पत्ति अवश्यम्भावी है। यदि शरीर अधिक रोगों से ग्रस्त न हो तो पुरातन योग के अभ्यासों द्वारा वास्तविक योग में प्रवेश प्राप्त किया जा सकता है। इसमें निपुणता के लिये पतंजलि द्वारा जो आसन संस्तुत है वह अनुकरणीय है। स्थिर सुखमासन—जिस किसी भी आसन में स्थिर होकर सुखपूर्वक साधक योगाभ्यास कर सके वही आसन उसके लिये उपयुक्त होगा। 'सुख से बैठ सके' का अर्थ यह होता है कि वह आसानी से बैठ सके। उसका ध्यान आसन की ओर न जाये। वह जो क्रिया करनी है उसमें मन लगा सके।

आसन के साथ जो दूसरी प्रचलित प्रक्रिया है, वह ध्यान है। ध्यान केन्द्रों की तो बाढ़ सी आई हुई है। ध्यान केन्द्रों की संख्या जितनी होगी, उतनी ही ध्यान की विधियाँ और परिभाषाएँ होंगी। इसका व्यापार भी इतना बढ़ गया है कि वास्तविक ध्यान बहुत दूर की बात हो गई है। जो ध्यान

करने के लिये इन केन्द्रों पर जाते हैं उन लोगों को यह पता ही नहीं होता कि 'ध्यान' का क्या अर्थ है। ध्यान कब और क्यों योग साधनों में संस्तुत है। आप किसी भी ध्यान केन्द्र पर जब अगली बार जायें तो केन्द्र संचालक से ध्यान की क्या परिभाषा है यह अवश्य पूछें और फिर जहाँ योग के ग्रंथों में ध्यान का वर्णन आता है उसे देखें। आप आश्चर्यचकित होंगे कि ध्यान के नाम पर आपको जो कुछ भी कराया जा रहा है, वह ध्यान की क्रिया ही नहीं है, वह तो ध्यान का अभिनय मात्र है। लेटेन्ट लाइट कल्चर इसलिये कभी भी किसी को आरम्भ में ध्यान के लिये उद्यत नहीं करती है वरन् प्राणायाम, धारणा आदि काराकर समय आने पर साधक में निपुणता प्राप्त होने पर, ध्यान की क्रिया के लिये मार्ग दर्शन देती है। एक बात संस्था की और स्मरण रखने योग्य है, यह कि सामूहिक ध्यान छलावा है, कोई कभी समूह में बैठकर ध्यान की दशा को प्राप्त ही नहीं कर सकता है। संस्था की यह बात आज नहीं तो कल सबको स्वीकार करनी ही पड़ेगी क्योंकि योग के ग्रंथों में मुक्त कंठ से यह बात कही जाती है कि योग का साधन गुप्तरूप से एकान्त स्थान में किया जाना चाहिये तभी इसका फल प्राप्त होगा—भवेद् वीर्यवती गुप्ता निर्वीर्यातु प्रकाशिता—गुप्त रूप से करने पर योग बल प्राप्त होता है, प्रकट करके करने पर यह बल क्षीण हो जाता है। हमारी बात सत्य है, इसलिये आसानी से आप भी नहीं ग्रहण करेंगे, परन्तु यदि सही मायने में आपमें अपने विकास की बात स्थापित हो चुकी है तो तमाम केन्द्रों पर घूमने के बाद आपको ऐसा लगने लगेगा कि आप जैसा चाहते हैं वैसा कहीं प्राप्त नहीं हो पा रहा है। हम तब आपकी सहायता अवश्य करेंगे, विश्वास रखिये। सत्य और सत्य के अलावा कुछ भी नहीं, इस संस्था की विशेषता है।

योग के नाम पर वर्तमान में जितना कुछ किया जा रहा है वह या तो शारीरिक स्वास्थ्य के लिये किया जा रहा है अथवा मानसिक तनाव आदि को दूर करने के लिये किया जा रहा है। क्या अध्यात्म में योग की शिक्षा रोगियों के लिये दी गई है? जरा विचार करें, बिना दो (आत्मा—परमात्मा) के मिलन के योग कैसे हुआ? इसलिए जानें कि योग के एक—एक अंग को लेकर उनकी क्रिया कराने वाले योग नहीं, योग का व्यापार कर रहे हैं। आज जिस योग का सर्वत्र प्रचार—प्रसार हो रहा है उसे चंद दिनों का प्रशिक्षण प्राप्त कर, डिप्लोमा प्राप्त कर, स्वयं आचार्य बनकर, जो लोग शिक्षा दे रहे हैं उसमें परमात्मा का दूर—दूर तक अता—पता नहीं है—अकेले ही योग हो रहा है। इन बातों को जानना व मानना अत्यंत कठिन लग रहा होगा, परन्तु लेटेन्ट लाइट कल्चर सन् 1905 से सत्य और केवल सत्य की ही स्थापना में लगी है, लगी रहेगी, जिसके परिणामस्वरूप केवल चुनिन्दे लोग ही इस संस्था की प्राचीन योग की पद्धति का अनुसरण कर उससे लाभ उठा पाते हैं। हम भगवद्गीता के मूल अनुयायी हैं और भगवत् कथन में पूर्ण श्रद्धा रखते हैं, इसलिए श्रीकृष्णोक्त कथन कि मनुष्याणां सहस्रेषु कश्चित् यतति सिद्धये अर्थात् हजारों व्यक्तियों में कोई ही योगमार्ग में चलकर उसमें सफलता प्राप्त करने का यत्न करेंगे, से पूर्णरूपेण सहमत हैं, और इसलिये पिछले 100 से ज्यादा वर्षों से प्रशिक्षण के बाद आज भी बिना किसी प्रलोभन के पूर्ववत् ही चुनिन्दे लोगों के आत्मिक उत्थान में समर्पित हैं। जनता जनार्दन से अपना न कोई सम्बन्ध रहा है, न आज है, और न भविष्य में ही रहेगा। चुनिन्दे लोग ही सदैव साथ रहे हैं, आज भी हैं।

लेटेन्ट लाइट कल्चर के कुछ अति प्राचीन स्तंभ हैं जिन पर संस्था 100 से ज्यादा वर्षों से खड़ी है और जो आज के युग में भी वही स्थान रखते हैं जो पुरातन काल में सर्वमान्य थे। योग शाश्वत (सदैव एक सा रहने वाला ज्ञान—अपरिवर्तनीय) ज्ञान है, इसलिये देश—काल से परिवर्तित नहीं हो सकता।

## The Psychic Healing Centre

*If of life you keep a care,  
shake off slumber and beware.*

Unconscious mind is all potent and a powerhouse par excellence. Any and every suggestion, every moment of your life, plants an idea into the unconscious to make or mar your body and mind. Unconscious is dominated by feeling, and feeling is the force which impels our lives. Take notice of each and every thought, voluntary or involuntary, if you care for your health. It is you and your thoughts that bring about misery and disease for you, and for others around you. Remember the old adage : As you sow, so shall you reap.

Know it well that Unconscious Mind is a part and parcel of the Universal Mind. Like God in Heaven, we have a God in us – we call him Finite God, in finite body. As God commands The Universe, our Finite God commands our body-mind. He is all potent to create in us what we suggest to him.

Hence, know that you are the creator of your own misery; and God within being all powerful has the power to release you from your misery. You have only to know how? We are here to help you now, if you but believe in the cardinal truth that the Mind, whose existence the most popular system of medicine, allopathy, denies, is the cause of 90% of our ailments, physical or mental. Believe us, the God within is our companion—we make him our friend, or our foe, by our behaviour.

Don't bother if you are declared incurable by doctors; they have their limitation. The Doctor within has tremendous power to cure incurables. We help you reach him, arouse him for the purpose, and seek his guidance for the cause to be effected.

## The Latent Light Culture

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