

Welcome to the

Autobiography of a Yogi Superconscious Crossword

Every puzzle clue is a brief excerpt—with one word missing—from the [original, blue-cover *Autobiography of a Yogi*](#). (Editions published after Paramhansa Yogananda’s passing might omit or change some of these excerpts.) Simply write the missing word in the appropriate puzzle spaces.

Many answers are easy, and even challenging ones are doable, because in this version of the puzzle, clues are grouped according to the chapters in which you can find the excerpts.

Clues that appear in quotation marks in the book—or are from a poem—are followed by a parenthetical attribution. Clues with no attribution are from the book’s narrative or footnotes. To make reading as easy as possible, many of the clues use one or more abbreviations:

- PY for Paramhansa Yogananda
- SY for Sri Yukteswar
- LM for Lahiri Mahasaya

Suggestion: Don’t try to do the puzzle all at once. Whenever you find a clue/answer that inspires you, go meditate on it; the puzzle can wait. When you don’t know an answer, re-read the appropriate chapter to find it, then meditate. Or digitally search an e-copy of the *Autobiography*—then meditate twice as long.

Idea: Do the puzzle with friends. It’s great satsang, and a group can quickly scan a chapter to find the answer. This can stimulate some inspiring discussions!

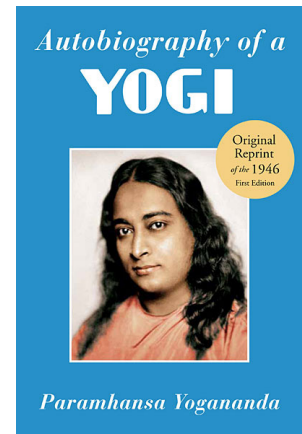
Please share the puzzle with anyone who might be interested:

<https://www.ExpandingLight.org/puzzle>

That web page offers two versions of the puzzle: this one (on the pages that follow, clues are grouped by chapter, so you can solve the puzzle chapter by chapter), and another version that is in standard crossword format.

May you experience much inspiration, insight, and delight through this puzzle.

Joy to you from Ananda!



Autobiography of a Yogi Superconscious Crossword

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The symbol “§” stands for “chapter.”

§1 ACROSS

37..... The characteristic features of Indian culture have long been a search for ultimate verities and the concomitant ____-10-DOWN [see §12] relationship.

§1 DOWN

88..... The one who pursues a goal of evenmindedness is neither jubilant with ____ nor depressed by loss. (PY's father to Bishnu Ghosh)

160...I ____ Spirit. Can your camera reflect the omnipresent Invisible? (LM to Ganga Dhar Babu)

197... Why come to view my ____ and flesh, when I am ever within range of your *kutastha* (spiritual sight)? (LM)

§2 ACROSS

32..... It is I who have watched over thee, life after life, in the tenderness of ____ mothers! (Divine Mother to PY)

40..... Little mother, thy son will be a yogi. As a spiritual ____, he will carry many souls to God's kingdom. (LM to PY's mother)

§3 ACROSS

68..... In deep meditation, the first experience of Spirit is on the altar of the ____, and then in the brain. The torrential bliss is overwhelming, but the yogi learns to control its outward manifestations.

§4 ACROSS

103... Words are only shells. Win conviction of God's ____ through your own joyous contact in meditation. (LM)

113... I myself consider *Kriya* the most effective device of salvation through self-effort ever to be evolved in man's ____ for the Infinite. (Kebalananda to PY)

116... Continue ceaselessly on your ____ to liberation through *Kriya*, whose power lies in practice. (LM)

128... Arjuna, know this for certain: the devotee who puts his trust in ____ never perishes! (PY quoting Krishna)

138... Even he with the worst of karma who ceaselessly meditates on ____ quickly loses the effects of his past bad actions. (PY quoting Krishna)

§4 DOWN

29..... [LM] was a living temple of God whose secret doors were ____ to all disciples through devotion. (Kebalananda to PY)

81..... The yogic ____ will not lose its efficiency when I am no longer present in the body to guide you. (LM)

§5 ACROSS

143... A true man is he who dwells in righteousness among his fellow men, who buys and sells, yet is never for a single ____ forgetful of God! (Abu Said)

§5 DOWN

41..... By ignoble whips of pain, man is driven at last into the Infinite Presence, whose ____ alone should lure him. (sadhu to PY)

92..... God is _____. Everything else is complex. Do not seek absolute values in the relative world of nature. (sadhu to PY)

§6 DOWN

142... There are many kinds of ____; some roam in jungles of human desires. (Sohong Swami)

§7 ACROSS

73..... Mirabai knows that to find the Divine One the only indispensable is _____. (Mirabai)

§7 DOWN

175... I know the joy of sharing the _____. Is that a sacrifice? (Bhaduri Mahasaya)

§9 ACROSS

207... Think you that your ____ did not touch the Infinite Mercy? The Motherhood of God, that you have worshiped in forms both human and divine, could never fail to answer your forsaken cry. (Master Mahasaya to PY)

§9 DOWN

49..... Isn't it true, little sir, that the Beloved's name sounds ____ from all lips, ignorant or wise? (Master Mahasaya to PY)

83..... From [Master Mahasaya] I learned the sweetness of God in the aspect of Mother, or Divine Mercy. The childlike ____ found little appeal in the Father aspect, or Divine Justice.

122... Always have I loved thee! ____ shall I love thee! (Divine Mother to PY)

194... Without a ____ of censure or criticism, [Master Mahasaya] surveyed the world with eyes long familiar with the Primal Purity. His body, mind, speech, and actions were effortlessly harmonized with his soul's simplicity.

205... Must you test me? Could I ____ a single word this morning to the assurance you received last night at ten o'clock from the Beautiful Mother Herself? (Master Mahasaya to PY)

§10 ACROSS

- 16..... Divine love is without condition, without boundary, without change. The flux of the human heart is gone forever at the transfixing ___ of pure love. (SY to PY)
- 19..... ___ admit that you live by the power of food and not by the power of God! (Dyananda to PY)
- 45..... As I made my way in the midnight darkness, I wondered why the miraculous meeting [PY's first with SY] had ended on an inharmonious note. The ___ scales of *maya*, that balance every joy with a grief!
- 202... "Dyanandaji's train is late; we are not going to ___ until he arrives." Jitendra brought me this devastating news.

§10 DOWN

- 7..... Torn by spiritual anguish, I entered the attic one dawn, resolved to ___ until answer was vouchsafed. "Merciful Mother of the Universe, teach me Thyself through visions, or through a guru sent by Thee!" (PY)
- 31..... Use the sword of your discrimination, Mukunda! ___ through the chains of agency and perceive the Single Cause! (Dyananda to PY)
- 204... Ambrosial summons! In memory that meal is vivid as one of life's perfect hours. Intense absorption yet permitted me to observe that Dyananda ___ absent-mindedly. He was apparently above my gross pleasures.

§11 ACROSS

- 75..... The [*Kriya*] technique, which as you see is simple, embodies the ___ of quickening man's spiritual evolution. (PY to Pratap Chatterji)
- 101... *Kriya* is your *chintamani* [a mythological ___ with power to grant desires]. (PY to Pratap Chatterji)
- 121... How short is human ___ for divine favors! No man lives who has not seen certain of his prayers granted.

§12 ACROSS

- 7..... Conserve your ___. Be like the capacious ocean, absorbing within all the tributary rivers of the senses. (SY)
- 22..... ___ is the greatest cleanser. (SY)
- 42..... Everyone found in [SY] an equal courtesy and kindness. To a man who has realized himself as a soul, not the body or the ego, the ___ of humanity assumes a striking similarity of aspect.
- 48..... Some people try to be tall by cutting off the ___ of others! (SY)

- 61..... Roam in the world as a ___ of self-control; see that the frogs of weakness don't kick you around. (SY)
- 71..... ___ intelligence is two-edged. It may be used constructively or destructively like a knife, either to cut the boil of ignorance, or to decapitate one's self. (SY)
- 72..... [SY's] ready wit and rollicking laugh enlivened every discussion. Often grave, Master was never gloomy. "To ___ the Lord, one need not disfigure his face," he would remark. "Remember that finding God will mean the funeral of all sorrows."
- 86..... The darkness of *maya* is silently approaching. Let us ___ homeward within. (SY)
- 89..... Straightforwardness without civility is like a surgeon's knife, effective but unpleasant. Candor with ___ is helpful and admirable. (SY)
- 93..... Is the whole world going to change for you? Change yourself: be ___ of the mosquito consciousness. (SY to PY)
- 96..... Attachment is blinding; it lends an imaginary ___ of attractiveness to the object of desire. (SY to PY)
- 106... As I tuned myself to [SY's] nature, I discovered no diminution but rather increase in my devotional approach to ___.
- 107... Wisdom is not assimilated with the eyes, but with the atoms. When your conviction of a truth is not merely in your brain but in your ___, you may diffidently vouch for its meaning. (SY)
- 109... Man does not easily return to simplicity. It is seldom "God" for him, but rather learned pomposities. His ___ is pleased, that he can grasp such erudition.
- 114... The hard core of human egotism is hardly to be dislodged except rudely. With its departure, the Divine finds at last an unobstructed ___.
- 115... Imagination is the ___ through which disease as well as healing enters. Disbelieve in the reality of sickness even when you are ill; an unrecognized visitor will flee! (SY)
- 117... [SY] fitted the Vedic definition of a man of ___: "Softer than the flower, where kindness is concerned; stronger than the thunder, where principles are at stake."
- 136... Look ___ in the face and it will cease to trouble you. (SY to PY)
- 153... So long as you breathe the free air of earth, you are under obligation to render grateful ___. (SY to PY)
- 174... Discipline had not been unknown to me: at home Father was strict, Ananta often severe. But Sri Yuktswar's training cannot be described as other than ___.
- 180... ___ means "holy"; it is not a name but a title of respect.

184... Small yearnings are openings in the reservoir of your inner peace, permitting ___ waters to be wasted in the desert soil of materialism. (SY)

§12 DOWN

- 6 My family name was Priya ___ Karar. (SY to PY)
- 8 ___ a person imagines he hears, and ___ [*same word*] the speaker has really implied, may be poles apart. Try to feel the thoughts behind the confusion of men's verbiage. (SY)
- 10 Lifelong shadow lifted from my heart; the vague search, hither and yon, was over. I had found eternal shelter in a true ___.
- 12 In [SY's] life I perceived a godlike ___. He had not found any insuperable obstacle to mergence of human with Divine. No such barrier exists, I came to understand, save in man's spiritual unadventurousness.
- 20 Destroy wrong desires now; otherwise they will follow you after the astral body is torn from its physical casing. Even when the flesh is weak, the ___ should be constantly resistant. (SY)
- 33 The devotee is finally freed from all instinctive compulsions. He transforms his ___ for human affection into aspiration for God alone, a love solitary because omnipresent.
- 53 Good ___ without sincerity are like a beautiful dead lady. (SY)
- 59 If temptation assails you with cruel force, overcome it by impersonal ___ and indomitable will. Every natural passion can be mastered. (SY)
- 64 ___ and positive suggestions should instruct the sensitive ears of children. Their early ideas long remain sharply etched. (SY to PY)
- 69 I kept my household in turmoil for weeks to get [a neighbor's ugly] dog. My ears were deaf to offers of ___ with more prepossessing appearance. Moral: [*see §12 clue for 96-ACROSS*] (SY)
- 82 Everything in future will improve if you are making a spiritual effort ___. (SY)
- 97 Personal idiosyncrasies, possessed even by masters, lend a ___ complexity to the pattern of life. My nature is seldom commandeered by a detail.
- 111... Saintliness is not dumbness! Divine perceptions are not incapacitating! The active expression of ___ gives rise to the keenest intelligence. (SY)
- 114... Forget the past. The vanished lives of all men are dark with many shames. Human ___ is ever unreliable until anchored in the Divine. (SY)
- 119... I will not fail to let you know when you have attained the ___ perfection. (SY to PY)

134... I sighed in relief; scriptural reinforcement of one's natural instincts is ___ always forthcoming.

149... For every humbling blow [SY] dealt my vanity, for every tooth in my metaphorical jaw he knocked loose with stunning ___, I am grateful beyond any facility of expression.

168... Pain and pleasure are transitory; endure ___ dualities with calmness, while trying at the same time to remove their hold. (SY)

182... Those who are too good for this world are ___ some other. (SY to PY)

192... The land of healing ___ within, radiant with that happiness blindly sought in a thousand misdirections.

§13 ACROSS

- 47 As soon as the devotee is *willing* to go even to the ___ of the earth for spiritual enlightenment, his guru appears near-by. (Ram Gopal Muzumdar to PY)
- 50 Do not ___ your spiritual ideal on a small mountain, but hitch it to the star of unqualified divine attainment. If you work hard, you will get there. (Ram Gopal Muzumdar to PY)
- 199... Wisdom is better sought from a man of realization than from an ___ mountain. (SY to PY)

§14 ACROSS

- 80 Spotless is my mental ___, below, ahead, and high above. Eternity and I, one united ray. (PY)
- 104... Wrath springs only from thwarted desires. I do not ___ anything from others, so their actions cannot be in opposition to wishes of mine. (SY to PY)
- 127... Only adequate enlargement by yoga practice and devotional ___ can prepare the mind to absorb the liberating shock of omnipresence. It comes with a natural inevitability to the sincere devotee. His intense craving begins to pull at God with an irresistible force.
- 145... I do realize now that I have found God, for whenever the ___ of meditation has returned subconsciously during my active hours, I have been subtly directed to adopt the right course in everything, even details. (PY to SY)
- 156... Devotees like yourself who have found the way to God never ___ of exchanging Him for any other happiness; He is seductive beyond thought of competition. (SY to PY)
- 201... It is the ___ of God that actively sustains every form and force in the universe; yet He is transcendental and aloof in the blissful uncreated void beyond the worlds of vibratory phenomena. (SY to PY)

§14 DOWN

- 1 Spiritual advancement is not measured by one's outward powers, but only by the depth of his ___ in meditation. (SY to PY)
- 70 Outward longings drive us from the Eden within; they offer false pleasures which only impersonate soul-happiness. The lost ___ is quickly regained through divine meditation. (SY to PY)
- 78 By daily stilling my thoughts, I could ___ release from the delusive conviction that my body was a mass of flesh and bones, traversing the hard soil of matter.
- 90 I am sure you aren't expecting a venerable Personage, adorning a ___ in some antiseptic corner of the cosmos! (SY to PY)
- 95 In meditation one finds His instant guidance, His adequate ___ to every difficulty. (SY to PY)
- 106... After the mind has been cleared by *Kriya Yoga* of sensory obstacles, meditation furnishes a twofold proof of ___. Ever-new joy is evidence of His existence, convincing to our very atoms. Also, [see §14 clue for **95-DOWN**].
- 123... You must not get overdrunk with ecstasy. Much work ___ remains for you in the world. (SY to PY)
- 129... I cognized the center of the empyrean as a point of intuitive perception in my ___.
- 151... Blissful ___, the nectar of immortality, pulsed through me with a quicksilverlike fluidity. The creative voice of God I heard resounding as *Aum*, the vibration of the Cosmic Motor.
- 159... The Lord has created all men from the limitless joy of His being. Though they are painfully cramped by the body, God nevertheless expects that ___ made in His image shall ultimately rise above all sense identifications and reunite with Him. (SY to PY)
- 188... A tiny bubble of **185-DOWN**, I am become the **60-ACROSS** of ___ Itself. [see §43 for both] (PY)
- 193... The ___ of God, I realized, is exhaustless Bliss; His body is countless tissues of light.

§15 ACROSS

- 57 Because man himself is an expression of the Creative Word, ___ has the most potent and immediate effect on him, offering a way to remembrance of his divine origin.
- 62 ___ is soul guidance, appearing naturally in man during those instants when his mind is calm.
- 84 Divine contemplation must not be made an excuse for ___ carelessness. (SY to PY)

- 210... Seldom do men realize how often God ___ their prayers. He is not partial to a few, but listens to everyone who approaches Him trustingly. (SY to PY)

§15 DOWN

- 17 [God's] children should ever have implicit faith in the ___-kindness of their Omnipresent Father. (SY to PY)
- 79 Thoughts are universally and not individually rooted; a truth cannot be ___ but only perceived. The erroneous thoughts of man result from imperfections in his discernment. The goal of yoga science is to calm the mind, that without distortion it may mirror the divine vision in the universe.

§16 ACROSS

- 14 Faith in the divine protection, and the right ___ of man's God-given will, are forces formidable beyond any the "inverted bowl" [astrological influences] can muster.
- 18 In Adam or man, reason predominated; in ___ or woman, feeling was ascendant. Thus was expressed the duality or polarity which underlies the phenomenal worlds. (SY to PY)
- 55 ___ and **118-DOWN** [see §28] remain in a heaven of cooperative joy so long as the human mind is not tricked by the serpentine energy of animal propensities. (SY to PY)
- 91 Superstitious awe of astrology makes one an automaton, slavishly dependent on mechanical guidance. The ___ man defeats his planets—which is to say, his past—by transferring his allegiance from the creation to the Creator. (SY to PY)
- 124... God is harmony; the ___ who attunes himself will never perform any action amiss. (SY to PY)
- 133... What [man] has done, he can undo. ___ other than himself was the instigator of the causes of whatever effects are now prevalent in his life.

§16 DOWN

- 13 After deep prayer and meditation [the devotee who attunes himself with God's harmony] is in touch with his divine consciousness; there is no greater ___ than that inward protection. (SY to PY)
- 44 To the unenlightened man, dependent on his senses for all final judgments, proof of God must remain unknown and therefore non-existent. True Sankhya followers, with unshakable ___ born of meditation, understand that the Lord is both existent and knowable. (SY)
- 77 It is never a question of *belief*; the only scientific attitude one can take on any subject is whether it is ___. (SY to PY)

- 85.... God created each man as a ____, dowered with individuality, hence essential to the universal structure, whether in the temporary role of pillar or parasite. His freedom is final and immediate, if he so wills; it depends not on outer but inner victories.
- 100... The path of a yogi is singular enough as it is. Why counsel him that he must also make himself cross-eyed? The true meaning of *nasikagram* is “origin of the nose,” not “__ of the nose.” The nose begins at the point between the two eyebrows, the seat of spiritual vision. (SY)
- 135... The cosmos would be fairly chaotic if its laws could not operate without the sanction of human ____. (SY)
- 141... The starry inscription at one’s birth ... is not that man is a puppet of his past. Its message is rather a prod to ____; the very heavens seek to arouse man’s determination to be free from every limitation.
- 152... “You will marry three times, being twice a widower.” I brooded over [this prediction by our family astrologer], feeling like a ____ awaiting sacrifice before the temple of triple matrimony.
- 153... ____ of past karma cannot germinate if they are roasted in the divine fires of wisdom. (PY)
- 172... A child is born on that day and at that hour when the celestial ____ are in mathematical harmony with his individual karma. His horoscope is a challenging portrait, revealing his unalterable past and its probable future results. (SY to PY)

§21 ACROSS

- 157... Just as a rich man loses some money when he pays ____ a large debt for his prodigal son, who is thus saved from dire consequences of his own folly, so a master willingly sacrifices a portion of his bodily wealth to lighten the misery [karma] of disciples.
- 198... The rishis ... have pointed out that the acid test of a master is a man’s ability to ____ at will the breathless state, and to maintain the unbroken *samadhi* of *nirbikalpa*.

§21 DOWN

- 164... The first duty of man is to keep his body in good condition; otherwise his mind is unable to remain fixed in devotional _____. (Hindu scriptures)

§22 DOWN

- 30.... Sometimes it is a test by God to delay the fulfillment of prayers. But He eventually appears to the ____ devotee in whatever form he holds dear.
- 74.... Spiritual sight, x-raylike, penetrates into all matter; the divine ____ is center everywhere, circumference nowhere.

§24 ACROSS

- 21 “Yogananda” ... literally means “bliss (____) through divine union (155-ACROSS [see §24]).”
- 135... Though He is the sole Owner of the cosmos, silently showering us with gifts from life to life, one thing yet remains which He does not own, and which each human heart is empowered to withhold or ____—man’s love.
- 155... So long as man possesses a mind with its restless thoughts, so long will there be a universal need for ____ or control.

§24 DOWN

- 3 If you don’t invite God to be your summer ____, He won’t come in the winter of your life. (LM)
- 4 To fulfill one’s earthly responsibilities is indeed the higher path, provided the yogi, maintaining a ____ uninvolved with egotistical desires, plays his part as a willing instrument of God.
- 125... The Creator, in taking infinite pains to shroud with mystery His presence in every atom of creation, could have had but ____ motive—a sensitive desire that men seek Him only through free will.
- 140... Imbuing his waking and sleeping consciousness with the thought, “I am He,” [a swami] roams contentedly, in the world but not of it. Thus only may he justify his title of swami—one who seeks to achieve union with the ____ or Self.

§25 DOWN

- 150... Train me in any way you like. I ____ my trust in God instead of tonics. (Nalini to PY)

§26 ACROSS

- 38.... Yoga enables the devotee to switch off or on, at will, life current from the five sense telephones of sight, sound, smell, taste, and touch. Attaining this power of sense-disconnection, the yogi finds it simple to ____ his mind at will with divine realms or with the world of matter.
- 83.... *Kriya* ... is accompanied from the very beginning by an accession of peace, and by soothing sensations of regenerative effect in the_____.
- 87.... *Kriya Yoga* consists of body discipline, mental control, and meditating on _____. (Patanjali)
- 94.... A yogi who faithfully follows [*Kriya Yoga*’s] technique is gradually freed from ____ or the universal chain of causation.
- 102... The *Kriya Yogi* uses his technique to saturate and feed all his physical cells with undecaying ____ and keep them in a magnetized state. He scientifically makes breath unnecessary, without producing the states of subconscious sleep or unconsciousness.

- 147... The yoga method [*Kriya*] overcomes the tug of ___ between the mind and the matter-bound senses, and frees the devotee to reinherit his eternal kingdom.
- 148... A yogi who dies before achieving full realization carries with him the good karma of his past *Kriya* effort; in his ___ life he is harmoniously propelled toward his Infinite Goal.
- 159... The advanced yogi, withholding all his **20-DOWN**, **176-ACROSS**, and **118-DOWN** [see §12, §27, §28, respectively] from false identification with bodily desires, uniting his mind with superconscious forces in the spinal shrines, thus lives in this world as God hath planned, not impelled by impulses from the past nor by new witlessnesses of fresh human motivations. Such a yogi receives fulfillment of his Supreme Desire, ___ in the final haven of inexhaustibly blissful Spirit.
- 163... The ancient yogic technique [*Kriya*] converts the breath into mind. By spiritual advancement, one is able to cognize the breath as an ___ of mind—a dream-breath.
- 194... Even the yoga-beginner soon inwardly hears the wondrous sound of *Aum*. Receiving this ___ spiritual encouragement, the devotee becomes assured that he is in actual touch with divine realms.
- 203... *Aum* (*Om*) of the *Vedas* became the sacred word *Amin* of the Moslems, *Hum* of the Tibetans, and ___ of the Christians.
- 209... The superior method of soul living ___ the yogi who, shorn of his ego-prison, tastes the deep air of omnipresence. The thralldom of natural living is, in contrast, set in a pace humiliating.

§26 DOWN

- 28..... The Sanskrit root of *Kriya* is *kri*, to do, to ___ and react; the same root is found in the word *karma*, the natural principle of cause and effect. *Kriya Yoga* is thus “union (yoga) with the Infinite through a certain action or rite.”
- 46..... The intellect has no ___ for these questions [Who am I? How was this universe born? etc.]; hence the rishis evolved yoga as the technique of spiritual inquiry.
- 51..... The life of an advanced *Kriya Yogi* is influenced, not by effects of past actions, but solely by directions from the soul. The devotee thus avoids the slow, evolutionary monitors of egoistic actions, good and bad, of common life, cumbrous and snail-like to the ___ hearts.
- 58..... *Kriya*, controlling the mind ___ through the life force, is the easiest, most effective, and most scientific avenue of approach to the Infinite.

105... Master of his body and mind, the *Kriya Yogi* ultimately achieves victory over the “last enemy,” ___.

132... *Kriya Yoga* is the real “fire ___” often extolled in the *Bhagavad Gita*.

137... Identifying himself with a shallow ___, man takes for granted that it is he who thinks, wills, feels, digests meals, and keeps himself alive, never admitting through reflection (only a little would suffice!) that in his ordinary life he is naught but a puppet of past actions (karma) and of nature or environment.

154... The yogi offers his labyrinthine human longings to a monotheistic bonfire dedicated to the unparalleled God. This is indeed the true yogic fire ceremony, in which all past and present desires are fuel consumed by ___ divine.

§27 ACROSS

52..... Lord, may Thy Love shine forever on the sanctuary of my devotion, and may I be able to ___ that Love in other hearts. (PY)

108... Striving striving, one ___ behold! the Divine Goal! (LM)

176... As no action, slight or large, is possible without willing, man can avail himself of his prime mover, ___, to renew his bodily tissues without burdensome apparatus or mechanical exercises.

§27 DOWN

5..... Keep up *Kriya Yoga* ceaselessly, and reach the ___ portals quickly. (Pranabananda to PY's father)

§28 DOWN

118... The will, projected from the point between the eyebrows, is known by yogis as the broadcasting apparatus of thought. When the ___ is calmly concentrated on the heart, it acts as a mental radio, and can receive the messages of others from far or near.

§29 ACROSS

167... The idealistic and hero-worshipping instincts of the young are starved on an exclusive diet of statistics and chronological ___. (PY to Rabindranath Tagore)

§30 ACROSS

65..... Long concentration on the liberating spiritual ___ has enabled the [God-united] yogi to destroy all delusions concerning matter and its gravitational weight; thenceforth he sees the universe as an essentially undifferentiated mass of light.

126... For this purpose were man and creation made: that he should rise up as ___ of *maya*, knowing his dominion over the cosmos.

141... This cyclic ___ [pleasure & pain, good & evil, birth & death, etc.] assumes a certain anguishing monotony, after man has gone through a few thousand human births; he begins to cast a hopeful eye beyond the compulsions of *maya*.

187... To surmount ___ was the task assigned to the human race by the millennial prophets. To rise above the duality of creation and perceive the unity of the Creator was conceived of as man's highest goal.

§30 DOWN

65.... Through the divine ___ in the forehead (east), the yogi sails his consciousness into omnipresence, hearing the Word or *Aum*, divine sound of many waters or vibrations which is the sole reality of creation.

145... Creation is light and shadow both, else no picture is possible. The good and evil of *maya* must ever alternate in supremacy. If ___ were ceaseless here in this world, would man ever seek another? (inner voice to PY)

§31 ACROSS

183... Lahiri Mahasaya is like a divine kitten, remaining wherever the Cosmic ___ has placed him. While dutifully playing the part of a worldly man, he has received that perfect self-realization for which I have renounced even my loincloth! (Trailanga)

§31 DOWN

9..... Penetrate your consciousness through the ___ into the kingdom of the Infinite. (LM to Kashi Moni)

11..... "I don't want religious fanatics on my staff. If I ever meet your charlatan guru, I shall give him some words to remember." This alarming ___ [from my employer] failed to interrupt my regular program; I spent nearly every evening in my guru's presence. (Kali Kumar Roy to PY)

169... Great saints who have awakened from the cosmic mayic dream and realized this world as an ___ in the Divine Mind, can do as they wish with the body, knowing it to be only a manipulatable form of condensed or frozen energy.

191... After acquiring inward treasure, you will ___ that outward supply is always forthcoming. (LM)

§32 DOWN

2..... Toward realization of the world's highest ___—peace through brotherhood—may yoga, the science of personal contact with the Divine, spread in time to all men in all lands.

§33 ACROSS

1..... Whenever anyone utters with reverence the name of Babaji, that devotee attracts an instant spiritual ___. (LM)

56.... The deathless Babaji is an *avatara*. This Sanskrit word means "descent"; its roots are ___, "down," and *tri*, "to pass."

189... Ah, Moon of my Delight who know'st no wane, the Moon of Heav'n is rising ___ again. (Omar Khayyam)

§34 ACROSS

36.... ___ a little bit of the practice of [*Kriya*] will save you from dire fears and colossal sufferings. (Babaji to LM, paraphrasing the *Bhagavad Gita*)

131... Give *Kriya* ___ to all who humbly ask for help. (Babaji to LM)

197... A sweet new breath of divine hope will penetrate the arid hearts of worldly men. From your ___ life, they will understand that liberation is dependent on inner, rather than outer, renunciations. (Babaji to LM)

§34 DOWN

34.... He who vows to sacrifice all in the quest of the Divine is ___ to unravel the final mysteries of life through the science of meditation. (Babaji to LM)

48.... By serving wise and ignorant sadhus, I am learning the greatest of virtues, pleasing to God above all others—___. (Babaji to LM)

101... My son, arise. Receive your initiation into the kingdom of ___ through *Kriya Yoga*. (Babaji to LM)

103... Even in the world, the yogi who faithfully discharges his responsibilities, without personal motive or attachment, treads the sure ___ of enlightenment. (Babaji to LM)

126... Few mortals know that the kingdom of God includes the kingdom of ___ fulfillments. (Babaji to LM)

§35 ACROSS

4..... Solve all your problems through ___. (LM)

66.... Through delusion you are perceiving yourself as a bundle of flesh and bones, which at ___ is a nest of troubles. (LM)

130... ___ yourself to the active inner Guidance; the Divine Voice has the answer to every dilemma of life. (LM)

200... Let the fragrance of the *Kriya* flower be wafted naturally, without any display. Its seeds will take root in the ___ of spiritually fertile hearts. (LM)

206... Always remember that you belong to no one, and no one belongs to you. Reflect that some day you will suddenly have to leave ___ in this world—so make the acquaintanceship of God now. (LM)

§35 DOWN

27..... Cease being a prisoner of the body; using the secret ___ of *Kriya*, learn to escape into Spirit. (LM)

98..... ___ your mind of dogmatic theological debris; let in the fresh, healing waters of direct perception. (LM)

120... Divine union is possible through ___-effort, and is not dependent on theological beliefs or on the arbitrary will of a Cosmic Dictator. (LM)

139... Through use of the ___ key, persons who cannot bring themselves to believe in the divinity of any man will behold at last the full divinity of their own selves.

162... Though man's ingenuity for getting himself into trouble appears to be endless, the Infinite ___ is no less resourceful. (LM)

178... I am ___ with those who practice *Kriya*. I will guide you to the Cosmic Home through your enlarging perceptions. (LM)

187... ___ unceasingly, that you may quickly behold yourself as the Infinite Essence, free from every form of misery. (LM)

§36 ACROSS

67..... Everything on earth is of mixed character, like a mingling of sand and sugar. Be like the wise ___ which seizes only the sugar, and leaves the sand untouched. (Babaji to SY)

165... Child, you must meditate more. Your gaze is not yet faultless—you could not ___ me hiding behind the sunlight. (Babaji to SY)

§36 DOWN

54..... You were full of excitement. I assure you that I was fairly extinguished in the ether by the ___ of your restlessness. (Babaji to SY)

110... The ancient name for India is *Aryavarta*, literally, "abode of the Aryans." The Sanskrit root of ___ is "worthy, holy, noble."

§37 ACROSS

59..... I was speechless, choked with devotional ___ at [Babaji's] presence, and deeply touched to hear from his own lips that he had guided me to Sri Yukteswar.

99..... Everything here is going on well. Through the ___ of God, may you ever be in bliss. (SY to PY)

173... Beholding your methods in ___ affirmations, healing vibrations, and divine healing prayers, I cannot refrain from thanking you from my heart. (SY to PY)

177... Be your true ___, a child of God. Seek and incorporate into your being the best qualities of all your brothers, scattered over the earth in various races. (SY to PY)

181... I came alone to America, into a wilderness without a single friend, but there I found thousands ___ to receive the time-tested soul-teachings.

195... I began to pray, with an adamant determination to continue, to even ___ praying, until I heard the voice of God.

208... My soul constantly ___, unheard by any: **106-ACROSS! 101-DOWN! 117-ACROSS!** [see §12, §34, §12 respectively] (PY)

§37 DOWN

112... All those who come to you with faith, seeking God, will be helped. As you ___ at them, the spiritual current emanating from your eyes will enter into their brains and change their material habits, making them more God-conscious. (SY to PY)

§38 DOWN

186... Beloved Burbank, your very name is now a synonym for ___! (PY)

§39 ACROSS

161... Man's body battery is not sustained by gross food (bread) alone, but by the vibratory cosmic energy (word, or AUM). The invisible power ___ into the human body through the gate of the medulla oblongata.

§39 DOWN

179... Lord, he who remembers Thee as the Sole Giver will never lack the sweetness of ___ among mortals. (PY)

§40 DOWN

146... Muscle recharging through will power is the ___ feature: mental direction of life energy to any part of the body.

§41 DOWN

63..... Do not do what you want, and then you may do what you ___. (Sadasiva)

127... You can walk on water and live in fire; but control of the mind is ___ and more difficult. (Thayumanavar)

§42 ACROSS

26..... During my married life I often yearned for a son, to ___ in the yogic path. But when you came into my life, I was content; in you I have found my son. (SY to PY)

§42 DOWN

86..... Ham-sa (pronounced hong-sau) are two sacred Sanskrit chant words possessing a vibratory connection with the incoming and outgoing breath. Aham-Sa is literally “I am ___.”

§43 ACROSS

60..... So long as the soul of man is encased in one, two, or three body-containers, sealed tightly with the corks of ignorance and desires, he cannot merge with the ___ of Spirit. (SY to PY)

144... The adhesive force by which all three bodies [physical, astral, causal] are held together is ___. The power of unfulfilled desires is the root of all man’s slavery. (SY to PY)

166... Every ___ in creation is inextinguishably dowered with individuality. (SY to PY)

191... Groveling, man knows well; despair is seldom alien; yet these are perversities, no part of man’s true lot. The day he wills, he is set on the path to ___

§43 DOWN

25..... You and I shall ___ together, so long as our two forms appear different in the *maya*-dream of God. Finally we shall merge as one in the Cosmic Beloved. (SY to PY)

35..... The individuality with which the Creator has endowed each of His creatures makes every conceivable and inconceivable ___ on the Lord’s versatility! (SY to PY)

45..... Lord Buddha was once asked why a man should love all persons equally. “Because,” the great teacher replied, “in the very numerous and varied lifespans of each man, every other being has at one time or another been ___ to him.”

185... No longer does the soul have to experience its joy as an individualized wave of consciousness, but is merged in the One Cosmic Ocean, with all its waves—eternal ___, thrills, throbs. (SY to PY)

190... In order to please His ___ devotee, the Lord takes any desired form. (SY to PY)

§44 ACROSS

23..... I own that I have an immovable ___ in God and His goodness, and an unconsumable passion for truth and love. (Gandhi to PY)

24..... Consulting history, one may reasonably state that the problems of mankind have not been solved by the ___ of brute force.

171... [Gandhi] is childlike in his divine quest, revealing that ___ receptivity which Jesus praised in children, “. . . of such is the kingdom of heaven.”

§44 DOWN

39..... Forgiveness is holiness; by forgiveness the ___ is held together. Forgiveness is the might of the mighty; forgiveness is sacrifice; forgiveness is quiet of mind. (*Mahabharata*)

108... The scriptures define ___ as “the natural universal laws whose observance enables man to save himself from degradation and suffering.”

§45 ACROSS

15..... The uplifting obligation to love God is assumed with man’s first breath of an ___ freely bestowed by his only Benefactor.

74..... Behold, now and always one with the ___, I am ever the same. (Ananda Moyi Ma)

170... Casting aside every inferior attachment, Ananda Moyi Ma offers her sole allegiance to the Lord. Not by the hairsplitting distinctions of scholars but by the sure logic of faith, the childlike ___ has solved the only problem in human life—establishment of unity with God.

§48 ACROSS

76..... Blessed is the man whom the Lord doth ___, Doctor! He has remembered now and then to put a burden on me! (PY to Dr. Lloyd Kennell)

196... Brotherhood is an ideal better understood by example than precept! A small harmonious group here may ___ other ideal communities over the earth. (PY to Dr. Lewis)

§48 DOWN

43..... By stress on ___ values, self-realization, a colony exemplifying world brotherhood is empowered to send inspiring vibrations far beyond its locale.

158... Lord, Thou has given this monk a large ___. (PY)