

K. S. Bylani
P. O. Walchandnagar
Dist. Poona, India

Dear S. J. Bylani:

I have received your letter written October 17th and thank you for writing to me about your difficulties. Do not be discouraged by them, but realize that for many lives you have been used to following habits or whims of the mind and now, when you are trying to bring the mind under your control, it naturally rebels against such discipline. Most devotees undergo this experience to a lesser or greater degree, so it is nothing to worry about. The important factor is to keep on trying to better yourself. No one can do this for you. You must whip the mind into submission through the constant application of will power.

Remember that you are a child of God, created in His divine image. These weaknesses which you have put on do not belong to you. You must be strong and conquer them, one by one, if you would know God. At the same time, be not discouraged when you fall, but lift yourself again and again out of your mental lethargy by longer and deeper periods of meditation.

If you apply the teachings (as given in the printed lessons) every day, you will see yourself change. Do not expect to change all at once, but by continuous effort and faith in God, the change will take place.

Above all, love the Father, in spite of your weaknesses. Love Him unconditionally, and mentally surrender yourself to Him. In Him will you find the fulfillment of all your longings.

Start right now doing little services for others, no matter how small they may be. Feel that you are serving the God in them. And should you fall in trying to lift yourself, get up and try, try again. Never allow yourself to feel discouraged.

Please give Kriya Yoga only to those members of your family who are deeply interested and whom you feel will daily use it.

God bless you and your family. My prayers will be with each of you.

Very sincerely yours,

Paranhanse Yogananda

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