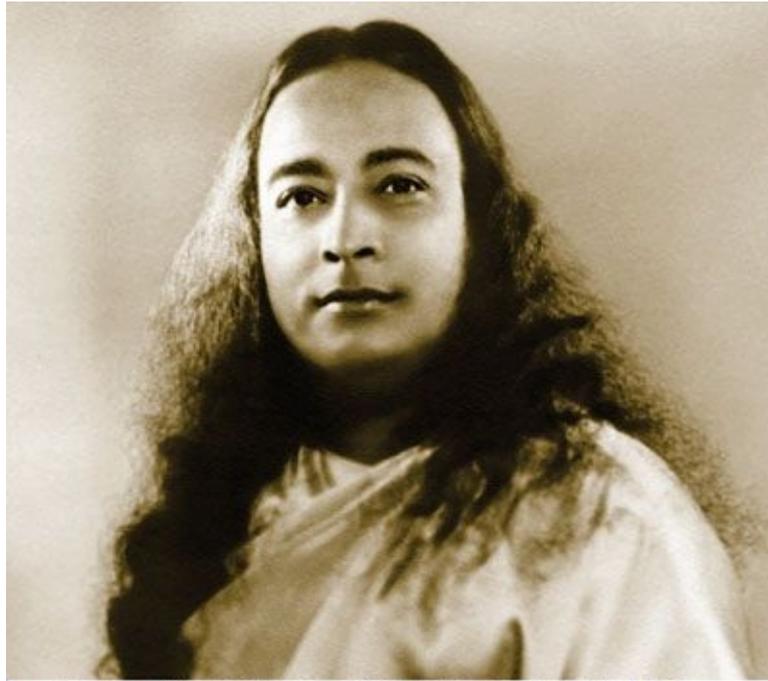


How To Have Courage, Calmness, And Confidence: The Wisdom of Yogananda, Volume 5

Yogananda, Paramhansa



calibre 1.25.0



THE WISDOM OF YOGANANDA, VOLUME 5

HOW TO HAVE COURAGE, CALMNESS,
AND CONFIDENCE

PARAMHANSA
YOGANANDA

How to Have
Courage, Calmness,
and Confidence

Paramhansa Yogananda

Crystal Clarity Publishers

Nevada City, California

Crystal Clarity Publishers, Nevada City, CA 95959

Copyright © 2010 by Hansa Trust

All rights reserved. Published 2010

ISBN: 978-1-56589-249-1

Printed in Canada

1 3 5 7 9 10 8 6 4 2

Created and produced by Crystal Clarity Publishers

Library of Congress Cataloging-in-Publication Data

Yogananda, Paramhansa, 1893-1952.

How to Have Courage, Calmness, and Confidence / Paramhansa Yogananda.

p. cm. — (The Wisdom of Yogananda ; vol. 5)

ISBN 978-1-56589-249-1 (trade paperback, illustrations)

1. Courage. 2. Confidence. 3. Attitude (Psychology) 4. Yoga. I. Title. II. Series.

BF575.C8Y64 2010

294.5'44—dc22 2010003395

www.crystalclarity.com

clarity@crystalclarity.com

800-424-1055



Contents

[Publisher's Note](#)

[1 Courage: an Innate Quality of the Soul](#)

[2 Calmness: the Source of Power](#)

[3 Confidence: You Are a Child of the Infinite](#)

[4 Ridding the Mind of Worry, Fear, and Nervousness](#)

[5 Uprooting Other Negative Emotions](#)

[6 Scientific Healing Affirmations for Inner Strength](#)

[7 Meditation to Attune to the Highest within You](#)

[8 Your All-Powerful Divine Nature](#)

[About the Author](#)

Publisher's Note

Dear Reader,

Here is a handbook for reclaiming the highest power within you. Read this book carefully, absorb the power of the Master's words, practice his simple suggestions, and you will feel a new energy filling you, giving you the power to meet every challenge with joyful confidence, calmness, and courage.

Paramhansa Yogananda came to the United States from India in 1920, bringing to the West the teachings and techniques of Yoga, the ancient science of soul awakening. He was the first master of Yoga to make his home in the West, and his *Autobiography of a Yogi*, has become the bestselling autobiography of all time, introducing Westerners to their untapped soul potential.

Yoga is the ancient science of redirecting one's energies inward to produce spiritual awakening. In addition to bringing Americans the most practical and effective techniques of meditation, Yogananda showed how these principles can be applied to all areas of life.

The articles included in this book are taken from several sources: the lessons Yogananda wrote in the 1920s and 1930s, articles of his that appeared in *Inner Culture* and *East West* magazines published before 1943, and the small book *Scientific Healing Affirmations*, published in 1924. Most of what is included here is not available elsewhere.

Crystal Clarity Publishers



Chapter 1

Courage: an Innate Quality of the Soul

Success, health, and wisdom are the natural attributes of the soul. Identification with weak thoughts and habits, and lack of concentration, perseverance, and courage are responsible for the misery that people suffer due to poverty, ill health, and so forth.

You are paralyzing your faculty for success by thoughts of fear. Success and perfection of mind and body are man's inherent qualities, because he is made in God's image. In order to be able to claim his birthright, however, he must first rid himself of the delusion of his own limitations.

God owns everything. Therefore, know at all times that as God's child you own everything that belongs to the Father. You must feel fully satisfied and contented, knowing that you have access to all your Father's possessions. Your native endowment is perfection and prosperity, but you choose to be imperfect and poor. The sense of possessing everything must be a mental habit with each individual.



Every day is a fresh opportunity on the part of the human ego to gather more and more exploits of heroism. Meet everybody and every circumstance on the battlefield of life with the courage of a hero and the smile of a conqueror. Whatever comes your way and needs attention must be considered a duty. Duty is not imposed upon man by any super-power. It is the inherent urge of life toward progression. Neglect of one's duty is a source of evil that can be avoided by wisdom.

Avoid associating with those who always complain about life. They may ruin your newly awakened spirituality, which is like a tender plant growing within you. Avoid such people and try to be happy always, no matter how you are situated. God will never reveal Himself to you unless you are contented and happy.



The true devotee banishes faint-heartedness. Resolutely he assembles a mental caravan of noble spiritual qualities, appointing Will Power and Devotion to the post of leadership, and sets out on his journey. He knows with unshakable faith that, once he frees his heart from every vestige of desire, he will attain true freedom at last. Onward, ever onward he travels, embracing high achievements on the way, but never allowing himself to become attached to any of them. Never does he rest until the end is reached. Such is the true devotee!



Change—even change for the better—is often approached with apprehension. “In giving up something,” people think, “will I be left with nothing?” It takes courage to renounce the known for the unknown. It is not easy even to renounce a familiar pain for an unknown, and therefore uncertain, happiness. The mind is like a horse that for years has pulled its delivery wagon. The horse grows accustomed to its daily route, and cannot be convinced easily to walk a new one. The mind, too, will not lightly

abandon its old habits, even when it knows they cause only misery.

Beneficial changes should be embraced with courage. As long as one's hopes for better things are opposed by fear of their attainment, the mind can never be at peace. Accept change, therefore, as life's only constant. Our lives are an endless procession of gains and losses, of joys and sorrows, of hopes and disappointments. At one moment we find ourselves threatened by the storms of trials; moments later, a silver lining brightens the gray clouds; then, suddenly, the skies are blue again.



The sincere seeker, in contrast to the armchair "seeker" who wastes his life spinning intellectual theories, takes heart at the thought of the hard work before him. A true warrior, though afraid, plunges courageously into battle when the strength of his arm is needed. A true alpinist, though apprehensive of the sheer cliff he faces, sets out resolutely to conquer it. And the sincere truth seeker tells himself, "I know what an arduous task it must be to achieve perfection, but I will give it all I have. With God's help, success, surely, must be mine!" By deep, daily efforts in meditation he conquers flesh-consciousness at last, and regains his long-lost awareness of the divine bliss within.

O devotee, take heart! No matter how dry, clay-hard, and cracked the soil of your heart has become during famine years of sense indulgence, of failure and disappointment, it can be watered and softened again by peace-showers of inner communion. Your spiritual enthusiasm, long wilted, can be revived. Only drink once more the ancient wine of God communion. In the field of fervent spiritual endeavor, as, daily, you work the softened soil of renewed soul-perceptions, sow once again the seeds of spiritual success, and watch them grow into a new crop of divine joy.



Instead of being overcome and discouraged when confronted with what you think is trouble, thank the Father for offering you the opportunity to see what you need to learn and to develop the strength and wisdom to meet the challenge.



Karma is best worked out by meeting life's tests cheerfully and courageously. If you still fear something, that karma has not yet been worked out. To dissipate it, don't try to avoid the tests you have to face. Rise above them bravely, by dwelling in God's joy within.



At any given moment you have all the courage, strength, and intelligence necessary to overcome any seeming difficulty. Become still, mentally and physically. Retire to your center of poise within, and commune with your Father there. He will show you the way.



Affirmations for Courage

I will seek safety first, last, and all the time in the constant inner thought of God-peace.

I will wipe the dream fears of disease, sadness, and ignorance from the soul's face of silence, with the veil of Divine Mother's peace.

I am protected behind the battlements of my good conscience. I have burned my past darkness. I am interested only in today.

There is a right solution to every problem. I have within me the wisdom and intelligence to see this solution, and the courage and energy to carry it through.

God is within me and around me, protecting me, so I banish the gloom of fear that shuts out His guiding light and makes me stumble into ditches of error.



Secret fear creates tension and anxiety, and brings ultimate collapse. We must have faith in our ability, and hope in the triumph of a righteous cause. If we do not possess these qualities, we must create them in our own mind through concentration. This can be accomplished by determined and long-continued practice.

First, we must identify our defects. If, for example, we are lacking in will power, let us meditate upon it, and through conscious effort we shall be able to create strong will power in ourselves.

If we want to relieve ourselves of fear, we should meditate upon courage, and in due time we shall be freed from the bondage of fear. Through concentration and meditation, we make ourselves powerful and able to focus our attention. Continual practice will enable us to concentrate our energy upon a single problem or a single responsibility without any effort. It will become second nature to us. Possessed with this new quality, we shall succeed in our life's undertakings, both spiritual and material.



Sorrow has no objective existence. If you constantly affirm it, it exists. Deny it in your mind, and it will exist no longer. This is what I call the hero in man: his divine or essential nature. In order to acquire freedom from sorrow, man must assert his heroic Self in his daily activities.

The root of sorrow lies in the dearth of heroism and courage in the normal man. When the heroic element is lacking in the mental make-up of a person, his mind becomes amenable to all passing sorrows. Mental conquest brings happiness into life,

and mental defeat brings sorrow. As long as the conqueror in man is awake, no sorrow can shadow the threshold of his heart.

Tears and sighs on the battlefield of life are the liquid cowardice of a weak mind. Those who give up the fight become prisoners within the walls of their own ignorance. Life is nothing if not a continuous overcoming of problems. Every problem that waits for a solution at your hand is the religious duty imposed upon you by life itself.

There can be no life that is not full of problems. Essentially, conditions are neither good nor bad; they are always neutral, seeming to be either depressing or encouraging because of the sad or bright attitude of the mind.

When the individual sinks below the level of circumstances, he surrenders himself to the influence of bad times, ill luck, and sorrow. If he rises above circumstances by the heroic courage that is in him, all conditions of life, however dark and threatening, will be like the blanket of mist that disappears with the warm glance of the sun. The sorrows of the normal man are not inherent in the conditions of life. They are born out of the weaknesses of the human mind. Awaken the victor in yourself, arouse the sleeping hero in yourself, and lo! No sorrow will ever darken your door.





Chapter 2

Calmness: the Source of Power

Every individual has a soul and a body. Through delusion, he finds his soul identified with the body and thus all the conditions of the body. The body can be injured, changed, and destroyed; it is limited and short lasting. So the individual identified with the body thinks himself vulnerable.

But the soul cannot in any way be injured, changed, or destroyed. The soul, made in the image of the Spirit, is ever calm, eternal, ever undisturbed.

By worldly desires, an individual becomes more and more identified with the weakness of the body, always fearing death and limitations. If the soul directs its attention away from the misery-making bodily limitations, and meditates until his delusion vanishes, he finds himself as the everlasting soul, living in the fortress of omnipresence: impregnable, invulnerable to any effects of delusive vibratory change. Every individual must remember that he is immortal, not open to any invasion of change or death, even when his body appears to be affected by disease, accident, or death.

By concentrating on the soul, the individual can do away with mortal desires, and find everlasting freedom.

No matter how long you have been meditating, if you still fear bodily diseases or death, and have not realized the immortality of the soul, you have advanced little and have realized little. You must meditate more and more deeply until you have ecstatic communion with God and forget the limitations of the body. During meditation you must realize that you are far above all bodily changes—formless, omnipresent, omniscient.



Life is change.

Remain ever calm within. Be even-minded. When working, be calmly active. Someday, you will know yourself to be subject no longer to the tides of Destiny. Your strength will come from within; you will not depend on outer incentives of any kind for motivation.

As a devotee on the spiritual path, give little weight to the trials that beset you. Be even-minded. Walk with courage. Go forward from day to day with calm, inner faith. Eventually, you will pass beyond every shadow of bad karma, beyond all tests and difficulties, and will behold at last the dawn of divine fulfillment. In that highest of all states of consciousness will come freedom from every last, trailing vapor of misfortune.

Today—now!—set out for that promised land—distant-seeming, yet ever near: the unshakable state of absolute fulfillment in God.

O Devotee, make haste!



Play your tragic or comic parts in life with an inner smile.

You are immortals, endowed with eternal joy. Never forget this during your play with changeable mortal life. This world is but a stage on which you play your parts under the direction of the Divine Stage Manager. Play them well, whether they be tragic or comic, always remembering that your real nature is eternal bliss, and nothing else. The one thing that will never leave you is the joy of your soul.

Therefore, learn to swim in the calm sea of unchanging bliss before you attempt to plunge into the maelstrom of material life, which is the realm of sorrow, pleasure, indifference, and a deceptive, temporary peace.

The whole-hearted practice of meditation brings deep bliss. Manifest this serenity always.



How can you obtain poise? If it is difficult to earn money, it is much more difficult to obtain poise. Make a triangle, and on one side write “SWEETNESS,” on the other side write “CALMNESS,” and at the base write “HAPPINESS.”

People have two kinds of natures: the private nature and the public nature. The private nature is when they relax and allow themselves to express ugliness. Many people dress up to go out, but inside passions are raging. Inside the house they say, “I am angry.” Outside, “Oh, how are you?”

We must have unity of mind, speech, and body. Be calm in speech and in mind. Attain calmness; attain peace; attain happiness; attain poise.

Every night before going to bed, say: “I am the Prince of Peace sitting on the throne of Poise.” Poise is your center. Whether you act quickly or slowly, you will never lose your kingly attitude of peace.



Many people know the way to peace and permanent happiness but are slow to follow it. They take lessons, then forget. Make use of your spiritual training. Live a godly life yourself, and everyone who crosses your path will be helped just by contact with you. If you want to live in peace and harmony, affirm divine calmness and peace, and send out only thoughts of love and goodwill.



“Be even-minded in the face of pleasure or pain, gain or loss, victory or defeat. In this way, you will incur no sin.”

Bhagavad Gita, Chapter 2, Stanza 38

The above stanza can be interpreted to give guidance to the worldly man, the moral individual, and the spiritual aspirant:

Anyone who seeks business prosperity should keep his mind unruffled through sudden material gains or losses. A businessman who is not over-elated by success finds that his concentration is not deflected from the path of even greater success. On the other hand, the businessman who becomes depressed by business failure loses the focusing power of his concentration, and thus is unable to make renewed efforts for material success.

Every worldly man seeking success must keep his mind calm to meet the constantly changing circumstances of his life. He must be able, like a tractor, to move easily over ups and downs in the field of life.

The moral aspirant should not be overjoyed when he is victorious over a mighty temptation, nor should he be discouraged if he finds himself suddenly a prisoner of temptation. The resolute, even-minded moral individual moves steadily forward until he reaches his goal of complete self-mastery. Premature joy of temporary success or depression due to temporary failure should not be allowed to obstruct the way of moral progress.

Finally, when a spiritual devotee, after a few years of deep meditation, acquires a divine joy, he should not be over-confident in the lasting quality of that experience, until he reaches the final beatitude. Many devotees become self-satisfied with the superconscious joy of the soul and with beholding a few astral lights. They do not make further deep efforts at meditation, and thus fail to unite their consciousness with the omnipresent joy and light of Spirit.

A devotee who meditates regularly but finds himself the victim of a sudden explosion of subconscious restlessness should not be discouraged nor stop making renewed efforts at deeper meditation and God-contact. Until one is anchored in the Infinite, he must valiantly race his mental ship of concentration on the calm or rough seas of inner experiences until he reaches the shores of unending communion with the Infinite.

A yogi whose mind is like a rippleless lake, free from the waves of temporary mental elation, sadness, or emotional disturbances—due to loss or gain, victory or failure—finds within himself the unruffled clear reflection of the Spirit.

An unruffled calmness can be gained by deep and deeper meditation. This constant calmness ultimately becomes like an all-penetrating light which runs through all matter into the heart of the omnipresent Spirit. The aspiring yogi must keep his mind steadily fixed on the inner perception acquired by meditation, and should not allow his mind to be ruffled by the temporary outbursts of superconscious joy, or the temporary explosions of subconscious restlessness. Such a yogi finds his unchangeable altar of calmness the resting place of the ever-new, joyous Spirit.



Remember that He is always beside you, guiding and encouraging you. Learn to listen inwardly, all through the day, to this guiding Voice.

No matter what you are doing, if work seems exhausting, confusing, or impossible,

just say within, “Father, this is your work. Willingly I give myself to serve You.” Immediately all tension will be released, and the task will seem easy.



Calmness is more dynamic and more powerful than peace. Calmness gives the devotee power to overcome all the obstacles in his life. Even in human affairs, the person who can remain calm under all circumstances is invincible.



Affirmations for Calmness

The moment my mind is agitated, restless, or disturbed, I will retire to silence, discrimination, and concentration until calmness is restored.

The light of Christ shines through me, and therefore my mind is clear. Order and harmony reign in all my affairs.

Happiness, understanding, the joy of creative expression, and perfect peace and poise can be mine only when I concentrate all my power and ability upon expressing the Father’s will.



Never let your mind be seduced by restlessness, through joking too much, too many distractions, and so on. Be deep. As soon as you succumb to restlessness, all the old troubles will begin to exert their pull on the mind once again: sex, wine, and money.

Of course, a little fun and laughter is good, occasionally. I, too, like to laugh sometimes, as you know. But when I choose to be serious, nothing and no one can draw me out of my inner Self.

Be deep in everything you do. Even when laughing, don’t lose your inner calmness. Be joyful inside, but always inwardly a little withdrawn. Be centered in the joy within.

Dwell always in the Self. Come down a little bit when you have to, to eat, or talk, or to do your work; then withdraw into the Self again.

Be calmly active, and actively calm. That is the way of the yogi.



Desire and anger are the two greatest barriers to wisdom. They destroy a person’s peace of mind, and obstruct the flow of his understanding. When anger seizes you, you may think, “Oh, this feels wonderful!” In exhilaration, you may do something terrible, not even counting the cost.

Desire, again, confuses the mind. Frustrated desire is what produces anger. It is important that you always remain inwardly calm and non-attached. Accept with an

unruffled mind whatever comes. I often say, “What comes of itself, let it come.” This is just as true for the bad things in life as for the good. Only calmness will give you a sense of correct proportion. It will inspire you to behave with unfailing good sense.



Some time ago a man suffering from a chronic nervous heart came to me for healing. He said, “I have tried many things, but I am unable to get rid of my heart trouble.”

After calm, intuitive reflection, I told him to bring me a pair of scissors. Alarmed and suspicious, he stared at me, and remonstrated, “Sir, are you going to perform an incision on my heart?!” I laughed and replied, “I am not a doctor, and you have never heard of anyone using scissors for operating upon the heart.”

When he reluctantly brought the scissors, I cut off one of his vest buttons and told him not to replace the button and not to touch the place where the missing button belonged. I asked him to come back after fifteen days, and told him I expected him to be healed by that time.

The man laughingly exclaimed, “I will do what you say since I believe in you, but of all the crazy cures, I think this is the craziest.”

After fifteen days he came to me, shouting with joy, and said, “The specialists say I am healed of my nervous heart. Sir, what did you do? Did you dispossess the button of a ghost?”

With a smile I said, “Yes, I did! Your hand was constantly fiddling with the vest button near your heart. This button was the ‘ghost’ nagging your heart into a nervous fit. Your heart, freed from the disturbing vest button, has ceased to trouble you.”



