

Stay Happy

by Alberta Fiorella

I was working with a woman who was an alcoholic. I was so disappointed that she wanted to buy some liquor after I had worked with her so hard. So, I went upstairs and talked to God.

I said, "I'm trying to help others, but I need help myself. I need help myself, God! I mean business!" I cried.

I went to the public library and looked around for a while and found nothing. I didn't know why I had come there. But when I tried to leave, I couldn't go out the door. I was blocked. I went back to the desk and said, "Do you have anything on yoga or yogi?" I didn't know what yoga or yogi was. The librarian gave a book by an Englishman. In the book he described a yogi who sat in front of a cave and the yogi was "glowing."

I said to myself, "That's what I want to do. I want to glow."



New York 1940

That day I went to my son's school to attend a sale. I went everywhere at the sale but was always drawn back to a swan dish. So, I decided to buy the swan dish for ten cents. Later my son, Charles, and his friend were playing with a ball and it landed right on the swan dish smashing it. Somehow this event seemed significant to me.

As I was discussing this with someone, a friend said to me, "If you are interested in yoga, then you should read [Autobiography of a Yogi](#)." I read Master's Autobiography and I realized that it was the answer to my prayer of a few days earlier.



Some of the SRF students who attended the SRF Summer Class Series in Los Angeles in July. This group came from twenty-two states outside of California and from three foreign countries. July 1961 Self-Realization Magazine

1961 SRF Summer Class Series
Alberta is 3rd row, 2nd from the right.

I received the SRF Lessons and a letter from Daya Mata, dated May 10, 1960. After studying lesson eight of the SRF Lessons, I went to California. My young son, Charles, and I went to Disneyland and other entertaining places. I took Charles to the beach and I couldn't get him out of the ocean. I had an appointment with Daya Mata, but he did not want to leave the ocean. I turned red from the sun and didn't have time to wash the salt out of my hair. So, I bought a white hat to cover my hair and we finally made our appointment with Daya Mata.

She came down the elevator dressed in yellow silk, straight, tall, and beautiful. Charles was sitting on the side as we talked. She talked about Arjuna and a lot of things. Finally, she said, "You'll have to fight, you know."

Charles asked Daya Mata if he could take her picture. And she consented even though it was a toy camera. She asked me to stay for dinner, but I told her we had to catch a train back home. One of the monastics drove us to the station.

The next summer I went to the 1961 Summer Class Series at the Hollywood Temple. I was studying and reviewing all the techniques. I took Kriya initiation at the Mother Center during this time on July 28, 1961.

I stayed in a rooming house on the same street as the Hollywood Temple. I was in the garden there at the Temple at the end of the week. One of the Sisters was watering flowers as I lit a cigarette. At this point the Sister took the opportunity to not only water the flowers but also to water me! It was not long after this experience that I stopped smoking.

The most important bit of advice I can give is to "Stay Happy!"



Son, Charles, Alberta, and Gene
