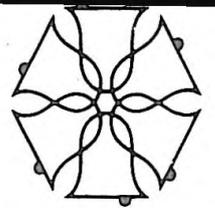


new horizons in living from...



NOVEMBER, 1970

50¢

CHIMES

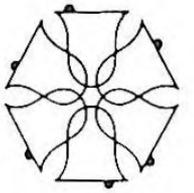




THAT DISEASE can be worsened or improved by the mental attitude of the patient is recognized by every healer, psychiatrist, psychologist or practitioner of psychosomatic methods. The influence of a cheerful nurse, member of the family or optimistic friend is generally considered at least beneficial in expediting a healing. The healer who can assure his patient that he is not going to die can sometimes stave off the last enemy. All of this is so well recognized as to convince the casual observer that thinking has a lot to do with the recovery of the sick. But that thinking may have caused the sickness in the first place is far more rarely recognized, and it is my province to show that thought alone originates disease.

WHO SAID IT ?

(for the answer, see page 50)



CHIMES

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29th year of continuous publication — Edited with the inspiration of Spirit

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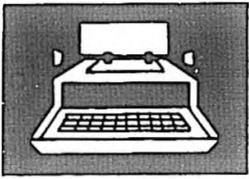
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— FROM THE COVER —

A quiet light in the Hoh Rainforest, Olympic National Park, Washington
Photography courtesy of David Muench, Santa Barbara, California



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LETTERS TO THE EDITORS

INNER TEACHINGS – The Inner Teachings lessons you have made available through Chimes from the Great White Brotherhood indeed are an inspirational treasure to me. They really brought me through a bad situation that occurred a week ago. Now I find the more I study and meditate on these lessons, the easier I find it to handle such situations. Thanks be to God . . . and bless you all.

Mrs. LeRoy A. Ritter, Oklahoma City, OK

(Indeed these lessons have been a blessing to the many souls who have started them. Some can go only so far in the lessons, however, as that is all they are ready for, but those who can travel a further distance find many truths revealed to them about life and their own personal problems that long have perplexed and troubled them. So it is still a case of being for "those who have eyes that will see".)

HELP FROM SPIRIT – I enjoy Chimes immensely . . . and it certainly helped me in my bereavement in 1968. I was able to contact a loved one at once on the "other side", and he was able to give me a few instructions that helped me when I went into shock. I have begun to know since then that this side and the other side really are "all together" . . . that by our own ESP we can contact those on the other side "at will" just as we contact our friends here by phone. Blessings from,

Mrs. Perry J. Muller, Macon, GA

(If we wait until we go into shock when such a loss occurs, it certainly does take somewhat longer to learn what we need to know. Like preparing for a trip we plan to take, we should learn something about that journey that lies ahead of ALL of us before we set out. There are so many lectures, group meetings, and wonderful lessons and books available now that only those with closed minds would say there is no opportunity to learn the truth about the life after this one. You cannot be one of those people or you would not be reading Chimes, but you can help someone else you feel is ready to learn by passing on something that has helped you . . . even a copy of Chimes might do it.)

FOR SHUT-INS TOO – I bless the day I got hold of Chimes, as I am shut in most of the time and I find it a wonderful friend. You people have my prayers every day that through you much good will befall the world.

Mrs. B. E. Newman, Montgomery, AL

(EACH of us is a channel for good by how we use our thoughts – whether we be young or old in years, whether in this world or in the next, regardless of appearance, family,

culture, education or whatever we think we possess. We do possess the ability to think, to ask for God's guidance.)

KEEPING IN TOUCH – I've stood it just as long as possible in not receiving Chimes, and even now I should not be renewing Chimes because of illness and huge medical expenses. But we will do without something else to make up for it in order to have Chimes.

The article in the Jul/Aug. issue on "The Children of the New Race" made me realize that I've got to keep in touch. I have two grandsons who are of that Race. I am ordering some extra copies of that issue to send to interested people. I know that I too am in training for that New Race – whether I be here or on the other side. Sincerely your friend,

John D. Zepernick, Winona, OH

(We ALL are in training – if only we knew it!)

A NEW FAMILY – To all you wonderful people of Chimes I send my love for the spreading of Truth we so much need in these times. I am of the Mark Age family due to the first issue of Chimes in which I learned about it. All features in Chimes are most enlightening, but I especially enjoy the articles on Spirit communication. With love from,

Ernestine Fikes, Bay City, TX

(Chimes and Mark Age have found many mutual friends through the teachings, our association, and exchange of services. Chimes now handles the complete line of Mark Age books, among which are the new hard cover editions "Mark Age Period and Program" and "How to Do All Things" – both jewels of New Age truths and inspirational guidance destined to become much talked about and widely referred to throughout the world in time soon to come.)

AN INVESTMENT – It is with great pleasure that we invest \$5.00 in a renewal of our subscription to Chimes. We discovered it only a year ago, and our lives have been enriched ever since by it. Chimes brings much enlightenment and enjoyment to many thousands. The dedication, spirituality and love of humanity of its workers shines through its pages. May God richly bless you all. Sincerely,

Rev. Philip M. Powell (The Desert Prophet), Barstow, CA

(Rev. Powell, editor of "The Remoter", a newspaper type monthly, includes many astounding prophecies in his publication which Chimes has quoted from time to time. For those interested in learning more about Rev. Powell's predictions, see page 47 for his mailing address.)

“ . . . and yet always we should remember that to die is as natural as being born . . . ”

Healing for the Bereaved

By Gordon Sadler

from "The Spiritual Healer"

THOSE WHO SUFFER bereavement find themselves affected in many different ways, and how to mitigate the grief of the loss of wife, husband or loved one, is a question which cannot be answered easily. Yet it has to be faced by every man and woman in every generation, for it is as inevitable as the changing seasons.

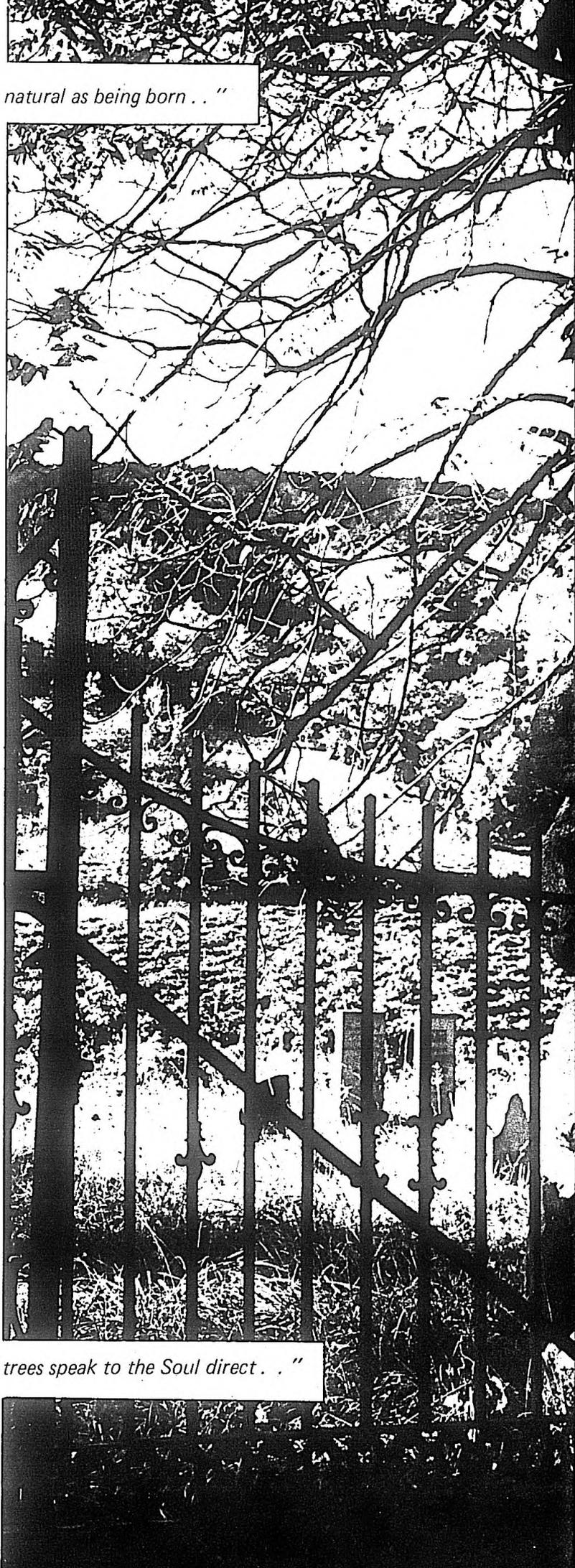
The distress, anguish and frustration of bereavement call for that comfort and consolation which even the best friends and neighbors feel helpless to offer. Real help more often comes through the mind or spirit rather than from channels of material diversion. Bereavement produces a state of grief which dulls the senses into unreality or disbelief . . . a situation more likely to respond to spiritual healing than to the tranquilizing effects of medicine. For, in the sadness of the hour, the soul craves that love and compassion which flows so freely from the sanctuary.

Social workers among those who are bereaved favor the practical steps of a change in domestic surroundings — or even employment — yet though such changes might alleviate the tension of that time, they do not provide the complete answer to the problem of recovery. Clearly, those with an interest in worldly affairs, who have access to the beauties of nature, or are blessed with cheerful companions, are better equipped to overcome grief than those who are lonely or restricted. But however the day is spent, night does bring solitude with its picture gallery of memories, when the lonely spirit prays for the gentleness of healing, and for that harmony which brings relaxation and repose.

It is here — as the writer himself has discovered — that the wonder of *healing* becomes manifest, and, even in the unhappiness of bereavement there emerges new hope and inspiration. Belief in an after-life and the conviction of ultimate spiritual reunion stimulate a return to normal health. This attunement marks the commencement of the healing phase, and is a first step towards regeneration and the slow progress towards recovery.

“ . . . and all trees speak to the Soul direct . . . ”

(continued on page 17)



Q. *Who is the master called Sananda?*

A. Sananda is the high Self name, the Christ Self name, the spiritual name of the Prince of the planet Earth, who is our spiritual leader. He has taken up incarnation on Earth many times to lead and to guide us in spiritual ways of truth. To do this he used many pathways, for he came as Moses to the Hebrews, Buddha to the Orientals, Socrates to the philosophers, and many others. His last and best demonstration on Earth was 2000 years ago when he was known by many as Jesus of Nazareth. He is guiding us now from the etheric realms and will return to work among us as we go into our next evolutionary step forward around the end of this century.

(Send for the long lost *Second Book of Acts* from Chimes which gives details of the above.)

Q. *I have the feeling my math teacher must come from another planet. Can you explain this?*

A. Each person radiates his or her Soul record at all times, and though it takes a psychic to read that record, all are capable of receiving at least a feeling about that person. Remember too that all of us have lived on other planets. As all of us begin to have our psychic abilities opened more and more during the rest of this century we will be able to tell more about others, and no one will be able to fool another as to his true nature.

*Write Youth
Division of
Mark-Age % Chimes.*

Verily, youth is not limited to the youth, for youth is an ideal that has no bounds. — *Anonymous*

The veil is rent and no longer can a secret be kept from anyone. Although the deed may not always be known, the level of thought and tendency is apparent to all. — *Graybeard*

Q. *What do you think about using hypnotism to develop E. S. P.?*

A. We neither use nor recommend it for any spiritual purpose. While it is apparent that medical usage of this occult or mental power has produced some benefits, we feel that the same results could have been obtained through other methods. The main thing against it is that it allows one person to control the mind of another and this is never spiritually correct. It could also lead to possible harmful effects to both parties involved.

No man has the power to harm another without the consent of the one being hurt. This is one of God's laws. This does not mean we consciously seek or desire hurt. But subconsciously, in a karmic sense, we are putting ourselves in a position where we can be and are abused, destroyed or tested.

Youth In Action is prepared especially for Chimes by the Mark-Age Youth Division.

All the colors of the rainbow,
All the colors of love.
All the colors of the rainbow,
All on Earth as above.

All the colors of the rainbow
From the one Light appears.
All the colors of the rainbow
For the one who hears.

The power of blue,
The wisdom of yellow,
The love of pink,
The completeness of crystal,
The healing of green,
The transmuting of violet,
The peace of gold.

— *Joy El Ma*

I shall build my temple from the Earth, of human heritage, spirit and individuality, and these shall blend into a unique place for living.

I shall do this with the plastic use of shapes, colors, textures, all the Earth materials and the technical advances of man.

I shall not be limited by past patterns of thought or deed. This will give me infinite possibilities limited only by my own imagination, which I shall use to its fullest degree.

It shall be beautiful and functional, for does not function add more so to beauty? This shall be a temple that is greater than all of its parts, for all of its parts as a unit shall be fully dedicated to that which is of Spirit residing there.

I shall keep this temple vibrant so that all who visit it shall have their senses enlivened and their perception stimulated.

My temple shall be consecrated if it awakens but one other to his own creativity, and another temple of light and love begins.

— *George Warren, Miami, FL*

"Do you realize," Colonel Frank Borman said to his Apollo 8 crew, "that there will be more than one billion people watching us on Christmas eve? What can we do that's special?"

From the first, reading Genesis seemed right, and as they made their last turn into the dark they read the timely verses and thought they had completed that part of their mission.

When they returned to Earth they discovered that not everyone agreed with their reading from Genesis. One woman in particular began a campaign to prohibit astronauts from expressing their views in this way. She did have a certain following, because they received 34 letters of complaint.

But it was interesting that there were almost 100,000 other letters from people who found the Genesis reading very meaningful indeed. The timing was perfect. Perhaps indeed the Earth is just coming out of darkness into a new kind of creation.

* * *

— the royal blue stone associated with mysteries of ancient Egypt and the priesthood. It is often found with white or pyrite gold flecks to give it the look of the night sky. The commandments are purported to have been "written" on tablets of lapis lazuli. Many ancient artifacts such as beads, talismans, etc. were found made of this stone.

It has been said the stone aids in strengthening the body. That is so, as it works strongly on and with the blood which is constantly feeding and cleansing the body. It has been said that it is an aid to meditation. That is so, as it works very strongly on and with the pineal gland, which is the physical mechanism of the all-seeing or third eye.

— *Jo-el of Mark-Age*

The Idea of Tithing

EVERY SOUL seeking *true abundance* must know certain twin laws. Life's full service cannot be performed until you are in a position to give on every plane of being. When you enter MASTERSHIP you must be equipped to solve every problem that may be presented to you, as Jesus was. Some of the problems can be solved only by having a medium of the world's supply available.

The measure of a truly spiritual person today is not the measure that was used in by-gone ages. Poverty is no longer a proof of a saint; poverty was just one of the lessons the growing Souls of men had to encounter, make peace with, and then overcome.

There are in embodiment on Earth today thousands, perhaps tens of thousands, who in previous life experiences lived through a life of poverty, self-abnegation and utter dependence on the bounty of the passer-by. Many of these proved their right to the sainthood of that day. Today these Souls have another lesson to learn. Selflessly they must prepare to handle vast sums which are given to them SOLELY for the blessing of humankind. Such Souls will have learned the beauty of simplicity; luxury — as the world knows it — is not for them. Living to SERVE mankind (and ONLY for this purpose so far as they know), the coffers of men containing money and supplies will be opened to them. With a lavish hand, symbolic of the hand of God, they will dot the world with fully-staffed new re-educational institutions where THE LAWS OF GOD can be learned as man must know these laws today.

THE TRUE LAWS

Gently, slowly, but surely the true laws of such abundance are taught those who selflessly seek to know how to serve God. The laws by the use of which Divine Abundance comes are as exact as the laws by which money comes to those who still work, live and think in terms of money. In principle of operation they are entirely opposite to each other.

The law of the world by which much money comes is: TAKE! TAKE! TAKE! Crush! Oppress! Cheat! Make sharp bargains! The law of Divine Abundance, however, is: GIVE! GIVE! GIVE! Give until you have balanced by your giving all that you have unjustly taken while a "citizen of the world". Sometimes it takes years — even a lifetime — to strike the balance. When the balance has been struck money no longer means 'MONEY' in capital letters; it becomes merely a "medium of exchange".

When the time for REPAYMENT comes how the Soul tries to cling to what it has! Yet how the inexorable laws of God take, and take and take until nothing is left. If in the adjustment process DIVINE FAITH has been learned, the new life soon becomes as interesting as the old, but if DESPAIR seizes the mind, how the Soul suffers! How it seeks ways and means of again "making money"! A little comes after a long struggle; the hands of God again gently take it from the hands of that one who now must AWAKEN. Again and again the lesson is taught until FINALLY, when no other path seems open, the Soul turns to God, humbly, saying: "*You win. What must I do now?*"

A NEW OPPORTUNITY

Man's extremity is always God's opportunity! God's voice gives the answer: "TRUST. I will give you always that daily bread which you have truly earned; from now on the world of business is no longer your paymaster. I am!" From then on the Soul that has had at its command possibly thousands, even millions, of dollars must learn to live day by day, until FULL TRUST is learned. How difficult the lesson sometimes is! How the mind wants to wander back to the old way! But each time it does, the same result comes; some money is made perhaps . . . but it melts away again leaving "emptiness".

To a Soul in that level of evolution frequently comes the suggestion: "Tithe!" It answers: "Tithe? How can I, when I have scarcely enough for myself?" In disgust it leaves that center of spiritual knowledge, or church, or group, where such advice is given, and tries another. Again comes the suggestion: "Tithe! Tithe if you would know the fullness of Divine Supply!" All doors to the former overflowing supply of money seemingly are blocked, and the Soul finally thinks: "All right, I will tithe. I'll give it a trial. If it works, good; if it doesn't I can stop again."

Now interesting events occur. The sincere, purged Soul soon finds that the nine-tenths left goes farther than the ten-tenths once did. Life has a lovely way of sending or bringing in SURPRISES through the hands



of others who also love and serve the great Father-Mother Presence. To the one not yet cleansed of the desire to "make money", tithing brings quite other experiences. Such a Soul finally declares: "It doesn't work! I have faithfully given my tithe for three months, and nothing has happened. I haven't made any more money than I made before I tithed. I am going to drop the farce."

For such a Soul – tithing for such a purpose – is a farce. "Let go of the thought of making money!" This is a severe lesson that must be impressed upon that human mind again. More losses occur; more suffering; more despair. Finally the DEPTHS are reached. There is nothing more – really no way left to go but to God, so the Soul turns to God in deep humility. Then there is rejoicing in "heaven" – in the consciousness of those in the inner worlds who have watched the Soul lesson of the ages being taught over and over again – for here is another prodigal son come home! Another Soul truly enters the "father's house" – that Divine Center of Consciousness WITHIN where contact with the INNER begins.

THE WAY OF ABUNDANCE

You have heard it said many times that *the way to have is to give*. THIS IS A SPIRITUAL LAW. Yet there are ramifications with which we should be familiar. It is certainly not true that all giving leads to abundance. The fact is there are many types of giving that lead to extreme poverty. Only one type of giving leads to abundance, that is GOD-GIVING. God-giving may be defined as that giving *which results in an increase of spiritual power in the world*.

Tithing, properly done, is God-giving; improperly done, it is useless, as it holds no real blessing for the giver and very little for the receiver of the tithe.

Tithing was established firstly, so that those endowed with spiritual power might have a source from which material needs could be supplied, and secondly, so that a seeker could find God and abundance. Many organizations the world over have tithing as one of the tenets of faith. Only those endowed with a strong spiritual power which changes

lives are able to draw abundance into their works through this law. Those weak in spiritual works sometimes enforce tithing through church law. Such churches may prosper financially, but NOT IN INCREASE OF SPIRITUAL POWER. The law of LOVE is an important factor in tithing. Tithing, to be spiritually effective, cannot be forced, but must come from an up-welling love. This love, to be of highest effect in drawing abundance, must be impersonal and universal in nature. Therefore tithes given to an organization because the head of such organization has an appealing personality are not spiritually effective.

Each Soul, however, must begin tithing with whatever consciousness is at present indwelling, KNOWING that with the passing of days and the acquiring of wisdom, tithing and the WORKS that go with tithing are increased in power and in scope.

TITHING, to be of highest effectiveness, should be *four-fold*:

1. A tithing of one's leisure TIME to spiritual works or groups organized for the spreading of Light.
2. A tithing of one's RESOURCES. (It is always wise to TEST the spiritual power of the organization selected before this is done.)
3. A tithing of one's own SERVICES, as well as the services of one's employees.
4. A tithing of one's INCOME.

Tithing definitely is not tithing until the *thought or feeling* that the leisure time, resources, services and income being given to an organization are replaced by the knowledge that one is GIVING THESE TO GOD. All should be given impersonally to that impersonal Living Presence for its use through its agents and agencies in recreating the world of today into the more glorious world of tomorrow. Those receiving tithes in turn tithe to other like-minded agencies.

This, and this only, is TITHING in the highest sense of the word. Tithing in that HIGHEST sense will bring true abundance as an over-flowing return. Such tithing is from the awakened SPIRIT of God within the individual. When the "mind" tithes, it limits the spirit and nature of its tithe, and consequently limits the inflow. When the "mind" tithes it asks for receipts to show the money tithed!

God's abundance is not of the same nature as man's human idea of abundance. God's abundance

(concluded on page 48)

— UNIVERSAL SCIENCE —

By Marlin W. Travis

PART X. (conclusion)

Albuquerque, New Mexico

IF YOU WILL inject the truths of these lessons strongly into your consciousness, their ruggedness will affect throughout your entire life. You can have any GOOD thing you want if you apply the principles of Universal Science. You have now discovered through these lessons a wonderful new light that no longer makes you feel afraid, uncertain and worried. If you have turned firmly away from mistaken concepts and accepted the truth principle that Divine power is the answer to your every need, then you have taken a giant step toward the source of abundant supply. Believe that and your spirit will be lifted out of apprehension into confidence . . . the radiant, inspired, purposeful confidence that others will admire in you but too few possess. The magnetic, gracious personality is one warmed by the presence of truth principles ever strong and evident. One need not worry about making friends or holding friendship if the inner light of Universal Science principles shines through from within.

ACCENTUATE THE POSITIVE

Make a firm habit to have the positive vibration the strongest force within. In working out a problem the Universal Science way, get the feel of a need and feel its living positiveness and even its presence — then let it work out naturally and do not disturb it. The desire alone will bring it to pass if it is allowed to work itself out naturally and normally.

MEETING YOUR NEEDS

It is true that you will have moments when you will become discouraged and wonder if you are making the progress in your studies that you desire to accomplish. In the olden days when men wore armor, the shield was used to protect the heart. As a symbol and center of life the heart must be guarded from attack. We must, therefore, keep the heart sturdy with faith. All we need to do is do our part, live right, and have faith, then Divine Spirit will see that all of our needs are supplied. God's source of abundant supply is there and with faith that very source of supply will provide us with all of our needs . . . needs of the mind, of the soul and of the spirit. All material needs are realized in great proportion when the proper laws are obeyed.

ENOUGH FOR ALL

A secretary once told me that her employer flew into a rage whenever he failed to come up with an idea that could clarify his journalistic articles. There were three men also in his employ who never failed to supply the needed words or ideas when their opinion was sought — due to the fact that they did not harbor negative attitudes but allowed their minds to be free and an open channel for Divine Intelligence to work through. One need never be at a loss for new ideas to better his or her work, if the principles of Universal Science are applied.

GARDEN CAREFULLY

Our spirit thrives and grows, like the rose bush in the garden, on alertness, patience, joy, positiveness, faith, confidence and Divine Love. It is fine to devote time caring for the bloom on the bush, but we must also give attention to the roots, for a strong, life-giving foundation. Keep the roots of the spirit FREE of wrong thinking and limited ideas. When we are tense and fearful, it stops the direct flow of Divine Wisdom.

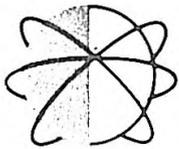
SOWING AND REAPING

The successful people are those who have learned HOW to free themselves of conflicting vibrations that only upset them as channels for Divine Wisdom and Intelligence to flow through. TO RECOGNIZE THAT FACT IS TO INCREASE YOUR TRUST IN IT. When you get to the place where unconsciously you trust Divine Wisdom to work out your problems . . . then you need never worry about the form they take when they arrive to enrich you.

YOUR BOUNTIFUL HARVEST

Your supply of ideas, as well as all other needs, will be abundant if you work, think, act and move in harmony with Universal Science truths. Each time you gain a firmer hold on your thoughts, that act will become a fixed habit, and after a while you will have full command of your situation, outlook and

(concluded on page 43)



PORTRAIT FROM BEYOND

By Gertrude Naugler
San Rafael, California

AFTER THE PASSING of her sister, Ruth, in April of 1964, Mary Arsenian became my friend. Mary often expressed a desire for proof of her sister's survival. Little did I think I could help her, but on the afternoon of June 23rd, while resting, I was watching pictures appear against my closed eyelids. Like many people, I have seen these since childhood. Landscapes, buildings, beautiful designs, or strange faces come into view, sometimes shadowy, sometimes with brilliant clarity. That day a lovely face suddenly appeared, clear and in full color, a dark-haired girl in her late twenties.

Who was she? I rejected the thought of Ruth, for this girl did not resemble Mary. She did not look to me like an Armenian, and seemed far too young. She had a fair complexion and fine features, with a small delicately curving nose and slightly high cheekbones. Her face, radiantly clear in color, like a portrait lighted from behind, remained just long enough to be carefully examined.

That night, after attending an affair in San Francisco, Mary and I sat in my car outside her suburban home, chatting. Suddenly I said impulsively, "Mary, tell me what Ruth looked like." In answer she reached into her pocketbook and handed me a snapshot. Even in the dim car light I saw instantly that this girl of my vision, posed differently, not as clear as I had seen her, and in black and white, unmistakably was the same girl.

As I described the vision, Mary, delighted, confirmed every detail. "Most people don't realize," she explained, "that some Armenians have fair skin and delicate features."

Finally I said, "Mary, your sister died in her late fifties. I wonder why she showed herself to me as a girl of about twenty-seven."

"I can tell you why," she replied. "Ruth was exactly twenty-seven when this picture was taken—the picture I carry with me everywhere."

o

To get, we must give

To accumulate, we must scatter

To make ourselves happy, we must make others happy;

And in order to become spiritually vigorous, we must seek the spiritual good of others.

— From the Bulletin of the San Dieguito Chapter of AARP

THE VALUE OF GRATITUDE

By Dr. Joseph Murphy
Beverly Hills, California

GRATITUDE KEEPS YOU in tune with the Infinite and connected with the creative law. The value of gratitude does not consist purely in drawing to you many blessings. You must remember that without the thankful heart you become dissatisfied and disgruntled regarding your present condition and circumstances.

If you fix your attention on poverty, lack, loneliness, squalor, meanness, and the difficulties and problems of the world, your mind takes the form of all these things, based upon the law that, that to which you give attention, you also experience.

Remember, if you allow your mind to dwell on lack and limitation you will surround yourself with misery and inferior things.

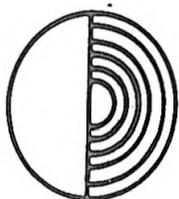
Fix your attention on the highest and the best in life, and you will experience and surround yourself similarly with the highest and best of everything in life.

The creative law of your subconscious mind makes you into image and likeness of that which you contemplate. Actually, you become what you contemplate. The grateful man continually and invariably expects the good things of life and his expectation inevitably takes material form.

It is necessary and essential to adopt the habit of being grateful for all the good you receive. In other words, *give thanks continually!*

o

(How much a part your expression of appreciation can mean in maintaining and increasing all forms of abundance you desire, Dr. Murphy will give you in full detail in his book, *Your Infinite Power to Be Rich*, available in both hard cover and paperback editions from Chimes.



excerpts from world news centers

PSYCHIC DIGEST

PRAYER CURES CANCER

NOT MANY PEOPLE know that Virginia Graham's success in her famous TV "Girl Talk" show came after she licked terminal cancer and made medical history. Her doctor explained the 'miracle' Virginia experienced in these words: "She purified her blood stream with her thoughts." Actually, this came about as a result of Virginia's fervent prayers when she KNEW she would be healed and would live. "I have a surviving point of view," she claims. "I am not interested in sinking or floating." This love of life communicates itself and is probably one of the reasons her new TV show is climbing to the top.

NOTHING IS LOST

ARGUING THE CASE for reincarnation in *Astroview*, Katherine Q. Spencer sees it this way: Anyone conversant with the cycles of history and who follows the daily news must be aware that we stand on the threshold of a new age and probably face some sort of ravaging Armageddon before that age begins. It should be a comforting thought to feel that the fruits of this civilization are not to be lost in their entirety, but that instead they will form the background for still better and brighter developments to come in the centuries ahead.

ASTROLOGY'S SURGING POPULARITY

ACCORDING TO Aja K. Sinha in *The Astrological Magazine* of Bangalore, India, the West is witnessing a dramatic revival of interest in astrology. The *Sunday Times* in Britain estimates that over two-thirds of Britain's adults read their horoscopes. Of these about a fifth – or seven million – take them seriously. It is also estimated that over a third of the adult British public believes in fortune-telling and nearly half in telepathy. In the United States, 1,200 out of 1,750 dailies carry horoscope columns. One magazine publisher put out some thirty separate horoscope magazines, of which it sold eight million copies of the purse-size edition in 1968. Today the finest bookstores in any town have racks reserved for books on astrology, metaphysics and the occult. In Canada the story is much the same. In the October, 1969 issue of *Maclean's Magazine* Robert Thomas Allen writes: "Canadians are going in for what is probably the biggest revival of astrology since the fall of Babylon . . . Nobody even looks at you out of the corner of an eye now if you say your Moon is in Pisces. Horoscopes now appear regularly in most women's magazines, like recipes or fashions. A course in astrology packed night classes at Centennial College of Applied Arts and Technology in Toronto last fall.

Astrology, the Westerners believe, offers the lost individual – the unknown face in a nameless crowd – a chance of self-recognition, a chance to achieve personal identity and meaning. A 22-year-old Boston girl put her finger on this point when she said: "Astrology is a very personal tying of the individual to the universe. Science led us away from God and now science (meaning astrology) will bring us back."

REMOVING DEATH'S STING

IN THE WORLD of today when the tragedy of a third world war threatens so direly, it is more than ever important that all intelligent people should bestir themselves to try and learn and understand at least something of these wonders that God has given to humanity. Knowledge of psychic laws and facts . . . offer us confidence and courage to face whatever happens, whether it is death or life. The certainty provided by this knowledge draws out the sting from death. — Margery Lawrence writing in *Two Worlds*

TRANSFORMING MIND

THE SPOKEN WORD has power in prayer, chants, or Psalms. Your mind . . . in the cavern of the skull . . . is the "starting fluid" that starts the transformation within your Temple. Breathing exercises for your lungs and diaphragm truly are the bellows that awaken the lighter-fluid for your Torch. — From Michael Petrie in *Search* magazine

LESSONS FOR STUDENTS

HOW TO ACQUIRE PSYCHIC ENERGY PART III.

EVERYONE should woo inspiration. People in the creative arts and professions know well that their success depends upon the quality and often the quantity of high-grade product they turn out. For this, blood, sweat and tears are not enough. They must have inspiration and they seek it, often in strange ways. But a mother dealing with small children, a husband with an overworked and high-strung wife, an executive negotiating with workers, all need the inspired direction that comes from the higher mental and emotional contacts made possible through psychic energy.

It is an oversimplification to say that inspiration comes from God or the Cosmic. Of course it does. But so do sunshine and rainfall and life and spirit and love and enthusiasm and everything else of which we are aware. We can pin-point the origins of inspiration much closer than that. The simplest is by coming into mental attunement with one or two other persons who are working on the same problem or in the same field as you are. Sometimes both parties are in full possession of all the necessary knowledge and need only a certain amount of mutual — but not consciously realized — effort to coordinate this knowledge into presentable form. A recent example of this was the almost simultaneous submission by two different writers of a magazine article on exactly the same subject. One writer lived in Maine and the other in Ohio. They were unknown to each other and had never met, yet both wrote of the same occurrence that had taken place in Pennsylvania over 100 years ago.

The story they wrote was based upon information, court records and such that have been available since the happening. There was no recent public announcement that might have captured their attention. Both are professional writers. Both were seeking an unusual article. Each one independently of the other recalled hearing something in the past about this crime and each ran it down in his own way. Yet the stories were written at almost the same time and about the same incident.

In the broader sense of the word both writers were inspired. But whether A picked up the idea from B, or B from A will never be known. There is also the possibility, and a very real one, that both A and B tuned in on a third party who had the original idea but never took the time to write it out. This type of "inspiration" is elementary and occurs quite

frequently, sometimes to the embarrassment of the parties involved who are suspected of having copied or stolen from each other.

A second type of inspiration occurs when one tunes in on a powerful thought form generated in the past by an individual or group. This is most easily recognized in the work of a writer, composer or painter, in which case critics say politely if somewhat cynically that the artist has been "influenced" by the work of the master who lived many years before. I know of one writer who feels a close affinity to Lord Byron and believes that Byron's thoughts influence much of what he writes. But this type of inspiration is also recognized in the political and economic fields. We have, to date, suffered from the ideas of a long succession of powerful men who were convinced the path to world peace lay through world conquest. None admitted even to themselves that they sought world dominion for self-aggrandizement but proclaimed loudly that world peace was their sole objective. This kind of inspiration we can do without, but it exists!

The inspiration you should seek comes from a higher source. There is a whole world of wonderful new ideas, melodies, pictures and techniques available to all on the next higher psychic level. It has been called the "rain cloud of knowable things." These are the ideas that are so close to human realization that almost anyone can tap them with but little effort.

Teilhard de Chardin proposes that man has just now come — along the evolutionary process — to the brink of an enormous expansion in human consciousness. He is right. The development of our awareness is such that we are now ready for these "gifts" as they have been called. But those who will find them first and benefit most are the seekers, the ones like yourself who employ psychic energy to raise their conscious understanding to the slightly higher level where these ideas may be contacted. There one may awaken (so to speak) to that which is on the verge of precipitation into human thinking, life and circumstances. Once the contact has been made and the seeker has been entrusted with this inspiration, he then has the responsibility to handle himself so that he may become a proper guardian of this treasure and bring it into physical manifestation.

Psychic Energy: How to Change Desires Into Reality by Joseph J. Weed explains much more about how this inspirational flow works through the use of psychic energy — a Chimes book.

HOW DO YOU PRAY?

PREPARATION OF MIND FOR THE NEW AGE

A message received in prayer March 4, 1970: "The setup for the New Age can be considered by all Light Workers as being in force now."

Paul, the Apostle

1. Think of yourselves as living in a new society of love, goodwill, justice, and peace. This will help offset present distressing conditions in your society.
2. Think of yourselves as illumined at ALL TIMES — not just for the moment as is usually the case.
3. Think of the new order as free from racial strife, injustices and imperfections as we know them now.
4. Change the image of yourself from what you appear to be now to what you want yourself truly to be in the New Age.
5. Think of sex as an exchange of energy, primarily, between male and female. The male body is basically of positive polarity; the female body is basically of negative polarity. Each male and each female has seven chakras. Energy exchange is by physical and/or mental contact of these chakras.
6. Think of yourself as clairvoyant and clairaudient.
7. Think of yourself as an eternal being.
8. Think of yourself as one with God and man.

— From *Unity Temple* of Glendale, CA

ARE YOUR PRAYERS IGNORED?

Has it been your experience that when you pray your requests seem to fall on deaf ears? Have you wondered why? There seem to be those who have a channel directly to God, while there are those who spend all of their lives without any indication that there is anyone to whom these supplications are known? If this is true of your prayers, perhaps the content of your prayers is such that God cannot in consciousness answer them. Listed below are some of the things that should be considered when praying. The list is by no means complete, but will give you an idea of why prayers can go astray.

1. Are your prayers of a selfish nature?
2. Are you asking for "Status Symbols"?
3. Are your prayers of such a nature that you wish for others to hear your prayers, and so ask for what you think the others would like to hear you pray for?
4. Are your prayers of a contradictory nature? Think of the losers who pray for victory over their opponent. When both pray for victory, can God answer both?
5. Are your prayers of a nature that they would bring harm to another if granted? What would seem good to you might bring harm to another.
6. Would your prayer give you unfair advantage over someone else if granted?
7. Would your prayer violate the freedom of choice of another if granted?
8. Would your prayer remove an opportunity for spiritual growth of another if granted? At times God will place an adversity in our paths so we can learn one or more of the virtues.
Patience, understanding, humility or some other form of spiritual development can come out of an adverse situation. Consider the person who prayed for patience and promptly got a long series of trials and tribulations. The outcome was patience.
9. Would an answer to your prayer violate Cosmic Law? Are you asking for something that would cause chaos in nature, or the solar system, or in the universe?
10. Do you need what you are praying for to grow spiritually, or do you just want it to gratify a desire for something you do not have?
11. Are your prayers for something that would satisfy a weakness of the flesh?

Before making your prayers, think them over, and remove any of these conditions that would render your prayers unacceptable to God. If you will do this, you will find that God is more accessible than you have believed.

God does answer prayers, but do not ask for something that is against His Will. He has plans for all of us. If you will go along with His

There is an art to tuning in

Will, you will have all you need. To him who seeks the Kingdom of Heaven, all else will be added.

These are the thoughts of William W. Westcott of Paradise, California on *why your prayers are ignored*. He helps us to see the unselfish nature of prayer, the depth and breadth of their reach, the unlimited scope of their influence -- in time and space -- and the opportunities they give us for spiritual growth. Whatever the situation of life may be . . . it calls for prayer, it is, in fact, a call to prayer. "God's Love and Intelligence is right there where Life is showing," it has been said. Not only is God your individual life and intelligence, but He is also Universal Intelligence. In your thinking, then, and in your prayers, condition yourself to seeing all things working together for greater good.

Muriel Noyes Gillchrest sees prayer this way in her book, *The Power of Universal Mind*: Work with the idea of being alone with God. Get into a habit of calling upon this Great Intelligence which you meet through your own individualized intelligence. . . . Know that the Spirit, which is Universal, is guiding everything and everyone. If something happens which appears to be contrary to this, it is only coming from some *sense* belief, which will be moved out of the way if you hold to the right thought, "*All things are working together for good.*"

A person, or group, which seems to stand in your way, either will alter their decision or be moved out of the way for something better to take place. You may benefit in an even more effective way, but only if you KNOW the Spirit is Universal. The Spirit is guiding everything and everyone to a favorable result.

If for a long time you thought you had to go to someone else -- another man or woman -- with your problems, you should now be able to understand that being *alone with God* is the better way. If you must lean, why not learn to lean on something unlimited?

Train yourself to come often to the thought, "*God is my spirit, my life, my joy, my supply. God is present with me now.*"

This is always your real need, even though it may appear to be knowledge of what to do about employment, business matters, or family affairs. Turn to your own serenity within and claim God's Presence now!

The Power of Universal Mind is an exciting book that brings you proof positive from a brilliant metaphysicist, Muriel Noyes Gillchrest, that the awesome power of a mighty Universal Mind nestles within you, that this Mind can bring you a satisfying awareness of how to solve all your problems and quickly sense an inner feeling of calm and serene peace that can inspire you the rest of your life -- available from Chimes.

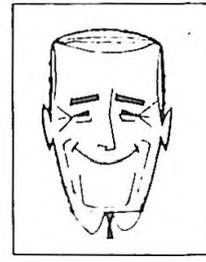
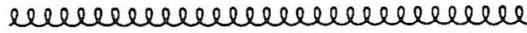
RESPONSE TO PRAYER

Infinite Intelligence is always responsive to earnest prayer when coupled with perfect faith. Although the response may not always reflect our hopes, we can be certain that it is for the best. — Harold G. Hopper





IT'S WHAT THEY SAY



A. Reza Arasteh – In the public situation, this phenomenon of becoming aware of the value, devaluation and instrumentality of the external world may take an even longer time. This process was accelerated in America by the impact of the Oriental and European styles of life, and above all, by the rapid technological and scientific changes within the American society. These have influenced the people, especially the young. There are already signs suggesting that the material culture and comfort will not longer be satisfactory, at least for the awakened youth. The point has been reached for turning inward to explore the inner motives of life, and I consider this a prelude to either the rise of a golden age, or, if there is no opportunity for it to mature, it will lead to the destruction of American culture.

– From *Omeh* magazine

William L. Blessing – We hear a lot these days about how the earth is being all used up and we will not be able to feed the great increase in population that is predicted by the year 2000 A.D. *What they don't understand is that the earth will be renewed, made new*, with a sevenfold increase in solar energy. (Isa.30:26). "We, according to his promise, look for new heavens and a new earth (rejuvenated, renewed) wherein dwelleth righteousness." (II Peter 3:13).

– From the *Blessing Letter* bulletin

Brother Mandus – Truly, if we want to achieve something good, badly enough, there is no sacrifice of time, effort or money too great to make to secure its accomplishment. We are all infinitely greater, infinitely more gifted than we usually believe.

– From *Crusader* magazine

Sri Sivananda – You cannot catch the scent of a rose with a pair of tongs. To grasp peace outside, you should acquire peace within. Only inner realization of unity, or brotherhood and fraternity can find them outside. A man of peace is always peaceful and does not indulge in any sort of violence even against those who (in his opinion) disturb the peace.

– From *The Divine Life* journal

Gladys I. Spearman-Cook – Even if you start off on the wrong road, if your faith is genuine, if your heart is genuine, it cannot help but become righted. Man is the creator; the sponsor of all Truth, of all beauty. As soon as any soul begins to make growth, he creates a thought atmosphere, which begins to change the vibrations.

– From *The Occult Gazette*

Rev. Harold C. Durbin – Many will will go out of this world deeply in spiritual debt. You may leave a Will, and it may sound very good. It may read: "I request all of my just debts paid after my death, and then I bequeath to so and so, such and such." You may even go out of this world physically owing no money, but if you haven't given to your God, you may go out of the world so deeply in debt that it will take another lifetime to pay it.

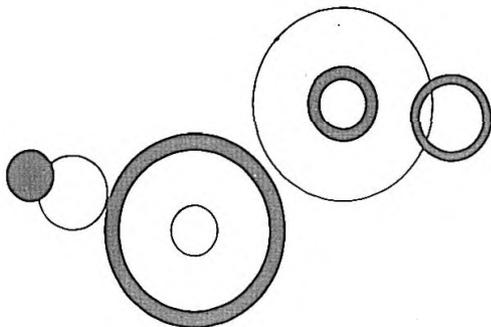
– From *That's What It's All About* newsletter

Julian Silverman – Many religious figures – St. Paul, St. Theresa and George Fox, the founder of the Quakers, for example, have gone through experiences that today would be regarded as full-blown psychoses. But since their personal disharmonies resonated with the society's disharmonies *at that time*, the individuals were valued for their *special insights*.

– From *Psychology Today* magazine

Sananda – You have come to this embodiment to learn valuable lessons. How can you learn a lesson without the trial and error method? Even in your schools on the physical and mundane planes, lessons are usually learned by trial and error and the teacher tells you when and where you have made an error. Therefore, you study your lesson again so that you will not make the same error twice. Is this not so? So it is with your mental and spiritual progression upon the earth plane, and it will be ever so as you progress on up into the Higher echelons of life and life hereafter which all of you will eventually come to know in the years to come.

– From *The Voice of Universarius* magazine



. . . with messages for the searching mind in quest of Truth,
satisfaction for the perplexed, comfort for the sorrowing heart.

IN VIEW OF the seemingly great increase in violence and selfishness, please discuss the Karmic implications of irresponsibility.

THAT'S A TALL order, but I'd like to share some thoughts on it with you. A life of abandonment of responsibility is quite likely an over-reaction to an immediately previous life of excessive and repressive discipline. The highly repressive "morals" of the "Victorian era" existed around the turn of the century and virtually up to the second World War. Those who were deprived of their physical bodies by the bloody combat of both wars would tend to come back with an aversion to war and a haunting question of the value of anything given importance by society.

So much for the probable background of today's confusion. But what of the "fresh" Karma being generated? Though our hearts go out to those who have suffered in past lives, we would do them a great disservice by condoning their irresponsibility. Let it be clearly noted that **SOMEBODY PAYS FOR EVERY ACT OF IRRESPONSIBILITY!** Those who seem to "get away with it" in this life are piling up fresh misery that may be worked out this time, or (heaven forbid) may have to be carried over to the next life. I don't look upon Karma as punishment for past transgressions at all. But it has the role of teacher — if you burned down a Bank of America building to protest something over which the bank's stockholders have no more control than you, then the day must come when you learn the bitter pill of loss (material and financial) either by a similar act upon your goods by another or by what mankind so ghoulishly calls an "act of God." If you learn your lesson quickly, the loss to you need not be nearly so great as the one you inflicted — but if you are slow to learn, the loving Lords of Karma will "pour it on" to make sure. This also gives us a fresh understanding of the Christian idea of REPENTANCE. To be truly repentant is to have digested 95% of your lesson.

Let's close with the happy thought that your present striving and desire to do good is a perfect insurance policy against future "bad Karma". Live happily and enthusiastically and share your LIGHT — then you know *you* will live in the LIGHT, always!

— The foregoing is taken from Dr. Al Manning's "ESP Laboratory Newsletter". Dr. Manning, Director of the ESP Lab in Los Angeles, is also the author of several enlightening books relating to the expansion of man's mind powers upon which articles have been based frequently in Chimes — *Helping Yourself With ESP; The Miraculous Laws of Universal Dynamics; and Helping Yourself With Psycho-Cosmic Power.* Try just one of them . . . we feel you'll be glad you became acquainted with Dr. Manning.

HEALING FOR THE BEREAVED

(continued from page 5)

It is the irrevocability of physical death that shatters the mind of young and old alike, and renders adjustment a long and difficult task. Yet to see death — if possible — as a temporary separation is to remove its sting and to make way to a kind of strength through sorrow, which generates courage and understanding.

Hope, as the hymn says, springs eternal, and the hope of those whose loved ones pass before them into the great unknown, is surely that of the continuity of all life. All branches of nature endorse the belief in the Creator's

purpose, the great universal law which fits all life into a scheme including man.

The natural process of parting from a loved one never can be experienced without sorrow or regret, or without emotion or mental stress. "Man," as the poet says, "must endure his going hence, even as his coming hither," and the fervent hope and consolation remain that this is but a transition, the first step on that mysterious journey into the "undiscovered country." The theme of spiritual immortality has uplifted the souls of men and women of all generations. Like sunshine bursting from a stormy sky, it makes the sadness of bereavement at least endurable.

Healing not only relieves physical pain and discomfort, it soothes the afflicted mind, cheers the spirit, and helps in so many ways to restore health and harmony. There are few disasters comparable with that of bereavement with its disrupting effects on personal life. It will be found helpful to seek *healing* aid in the very early stages before full realization of the loss has taken place.

Healing will bring no miraculous dispersal of natural grief, but there will be felt an inflow of renewed strength, an awareness of the presence of the Great Spirit whose compassionate care directs

(concluded on page 50)

What Kind of a Parent Are You?

AS A PARENT and guardian there is one very important thing you can do . . . *be a pure example to those who chose you as their parent, guardian or friend.* Be sincere, honest and loving and admonish gently but firmly those in your care about their responsibility to their Soul. Express the wisdom you have absorbed. Always be available when they need you. Do not cast them out if they spurn your guidance. Place them in the Circle of God's Love. Be positive and not negative. Permit them the complete freedom of will that you treasure yourself.

Many times you will have to stand by helplessly while they make outstanding errors . . . but BE THERE! At such times they will need your comforting love more than when life runs smoothly for them. Do not forsake them! The Cosmic Beloved does not forsake you in your erring moments.

There are certain lessons which a Soul can learn only through experiencing certain conditions. A Soul born to Earth has chosen this path because of the needs it has which this planet can help it fulfill. Earth, as it now exists, is not a "heavenly" planet, therefore many of the experiences will be trying and difficult, but through these experiences the Soul progresses a little more each time and when it is reborn the next cycle around, it will perhaps have fewer lessons to learn.

Many parents shield their children from the "bad influences"; they protect them from physical harm by repressing them; they lay strict rules and literally "imprison" their charges' thinking that in this way they are providing them with protection from evil influences. . . . The real thinking of many of these parents is parental pride – a pride that is purely selfish and intended to keep their children "models" for the community in order that others will applaud them as exemplary parents. . . . No parent can shield his children. He will grow out of the "nest" and will have to experience whatever his Soul has desire and need to experience. To prevent these experiences from occurring (or at the least, giving them free will to decide whether they will experience certain events) when they should can stunt the Soul growth of the child to such a degree that this life time may be a wasted one for the repressed individual. Full growth requires full experience.

Again we repeat . . . the parents' role is one of EXAMPLE. Too many demand of their children a way of life that they themselves refuse to live by. Do not tamper with the free-will of any individual, with the karmic pattern of anyone in your charge. Teach them carefully, yes. Live by what you teach. Give them love and understanding, but let them live their own experiences so that they may grow in spirit. There will be many bewildering times for some parents to face. Parenthood is not an easy path. If only parents could remember the volume of wisdom that lies in this simple teaching: *Unless a little child touches a flame he will never know the danger and pain of fire.*

HELP OUR YOUTH TO MEDITATE

I CANNOT tell you often enough how important it is for each of you to make greater efforts in gathering together your misguided youth for the purpose of helping them to formulate meditation circles with supervision by one who has deep understanding of the Discipline. Naturally you cannot "force" those who reject your offer, but the majority of these Souls WILL NOT reject but will be eager to practice this safe technique which will bring them in tune with the Cosmic Beloved. In this way they will gain wisdom and insight into the true meaning of life and thus coping with the drama of Earth life will be bearable.

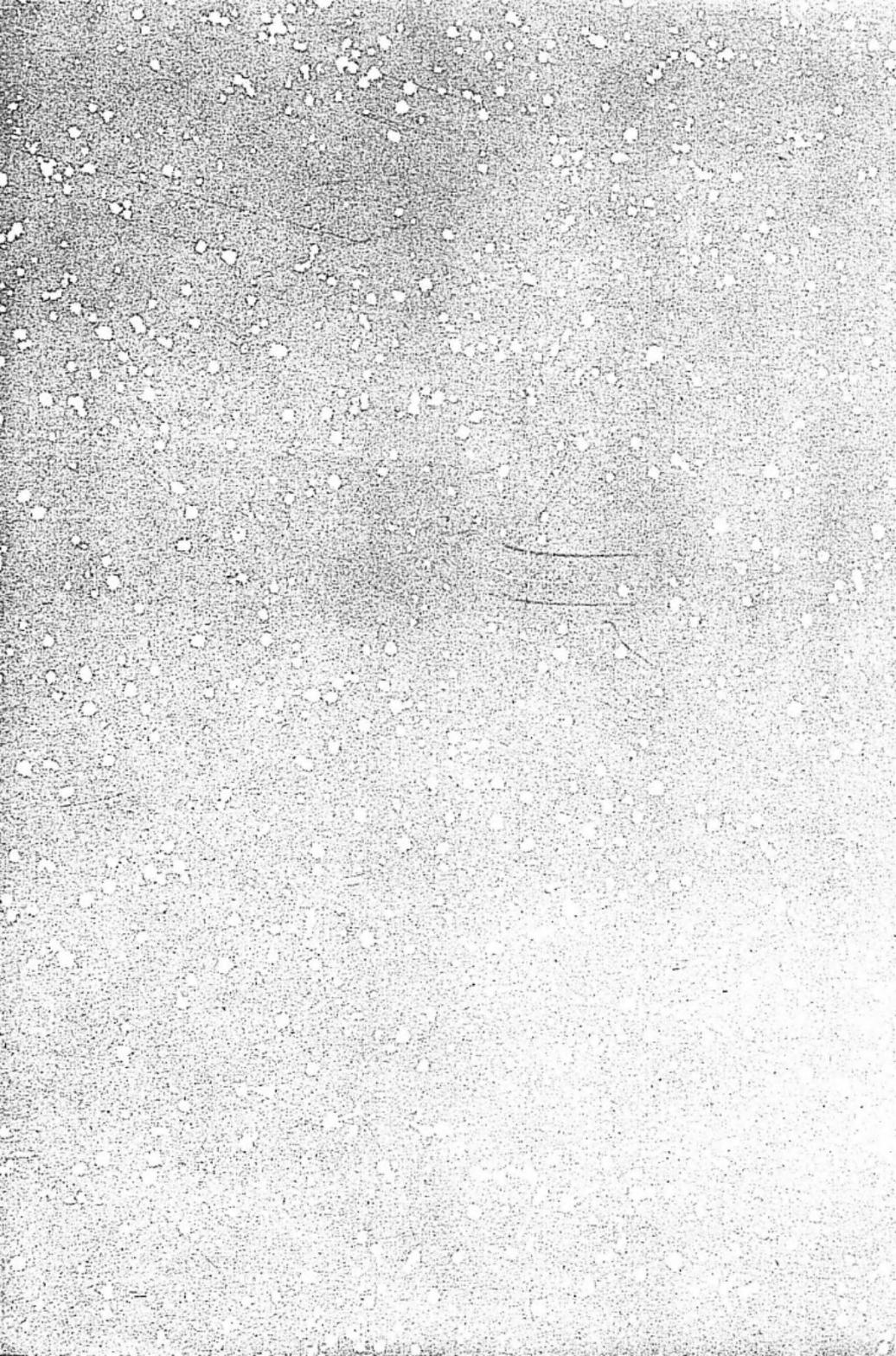
The foregoing are excerpts from The Cosmic Teacher, *New Age Teachings*, Brookfield, MA

THE TEAR-OUT BOOKLETS which are incorporated here have been prepared for group study use by Mark-Age of Miami, Florida. Additional copies of "On Meditation", "Spiritual Discernment", and the current "Let There Be Light" may be secured by writing to Mark-Age MetaCenter, Inc., 327 N.E. 20th Terrace, Miami, FL 33137. These booklets are to be included at a later time in expanded book form. All rights for reproduction are reserved to Mark-Age.

IMPORTANT ! for your self-help booklet this month . . .



TEAR OUT the following pages that comprise this booklet and FOLD



Let There Be Light

LET THERE BE LIGHT

PRONOUNCEMENT

LET THIS BE a clear setting-forth of the manner in which Mark Age, as members of and representatives for the White Brotherhood, thinks, creates and works in all aspects of our roles and missions for the hierarchal plan and program. There are those, of mortal consciousness primarily, who in that consciousness presume to tell God and His agents or light forces of the Christ consciousness how to deal with unawakened man of Earth. Much could be discussed concerning these two extremely divergent ways of thinking and acting, but since truth needs no defense, only the brief essentials of the proper method will be presented.

Mark Age, as all workers of light, does not employ the denouncement method of indiscriminate attack against persons, organizations or concepts. Never will anyone see or hear any such attack by Mark Age. This does not mean in any sense that workers of the light do not seek out and eliminate error wherever it is discovered and whenever it is within the function of their work. Mark Age, as all workers of light, uses the PRONouncement of light and truth principles, which are the proper constructive method to be used and taught by all forces of light, rather than the destructive methods practiced consciously or unconsciously by many.

-----oOo-----

What would Christ Jesus of Nazareth – known also as Sananda, the Prince of Peace and of Love, and who is the spiritual ruler of the planet Earth – say and do concerning the elimination of error conditions which prevail throughout the world today? His way has remained ever

READING AIDS

The Mark Age textbook for teaching all how to project the light is **HOW TO DO ALL THINGS: Your Use of Divine Power**. It provides you with a guide to contact your inner Self so you may rise to that level of spiritual expression where you may achieve your God-given heritage and powers. Order from Chimes — postpaid — \$5.25

HOW TO DO ALL THINGS

CONTENTS

I. YOUR USE OF DIVINE POWER

1. Seven Steps For Gaining Full Use Of Divine Power
2. The Real Power
3. The Real You
4. Divine Power Is Yours According To Your Degree Of Spiritual Expressing
5. Learning To Use Divine Power
6. Five Degrees Of Initiating Divine Action

II. 100 SPIRITUAL TRUTHS

Basic realities to be substituted for some of the erroneous ideas which have limited man and have tended to prevent him from attaining his true spiritual nature, heritage and powers on Earth.

III. 50 HOW-TO'S

How to do specific things by use of the principles in Section I.

IV. HOW TO PRAY

Understanding of prayers, how they work and how to make them effective.

to the will of God, one must let it so manifest. *Let go and let God.*

Within God's plan it may be that you are to do something further; then it will come to your attention. It may or may not be that you are to be an instrument in the bringing forth of the proper outcome. Never dilute pronouncements by indulging in negative thoughts or actions or seeking to take the initiative from God.

Study the Lord's Prayer; it contains the seven basic steps for perfect harmony and balance on Earth as they are in heaven. Practice the Golden Rule and at all times enact the two commandments for entry into the Golden Age upon Earth: *Love God and Love One Another. Be Love in Action.*

-----oOo-----

This instruction "Let There Be Light" is a labor of love prepared by Mark-Age MetaCenter, Inc. of Miami, Florida for all who seek new insight and expansion of consciousness. One of a series of brochures to be included later in expanded book form, all rights to reproduce "Let There Be Light" are reserved to Mark-Age.

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the same. Here is what he delivered through Yolanda of Mark-Age on July 10, 1962.

* * *

"It is necessary to speak and to act in a spiritual consciousness that has with it a higher form of control and guidance than anything to be done, said or presented in physical manners or means. Your whole purpose is not to work from physical levels into spiritual understanding, but to bring about a spiritual realization that will effect a material result. So I, as well as others working in this field and aspect of control, wish to remind you of your responsibilities and to direct your thoughts to bringing about this desired result.

"Should there be in your minds any doubt of what we speak of here, let me assure you of abortive attempts previously made on this plane and planet for thousands of years, to verify your truth in these matters. I am not content with the agents working in these fields, because they so easily slip into the opposite or negative respect for what they have vouchsafed to do before incarnating upon this plane for the present cycle of evolution.

"We cannot work with denouncement, but only with PRONouncement of what we desire in the result aspect. Therefore, as proponents of the light we must PROnounce that light and PROspect the light all through our entire existence. So I see it, so be it. Sananda."

* * *

Sananda here uses a tool frequently employed by the masters of the etheric: a play of sound or words. To strengthen his meaning, he plays with the prefix PRO, which means to be for something; or, as it would be used in the word *professional*, one who is a master of his subject.

ELIMINATE THE NEGATIVE

In his statement the master coordinator for the planet's evolvment into Christ-conscious awareness speaks forth clearly and plainly for all who have eyes to see, ears to hear and inclination to act in truth. He reminds all that history repeatedly has shown the futility of seeking to effect lasting and proper results by using only physical or mental counterattacks against that which is error, no matter what or where. The only acceptable and permanent corrective measure is to employ spiritual methods, bringing down into the material world these spiritual concepts of truth to replace those which are not truth, and thus not of reality.

How consuming and ineffective have been the countless attempts to combat non-reality, that which has not its base in spiritual truth; rather than to ignore, although not to be unaware of its transitory appearance and need to be eliminated, such non-truth. Concentrate on bringing forth truth. Where has man's focus of attention been: in eliminating that which is not desired, or in bringing forth that which is real, is truth and is desirable?

Sananda further has pointed out the dangers inherent in the denouncement method of seeking to ferret out error. Many light workers, who came not to participate in this necessary elimination phase, as well as countless others who are not so evolved and do not know the law involved, have fallen victim to the error they sought to fight. For to whatsoever we give our attention, that we tend to bring about. The light workers came at this time to demonstrate and to bring forth the light, the truth, the reality of spiritual law.

The higher the evolvment in spiritual understanding, the greater the degree of manifestation or creating of that which we think; for to think is to create. Therefore it behooves all who have developed this power of thought to a high degree to use it to see, and therefore to bringing

of thoughts within one's own consciousness. When peace has been established in one's own earth then the crusade can be carried forth from a base of operations which will remain impregnable and calm regardless of the enemy camps into which one sends forth his thought soldiers.

2. Be love. This is the primary weapon of all light workers and does not wait for peace to be established first. Error cannot withstand divine love, the love of God for each and all of His creations. This love is always within man, ever ready for his use. One need not seek it, define it or manufacture it; *love is*. Always existing within man and always ready to pour forth at his direction, it surmounts any and all obstacles.

Without using it man not only is ineffective in elimination of error and is bringing forth that which is of Spirit but he also is unprepared to cope with the weapons which those of negative intent, be they individuals or forces, turn against him. He easily falls into defeat, or is most subtly and insidiously manipulated so as to become a tool and an advocate of that which he started out to fight.

Therefore become skilled in the use of the divinely given armor and weapon: love. The principle on which the White Brotherhood carries out the plans of Spirit is *love in action*. Make this yours also.

3. Thy will, not mine, be done. One of man's functions as co-creator with God is, when he sees imbalance or error, to use his right and duty to ask Creative Spirit that proper balance be restored to that individual or situation, resulting in divine order and harmony according to the will of God. Many times what one decrees in this manner will not come to pass as he thinks it should, but when one has fulfilled the function of asking for balance to be restored according

Spirit is able to bring forth Its plans. So we see it, so be it. We give out thanks for the glorious opportunity to participate in this planet's peaceful transition from a third dimensional or physical manifestation into a fourth dimensional or mental-spiritual understanding and expression of life.

PROJECT POWER

Here are the basic metaphysical steps followed by Mark Age associates in sending forth light where there is error, or, as we call it, projecting power and love.

1. **Pray without ceasing.** This means to think positively at all times. In order to prepare the way for such continual positive thinking, one must eliminate all negative thinking from one's own total consciousness, which includes both the conscious and the subconscious. When dwelling on or entertaining negative thoughts one is not able to receive positive thoughts from Spirit or the agents of Spirit, which includes one's own Christ or spiritual Self. You cannot think both positively and negatively on the same subject at the same time, so choose this day, and each day, which you will serve.

It has been said many times in many ways that peace must begin with the individual. There is a well-known inspired song which beautifully expresses this: *Let There Be Peace On Earth; Let It Begin With Me*. So the first step toward the use of PRONouncement is to eliminate the error in one's own thinking. For truly is the Battle of Armageddon now being waged. But it is a mental war, with the battle ground being in the thoughts of men.

Let each one therefore concentrate first, although not exclusively so, upon clearing out the error in one's own cities, governments and organizations: the groups

forth, only that which is desired, not that which is to be eliminated. To think or to dwell upon the *error* conditions, of which we certainly are aware, is to strengthen them.

There are those workers in the present program to bring about Christ-conscious awareness on this planet whose function and purpose are to combat errors, whatever and wherever they are, on those levels. But allow them to fulfill their work on their level of understanding and evolvment, without forfeiting the higher training and understanding of those who are of the light, who teach the light and who are to bring forth the light. Each to his own mission.

Give God and His agents full credit for not only knowing the present, as well as past and future, conditions of man and of Earth but also for knowing how to bring about the divine plan and for having absolute power to bring it forth. Those agents whose work it is to bring about the destruction of error do so constructively, using spiritual understanding and methods, working in at-onement with other forces of Spirit which build up that which is good and replace that which is not.

EVOLUTION NOT REVOLUTION

God works by evolution, not by revolution. God is love, not hate. God does not wantonly destroy that which is good just to eliminate that which is of error. The purpose of evolution is to keep that which is good and to add to it, while eliminating that which is not desirable. To this purpose is Mark Age dedicated in all things throughout the world and affairs of man. That which has merit shall be emphasized and shall be encouraged, while that which is not of truth will be replaced constructively and surely.

There are many constructive criticisms, pointings-out of error thinking, actions and methods. This article is a sample of such. But in Christlike manner of correction we state the spiritual principle involved and throw the light on

the less than perfect manifestation of it in an individual, in an organization or in an idea.

It is by these ways and means that Mark Age associates throughout the world bring about the necessary evolutionary changes within the scope of the divine plan for the harvest period of the next thirty to forty years; which is the preparation that includes both the total elimination of that which is not spiritual and the manifestation of that which is spiritual, for the return of the ruler of this planet, Jesus of Nazareth.

In these words we speak as representatives of Christ Jesus and the entire Hierarchy. Mark Age will use whatever form of divine power deemed proper by Spirit and the agents of Spirit who constitute the Hierarchy of this solar system. But always the method of bringing about changes for spiritual purposes will be that of PROnouncement: the speaking of the positive word as *love in action*.

God's creations, including man, are constantly in a state of evolutionary change toward greater manifestation of His glory. Therefore we must not think man's creations are exempt from such perfecting changes. All that exists on the physical Earth today is being changed for higher manifestation for the Golden Age.

That which is not of a certain divinely prescribed standard of spiritual value and potential will not be allowed to manifest on the Earth after approximately the year 2000 A.D. So it behooves all who sincerely wish and work for the elimination of error from Earth today to recognize that it is God's plan and purpose to effect the necessary changes.

LET GO AND LET GOD

The next step is to accept the reality that God also knows how and when to bring about all necessary steps in this plan. Therefore what is really needed by man, acting as the expresser of God on this plane, is to turn to Spirit

and the agents of Spirit for the necessary plans and procedures to eliminate that which is decreed by Spirit to go, and to bring forth that which is to come.

Sometimes the concentration to bringing forth the desired and decreed manifestation automatically effects the elimination of that which is not of truth. We are agreed there is an overabundance of error thinking and conditions on the planet. This also means there is a tremendous shortage of light workers and light projects demonstrating what is to replace the error situations once we successfully have eliminated them. Light workers must see and be, so that what they see will be.

With this understanding of and cooperation with Spirit and the Hierarchy, Mark Age hereby makes this clear and concise statement of positive, cooperative and spiritual evolutionary policy regarding such specifics as are currently under attack by those who should know better. Mark Age hereby pledges constructive support of all those individuals, organizations and programs which truly seek to manifest the two basic rules for the Golden Age: *Love God and Love One Another*.

Where there are good policies we shall support them. Where there is need for change we also shall speak and shall act for such; with and in love giving forth the constructive or positive aspect, rather than denouncing to eliminate the negative aspect, all within the scope of our powers and our missions.

With these definitions of purpose and policy Mark Age announces support of those governments and those organizations of religious, spiritual, educational and research nature, including churches, which desire to work for and to establish God's will and to eliminate man's tyranny over man, to the best of their understandings and abilities. This list is by no means intended to be complete, nor is blanket approval meant for all individuals and actions within such organizations or groups.

Mark Age serves Spirit only, in whomever and whatever



CHIMES CALL TO PRAYER

A friend had written asking for prayer work concerning the loss of her letter to a State tax office and the ensuing quandry in which she had been placed. Below is her recent communication describing how it all worked out following her request:

"As I write this I have to smile, for the words you wrote me were correct! You sent the words - RIGHT ACTION out of this situation, and as I held your note I knew that the words correctly fitted this situation. I kept on saying . . . 'that's right - RIGHT ACTION. Why hadn't I used those words?'

"Exactly three days later our accountant called, and, in checking our forms, declared that he had made a mistake - a big one! . . . He had copied numbers from the wrong column, and asked that we return all information to him so he could duplicate the forms and remail them to Springfield. Weren't we all glad that the first letter was missing! Actually I must have been asking for something that did not belong to me (a refund), for the money declared in the first statement (although unknown to us at the time) was not ours to have. I always feel 'If it's mine, I can't lose it, and if it's not mine, I don't want it'. At the time I thought that refund was mine.

"Certainly you were spiritually inspired to use those words - RIGHT ACTION. How wonderful! . . . and God bless you all. Very sincerely,"

Mrs. R.M.T., Steger, IL

(Many times we set up delays or blockage of action not realizing that it is our faith that needs strengthening. Time, however, does bring forth that which is RIGHT ACTION for all. Spiritual inspiration, yes, but also Truth in action.)

Won't you join us in the Silence . . . ?

Each day at noon . . . we at Chimes enter God's presence in prayer. Wherever you may be . . . whenever this is your time . . . let us share these few precious moments together in inner communion with God. In just one golden moment with God, we or someone we love, can be completely transformed and revitalized with new life and new hope. How much better could you spend such a moment?

Dear Friends at Chimes:

Because I know you care, here is my request for your SPECIAL PRAYERS. I know that Spirit responds to the needs of all who ask for help . . . that WE DO RECEIVE as we believe it is done unto us. As my heart is troubled at this time, I am writing to tell you of my need for prayer. I, too, shall pray with you each day, holding in my heart the inner certainty that, in His own way, God does answer every prayer. I am most thankful for this opportunity to acknowledge God's goodness to me in all ways, and to help guide others into the Light through Chimes.



HERE IS MY PROBLEM:

Lined area for writing a problem statement.

HEALING REQUEST

Healing is requested in the life and affairs of:

(NAME OF PERSON TO BE HEALED)

Healing is needed for: (CONDITION)

First Request Previous Request

I WISH TO ENJOY THE BENEFITS OF BEING A CHIMES HEALING PARTNER

- I will pray with Chimes silently each noon as I am able.
- I am enclosing names of persons for whom Divine Protection is requested
- I have enclosed my love offering to help with the work
- I will send my love offering when possible

Healing Request made by _____

Street _____

City _____

State _____

Zip Code _____

A GOOD TIME TO BE THANKFUL !

any time is a good time

when you enjoy God's abundance



- PLEASE RUSH THE SEED MONEY BOOKLET Chimes has waiting for me which tells how increased prosperity can come to me and my family – for which I enclose \$1.50
- PLEASE SEND IMMEDIATELY THE CHIMES SERIES OF PROSPERITY LETTERS which give in detail how abundance in all things can be mine – for which I enclose \$1.50
- Please mail posthaste the specially prepared Chimes brochure on BUILDING A PROSPERITY CONSCIOUSNESS – for which I enclose \$1.50
- PLEASE FORWARD A CHIMES BANK OF LIFE – at no charge to me – so that I may see my savings expand along with my consciousness.
- Please also send the Chimes Seed Money Booklet mentioned above to **MY FRIENDS** whom I would like to see prosper. I enclose \$1.50 for each of the friends listed below:

Name: \$1.50
 Address:
 City: State Zip Code

Name: \$1.50
 Address:
 City: State Zip Code

Name: \$1.50
 Address:
 City: State Zip Code

TOTAL AMOUNT ABOVE \$ _____

Mail to — CHIMES, P. O. Box 818, Encinitas, CA 92024

In addition to the above items marked, to help my Prosperity G-R-O-W SOONER, here is . . .

MY SEED \$ \$ MONEY \$ \$ GIFT TO CHIMES

With this gift of Seed Money I am planting with Chimes, I **now make my claim** for INCREASED ABUNDANCE in accordance with the Successful Seed Money Formula which will be sent to me. This I give freely to carry on the spiritual work of Chimes in the amount of \$ _____

Name:
 Address:
 City: State Zip Code

HOW OTHERS HAVE PROSPERED !

Dear Friends:
 I wish you to know I have derived much, and have a whole new feeling, after reading "Seed Money in Action".
 Not only have I sent this booklet out to many others but have had excellent returns myself. Believe me when I say I do not doubt there is and will be much more . . . for my thinking has changed. I feel that God is with me, and I am certainly trying. I never doubted that God was with me, but I do know that one has to think and believe for oneself, and with God, then many things come forward. Thanks so much,
 Dorothy E. Warren, Hollywood, CA

(We bless our friend Dorothy for the faith she has demonstrated by planting her "seed" and awaiting the return God sends to her at the right time. This is what is known as TRUTH IN ACTION . . . RIGHT ACTION. While we cannot make others accept values as we find them, when they are ready for what an experience in life has to teach them, that which they need appears.)

There are many paths that lead us to life's greatest riches. A few are indicated on the left-handed side of this page. Give yourself a fair chance to find out how much you have yet to claim.



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THINK .. WHAT DID YOU FORGET!

THE AMAZING SECRETS OF THE MASTERS OF THE FAR EAST



By Robert Collier

*Here is the accumulated wisdom of 4,000 years of experience
by the Masters of the Far East*

— in complete book form —

PART X.

In the previous and ensuing chapters we see how the Yogic teachings help build a sound mind in a sound body — teachings much needed in the fast-moving Western world.

Why should we not live at least as long, comparatively, as the animals? The average animal lives to seven times its maturity and retains its vigor and virility until very near the end. Man matures at 18 or 20 years. If he lived as long, comparatively, as the animal, he could expect to reach an age of 126 to 140 years, and to retain much of his youthfulness until very near the end of his days. That much is promised him in the Scriptures. In Job, you find: "His flesh shall be fairer than a child's. He shall return to the days of his youth." Again in Genesis — "And the Lord said, My Spirit shall not always strive with man, for that he also is flesh: Yet his days shall be 120 years."

"For I have no pleasure in the death of him that dieth, saith the Lord; wherefore turn yourselves and live ye!"

Some interesting cases of long life among modern men are here quoted from *The Bionomy of Power*, written by John X. Loughran (out of print):

"The record of Li Chung Yen, who recently passed away at the age of 256 years, has been verified by scientific investigators. His four rules for a long life were: Keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon, and sleep like a dog.

I personally met and interviewed Zora Agha, a Constantinople porter, who at the time had passed 150 years of age. His diet was very simple.

"History abounds in many well-authenticated instances of men and women who retained their health and ability to enjoy life for a very long time. Among women, the most famous is the lovely and romantic Ninon de L'Enclos, enchanting, winning, diaphanously beautiful of face and form. Historians record that even when she was 90 years old, she was so like a beautiful woman of thirty that a young man barely twenty years of age fell hopelessly in love with her. Her diet was simple and abstemious, of dissipation none. Significant in the accounts of her

life are the daily periods she devoted to relaxation, simple exercises and the achievement of a serene mental state."

Modern man is beset by thousands of different types of diseases. He blames Heredity, Mother Nature, God, and everything and everybody but himself for the mess he is in. Practically everything civilized man does is wrong, unnatural, disease and death producing. He unwittingly hastens his own burial as fast as he can. His wrong habits are projected into his eating, drinking, breathing, thinking, working, and sleeping. He daily flouts the Laws of God and of Nature and then wonders why he has to pay the penalty.

Medical Science points with great pride to its advances in medicine, surgery, and drugs. But are we really a healthy people? Our doctors are overworked, our hospitals are filled to overflowing. A Medical Survey of Business Executives averaging 44 years of age revealed that fully fifty per-cent of them had ulcers, high blood pressure, or heart disease. During the last war, half of our young men were turned down as physically or mentally unfit for the army. Three out of five men were rejected by the U.S. Navy as unsuitable for service.

Minds and bodies weakened by the ravages of wrong diet and modern living succumb too easily to nervous breakdowns, and in many cases, resulting insanity.

A recent report by the Human Betterment Foundation of Pasadena, California, summarizes statistics regarding insanity as follows: "This, then, is the situation which America faces now: 18,000,000 persons who are or at some time during life will be burdened by mental disease or mental defect, and in one way or another a charge and tax upon the rest of the population. It challenges every thoughtful person. The misery resulting from this insanity and feeble-mindedness provides the first reason for grappling with the problem. No stratum of society is immune from such suffering."

The above facts and figures are quoted by Dr. Carl A. Wickland in his book *The Gateway of*

Understanding, published by the National Psychological Institute, Inc. (Out of Print.)

The Science of Yoga can help you to eliminate disease and lengthen your life by many happy years. As a spiritually awakened individual of high mental caliber, it is your beholden duty to God and to your country to live as long as you possibly can. God knows there are far too few of you! The masses of people on earth are wallowing in one huge morass of ignorance and incredible stupidity. Your uplifting influence may help save the world yet!

YOGA NOT FOR THE WEAK-WILLED

Certain books on Arthritis, Cancer, and Heart Disease are very popular today because they appeal to people who are soft, weak-willed, and spineless. They want to be told to eat the things they like and do the things they like to do anyway, and these books do just that. Anything that requires any will power or effort goes against their grain. They are not made of that sterner stuff that characterized our forefathers. Any people who are really cured by the easy methods outlined in these books are probably as scarce as the proverbial hen's teeth.

If you are this type of person, you are wasting your time in reading this book because Yoga takes real effort and time; if only ten minutes a day. However, the rewards for this effort are so amazing and exciting that the results will goad you on to greater efforts and you will find it is really a lot of fun!

Such exercises as the headstand and shoulderstand, described in the chapter, "KUNDALINI YOGA," are of tremendous benefit to the human body. It is claimed that standing on the head or shoulder will erase wrinkles from the face and neck. Yoga students, after a month or two of this exercise, have been accused of going to a plastic surgeon to have their faces lifted. Their friends could not believe that seams and wrinkles had disappeared from doing an exercise! It is also said that these stands will prevent falling hair and greying hair. In fact, grey hair has returned to its former color. This is probably due to the increased circulation of blood in the head.

Pandit Nehru, Prime Minister of India's teeming millions, was probably one of the busiest men on earth. Yet every day, he found 20 minutes or half an hour to stand on his head! He claimed that this added immensely to his energy and ability to concentrate.

Indra Devi says in her book *Forever Young, Forever Healthy*, published 1954, Prentice Hall, Inc., New York; "I am often asked why the yogis pay so much attention to the care of the body when their aim is a spiritual union with the Divine. They keep the body healthy, beautiful, shapely, and clean, within and without, because they regard it as a vehicle through which the Supreme Power manifests Itself. To them the body is a temple of the Living

Spirit and, therefore, they believe in bringing it to the highest state of perfection. Just as a violinist, for example, takes great care of his violin, without which he would not be able to express his art, so the yogi takes care of his body, as the only instrument through which he can express his spirituality. It can be said that the practice of Yoga assists the 'Healer,' 'Psychiatrist,' and 'Priest' within us to keep us in physical and mental health and in spiritual awareness."

BUDDHISM

Buddha, like many a man before and after him, did not spare himself from any of the impact of man's ruthless injustice to man and to the abuse of power. He saw the purposeless sacrifice of the powerless to human greed. He beheld the inevitable toll of age, sickness and death. Some men, unable to bear this, say "There must be some purpose. Perhaps it is God's will." But Buddha knew that this did not satisfy him.

Buddha and Christ, living five hundred years apart, are the two greatest figures of compassion in the history of the world. Buddha had everything in the worldly sense, wealth, love, palaces, a son. Jesus had no place to lay His head.

Buddha was a prince. He had a beautiful wife, a fine son and every luxury that money could buy. But he was unable to repress from his consciousness the knowledge of what other men were going through. He saw them wasting away with sickness and exhausting toil until they were finally swallowed up by death. Buddha would not rest until he got to the bottom of the "tragedy of man."

Once, when the rest were feasting perhaps, Buddha slipped away by himself and wandered toward the village. There for the first time he saw an aged man, a helpless invalid, and a corpse followed by mourners. He was struck anew with the miseries that awaited all that were born. Had the Gods no pity? Life had become a nightmare of horror and injustice to him.

One day when Buddha was 29, he saw a serene figure coming down the road, dressed in a coarse robe of yellow. He carried a bowl in his hand. When the prince looked into the eyes of the sage, he saw a calm face and a soul at rest. Struck by this, the future Buddha asked the august traveler what his mission was.

"Great Lord," the stranger answered, "I am a religious wanderer who, shuddering at the problems of life, seeing all things fleeting, have left the fetters of my home behind to seek some happiness that is trustworthy and imperishable, that looks with equal mind on friend and enemy, and does not regard wealth or beauty. Such is the only happiness which will content me!"

Buddha asked, "And where, O wise man, do you seek it?"

The traveler replied, "Great Lord, in solitude, in the quiet of deep words. There, in the quiet dwells

Enlightenment."

Buddha was deeply impressed by these words. From that moment on, he resolved to dedicate himself to a search for the answer to the riddles of Life. That night he quietly slipped away from the life of ease and luxury that he had known for the twenty-nine years of his life. He left his magnificent palace and exchanged his princely trappings for a beggar's robe.

He made his way to a monastery where he studied under the holy men. Although Buddha studied many years and eagerly read everything of Indian Philosophy that had been written up to that time, including the *Vedas* and *Upanishads*, he still was not satisfied that he had solved the Mysteries of the Ages.

Finally, he determined to put to test the Hindu idea that knowledge may be obtained by fasting and the annihilation of all mortal desires. With five companions, he went to a gorge hidden away in the dense jungles of the mountains, there to give himself up to fasting and terrible penances, thinking that he might find the path to enlightenment through pain and suffering. He sat motionless in meditation for such long periods that animals and birds crossed his body.

The fame of this man Buddha soon spread far and wide for he was so engrossed in his aspirations that he ate only a grain of rice a day. People believed that he must be very holy in order to do that and live.

At the end of six years, Buddha had been reduced to a living skeleton and still he had not found the peace of mind that he was searching for. Finally the starvation was more than his frail body could take and he fell unconscious, more dead than alive. When he recovered, the truth became clear to him that salvation lay not in self-torture but in preaching the way of Life to all men.

To the utter dismay of his five companions in fasting, he demanded food. He realized that he would need a healthy body if he wanted to continue living. His companions deserted him, considering him a fallen saint. They renounced him, believing he was a lost soul and that a thousand fiends would soon fly away with him!

But his years of study and six years of fasting had not been in vain. When his frail body had been restored by food, he resumed his struggle to find his own true nature. He saw a large and broad-leaved Bo tree and sat beneath it in Yoga fashion. He determined never to leave that spot until he had found enlightenment and salvation.

He thought of his wife, his family, his father, his beautiful horse, and his palace. How he was tempted to return to his former life! He was "Jacob wrestling with the angel of the Lord." But he held steadfast to his aims like the arrow seeking its target, and when the darkness thinned, and the east became faintly gray, he received complete enlightenment. Not partial, not intermittent, but clear, steadfast, and perfect. He had attained the highest consciousness

and received it with a cry of "Light!"

He beheld the past, present and future as one. He beheld true causation and the secrets of birth and death and the passing on into new lives. He beheld the individuality or ego of man as one with his Divine Parent. And he beheld the Truth, the Way of Escape. Illumined with all wisdom sat the Buddha, the Utterly Awakened, lost in contemplation of the universe as it is, having entered the Nirvana of peace. At last, he cried aloud in triumph his song of victory.

*"Many a house of life
Has held me, seeking ever that which wrought
The prison of the senses
Sorrow fraught
Sore was my ceaseless strife.
But now,
Thou builder of the body prison now
I know thee! Never shalt thou
Build again these walls of pain
Nor raise the roof-tree of deceits nor
Lay fresh rafters on the clay.
Broken the house is, and the ridge pole split
Delusion fashioned it
Safe pass I hence deliverance to attain."*

It was at last not the dewdrop lost in the ocean but the ocean drawn into the dewdrop. Buddha remembered now his past lives and shared in the omniscience of the Infinite.

Buddha was free! He had cried that the mind is not imprisoned by the delusions of the senses and he had found a way of deliverance from pain and sorrow for himself and all mankind. Henceforth he was called "the Buddha," or "the Enlightened One!"

Finding his five companions still torturing themselves, he explained to them what he had learned in that moment of enlightenment; that all suffering came from evil and sensual desires, from greed and selfishness, from life apart from God. By constant meditation and control of thought, he declared, a habit of thought could be reached in which selfish desires and the mortal will are subdued and communion with one's Divine Nature can be accomplished.

The companions soon saw the light and became his disciples. News of his power and preaching spread like a prairie fire, and multitudes were attracted to him. Even nobles of his former class and station, weary of their endless search for pleasure, gathered unto him, eager to hear of his happiness in the simple, spiritual life.

For those wishing to attain, Buddha described the Noble Eightfold Path.

The Noble Eightfold Path is "Right Understanding," or realization or recognition of the truth from illusion. This is the first. The second is "Right Resolution," the will to attain wisdom, once that one has ascertained that such a feat is possible. The third is "Right Speech." This, of course, is not to

abuse anyone in any way that breaks the Law of Love. It is, of course, not to lie or employ propaganda to serve personal ends. The fourth is "Right Conduct." Here motive is all. Again, to follow the Law of Love, or the Golden Rule is the only way to escape the prison of Karma.

The fifth is "Right Livelihood." Love and work are the two halves of a man's existence. They can be his prison or his freedom. A man must have his right vocation. Buddha especially indicates that work which causes hindrance to the character of others, like selling alcohol, or that encourages man to destroy his fellow beings (such as munitions making) is immoral.

The sixth is "Right Effort." This is what Seabury calls "a real work habit" as well as a diligent attempt to build an adequate philosophy of life.

The seventh is "Right Meditation." Time to be alone, to think things through and to face courageously that which disturbs is essential for spiritual growth. Its function is also to raise one's sights, to invoke greater understanding from the infinite mind.

The eighth is "Right Rapture." This is happiness right here on this earth. It is the peace that passeth all understanding.

Buddha died 543 years before Christ was born and his teachings gradually lost their purity and simplicity. He became a god surrounded by legends and idol worship.

KUNDALINI YOGA

By Sri Swami Sivananda

Kundalini Yoga is that Yoga which treats of Kundalini Shakti, the six centers of spiritual energy (Shat Chakras), the arousing of the sleeping Kundalini Shakti (The mysterious Power of the Body).

All agree that the one aim which man has in all of his acts is to secure happiness for himself. The highest as well as the ultimate end of man must, therefore, be to attain eternal, infinite, unbroken, supreme happiness. This happiness can be had in one's own Self or Atman only. Therefore, search within to attain this eternal Bliss!

The thinking faculty is present only in human beings. Man only can reason, reflect and exercise judgment. It is man only who can compare and contrast, who can think of pros and cons and who can draw inferences and conclusions. This is the reason why he alone is able to attain God-consciousness. That man who simply eats and drinks and who does not exercise his mental faculty in Self-realization is only a brute.

Oh worldly-minded persons! Wake up from the sleep of Ajnana (ignorance). Open your eyes. Stand up to acquire knowledge of Atma (self). Do spiritual Sadhan (prayer-practice); awaken the Kundalini (mysterious powers).

During concentration you will have to collect

carefully the dissipated rays of the mind. Vrittis (conflicting thoughts) will be ever-rising from the ocean of Chitta (consciousness). You will have to put down the waves as they arise. When all the waves subside, the mind becomes calm and serene. Then the Yogi enjoys peace and bliss. Therefore real happiness is within. You will have to get it through control of mind and not through money, women, children, name, fame, rank or power.

Purity of mind leads to perfection in Yoga. Regulate your conduct when you deal with others. Have no feeling of jealousy towards others. Be compassionate. Do not hate sinners. Be kind to all. Be trustworthy. Success in Yoga will be rapid if you put your maximum energy in your Yogic practice. You must have a keen longing for liberation and intense Vairagya (renunciation) also. You must be sincere and earnest. Intent and constant meditation is necessary for entering into Samadhi (superconscious state).

Nirvikalpa is the state of super-consciousness. This is the Goal of life. The aspirant gets knowledge of Self, supreme peace and infinite, indescribable bliss. This is also called Yogarooda state.

The Yogic student drinks the Nectar of Immortality. He has reached the Goal. Mother Kundalini has done her task now. Glory to Mother Kundalini! May her blessings be upon you all!

Om Santi!! Santi!!!

Essence of Kundalini Yoga

The word YOGA comes from the root Yuj which means to join, and in its spiritual sense, it is that process by which the human spirit is brought into near and conscious communion with, or is merged, in the Divine spirit.

The Yogi does not neglect his body. He realizes in the pulsating beat of his heart the rhythm which throbs through and is the song of the Universal Life. To neglect or to deny the needs of the body, to think of it as something not divine, is to neglect and deny the greater life of which it is a part, and to falsify the great doctrine of the unity of all and of the ultimate identity of Matter and Spirit. Governed by such concept, even the lowliest physical needs take on a cosmic significance. Man when seeking to be the master of himself, seeks on all the planes; physical, mental and spiritual; nor can they be severed, for they are all related; being but differing aspects of the one all-pervading Consciousness. Who, it may be asked, is the more divine; he who neglects and spurns the body or mind that he may attain some fancied spiritual superiority, or he who rightly cherishes both as forms of the one Spirit which they clothe?

By the processes of Yoga, it is sought to attain a perfect physical body which will also be a wholly fitting instrument through which the mind may function. The Yogi thus seeks a body which shall be as strong as steel, healthy, free from suffering and therefore long-lived. Master of the body he is; master

of both life and death. His lustrous form enjoys the vitality of youth. He lives as long as he has the will to live and enjoys in the world of forms. His death is the death at will when he grandly departs.

FOUNDATION-VAIRAGYA

Man, ignorant of his true Divine nature, vainly tries to secure happiness in the perishable objects of this illusory sense-universe. Every man in this world is restless, discontented and dissatisfied. He feels actually that he is in want of something, the nature of which he does not really understand. He seeks the rest and peace that he feels he is in need of, in the accomplishment of ambitious projects. But he finds that worldly greatness when secured is a delusion and a snare. He doubtless does not find any happiness in it. He gets degrees, diplomas, titles, honors, powers, name and fame. He marries, he begets children; in short, he gets all that he imagines would give him happiness. But yet he finds no rest and peace.

Are you not ashamed to repeat the same process of eating, sleeping and talking again and again? Are you not really fed up with the dream objects created by the jugglery of Maya (illusion)? Have you a single sincere friend in this universe? Is there any difference between an animal and the so-called dignified human being with boasted intellect, if he does not do any spiritual Sadhana (prayer) daily, for Self-realization? How long do you want to remain a slave of passion, Indriyas, sex and body? Fie on those miserable wretches who revel in lust and who have forgotten their real Godlike nature and their hidden powers!

The so-called educated persons are refined sensualists only. Sensual pleasure is no pleasure at all. Illusions are deceiving you at every moment. Pleasure mixed with pain, sorrow, fear, sin, disease, is no pleasure at all. The happiness that depends upon perishable objects is no happiness. If your wife dies, you weep. If you lose money or property, you are drowned in sorrow. How long do you want to remain in that abject, degraded state? Those who waste their precious life in eating, sleeping and chatting without doing any Sadhana (praying) are brutes only.

You want supreme peace and happiness. This you will find in your realization of the Self only. Then alone will all your miseries and tribulations melt away. You have taken this body only to achieve this end. 'Din nika bitejate haim — The days are passing away quickly.' The day has come and gone. Will you waste the night also?

"You are bound in this world by desires, actions and manifold anxieties. Therefore you do not know that your body is slowly decaying and wasting. Therefore wake up, wake up."

Now wake up. Open your eyes. Apply diligently to spiritual Sadhana (prayer). Never waste even a minute. Many Yogis and Jnanis, Dattatrèya, Patanjali, Christ, Buddha, Gorakhnath, Matsyendranath, Ram Das and others have already trodden the spiritual

path and realized through Sadhana. Follow their teachings and instructions implicitly.

Courage, Power, Strength, Wisdom, Joy and Happiness are your Divine heritage, your birth-right. Get them all through proper Sadhana. It will be simply preposterous to think that your Guru (teacher) will do the Sadhana for you. You are your own redeemer. Gurus and Acharyas will show you the spiritual path, remove doubts and troubles and give some inspiration. You will have to tread the Spiritual Path. Remember this point well. You will have to take each step yourself in the Spiritual Path. Therefore do real Sadhana (prayer). Free yourself from death and birth and enjoy the Highest Bliss.

WHAT IS YOGA?

The word "Yoga" comes from a Sanskrit root "Yuj" which means to join. In its spiritual sense it is that process by which the identity of the Jivatma (soul) and Paramatma (God-spirit) is realized by the Yogis. The human soul is brought into conscious communion with God. Yoga means restraining the mortal desires. "Yoga is that inhibition of the functions of the mind which leads to mortifying of the spirit in its real nature. The inhibition of these fleshly desires of the mind is by Abhyasa (practice) and Vairgya (renunciation) and firmness." (Yoga Sutras.)

Yoga is the Science that teaches the method of joining the human spirit with God. Yoga is the Divine Science which disentangles the Jiva (mind) from the world of sense objects and links him with the Ananta Anand (Infinite bliss), Parama Santi (Supreme Peace), joy of an Akhanda character and Power that are inherent attributes of the Absolute.

Energy is wasted in too much talking, unnecessary worry and vain fear. Gossiping and tall-talk should be given up entirely. A real Sadhak (spiritual aspirant) is a man of few words, to the point, and that too on spiritual matters only. Sadhaks should always remain alone. Mowna (silence) is a great desideratum. Parties and talking with gossips are highly dangerous for a Sadhak. The company of a gossip is more injurious than immoral acts. Mind has the power to imitate.

YOGIC DIET

A Sadhak should observe perfect discipline. He must be civil, polite, courteous, gentle, noble and gracious in his behaviour. He must have perseverance, adamant will, patience and leech-like tenacity in Sadhana (spiritual practice). He must be perfectly self-controlled, pure and devoted to his goals.

A glutton, or one who is a slave of his senses and bad habits, is unfit for the spiritual path.

"Without observing moderation of diet, if one takes to the Yogic practices, he cannot obtain any benefit but gets various diseases." (Ghe. Sam V-16.) Food plays a prominent role in Yoga Sadhana. An

aspirant should be very careful in the selection of articles of food. Purity of food leads to purity of mind. The discipline of food is very, very necessary for Yogic Sadhana. By the purity of food follows the purification of the inner nature; by the purification of the nature, memory becomes firm and on strengthening the memory, follows the loosening of worldly ties.

I will give you a list of foods for a Yoga.

Milk, red rice, barley, wheat, Havis Annam, Cheru, cream, cheese, butter, green dhal (Moongdal), Badam (almonds), vegetables, pomegranates, sweet oranges, grapes, apples, bananas, mangoes, dates, honey, dried ginger, etc., are the Sattwic articles of diet prescribed for the Yoga.

A fruit diet exercises a benign influence on the constitution. This is a natural form of diet. Fruits are very great energy-producers. Fruits help concentration and easy mental focusing. Barley, wheat, and ghee promote longevity and increase power and strength. Fruit juices are very good beverages. Almonds soaked in water can be taken.

FORBIDDEN ARTICLES

Sour, hot, pungent and bitter preparations, salt, mustard, chilies, meat, eggs, fish, cakes, sweets, alcoholic liquors, and other articles that disagree with your system should be avoided entirely.

Live a natural life. Take simple food that is agreeable. You should have your own Menu to suit your constitution. You are yourself the best judge to select a Yoga diet.

There is a general misapprehension that a large quantity of food is necessary for health and strength. Almost all diseases are due to over-eating and unwholesome food. Eating all things at all times is highly dangerous. Such a man can become a Rogi (sick man) easily; but he can never become a Yogi. Hear the emphatic declaration of Lord Krishna: — "Success in Yoga is not for him who eats too much." (Gita Chap. VI-16.)

YOGA EXERCISES

In the following pages I will tell you the different exercises that are intended to awaken the Kundalini (mysterious powers of the body). If you are wise enough, after a perusal of the different exercises, you can easily pick up the right method of sadhana (practice) that suits you best and attain success.

Before awakening the Kundalini, you must have Deha Shuddhi (purity of body), and Mano Suddhi (purity of mind). For the purification of the body, the following exercises are prescribed.

PRANA

Prana is the sum total of all energy that is manifested in the universe. It is the vital force,

Sukshma: Breath is the external manifestation of Prana. By exercising control over this gross breath, you can control the subtle Prana inside. Control of Prana means control of mind. Mind cannot operate without the help of Prana. It is the Sukshma Prana that is intimately connected with the mind. Prana is the sum total of all latent forces which are hidden in men and which lie everywhere around us. Heat, light, electricity, magnetism are all the manifestations of Prana. Prana is related to mind; through mind to the will; through will to the individual soul; and through this to the Supreme Being.

— The seat of Prana is the heart. Prana is one; but it has many functions to do. Hence it assumes five names according to the different functions it forms, viz., Prana, Apana, Samana, Udana and Vyana. According to the different functions they perform, they occupy certain places in the body.

Breath directed by thought under the control of the will is a vitalizing, regenerating force which can be utilized consciously for self-development, for healing many incurable diseases and for many other useful purposes. Hatha Yogins consider that Prana Tattwa is superior to Manas Tattwa (mind), as Prana (vital energy) is absent during deep sleep. Hence Prana plays a more vital part than mind.

If you know how to control the little waves of Prana working through mind, then the secret of controlling matter will be known to you. The Yogi who becomes an expert in the knowledge of this secret, will have no fear from any power, because he has mastery over all manifestations of power in the Universe. What is commonly known as Power of Personality is nothing more than the natural capacity of a person to wield his Prana. Some people are more powerful in life, more influential and fascinating than others. It is all through this Prana, which the Yogi uses consciously by the command of his will.



Stimulating and astounding in many ways are Robert Collier's *The Amazing Secrets of the Masters of the Far East* (from which the foregoing account is reproduced) and Baird T. Spalding's *Life and Teachings of the Masters of the Far East*. While we are able to present only the first book in these columns, if the ideas you find here stimulate your thinking, such books as those recommended below can help clear up some things not before understood.

In this connection you might wish to read *The Footprints of Gautama the Buddha* by Marie Beuveville Byles, as well as *Autobiography of a Yogi* by Paramahansa Yogananda, *The Science of Yoga* by I. I. Taimni, *The Doctrine and Practice of Yoga* by A. P. Mukerji, and *Fourteen Lessons in Yogi Philosophy* by Yogi Ramacharaka — all containing profound truths and hidden mysteries written in the simplest style for Westerners . . . all available from Chimes.

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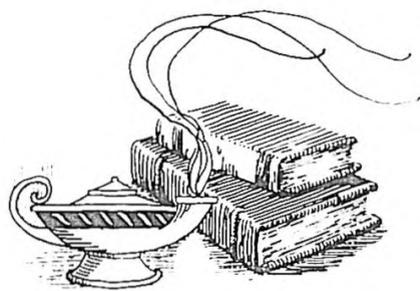
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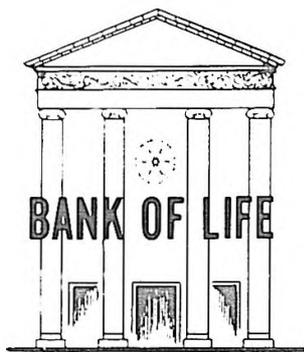
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MAY I HAVE your attention? Pretend I have just ascended the pulpit. Mass, this far, has been strictly a formal procedure, but now there is a touch of informal communication between a religious and a lay person — between you and me. In my life I never celebrated mass, but I was no less a deep and sincere part of the church.

At the moment I want to speak about the part divine instruction plays in your life were I a priest and could stand in the pulpit and speak to you. I would not speak with the voice of God. I would only impart to you the best that is in me. I would advise you for your own personal benefit, and ask you to avoid errors.

How many times in your life has the voice of God spoken to you and you did not listen? The priest was a mere man when he stood in the pulpit. Do you think his good intentions and his thoughts for your welfare made him in any sense divine? I don't think so. Nor do I think the most inspired minister of a protestant religion is in any sense divine when he speaks from his pulpit. No matter how loudly he shouts, it is man shouting and not God.

Now you are rebelling. You want to tell me that in a mysterious way you felt the exaltation and the mystery of the Divine Presence, and in some way you yourself were touched by exaltation. However I remind you that this same priest, an hour or so later, and the minister who spoke so movingly, were chatting together with their congregation over cups of coffee. Were they any the less divine then? Of course their conversation was over trivialities instead of serious religious topics, but nevertheless somehow they were inspired and inspiring.

The point I am trying to make is that on many occasions you have listened to the word of Almighty God in the conversation of those around you. I think if you were conscious that God speaks through your fellows and that oftentimes He uses as instruments those who happen to be available — whether theologically trained or even literate — you would listen just a bit more intently. Listening you would hear many truths you hardly expected to hear that your attitude or lack of attention may have denied to you.

I think those who are truly wise listen, and listening, they hear everywhere. As their perceptions and their senses sharpen and become more acute, they learn more and more, until the world about them is a continuous source of wisdom. How otherwise can you reconcile the twin brothers who grew up on a farm in Iowa, one of whom remained there and the other who went on to become famous and widely read all over the world? The one learned and listened and talked and asked until he extracted from his environment so much more than his twin that he became wise.

Perhaps now you will ask me if I want you to listen to the foolish babblings of intoxicated people and of schoolboys on vacation. Shall I ask the village neer-do-well for counsel? Yes . . . listen to them. Listen intently, and in listening *learn*. Weigh in the balance

(continued from page 42)

outwardly what they say and what they do, and balance it against what the priest says and what he does. Then listen to others and what they say, and add them up.

Further than that, listen to your own inner self. You are one person outwardly, but within you there is a divine spark . . . a spark of knowing. Listen to it. Remember that the staggering man who so disgusted you, the coarse unprincipled woman, the noisy little boy, all have in them the same spark as you. It is in the *quality* of their listening that they differ from each other and from you.

Now have I preached my sermon? I shall descend from my pulpit. Women should not be in a pulpit anyway. We used to do our best teaching individually, hand-in-hand with those we counseled, or near and intimate with them. In your moments of sore trial find someone like this. It may amaze you how your confident will know just what to say to you, or even do for you, to lessen the hurt. When one asks for God's help, He is never very far away, and the help will be forthcoming without fail, although possibly not in the way one expects.

Now I bless you and I want to give you a gift. It is a little coin, and on both sides it says the same thing — only in a different way. On one side it reads "GOD" and on the other side it reads "OTHERS". Do not shut yourself away from either.

UNIVERSAL SCIENCE

(continued from page 10)

environment. Follow through on your ideas with great courage once you have made up your mind just what you want in life, and let nothing keep you from sticking to that treasured goal. The WILL TO SUCCEED opens before us a world of unlimited opportunities. Sow and put to work the priceless truths of these lessons which now come to a close. Soon the bountiful harvest you have earned will be yours to enjoy!

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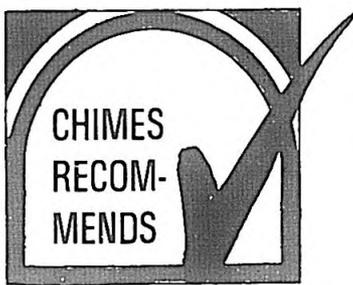
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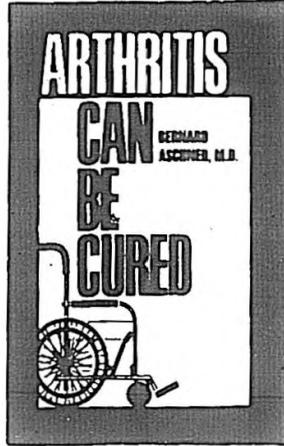


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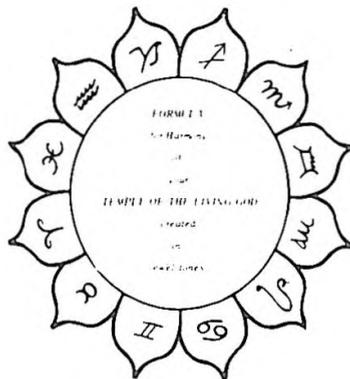
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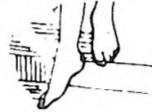
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TITHING

(continued from page 9)

does not include wearisome funds. God's abundance always is sufficient for the present needs of the Soul, and when greater needs arise, **GREAT ABUNDANCE IS THERE!** Man, insecure creature that he is, wants to surround himself with plenty . . . just in case. When one lives in God, there is no such need, for **ALL** is foreseen for the Soul by the great All-Seeing Eye.

Vital, Soul-penetrating lessons cannot come to those soft-cushioned in ease and luxury. Soul lessons are best learned when the Soul is naked of possessions, raw and bleeding. Only then can come the **INSEPARABLE LINKING** with the God within that results in eternal abundance, healing and bliss.

When a Soul has earned the right to God's abundance it lifts its heart in gratitude with each passing moment of time – grateful for the sunshine, grateful for the rain, grateful for the moments of rest and relaxation, grateful for the hours of joyous labor, grateful for friends and loved ones, grateful for the hours alone . . . grateful for **ALL** that is in life! The jarring troubled notes of human life disturb it less and less . . . the resentments, the bitternesses, the irritations, the impatience . . . until no more come.

This interpretation of the idea behind tithing is taken in part from one of the Inner Teaching lessons given by The White Brotherhood in "Light on the Science of Living" which are described on page 34.

DIRECTORY

Listings of centers in this Directory are presented as a public service. Accuracy of information is dependent upon being received 60 days prior to date of issue.

CALIFORNIA

HUNTINGTON PARK

CENTER OF SPIRITUAL LIGHT, The, UCM 248, 2545 Walnut St. Service Fri. 7:30 p.m., Class Tues. 7:30 p.m. Discussions, Lectures, Healing, Messages to all. Consult. by appt. Rev. Mildred C. Wells, Pastor. 585-5500

LAWNDALE

SPIRITUAL TEMPLE OF DIVINE LOVE, 14701 Burin Ave., Lawndale Civic Center Auditorium, Service Sun. 2:15 p.m. Healing & Messages. Rev. Marguerite C. Rice, Pastor. FR 8-2779

LONG BEACH

AQUARIAN CHURCH OF CHRIST, UCM NO. 365, 3700 E. 14th St. Services Sun. 7:30 p.m. Lecture & Messages. Thurs. 2 p.m. Message Circle, 1st Sun, Mo. Holy Communion 11 a.m. Rev. Leila Wilder, Pastor. GE 9-3224

CHAPEL OF PEACE, The, 667 Redondo Ave. Message service Sun. & Thurs. 7:30 p.m. Rev. Nina Van Heyningen, Pastor. 438-0727

LOS ANGELES

CENTER OF INNER VISION, 1700 W. 85th St. Service Wed 7:45 p.m. Class Tues. 7:45 p.m. Rev. Dorothy Russell Johnson, Pastor. Rev. Marguerite Miller, Asst. Pastor. Consult. by appt. PL 8-4986

CHRISTIAN PSYCHICAL INSTITUTE, 5018 S. Western Ave. Services Sun. & Wed. 2 & 7:30 p.m. Messages to all. Class in trumpet. Consult. & healing by appt. Rev. Estella Barnes, Pastor AX 3-2668

ESP LABORATORY, 7559 Santa Monica Blvd. Sun. (Social) 7:30 p.m., Tues. & Thurs. 8 p.m. ESP Development Class. Dr. Al G. Manning, Director. (213) 876-9984

SPIRITUALIST CHURCH OF REVELATION, Embassy Auditorium. 839 S. Grand Ave. Services Sun. & Thurs. 2 p.m. Lecture, Messages, Healing. Rev. Stephanie J. Sebree, Pastor. NO 2-5551. Irene Faust, Secy. CL 5-1060

SPIRITUALIST TEMPLE OF THE ALL SEEING EYE, INC., The, Mother Church No. 1, 841 W. 85th St. Services Sun. 7:30 p.m. Wed 2 p.m. Billets 8 p.m. Consult. by appt. Rev. Anna F. Crosby, Pastor. 758-4012

WESTLAKE SPIRITUALIST CHURCH, 1722 W. Santa Barbara Ave. Services Sun. & Wed. 8 p.m. Noon lunch 2nd, 4th Tues. Rev. Irene Wood, Pastor. Lillian Jeffs, Secy.

NAPA

SPIRITUAL TEMPLE OF PEACE & LOVE, The, 495 Coombs St. Service Sun. 7:30 p.m. Rev. Ruth D. Brower, Pastor. Mrs. Clara L. Pregger, Secy. 226-7553

OAKLAND

SPIRITUALIST CHURCH OF CHRIST, INC., The, 1442 Alice St. Service Sat 7:30 p.m. Social & Circles 1st Sat. Rev. Regina Coppage, Pastor. OL 8-1732

SACRAMENTO

CHURCH OF DIVINE WISDOM, UCM NO. 204, 3021 "E" St. Service Sun. 7:45 p.m. Messages, Healing & Lessons. Consult. by appt. Rev. Irma A. Brink, Pastor. 443-2107

SANTA ANA

SPIRITUALIST CHURCH OF THE GOOD SHEPHERD, 604 S. Main St. Service Sun. 7:30 p.m. Rev. Larry McIntosh, Pastor. 893-8437

SUNLAND

TEMPLE OF SPIRITUAL WISDOM, 10418 Scoville Ave. Service Thurs. 8 p.m. Rev. Jennie C. Udricks, Pastor. FL 3-3797

FLORIDA

CASSADAGA

1st SPIRITUALIST CHURCH, Services every Sun. 2:30 p.m. Rev. Arthur A. Myers, Pastor

MIAMI

METAPHYSICAL SCIENCE CHURCH, NSAC, 601 S.W. 7th St. Services Sun. 7:30 p.m. All Message Service Wed. 8 p.m., Thurs. 2 p.m. Rev. Sophie E. Busch, Pastor 643-5967

ST. PETERSBURG

ST. PAUL'S CHURCH OF AQUARIAN SCIENCE, 1200 — 16th St. North. Services Sun. & Wed. 7:30 p.m. Consult. by appt. Rev. Harold C. Durbin, Pastor. 896-9474

TAMPA

HARMONY METAPHYSICAL CHURCH, 2517 W. Henry Ave. Services Sun. 7 p.m. Worship, Healing & Spirit Greetings. Thurs. 7:30 p.m. Messages & Healing. Classes & Consult. by appt. Rev. Isla Lippincott, Pastor. 872-0295

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CHURCH OF DIVINE REVELATION, Midland Hotel, 172 W. Adams St. Sun 2 p.m. Lecture on soul growth, group meditation, divine healing & communication. Rev. W.W. Mueller, Pastor. Rev. A. Skorpen, Co-Pastor

1st TEMPLE OF UNIVERSAL LAW, The 5030 N. Drake Ave. Services Sun. 11 a.m. & 3 p.m. Development Classes Mon. Noon & 7 p.m. Helping Hands, Tues. 1-8 p.m. For info — Rev. Charlotte Bright, Pastor. 588-9379 or 478-5605

GOLDEN RULE SPIRITUAL CHURCH OF CHRIST, 549 N. Cicero Ave. Services Sun. 3 p.m. Wed. 7:30 p.m. Healing & Messages. Unfoldment Thurs. 2 p.m. Fri. 7:30 p.m. Rev. Anna Zalokar, Pastor. ES 9-3349

LILY OF THE VALLEY SPIRITUAL CHURCH, 257 W. 48th Pl. Services Sunday Morn. Worship 9:45 a.m. Lyceum 12:30 p.m., Evening Worship 5:45 p.m., Fri. 8 p.m. Rev. Lucretia L. Smith, Pastor. DR 3-6093

SPIRITUAL SCIENCE CHURCH NO. 3, 1715 W. 64th St. Services Sun. 2:30 p.m., Healing & Counseling Wed. 2-9 p.m. Rev. Mildred J. Pekul, Pastor. 737-7918

ELGIN

1st SPIRITUALIST CHURCH OF ELGIN, The, 77 Villa St. 100F Hall. Service Sun. 7 p.m. William Riley, Pres. 9 N. State St., Aurora. Mrs. Bertha Chamberlain, Secy. R. R. 1, Box 102, S. Elgin, ILL 60177. 741-8781

INDIANA

HAMMOND

1st PROGRESSIVE SPIRITUALIST CHURCH, 5454 Hohman Ave. (K.P. Hall) Service Sun. 7:15 p.m., Healing 7:30 p.m. Mrs. Helen Schaller, Pastor. 1518 — 173rd Pl., Mrs. Jean Fleener, Secy., 230 Hobart St., Gary. 949-1298

INDIANAPOLIS

PSYCHIC SCIENCE SPIRITUALIST CHURCH, 1415 Central Ave. Sun. Lyceum 10 a.m. Worship 7:30 p.m. Tues. 2-4 p.m. Messages Thurs. 7:30 p.m. Glenn Clark, Pres.

MASSACHUSETTS

BOSTON

STAR LIGHT-HOUSE, 25 Huntington Ave. Services Sun. 2:30 & 7 p.m. Rev. Auda E. Crocker, Pastor. Rev. Doris H. Brown, Secy.

MICHIGAN

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FLINT SPIRITUALIST CHURCH, The, G-2084 E. Judd Rd. Service Sun. 7:30 p.m. Rev. Pearl V. Reinhardt, Pastor. 6605 Dupont St. 787-7781

SPIRITUAL EPISCOPAL CHURCH, The, 727 East St. Service Sun. 7:30 p.m. For information, Charlie I. Cook, Pres., 732-5180 or Rev. Lily Vallis, Pastor, 238-6163

OWOSSO

1st SPIRITUAL EPISCOPAL CHURCH, 610 Clinton St. Sun. 7:30 p.m. Mrs. Mabel Leader, Pres. RI 3-3625

NEW JERSEY

JERSEY CITY

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SPIRITUAL CHURCH OF DIVINE GUIDANCE, 3703 New York Ave. Services Mon. 7 p.m. Tues & Thurs. 1:30 p.m., Fri. 8 p.m. Social 4th Fri. Guest Speaker. Rev. Ann P. Rugar, Pastor. 866-5907

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CENTER OF DIVINE GUIDANCE, The Great Northern Hotel, No. 429 118 W. 57th St. Services Sun. 4 p.m. Thurs. 7 p.m., Classes Wed. 2 & 7 p.m. Rev. Martha K. Seidler, Pastor. CI 7-1900 or GE 9-5368

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1st SPIRITUALIST CHURCH, 535 Oakwood Ave. Services Sun. 2 p.m. Wed. 7:30 p.m. Margaret H. Tice, Pastor & Pres. 468-5638. Secy., Mrs. Gladys Leverette.

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CLEVELAND

WHITE TEMPLE, The, 2005 Cypress Ave. cor. Broadview, SR 176. Services Sun. 3 & 8 p.m. Fri. 8 p.m., Revs. I. L. Peterson & Shirley May Grampa, Co-Pastor. 749-7429

OREGON

MEDFORD

LITTLE WHITE CHURCH IN THE GARDEN, 819 N. Central. Service Sun. 2:30 p.m. (winter mos.) 7:30 p.m. (summer mos.) Rev. Roy G. Miller, Pastor. 772-2094

PORTLAND

1st SPIRITUALIST CHURCH, The, NSAC, Beaver Hall, 1519 S.E. 9th St. @ Hawthorne. Service Sun. 7:30 p.m. Healing, lecture, messages, Mrs. Catherine Hinton, Pres. Bertha Wilson, Secy., 2338 S.E. Yamhill St.

SPIRIT GUIDED FRIENDS, Christian Spiritualists Temple, 5729 S. E. Boise. Services Sun. & Wed. 8 p.m. Healing all services. Rev. Jean Krause, Pastor. 771-8986. Dulcie Jensen, Secy.

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1st SPIRITUALIST CHURCH OF READING, Berkshire Hotel, 8th & Washington Sts. Services Sun. 7:30 p.m. Rev. Clara Senior, Pastor., R.D. 4, Lititz, PA 17543. (717) 733-4547

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OPEN DOOR TRUTH CENTER, 2821 Idalia Ave. Service Sun. 7:15 p.m. Fr. Messages 7:30 p.m. Rev. Kathryn Baker, Pastor. LO 6-4326

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TEMPLE OF SPIRITUAL VISION, Masonic Temple, 2603 W. Atkinson Ave., Service Sun. 2:30 p.m. Rev. Anita M. Kuchler, Pastor

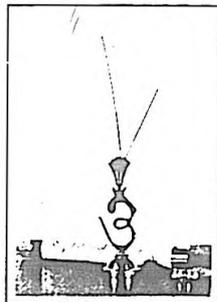


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(continued from page 17)

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(continued from page 2)

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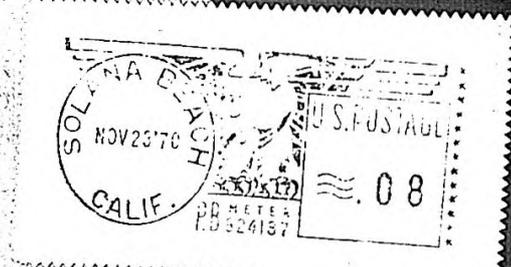
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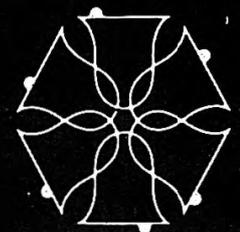


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