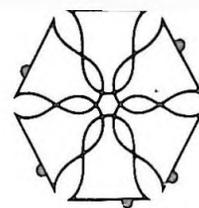


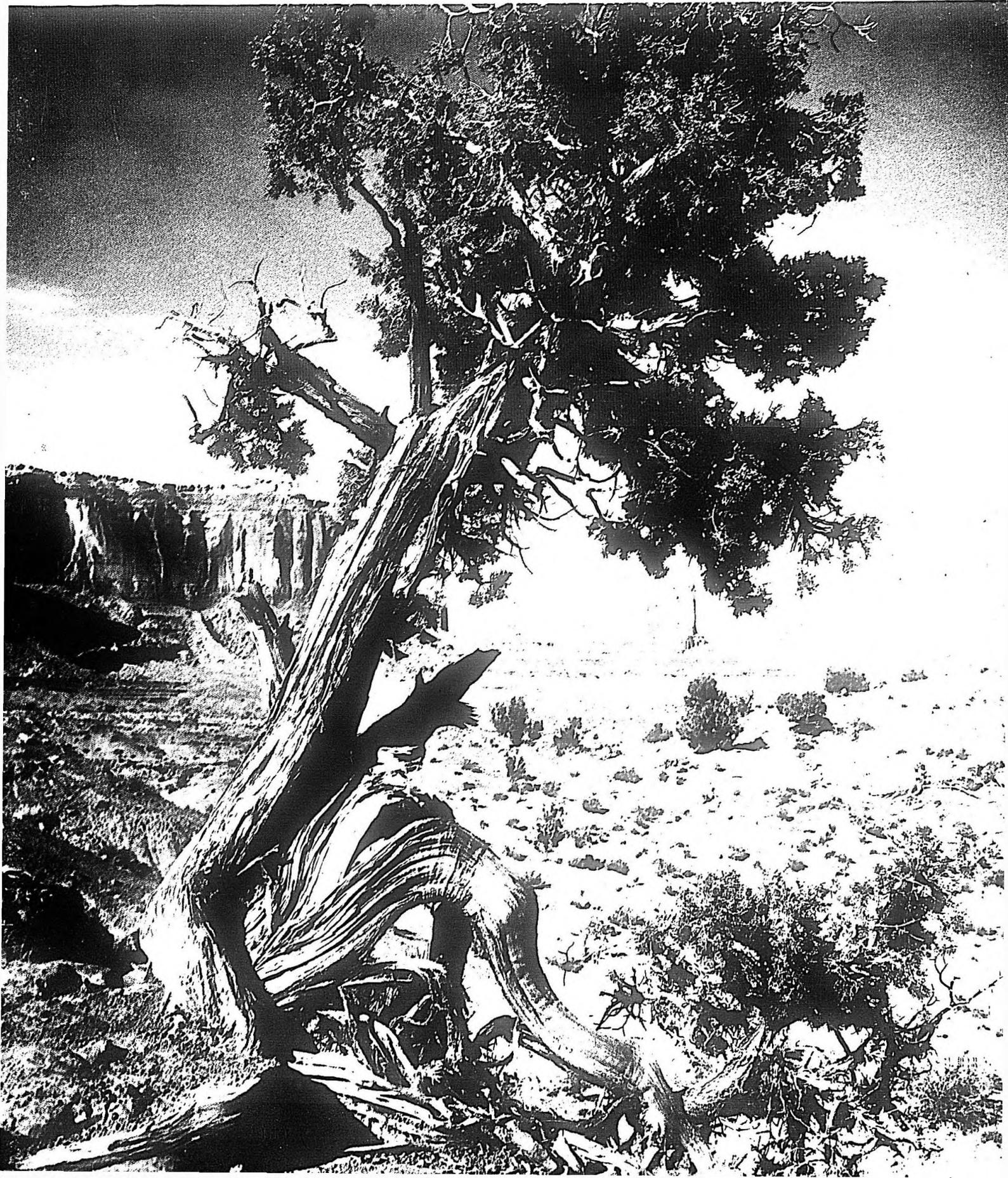
new horizons in living from...



SEPTEMBER, 1970

50¢

CHIMES





SOMETHING that I would be tempted to call "one of life's little miracles" happened while I was writing this (referred to subsequently) book. It has to do with the portrait that appears on the cover (above).

About a year ago, a California friend, who was a member of a teen-agers' Sunday-school class that I taught in Kansas City years ago, wrote and told me she was painting a portrait of me, and that she hoped to send it to me before Christmas.

I was working to complete the manuscript on this book, and had set myself a January deadline. As the manuscript approached completion and the publishers wanted a title, I settled on *The Emerging Self* as my choice.

A few days before Christmas, the painting arrived. I opened the crate in which it was carefully packed with some trepidation, as a really fine portrait is a rare thing. I was delighted to see what an excellent painting the artist had achieved. Others who saw it were equally impressed. One of them said, "Why, it's a portrayal of your book title, *The Emerging Self!*" Surely it seemed so.

The artist did not know what I was writing, and no title had been determined. It was one of life's little miracles that we cannot explain otherwise than as coincidence or inspiration.

WHO SAID IT ?

(for the answer, see page 50)



CHIMES

VOL. 29 — NO. 8
SEPTEMBER, 1970

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

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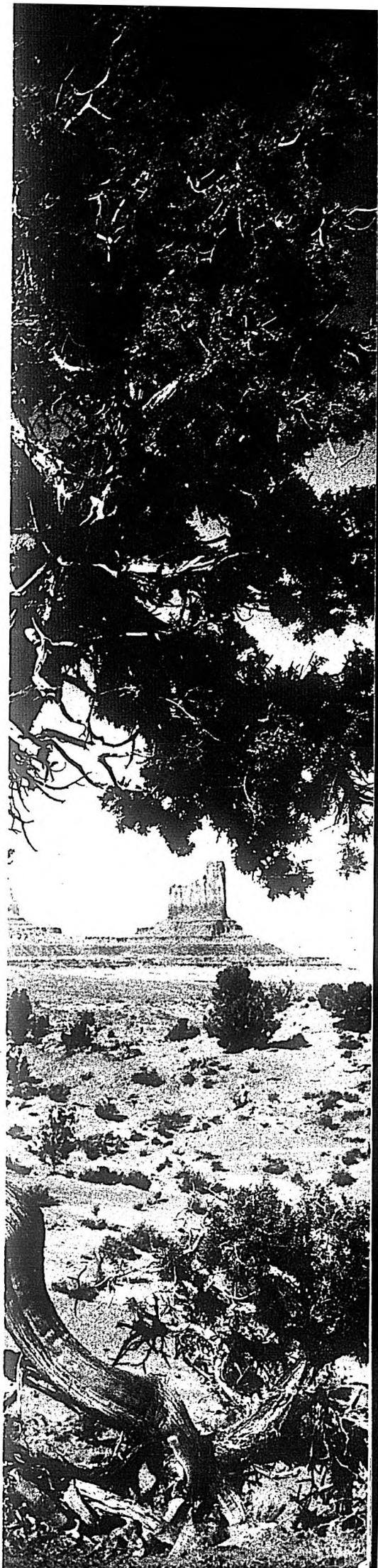
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— FROM THE COVER —

"The Sentinel" of the Great Southwest Monument Valley as pictured by Don Lidakey, courtesy of Union Pacific Railroad.



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LETTERS TO THE EDITORS

A GOOD SUGGESTION! – As a New Age worker for the Light it has been thrilling, exciting, wonderful and most helpful in my spiritual work to see the tremendous changes continually taking place in the contents and format of our Chimes. It is such an excellent way of awakening the unaware and teaching the awakened that it should receive much greater expansion immediately and continually. May I suggest to our fellow readers that one of the most important contributions they can make in taking this spiritual information and education to mankind would be to give AT LEAST one, and if possible more, gift subscription to family and friends immediately? Let's at least double our New Age fellowship in this way . . . NOW!
Charles Boyd, Miami, FL.

(From the smallest up to the largest magazine, distribution to the market of readers to which it would like to reach always poses quite a challenge. This has been true with Chimes – how to find those who want to find Chimes, or something like it. Because of trying to reach for those who would step up in consciousness, this does not exactly qualify a magazine like Chimes for the masses. It is up to those who do appreciate it, therefore, to see to it that it is circulated and publicized. Just ONE gift subscription by each reader indeed would be a tremendous help in increasing circulation. We do receive many glowing words of praise – and thank you, too, Charles, but as you have pointed out, the best way to bring it home is to take action that COUNTS . . . see that someone else knows about Chimes . . . send them a subscription. If you will do this, it could mean more pages of interesting material and helpful features readers have requested many times over. How about it . . . if you have appreciated Chimes, why not show your appreciation by sending someone a gift subscription now?)

SEEING AHEAD – I do not want to miss one issue of the Chimes potent hope builder! Since Christ told us to set our affections on things above, I feel the greatest inspiration we can have is to know more about our future home and service. It is said, "How can you love what you have not seen?" Perhaps through words of them that have seen, we can all "see."
Mabel L. Mink, Davenport, IA.

(The intangible and the unseen are, of course, the greatest moving forces that are. WE must be convinced of their reality and meaning for ourselves . . . we must have our own experiences for our Soul growth, and only when we are ready for them. All knowledge is available to us right now, but we would not know what to do with it if we were not ready to

put it to use. No one can hurry us up or slow us down except ourselves. It's kind of rough to accept self-responsibility for all that we are, all that we know, all that we have. As we do so, however, we gain strength and wisdom, and that's why we are here, going through the School of Life.)

A HELPING HAND – I would like my dear friends at Chimes to know that through reading Chimes I have learned so much about many things that I did not understand. One thing I have always wanted is knowledge and growing closer to God. Chimes has helped me to do this. Bless you all, and "Vaya con Dios".
Mrs. Stanley Siebenthal, Carlsbad, NM.

(Because Chimes has pointed toward being educational rather than anything else, over a period of time in being exposed to it one is bound to have gained something. There is only so much that can be included in each issue, but if even a small portion of the recommended books is perused, a broad education in spiritual and psychic matters can be acquired quite easily. They say, if you haven't tried it, don't knock it!)

TAKE IT WITH YOU – I am a very busy individual with two jobs and very little reading time, so I carry Chimes in my carrying case and read your inspirational articles in brief moments for a spiritual lift. It is quite unusual and very interesting.

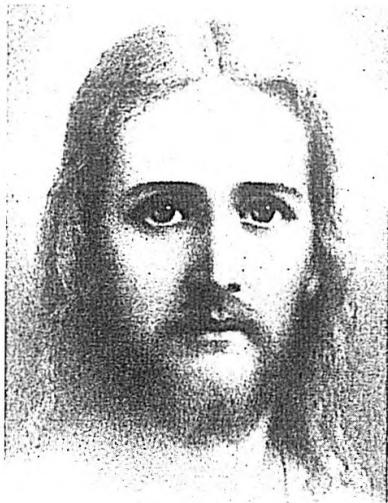
As a suburban Washingtonian, I, of course, follow the predictions and prophecies of Jeane Dixon. I am glad to see Chimes carrying articles from her book from time to time. Thank you,
Mrs. Alma J. Norris, Oxon Hill, MD.

(Chimes has carried material about Mrs. Dixon, as well as material from her book, My Life and Prophecies, for some time and it has always been very well received. Mrs. Dixon herself is a warmhearted and cooperative person, a delight to work with, and to be sure a most unusual woman in her own right. No doubt we will hear more of and from her.)

SCHOOL DAYS – It certainly did my heart good to see the announcement in Chimes that a course of Inner Teachings was to be available by correspondence study. Since I have started, I will say that many changes have come into my life I feel because of the lessons. I have learned some things about myself and about life I have always yearned to know, and now my cup not only is being filled but is surely running over. 100 lessons at first seemed such a long ways to go, but now I just can't wait to get on with each lesson ahead of me.

Bessie Ferguson, St. Louis, MO.

Jesus And The Girl Next Door



By George Butler
Gadsden, Alabama

LET ME TELL you the story of Rebecca, an attractive young girl of Nazareth who wanted to marry Jesus.

Few persons have ever heard this story. It is not found in the Bible. It appears in *The Urantia Book*, a huge volume written by Spirit inspiration mentioned frequently in these columns of Chimes.

It's up to you, of course, whether or not you believe this story of Rebecca.

Although Jesus was poor, apparently his social standing in Nazareth was in no way impaired. He was one of the foremost young men of the city and very highly regarded by most of the young women. Jesus was a splendid specimen of robust and intellectual manhood. Considering his reputation as a spiritual leader, it was not strange that Rebecca — the eldest daughter of Ezra, a wealthy merchant and trader of Nazareth — should discover that she was slowly falling in love with this son of Joseph.

She first confided her affection to Miriam, Jesus' sister, and Miriam in turn talked it over with her mother. Mary then became intensely aroused. Was she about to lose her son who then had become the indispensable head of the family? (Jesus, now in his nineteenth year, had worked and supported the family since the accidental death of his earthly father, Joseph, five years previously.) Mary pondered her plight. Would troubles never cease? What could happen next?

Then she paused to contemplate what

effect marriage would have upon Jesus' future career. Not often, but at least sometimes, she recalled that Jesus was a "child of promise". Then after she and Miriam talked the matter over, they decided to make an effort to stop things from going any further before Jesus learned about it. They decided to go directly to Rebecca and lay the whole story before her about the Angel Gabriel's visit to Mary and the life they believed lay ahead for Jesus. They would tell her of their belief that he was a son of destiny, that he was to become a great religious leader, perhaps the Messiah.

Rebecca listened intently to their words, and she was thrilled with the recital. She became more determined than ever to cast her lot with this man of her choice and to share his career of spiritual leadership. Such a man, she felt, would need a faithful and efficient wife.

Rebecca interpreted Mary's efforts to dissuade her from her interest in Jesus as the natural reaction of a mother afraid of losing the head and sole support of a fatherless family. It was a family of nine children, of which Jesus was the oldest. The others, in order of their birth, were James, Miriam, Joseph, Simon, Martha, Jude, Amos and Ruth. But Rebecca knew that her father approved of her affection for the carpenter's son. She felt that he would gladly support the family with sufficient income to compensate fully for the loss of Jesus' earnings.

Rebecca's father agreed to such a plan, so Rebecca had further conferences with Mary and Miriam. When she failed to win their support, she decided to go directly to Jesus. She did this with the cooperation of her father by inviting Jesus to their home for the celebration of her seventeenth birthday.

Jesus listened attentively to Rebecca, and thanked her sincerely for her expressed admiration. "It shall cheer and comfort me all the days of my life," he

told her. Then he explained that he was not free to enter into relations with any woman other than those of simple brotherly regard and friendship. He made it clear that his first and paramount duty was the rearing of his father's family, that he would not consider marriage until that was accomplished. Then he added, "If I am a son of destiny, I must not assume obligations of lifelong duration until such a time as my destiny shall be manifest."

As Jesus grew with age, more and more divine revelations came to him. By this time his preaching ministry began. He realized he was the Son of God, as well as the Son of Man, that he was the creator of this world and many others, and that he was sent here to redeem fallen mankind.

Rebecca, of course, was heartbroken. She refused to be comforted, and begged her father to leave Nazareth until finally he consented to move to Sepphoris. In later years, to the many men who sought her hand in marriage, Rebecca had but one answer. She lived for only one purpose — to await the hour when, to her, the greatest man who ever lived would begin his career as a teacher of living truth. She therefore followed him devotedly through his eventful years of public labor. She was present (though unobserved by Jesus) when he rode triumphantly into Jerusalem. She stood among the other women by the side of Mary on that fateful and tragic afternoon when the Son of Man hung upon the cross. The story of Rebecca's love for Jesus was whispered about Nazareth and even later on at Capernaum. While in the years to follow many women loved Jesus — even as men loved him — he did not again have to reject the personal proffer of another good woman's devotion as he had Rebecca's.

From that time on, human affection for Jesus partook more of the nature of worshipful and adoring regard. Both men and women loved him devotedly for what he was, not with any tinge of self-satisfaction whatever or the desire for affectionate possession.

For many years, whenever the story of Jesus' human personality was recited, the story of Rebecca's devotion often was recounted . . . a story seldom known in our time.

Be sure to follow this beautiful account of Jesus and Rebecca in *The Urantia Book*. See page 27 to order from Chimes.

Youth of MARK - AGE



This month Mark-Age of Miami, Florida inaugurates an extension of their educational program as a monthly feature for youth, especially for Chimes. This is a natural extension of Mark-Age Youth Meditation meetings for the youth of all ages held every Friday at 8 p.m. in the MetaCenter. There has been a great response to this type of meeting, wherein future teachers and workers of the Mark-Age program are being developed and trained for this work. Group members now are scattered all over the United States, as well as many foreign countries, and wherever they go take their knowledge of this program with them. Young people are aware of their purpose in this lifetime, and are preparing now to develop themselves for the future works required of them.

Meanwhile, this is their page for contributions and the bringing forth of what they would like to see in print. Already there are other periodicals being printed by and for the youth of the Aquarian Age works. It is intended that this page eventually shall expand to become a periodical in its own right for the purposes of the Mark-Age program. So let us see your response! Address all letters to Mark-Age in care of Chimes.

Parts, pieces and put-togethers throw a new light on the old concept of coordination. Like . . .

being beautiful

When youth and age are paired in authority, can any music be sweeter in harmony? For youth will gain wisdom and discipline, and old age strength and vigor.

—Apollonius of Tyanna
(St. Germain)

half the fun is learning

Old Glory, the flag of our country, had its colors given to the original designers through spiritual inspiration.

The use of crimson red as the courage of our convictions was interlaid with the white of purest dedication. This was adorned with the five-pointed stars symbolizing the mortal man in his spiritual background of electric blue.

Thus was our flag made which our founding forefathers recognized as the outward symbol of the spiritual purpose of our beloved country, the United States of America, the New JerUSAlem of the world.

and you should know

that each gemstone and metal that you may be led to wear has its own special vibration that adds itself to your vibration as an auxiliary aid. Some fill in a particular shortage and others, such as Jade, give an all-over lift to the body in general.

That is why Jade is so well known and so loved by so many.

Jade is unique in many ways as it is found in all colors, has a soft inner glow, and is one of the densest, most durable stones available. Its non-chipping or fracturing qualities allow it to be carved into intricate works of art.

— Jo-el of Mark-Age

Not next week, not next month, but while you're looking in the mirror!

it's a great feeling

to see your "Love in Action" printed on this page. We seek contributions from the youth of all ages, be they inspiring ideas or good news in youth activities. This is YOUR PAGE! Add your vibrations to this focal point of youth news by sending them to Mark-Age in care of Chimes. They will be used as they blend in accordingly.

behind the seen

To work silently with your loved ones as they sleep, picture a white aura around them and state:

Rise up into your Christ Self and receive your instructions as you sleep.

When you awaken, you will enact Spirit's wishes.

So be it!

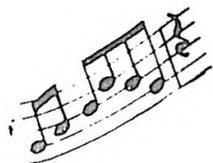
where the action is

CONFRONTATION — The essential problem is to change attitudes. Challenge people to try something, talk to someone, take action and directly approach the problems. You've got to confront yourself, other youths and adults.

You don't confront them with rocks; you do it with words.

Awareness is a confrontation with a decision, good or bad. If you make it, the decision is action and this leads to change and makes you a creative force. The problem now stands in the youth's hands.

— Scott Unsworth, Pasadena, CA



The Magical Qualities Of Music

By Lee Baxter
El Centro, California

Part I

EVER SINCE the beginning of time, music has been used to lift man's soul to higher spiritual levels and to stimulate the creativity within him. It long since has been known to the mystics and scholars of the occult that certain sounds set up favorable vibrations, so that all types of psychic and creative manifestations are possible.

It has been conjectured that God first spoke to man through "the music of the spheres". Whether or not this is true, I do not know. But all who have studied mysticism or the occult arts know that man uses music to invoke his higher self in a mystical, magical evocation.

Music also provides a mystic bridge to take us instantly into the forgotten past. When the first notes of an old familiar song are played, if it is one attached to a memory, that memory instantly is recalled in vivid detail. I cannot hear the first three notes of "Smoke Gets in Your Eyes", for instance, without being taken fifteen years into the past, beside the coffin of a dear friend whose love story ended tragically — even though she knew her "true love was true".

In the primordial days of the world's history, it is entirely possible that some cave dweller may have found that he could create a rhythm by tapping his fingers, or some object, against a surface. He may also have learned that he could produce melodic sounds with his vocal chords.

This is sheer surmise, of course, for no one really knows how music began. It is at least "half safe" though to surmise that the hands (and perhaps the feet) and the vocal cords provided man's open sesame to the magic of music.

Magic, music and the dance are interwoven inextricably in the history of early mankind. The Sumerians, in the Land of Ur, as far back as 3,000 B. C. used the lyre in their ritualistic magic. The lyre also was used in the temple to set the mental and emotional tone for the Sumerian religious services.

In Egypt, during the First and Second Kingdoms, the priests used music as the means of invoking their many gods. Their chief instruments were flutes and harps, with sistrums (rattles) and drums added later.

Music is first mentioned in the Bible in the genealogy of Cain (Gen. 4:21 "Jubal, the father of all such as handle the harp and organ . . ."). Jubal was among the first recorded wandering minstrels in

the history of mankind.

Music is mentioned next in the Bible in Gen. 31:26-27: "And Laban said to Jacob, What hast thou done, that thou hast stolen away unawares to me, and carried away my daughters as captives taken with the sword?"

"Where didst thou flee away secretly, and steal away from me: and didst thou not tell me, that I might have sent thee away with mirth, and with songs, with taboret, and with harp?"

With the Psalms (usually attributed to David, but written by many Jewish musicians), music reached its greatest heights as a Hebrew art.

It was King David who set aside a Jewish tribe for a very special purpose: its sole duty, as recorded in Hebraic history, was to provide music in the temple.

Earlier, however, there had been "singers with instruments of music psalteries, harps and cymbals."

Not until Milton was another poet to capture the magnificence and mighty organ notes which are expressed verbally in the Psalms.

Even in the early Hebrew religion, music and magic complemented each other. In anointing Saul as king, the prophet Samuel said:

"It shall come to pass . . . that thou shalt meet a company of prophets coming down from a high place with psaltery and a taboret and a pipe and a harp before them; and they shall prophesy. And the spirit of the Lord will come upon thee, and thou shalt prophesy with them, and shalt be turned into another man."

That God speaks through music was intimated in His words to His servant Job:

"Where wast thou when the foundation of the earth was laid? When the morning stars sang together, and all of the sons of God sang for joy?"

God still communicates with man — but often man fails to listen. He still uses music — not of the morning stars, but that which he has given to gifted composers — as a means of speaking to man.

Poets and artists throughout the ages have known the value of music in "setting up the right vibrations" for creative work. If you will pardon a personal reference: music affects me so deeply that each time I play my semi-classical records, I find myself writing poems twenty, thirty, and forty at a time. They come as easily as if someone were giving me the words subliminally, and I, only transcribing them. Music can



SPRING SONG

SECONDO

F. HENDELSSOHN

Allegretto grazioso
Moderato

stir one to limitless heights of creativity.

The mystics have used music as a means of invoking God, and of attaining an at-one-ness with Him.

The use of music as a religious stimulus is described in Isaiah 52:9: "Break forth in joy, sing together ye waste places of Jerusalem; for the Lord hath comforted his people; He hath redeemed Jerusalem."

In the Psalms, perhaps, we have, more than anywhere else in the Bible, man's use of music as a means of direct communication with his God: the cadent beauty of the Psalms is an outpouring of the Psalmists' hearts, minds and souls. Here we find the soul of man laid bare in song before his Maker.

The Psalms are man's impassioned exhortations to and about the God he adores; the Song of Solomon epitomizes man's passionate love for the woman of his choice. Music has been used since time immemorial to record the emotions and questings of man.

It has been said that many a man, lost and bewildered, whom words could not reach, has found his salvation through hearing again a song that his mother taught him in his childhood. More than any other hymn, perhaps, "The Old Rugged Cross" has deeply emotional and redeeming associative powers.

The Negro spirituals of America are as powerful as the voodoo drums of Africa in casting their spell over the hearts and minds of men. The spirituals express the deep frustrations and unbounded heartbreak of the oppressed. They have deep meaning not to the Negro alone, but to all who have been thwarted and humbled in their present existence. Yet always there is the bright hope of the life to come, in which sorrow and bondage will end.

* * *

In the concluding part of this article, the "black magic" or negative aspects of music stimulation will be explored.

* * *

Never doubt in the dark what God told you in the light.

— V. Raymond Edman from *Decision* magazine

MAN'S POWER

— UNIVERSAL SCIENCE —

By Marlin W. Travis

PART VIII.

Albuquerque, New Mexico

IT IS BEST to observe the principles of Universal Science step by step until the time arrives that the subconscious mind will take away the work from the conscious mind. Then you won't have to "work" so intently to capture the true vibration and essence of the truth of these lessons. Capture the joy of the task at hand, and remember that joy has a great therapeutic or healing value.

SPREAD JOY!

Envision yourself as surrounded everywhere with Divine Spirit. It is impossible therefore to be alone, insecure, or in doubt with such a tremendous power with you and by you at all times. The fact is that thought is creative in you instantly to change unfavorable situations or conditions to favorable outlooks for yourself. You speed your progress by refusing to THINK, ACT or PLAN the gloom-way, as depression and gloom only dry up the creative life processes. A joyful mind and heart invite good health, happy surroundings and the chance to advance in all you plan. These lessons, if sincerely studied and applied, will revolutionize your life, but to read and just think about these truths is not enough. Many people buy one book or course after another, believing each one will be the miraculous work that contains a magic that does all the work for them. If the student earnestly studies the lessons at hand and begins to practice each truth, then the "LIGHT" will break and the student will feel progress, and he will say, "Yes, that is so!"

PRAISE YOURSELF

To master and put into practice one glowing truth is of more value than volumes accepted from the intellectual point of view. Be generous in your praise of your efforts from the very beginning because the very fact that you started on the road to self-betterment is a glowing credit indeed. True generosity requires more of one than kindly impulse. Above all, it requires imagination — the capacity to see your situation, need, problem and even those about you clearly.

Each truth in Universal Science the student masters is part of the foundation he builds up quite like a house is built of stones, brick and lumber. You must build up enough truth demonstrations to establish in your subconscious the habit and the soundness of dependable, positive thinking. That is the way to use the mind to build useful knowledge and a lasting state of self-betterment. The moment we unleash a direct vibration of inner harmony, contentment and joy, we send out that very vibration to touch not only our own life's affairs but the lives of others. As we also desire that our loved ones or associates enjoy the finest and best, we not only enhance our own popularity but we at the same time avail ourselves of His infinite storehouse. The student is now discovering how to receive and use that miraculous storehouse.

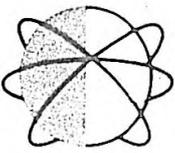
THE BELIEF OF PLENTY

A spiritually conscious attitude generates the infinite energy that continually seeks expression through us in the form of rich ideas and opulence in our affairs. In this lesson, we have been learning of the principle of opening the heart and mind to the inflow of Divine power, love and enlightenment. The student must begin to fill his mind so full of rich, prosperous, healthy and happy ideas and thoughts that he is lifted right out of the former belief of lack into the belief of plenty.

RELEASE YOUR POTENTIAL

Divine Being is always with you, but you cannot sense His presence while you are tense or bordering on the verge of panic, fear or doubt. All the student can do is give his best — let go and rest on the knowledge that Divine Spirit is caring for him, watching over him and helping him to overcome every seeming obstacle. The relaxed, poised attitude is important for many reasons — among them is the fact that a relaxed attitude defeats the habit of rushing headlong at issues. We often hear people say that if they only had more time they could accomplish this or that. But, if one remembers that in spirit there is no lack of time, one can relax the

(concluded on page 13)



A TALK WITH THE BISHOP

By Hazel I. Houeland
San Diego, California

HAVING READ a request from one of your readers recently to hear more from Bishop Pike in Chimes, I decided to send you some recent communications I had with him and his son, Jim.

I only met Bishop Pike once while he was on this side of the curtain, but at that meeting he was very kind to me.

Sometime ago he visited me with my son Michael, who also is in the Spirit world. At that time Bishop Pike was encouraging me to write a book on the many clairvoyant experiences I have had. Then on May 17, 1970, while I was working on this book, I felt a spirit presence. I closed my eyes to see the aura of whoever it was, and at the same time I heard a voice say he was James Pike. He spoke of how glad he was that I had resumed my writing, and said how happy he was on that side of life. He seemed most vibrant and enthused.

I will describe his colorful aura as I saw it. The spirit was clothed in peachy-orange colored clothing. The form was surrounded by a bright vibrant blue with deep lines of orange and red around the blue. Outside of that was his second ray color, a vibrant orange. This means that his ray colors are blue and orange. Blue is the ray of spirituality, and orange is the ray of leadership.

Just a short time ago, as I sat down to write about him, he came again. This time it was to give me a message for publication. He said, "I don't call myself Bishop anymore . . . just James Pike. I want to tell people that I am continuing to work for peace. I knew it was important while in the physical body, but now I really understand how important it is. We on this side know that unless something is done, there will be a third world war which will destroy much of the world and its people, bringing great pain and suffering to all. I am James Pike, and I send my love to all of you."

Then I said, "How would you propose bringing about peace?"

He said, "Work toward establishing a world conference table and bring God's laws to it — Love, Peace, Harmony, Compassion, and Charity. All nations must quit furnishing weapons of destruction. Instead they must help the warring nations by offering to help build up their countries if they are poor. If this does not stop them, let them be ostracized by all countries until they give up their warring policies."

The Master who works with me — at my request — verified the authenticity of this message by centering his beautiful aura over a picture I have in my living room.

I have seen also and talked with James Pike's son, Jim Pike. Quite some time ago I was awakened one morning to see a boy

Mary A. Long
Columbus, Ohio

YOU CAN CHANGE YOUR FACE !

PREJUDICE has an ugly face . . . but it's not confined to creed or race. It's all about us every day — in subtle things we do and say.

It's prejudging . . . often before we know . . . that beneath the weeds lovely flowers are trying to grow.

It's listening to gossip and suspecting the worst, saying unkind things, and putting 'status' first.

It's bristling, rather than listening, placing the 'letter' of the law before the 'spirit' of the law . . . glorifying the intellect, ignoring the motive.

It's forgetting there's but ONE race . . . the HUMAN one. That kindness may spring from *any* breast . . . as may courage, initiative, or all the rest.

It's forgetting that true wisdom knows no competition or superiority . . . only cooperation. That tolerance is not putting up with but seeking to understand and working together. That it's more important to change the direction of the soul than the gale . . . and that only OUR FATHER has priority on anything and everything.

Each is the gardener of his own soul. Each is to contribute to the brotherhood goal. / cannot do this for *another* nor will *my* weeding be done by my brother.

Prejudice isn't something we were 'born with' but something we've been 'carefully taught' along the way . . . just as we teach others by how we live each day.

To recognize the sin is to begin. Perhaps if we'll become 'as little children again' . . .

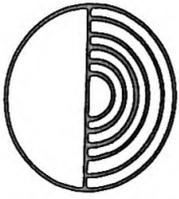
This won't be easy . . . in the midst of chaos and fear . . . Too many weeds have obscured the flowers over far too many a year.

If we care enough . . . to share enough . . . of the best in us, we may be on our way to good will among all men . . . and peace on Earth. For this we pray.



Mental poisons such as prejudice, fear, hatred, self pity, resentment, envy, vengeance, loneliness, melancholy can be banished by the *right mental attitude* and by invoking the Infinite Healing Power. Dr. Joseph Murphy demonstrates how to do this in his treasured little book, *Mental Poisons and Their Antidotes* — available from Chimes.

(concluded on page 43)



excerpts from world news centers

PSYCHIC DIGEST

THEY UNDERSTAND

YOUR plants aren't doing well, you say? It could be the petunias simply need a pep talk! Chemist Marcel Vogel, author, inventor and researcher with International Business Machines' Advanced Systems Development Division, says he has proved plants respond to emotions of humans, according to a recent article in the *San Diego Union*.

"We train dogs and other animals," Vogel said in an interview. "Has anyone thought of training plants?" In a recent 12-week course Vogel conducted for his colleagues on "Engineering Creativity," Vogel said he scored a breakthrough in contacting plants through bioelectricity. Man emits a minute electrical field, as do plants because of their moving protoplasm. When man's electrical field cuts that of the plant, he said, a measurable response can result. Vogel described an experiment in which he wired a plant to a device that measures electrical impulses. Vogel said when he thought intently that he was about to burn the plant, the device showed a plant reaction. According to Vogel, it is extrasensory perception by the plant. He has repeated this experiment before witnesses many times. A major use of this phenomenon, he said, would be to use plants "to catalog the aberrations of people." In this way a standard could be developed in which certain reactions measured in plants indicate human mental condition. Such a catalog of standard plant reactions to various human emotions could, according to Vogel, point to specific maladies such as schizophrenia, paranoia, manic states and the like. Vogel told of a polygraph specialist, Clevel Baxter of New York, who got a split-leaf philodendron to register on the lie detector in response to his emotions.

A MATTER OF TIMING

ACCORDING TO Dr. J. B. Rhine in the *Parapsychology Bulletin*, problems confronting us today in connection with the acceptance of parapsychological phenomena would not be with us today "had the penetration of psychology departments by psychical research been successful earlier in the century and parapsychology had become a subject in the departmental curriculum of the universities. . . . In spite of financial aid, public pressure and prestigious names, it failed to adapt. The problems were too difficult and the timing inopportune. The phenomena of parapsychology did not lend themselves to easy linkage with conventional scientific thinking. The university world will have to be shown more about the place of psi (ESP) in the system of nature before the study of it will be welcomed and respected."

NEW SLANT NEEDED

HOW DOES the famous American medium, Arthur Ford, feel about his fifty years of devotion to psychic gifts? In a letter to the editor of the *Psychic News* of England, Ford — one of the founders of Spiritual Frontiers Fellowship and chief medium responsible for proving survival to many orthodox religious members — using his brilliant clairvoyance tells how he continues to address public meetings the world over. It was Ford's televised trance seance for Bishop James Pike before he died that made world headlines. Now, however, most of Ford's work is being done in colleges and theological seminars, where he finds the students very receptive.

"I can truthfully say," wrote Ford, "that in no college or seminary have I had an unpleasant or rude experience with students. They know what is going on in this field and how completely the old-line churches are failing." Readers of Chimes will be able to see much of this feeling reflected by the young people in the new feature inaugurated with this issue by Mark-Age.

LESSONS FOR STUDENTS

HOW TO ACQUIRE PSYCHIC ENERGY

NEARLY EVERYONE has some degree of precognitive ability. Sometimes this may display itself as apprehension, sometimes as a hunch, and sometimes as joyful anticipation when you feel certain "something nice" is going to happen. These impressions cannot as a rule be predicted in advance. They come only occasionally and usually without any preliminary warning. Thus we seldom act on them and become aware of them only in retrospect.

You can sharpen this innate capacity by the proper understanding of *psychic energy* and its intelligent use. In subsequent articles to appear here as lessons, you will be given the hows, whens and whys of prophecy, and "gifts of the spirit," but first it is necessary to know something of the mechanics of awareness.

LEVELS OF AWARENESS

According to Joseph J. Weed in his recent book, *Psychic Energy: How to Change Desires into Realities*, there are four levels of human awareness. This can be likened to a four-storied dwelling with stairways and elevators running from floor to floor. Nearly everyone lives on the ground floor or level number one. Some are crowded ten or more to a room in which all see, hear and think the same things. Others have private apartments which they may share with one or two, while a few have very large expanses in which they usually live alone.

Those with the large apartments are aware of far more than those who are crowded together. Each room of theirs has a different view and contains varied facilities for acquiring and storing knowledge. But all of this knowledge, all of these observations, are on the level where they live, the first level, the physical level. Thus there are many grades and depths of awareness on this the physical level, as is true of every other level.

The next higher level of awareness has been called by many names. These are not significant. They are but the endeavors of those who know how to convey information to those who do not know. To designate it as the second level is descriptive enough. Anyone on the first level can get to the second level by climbing one of the stairways, which are numerous and for the most part conveniently located. All that is necessary is to know that the stairway is there, that to climb it is rewarding, and then make the effort to do so. There are also elevators, but these are few and

their operators permit entry only to those who have qualified. The reason for this apparent selectivity is that an elevator may take you in an instant not only to the second level but also to the third or fourth and this might be a devastating experience without due preparation.

The view on the second level is far greater and much more can be observed. Also there is less crowding and each individual has a much wider range of uninhibited awareness than on the physical level. Observers on this level are usually so impressed with the clarity and distance of their vision there, they are prone to believe they are witnessing all there is to be seen. This, of course, is not so. For there are two higher levels, each with 1000 times the perspective of the level below. On this second level may be observed the causes leading to events and other manifestations on the physical level below. Thus when you raise your consciousness to the second level you will find it possible to predict certain events with a fair degree of certainty.

The third level of ideas and inspirations, as well as the fourth level — that of the spirit — will be covered in the coming issue. Also to be covered is how psychic energy is accumulated and directed and a technique for doing so based on the book by Joseph J. Weed, *Psychic Energy*, referred to above . . . a Chimes selection.

UNIVERSAL SCIENCE

(continued from page 10)

tension, release new energy, and discover latent talents within oneself.

TAKE YOUR TIME

One of the truths of this lesson is that you can relieve any feeling of stress or strain if you tell yourself that you have all of eternity before you. It sometimes seems miraculous the many things one is able to do easily and well when one is free from the need to rush and hurry. Allow the Universal Science truths to take their time in properly registering on the subconscious, for hastening unfoldment does no good at all.

HOW DO YOU PRAY?

PRAYERS OF PROTECTION

In the Name, through the Power and by the Word of the living Christ, I build a Wall of Flame around myself, my loved ones, my home, my affairs, and any conveyance I may use. I give grateful thanks for this protection.

Amen

I ask in the Holy Name of Christ that my Soul Light be veiled to all I contact in any way today. Also that any spiritual power used by me be lovingly tempered to all who receive it and I give thanks.

Amen

Joyously we give thanks that the Love, Life and Light of the Living Christ is now flooding our world, healing and blessing all. It is tenderly tempered to meet every need.

Amen

In the Name and through the Power and by the Word of Christ Jesus, I put on the whole Armor of Light. On my head is the Helmet of Salvation. I wear the breastplate of righteousness. My loins are girded with the Truth. My feet are shod with peace and enveloped in the Flame of the Spirit of Almighty God. In my left hand I hold the Shield of Faith, and in my right hand is the Sword of the Spirit. This is the Word of God and the Word of God is un-assailable and I am protected in every way and ready to do the Father's will.

Amen

•
– From the

Christ Ministry Foundation

YOU GROW ONLY as you open your consciousness to new vistas. Open the windows of your mind and let new ideas in. If you still think on the material plane, you can pray for a new environment, a new home, new friends, new clothes, a mate, new opportunities, or for travel and education.

If you have evolved to the higher planes, you will pray for the ability to control your temper (if need be) or for the ability to overcome resentment, bitterness, weaknesses or procrastination.

If you have evolved still further, and are conscious of the Inner Worlds of Reality, you will pray for those qualities of God of which you are becoming more aware.

You, yourself, know best what is in your heart and mind, and you can adapt this prayer technique to your heart's desires.

We would be happy to know of the results of your prayers. By keeping in correspondence with us you are kept closer to the center of the Power which is behind the Science of Living. By expressing your gratitude for results, for your new happiness, you open the way for ever greater opportunities and joys to come to you.

MEASURING YOUR PRAYERS

If your heart's desire is to grow, yet you are not quite sure on which plane your prayers may lie, this may assist you:

LOWER PLANE: Prayers that have to do with selfish ideas or selfish pleasures, or self-gratification.

MIDDLE PLANE: Prayers that have to do with preparation for a better future or opportunities for advancement.

HIGHER PLANE: Prayers which express love for your fellow men, a desire to help those who do not understand you, a desire for higher perfection and Soul cleansing.

In deciding what you need, you may find it wise to decide first upon a DEFINITE PLAN or desire you wish to see fulfilled. Second, see that it is a constructive and honorable plan, one WORTHY OF YOUR TIME AND EFFORT. Third, examine YOUR MOTIVES for wishing to bring such a plan into expression.

When that which is still left of the lower self balks at so much thinking, just repeat to yourself the necessity for becoming a thinking, awakened, more efficient Being at this stage of world evolution. As you conscientiously follow out the steps indicated in this lesson, something happens Within. Your slumbering Divine Intelligence awakens, stretches, and begins to serve with you in each daily task.

All great and wise men have, at some time or other, consciously or unconsciously, used forms of training such as are outlined here. It is not necessary to continue these steps consciously all of your life, but it is essential that you do so for a considerable period of time – at least until you are conscious of having grown to a higher stature. Once you reach that higher stature, a new and different set of instructions will be

There is an art to tuning in

at hand then to assist you in entering still more deeply into Oneness with the Creator.

Man must learn ADAPTABILITY. He is so apt to say: "I have learned that. Now I can rest for all time." It is not intended that man should fall into a rut and remain there. We are told that God uses the change of weather to teach man adaptability. He uses floods, storms, fires and catastrophes to teach him to stop grumbling over petty little things, and to help him to lose himself in thinking of others.

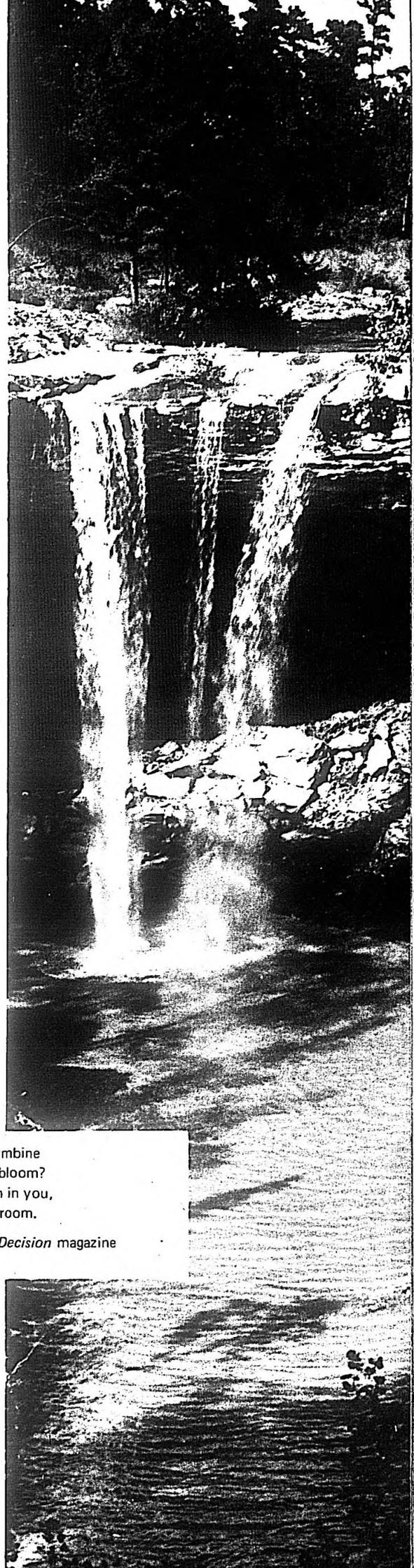
As you rebuild your life by prayers, and by visualization of yourself as you would like to become, you are adding just that much more perfection and beauty to the world. It is true for a certainty that YOU DO NOTHING FOR YOURSELF ALONE. You are attached by an invisible cord, a tiny thread of light, to every human being and to every bit of conscious life in the world – even to every animal and every ant. Each one has a complete concept of you buried in them (as you have a complete concept of everything that exists in the world buried in you). This concept is a manifestation of your spirit. This concept of you becomes active in them when they read of you, or hear of you, or see you. This manifestation that YOU ARE can help them and lift them in consciousness to a realization of the greater good in the world – as they begin to relax, let go and listen within. This is true of animal as well as human. While you sleep, that which you now ARE distills through the etheric substance of the world, and you add a little bit of what you are to every living atom in the world. Think on this a while . . . and as you think, you will realize more and more the NECESSITY for changing what you are by IN-BUILDING ever finer qualities, some of which are still in an unborn state in the Divine Ethers waiting to be personalized by you.

In simpler language, let us say that there is a great need for the IN-BUILDING of a new life since what you ARE becomes a part of every living creature in the world, for you are an indivisible part of everything in the world.

YOU ARE A CREATOR. You take of the Reality – Honesty – for example, which lies unborn in the mind of the Divine Creator of the Universe, and you give it birth in your own life and habits. Thus you can be either a creator of more dishonesty in the world as you give birth to it through dishonest acts or thoughts, or you can be a creator of a finer, purer, better world, by your WILLINGNESS to take into yourself and make a part of you, all of the Divine attributes of God, the Good.

What a glorious world this will be when each of us has realized that WE ARE THE CREATORS of this world! How inspired we will be then to talk with others and help them, to see that the things they thoughtlessly or willfully do are spoiling OUR world, and not merely their own lives! God supplies infinite material with which we can work,

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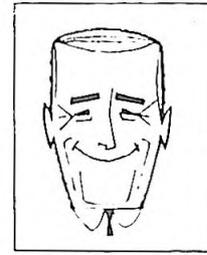
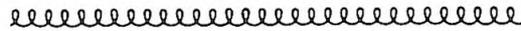


Did you ever see a columbine
Grow from seed to bloom?
That's how God is born in you,
So give Him lots of room.

– Nona Schmidt from *Decision* magazine



IT'S WHAT THEY SAY



Cecil A. Poole – A static condition is contrary to the fundamental principle of existence. It is contrary to the manifestation of energy in the universe. Actually, a constructive universe, which we hope this one is, cannot stand still. It must move. It must change. Evolution is a manifestation of change. All life, human and animal, can continue to change, to evolve, to become something better, something more perfect than it is now or was yesterday. – From *Rosicrucian Digest*

Adrienne Ashley – The ability to penetrate to the essence of phenomena and designate its basic qualities by a name is inherent in the being of man. – From *The New Age Interpreter*

Swami Atulananda – Human civilization to be lasting must rest upon a spiritual basis. For then alone can civilization lead humanity back to the great Reality towards which we must all proceed. Without this, life can have but little meaning or value. – From *Awakened India*

Corinne Heline – Man's evolution has brought him to a place where his principal task is slaying the lion of self. A long and arduous one it is, one which accounts for much of the current unrest, discord and conflict. Through the conquest of self, however, pioneers of the New Age are becoming Sun-men in whom love is "the fulfilling of the law." – From *Cosmos*

Norman Vincent Peale – Each of us is constantly in a state of becoming, and through enthusiasm, prayer and faith you can become what you think. Not that your life will be without problems. But along the way problems will be overcome. Ask and believe; dream and believe. – From *Guideposts*

Brother Mandus – The greatest re-discovery in modern times is the transcendental importance of love, in all its widest forms of expression in relationships and creative work. It is the power in the nature of man which not only secures personal health, harmony and effective achievement, but also opens the dazzling potentials of inspiration, guidance, and vision which are inherent in communion with God. – From *Crusader*

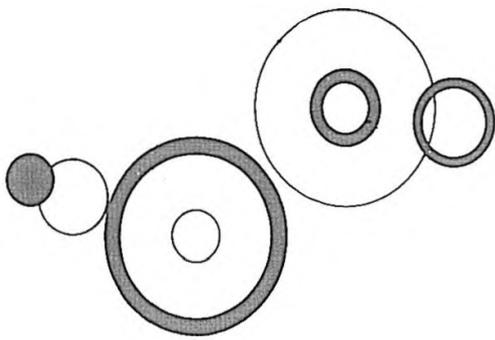
Sri Soudah – Faith and Works must be tied together, for either of these without the other is of little value in accomplishment or your progression up the pathway of life. – From *The Voice of Universarius*

Stewart Edward White – Finite manifestation is, in inception, an idea. An idea, in rounded wholeness, is an harmonious arrangement. An harmonious arrangement is a product of creative imagination. Creative imagination is an attribute of intelligence. – From *Exploring The Unknown*

Charles Fillmore – The word of Truth has life in itself, and it cannot perish or grow less with the changes that come with the fleeting years. We also know that the more spiritual the one who gives forth these words, the more enduring they are, and the more powerfully do they move men. – From *Unity*

Masaharu Taniguchi – Gratitude arising from the depths of the Soul acts as a sincere prayer to enable us to communicate with God. – From *Seicho-No-Ie*

Frank E. Richelieu – When we seek to solve our problems and change our conditions, we want to *lose weight* – the weight of the burdens we are carrying – and to gain a new zest for life. This can be done by fasting-and-feasting: *Fasting* of the burdens we are carrying – and to gain a new zest for life. *Feasting* on the vital nutrients of positive ideas and emotions. – From *Creative Thought*



QUESTIONS WE ALL ASK

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

I HAVE AN intense desire to be near an ocean. How would one greet the intelligences in such an environment?

WATER BEINGS are reached best through feelings or emotions. For that reason you might well stand at the seashore sending out waves of love and good will to the far horizons and to all who serve through the medium of water. In your salutations include the request that all swimmers and travelers who course through their waters receive the blessing of their protection.

DID NOT THE film, "The Sound of Music," give to viewers nature's glorious blessings in the opening scenes?

THIS PICTURE carried inner plane radiations throughout its pictureque scenes, its lilting melodies, and its human involvements. These inner world energies released the very life forces that were active in the regions depicted. Angels of Music inspired the melodic tunes; and the songs *Climb Every Mountain* and *The Sound of Music* brought into the physical world tides of sound that originated in very high areas of the superphysical worlds.

EVER SINCE I was quite young I have passionately loved springtime. But why, then, should I be aware of sadness mingled with my feelings of gladness?

YOUR EMOTIONAL reactions might be due to a past life memory which left a nostalgic impression. It might be that you have always responded ecstatically to spring, but that you vaguely recall having suffered the loss of loved ones who made your mature years view springtime poignantly.

HOW CAN WE work with nature beings in our gardening and invite their assistance?

WHEN WE PLANT seeds, bulbs, shrubs and trees we should try to visualize the many gradations of intelligences that will be at work on the etheric level helping our plants to be raised in

maturity. These beings delight in the presence of trees. The more we plant of these living things the higher will be the development of the beings in our yards. Our good care of all growing forms will please the devas and they will reciprocate by emanating a good atmosphere in our gardens.

When planting anything, we should think like this: "I have planted this (Eastern Lilac) and now I pray that you, devas of nature, will ensoul this shrub and bring it to healthy yearly blooming. Let us work together to bring more color, fragrance and beauty into the earth." Send up prayers of gratitude to God and His devas whenever you note the growth and loveliness of your place.

IF EACH advanced tree has a guardian spirit (a tree deva), why, when they are so admired and loved, are they allowed to die?

TREES HAVE their natural life cycles and when these are completed their physical forms will die. A greatly loved oak tree, for instance, will graduate to one of the evergreen species, and when its evergreen stage is completed it may enter one of the very long-lived forms of trees, such as the dawn redwood, the semperfirens, the giant sequoia; or the bristlecone pine variety of trees where its evolution as a tree is finalized.

WHY DO VERY advanced nature beings grow to immense size, while Masters and Lords remain soul size?

THE SIZE OF a being does not necessarily indicate his superiority. Size means that the intelligence has a work to do which involves penetration of large areas of space. A Master and Lord of earth is not involved with ensoulment as much as with reaching the minds of people for the purpose of instruction or guidance. Where a human being undertakes the rare service of ensouling races, epochs, etc., his causal body is very enlarged.

Here Are More Answers from the pen of Flower A. Newhouse provides answers to many questions such as these – a Chimes book, see page 27 to order.

THE POWER OF PSYCHIC PURITY

By Bill R. Quinalty
Bainbridge, Maryland



Conclusion

PURITY, SIMPLICITY, UNITY, NATURALNESS, INTUITION having been emphasized in the previous article of this series, we now see what the final two elements – BALANCE and LOVE – contribute to *psychic purity*.

BALANCE is the sixth – another spiritual principle necessary to maintain when delving into the psychic. In chemistry and other sciences, critical balance often is needed to make a project successful. Nature continually seeks to keep balance. Balance also is necessary in the invisible.

Recently I noticed a picture of a man walking a long tightrope, stretched between two towering cliffs, with a canyon far below him. The smallness of this lone human against such a vast background was awe inspiring. There was good symbolism in it, too: *Man is traversing from Earth experience to "heaven" (spiritual perfection) and he must keep his balance – his eyes of faith on the goal, which is the "ideal" man or divine image.* The Islamic religion teaches a similar view. But they claim the way to heaven is like a hair thin thread, stretched over a great chasm which must be walked with patient care. An Eskimo if one would reach the state where the God presence rules.

It is in this stage of the journey that we seem to encounter many "opposites"; the temporal and the eternal – perfection and imperfection – the practical and the ideal, etc. The lower self (carnal mind) pulls one way and the higher self (spirit) pulls another, and we feel confused. Inevitably there must be a choice between conscience and the mortal appetites. The individual seems to be keeping his balance between these conflicting forces the Apostle Paul calls "flesh and the Spirit" as he moves onward. This is the time to avoid "rocking the boat" or letting material appearances throw us off.

Buddha, the great oriental teacher, spoke of a "middle path" in which the seeker must refrain from swinging to extremes and attune himself to the practice of inner and outer harmony. (He felt that a great deal of mankind's difficulties were due to the fact that he was out of harmony with the universal order.) This is comparable to tuning an instrument. The best pitch is reached when the string is neither too tight nor too loose. In the Christian viewpoint there is also an idea which parallels the oriental. It is "temperance" (moderation), one of the Fruits of the Spirit which Paul says – "against such there is no law." This is because temperance creates balance. It is the element of conduct that keeps one from inertia, yet from over-indulgence, from apathy, yet from over-reaction.

Spiritual imbalance also can be created by error in mental attitude. It can result from turning to the wrong source, or from breaking divine law. One of the very ancient concepts of the Chinese sages is that wholeness of mental and physical health is maintained when there is proper balance between the two primary opposite universal forces called Yin and Yang. (This should not be confused with opposites that have no divine source or are humanly conceived opposites.) These "natural" opposites – such as magnetism, temperature change, the opposite sexes, visible and invisible, energy and matter, etc. – are different polarities functioning in unity and in cycles. The tendency is to view each opposite as separate rather than trying to balance them as a whole principle. For this reason some wish to accept only one side of existence – the material – and get "hung up" in a vicious circle trying to explain everything in terms of effect without cause. This is like trying to pull the "cart" without the "horse". This "law of opposites" has been called a "mystery of the universe," separateness yet oneness. A river and ocean are separate, yet function together. God and man may seem far removed, yet God works through man. Man reaches for God; the incomplete reaches for the completeness; life reaches for fulfillment; the finite pursues the infinite.

Most of us are still only spiritual "infants" . . . in spite of what we would like to believe. A six-month-old can't be expected to know college trigonometry – yet a few students over-eager for psychic power expect to grasp the whole "Kingdom of Heaven" and its wisdom in a few days. **Be careful of impatience!** If you attempt to go too far beyond your present capacity of understanding before you apply fully the simple everyday sermons of life, you create imbalance. Patience is still a necessary virtue to maintain balance in this age when everyone wants everything "instantly" – even self-mastery. The sweetness of a fruit cannot be enjoyed before the fruit matures. Mature growth and divine unfolding do not occur overnight. They must be worked at. The power to be a great psychic isn't like instant coffee you take from a shelf and magically throw together to produce whatever amount you want. A few "faddists" probably will lose interest quickly in spiritual subjects when they discover how much work, patience and self-discipline it involves. However it should not be hard for them to find other *distractions*.

(continued on page 34)

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



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CUT the following six pages

READING AIDS

There are many worthwhile sources for the student to pursue in this study of meditation. The few listed here are among those which may be found in the Chimes Book Catalog (available at 25c each).

AT THE FEET OF THE MASTER

\$1.75

J. Krishnamurti

Written by a young disciple for the use of aspirants to higher states of consciousness. For those who wish to follow in the path of the Masters of Attainment, and to become like them.

DISCOVER YOURSELF

\$7.20

Paul Brunton

This book will help you to know the wonderful power that awaits within you. It is a real, living, vital force. With it you can help overcome daily difficulties and cares. By its aid you can come closer to realizing your finest aspirations and live a happier life. This power may amaze you, but there is no mystery about it. It is pure SELF-KNOWLEDGE . . . the cure for most human problems. Published in England under the title "Inner Reality"

THE ART OF MEDITATION

\$3.25

Joel S. Goldsmith

Here you learn the "art of meditation" to realize your oneness with God, to find a clearer view of yourself and the world about you. With the help of the careful instructions, illustrative examples, and specially written meditation given to you here, IT CAN BE DONE!

MEDITATION - GATEWAY TO LIGHT

(p) \$1.50

Elsie Sechrist

The practice of meditation is assumed as essential to everyone's life. Its object and value, results and rewards are shown here in this book. The method of procedure as given is from the Edgar Cayce Readings which clearly brings out the influence of meditation on the spiritual centers, the endocrine glands, and other body areas.

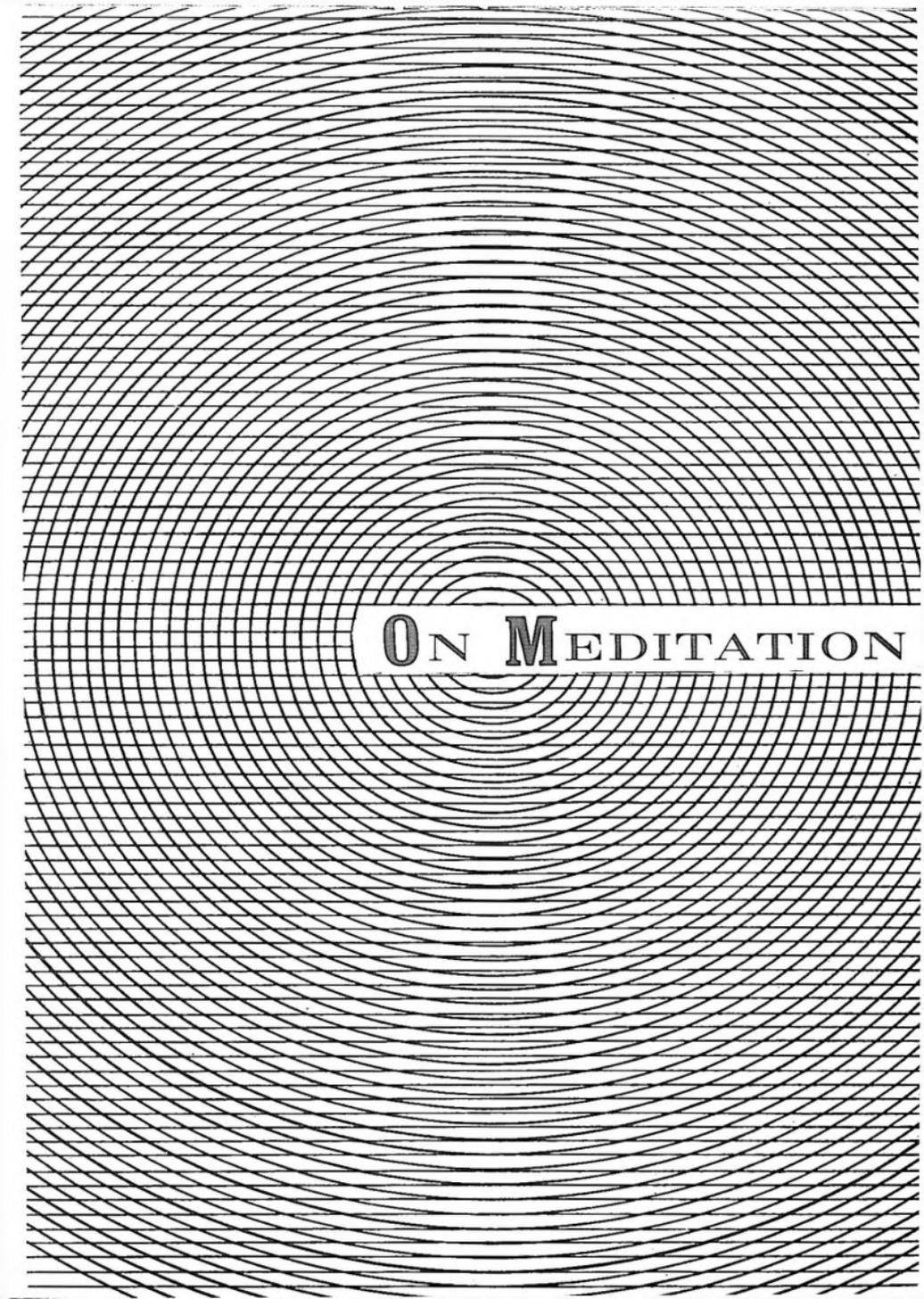
MEDITATION: A Practical Study with Exercises

(p) \$1.50

Adelaide Gardner

Can the individual EXPAND AWARENESS through meditation and achieve a transcendental experience and inner peace? How this is done, with a brief background on meditation and Yoga, explaining the purpose and benefits, is included in this book with lessons and exercises.

Order from Chimes
P. O. Box 818
Encinitas, CA 92024



ON MEDITATION

MEDITATION

Definition:

the process by which you may unite with your high Self.

WHY?

Why should you develop and practice meditation? The answer is: in order to come into conscious communion with your spiritual or high Self. The high Self is that pure essence of God that is part of each one of us. The essence of God is in all things, for God or Spirit is the Creator of all that is.

As one of God's creations, man must discover that body, mind, soul and spirit are complex, but integrated. He has to learn to sort them out by seeking within, through concentration in meditation.

When you are able to contact the high Self within, the spiritual or God part, you can communicate with and contact everything that has Spirit within, be it man, animal, vegetable or mineral.

Spirit is the contact point. Wherever Spirit is, you can communicate with it. All of us have recognized or have sensed this communion at such times as when walking in the woods, sitting in a garden or strolling on a beach. The joy of oneness with nature is only a hint of the fulfillment available to all.

All questions or problems can be answered or solved through meditation. By tuning in with Universal Mind, or Spirit, there is the knowledge and the power to do all things. This is the source of inspiration and ideas for that which you do every day in all of your activities. With meditation developed to various degrees, you become more tuned in with, and more receptive to, guidance in your

2. In what manner do we learn things about ourselves?
3. What meditation technique should we use?
4. How do we protect ourselves spiritually?
5. What is the best time to meditate?
6. What is the difference between projecting and receiving?
7. About what do we meditate?
8. Should everyone get the same results?
9. What should we expect ultimately from meditation?
10. How can we help the Earth and each other through meditation?

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the other parts for its very life. Further meditation can show that, like the tree, all kinds of life are linked together and are dependent upon each other in one manner or another.

It is not likely that two people meditating on the same object will have the same illumination. One student meditating on a tree suddenly saw it as a bolt of solid lightning. Since all things are forms of energy vibrations, he saw the tree as a form of stopped motion, and gained insight and understanding as to the world of relativity.

You may select more abstract subjects and gain insight in a different manner. If you select a line from a letter you have received, you may gain intuitive knowledge as to the intended meaning or the inner thought the person had when writing it. If you work on understanding others' good and bad points, you could determine how to develop or to overcome them, respectively, within yourself.

Through these applied meditations on any subject you can gain new insight and expand your conscious awareness much more. That is the basic reward of these efforts, for through meditation you find that self-realization, understanding and comprehension are expanded and clarified as if a floodgate had been opened suddenly. At this point you become more firmly anchored in Spirit and you grow, in many wondrous ways.

REVIEW OF UNDERSTANDING

Repetition being a major aid in the learning process, once more the student might ask himself the following questions to see for himself the scope of his self-realization. A study-group leader might use these for open discussions, and add more of his or her own.

1. Why do we need to develop and to practice meditation?

everyday needs as well as help with particular problems.

Spirit works in strange and seemingly devious ways. This is to say that the answers to questions in meditation can become known in the most unexpected manner. Never limit Spirit by outlining what you think the answer should be. Spirit is much more generous in Its unlimited ways than you can possibly anticipate or expect. The enlightenment that comes in answer to your question is often overwhelming.

For example, sometimes you may not receive a conscious answer to a question, but nevertheless the problem will be solved. Or, you may receive an answer by a thought seemingly coming to you from nowhere when you are doing or thinking something else. You may be led to a certain book, or overhear a conversation or suddenly look up and see a signboard that will unveil your answer through a whole new train of thought. Sometimes no answer indicates that that is the answer.

You must try to keep from concentrating too hard, as that can tighten you and stop or block the flow of Spirit. There are times when Spirit protects you by not allowing you to gain certain information until you are developed enough to use it selflessly and for Spirit's purposes.

So you see a few things that can be gained through the practice of meditation. It is really the first step of spiritual growth. Without step one you never get to step two. You learn to walk before you can run. Meditation is the foundation of self-unfoldment.

After you have developed the habit of daily practice you soon will achieve an understanding as to who, why, what and where you are. This will bring you clearly into the realization that you truly are an instrument of God. You will see and will understand that you are a small part of Spirit manifested here upon the Earth, and thereby have the joyful responsibility to do and to act as Spirit would have you do.

As a tuned-in spiritual instrument, you then can begin to do something constructive for our Father-Mother God. Now more than ever you must seek to increase your ability to receive divine ideas and direction. This will allow better use of your own divine power, to put it into effect, or to work, here in the physical and mental realms.

With the use of positive thinking and with your abilities to make decrees and by holding to your inspirations you can and do manifest these thoughts into existence to benefit yourself and all mankind. Having something come into your life is much more satisfying than just thinking about it and wishing it were so.

This is one of the major reasons you are learning of your spiritual nature: to aid in bringing enlightenment and physical changes upon Earth in a spiritual manner. This is an important function of all seekers of truth. You are learning to become your Self. When you become one with your high Self, your real Self, then and only then will you know and accomplish your purposes for being here upon this planet in this time of great need.

HOW?

How do you meditate? That is not an easy question to answer, for there is no one way or technique that is better than others. Each individual has a way of his own, best suited for him. It merely requires practice to find and to determine that way. It is presumed you are serious in your search and are eager to put forth the effort to do this, as the results are equal to your application.

That is primarily what the various techniques are meant to do. They are a starting point, an aid, to get you to begin practicing so you more easily can begin finding your own way. There are those who have said: I could meditate better before I began using a certain given technique. Be discerning in this matter. A given technique is to be used as

be joining many other persons and groups all over the world who sit at noon, their time, to do this.

People from all faiths and philosophies are unified at this time to perform a vital function for Spirit. The cushion of love that is built up fills a great need for the planet and all upon it. Much good thus is accomplished for Earth on many levels and in many aspects. This is *love in action*.

The length of time you sit in meditation is optional. When you first begin to practice, ten minutes can seem an eternity. When you become accustomed at tuning in, an hour can be too short. For busy persons, fifteen minutes upon arising each day can be most beneficial. It gives time to rededicate one's self to Spirit's works, to project love to all and to receive energy and ideas to enhance and to give direction to one's activities for the entire day.

Each individual eventually will come to his or her own ideal length of meditation period; which of course will vary for different times, based on need, degree of development and general circumstances. To sit for too short a period will not accomplish much, and the restlessness from sitting too long can nullify effectiveness.

EXPERIMENTS

Seeing is believing. Though one can get much helpful advice and direction from others, each must see it and learn it in his or her own fashion. There are many areas in which one can experiment and prove the value of meditation. For example, suppose you select a tree as the object of meditation. By concentration on this one single object you will begin to see your thoughts expand and become illumined.

Realize that each individual part of the tree — the leaves, the roots, the branches and so forth — is an integral part of the whole, and that each part is dependent on all

It is important to know that everyone does not hear voices or see some sort of vision when meditating. Such are pleasurable, but meditations are just as rewarding without them. The reasons for receiving these phenomena are generally as an aid to one's spiritual growth or as steps in psychic development. A strong vision often is used to get a borderline believer over the fence and on the path.

Many get their answers by just *knowing*. They have thoughts and ideas that suddenly come into the consciousness, and they accept and act upon them. They need no other type of convincing, and can take strength in that fact.

A calm, peaceful and joyous meditation is rewarding in itself; and much good comes to one in such, be he aware of it or not. Most of mankind still is unconscious of the love and energies that constantly are being sent to us from the higher realms. It is to each one's best interest to meditate often and deeply for spiritual awakening and unfoldment.

WHEN?

When is the best time to meditate? Any time of the day or night is good, but it is well to initiate and to cultivate the habit at certain times. This gets your system and mind used to the idea of daily application, of checking in with your high Self. Good habits never have to be broken. Many find the best times of the day to meditate are the first thing upon arising in the morning, while the mind is still calm and rested, and just before retiring at night, when there is a stopping of the day's activities and one can relax.

Another good time to meditate, and a good habit to cultivate, is to sit for five minutes every day at noon. This is an excellent time to practice projecting love and peace outwardly to the entire world, or to any part of it in particular that might come to your attention. You would

a guide only, but is not to be leaned upon completely. The basic points that apply to everyone are as follows:

First, you must be comfortable and learn how to relax the mind and the body. Practice is necessary, and the sooner you start the sooner you will have results. A few deep breaths and some simple exercises to get the kinks out of the spine and neck will be of great help in relaxing the body. Stretching smoothly like a cat is most soothing. Take a sitting position, with the back or spine straight up and down. This can be done either sitting on the floor or in a chair.

With the hands folded or open palms upwards on the thighs, eyes closed, you can further relax by checking over each section and, if tensed, relax it. You can make a game of this by talking to each part, as; right foot, you are relaxed; right leg, you have been tense but now you are relaxed; and so forth. Soon you will learn to do this automatically.

To relax the mind, concentrating on an imaginary screen just inside the forehead or repeating silently a single word such as Om will help to eliminate the passing parade of thoughts. Om is a universal sound and carries peaceful, elevating vibrations.

Many times you suddenly will realize you are busy thinking about outside things and must redirect your thoughts to a single effort. You must guard your thoughts carefully at first. Many find calming the mind to be difficult, but, as with all things, practice and determination bring success.

Second, when finally relaxed, quieted and comfortable, send out a prayer, such as the Lord's Prayer or any personal favorite. This is to state your intention and attitude for meditation. It is most important to have a heart full of love and selfless giving. You may say it in your own words, but you are rededicating and giving yourself to God and are willing to accept that which you



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CHIMES 27



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*

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PART VIII.

People of all colors and creeds draw comfort and courage from inspirational writings. The Buddhist reminds himself of his control over his destiny by repeating to himself Buddha's moving admonition: "Rouse thyself, examine thyself by thyself, thus self-protected and attentive wilt thou live happily! For self is the lord of self, self is the refuge of self." The Christian casts out his worries about the future by calling to mind the words of Jesus: "Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?" In time of trouble, people have always turned to the Scriptures for consolation.

One eminently successful man I know — he is the founder and owner of a large typewriter sales agency and repair service — has learned by heart an almost incredible number of poems and Bible passages. When his plans go awry, he recalls an appropriate saying to remind himself that there is always "a budding morrow in midnight." Immediately dark thoughts are scattered and his perspective is restored, so that he can move forward again.

I can recall visiting this man over twenty years ago, when he was a struggling young mechanic. In a corner of his mirror, I noticed an inspiring poem he had pasted there; he told me that, when he brushed his hair in the morning, his eyes could not miss this poem, and reading it heartened him for the day's difficulties. Several of his favorite poems were framed neatly on the walls of his bedroom. Never have I known a cheerier, friendlier, or more ambitious person. I do not doubt that these verses helped to make him so.

It is not for nothing that every great family of the past — the ruling houses of Germany, France, England, and Spain and their noble retainers — has always had its inspirational motto. Sir Philip Sidney, who represented the flower of England's manhood in

Elizabethan days, selected for himself a truly fine one: "*Viam aut inveniam aut faciam*" — "I will find a way or make one." A large American college has another splendid motto: "*Per aspera ad astra*" — "Through hardships to the stars." Everyone knows the motto of the United States Marines: "*Semper fidelis*" — "Always faithful." The leathernecks have never been false to their motto, to no small degree because they see it constantly, and it reminds them of the high standards they have set for themselves. You, too, will draw courage and heightened self-faith from the mottos and poems that you select to set a standard for your aspirations and the way you go about making them into a reality.

*"There is no great and no small
To the soul that maketh all;
And where it cometh, all things are,
And it cometh everywhere.
I am the owner of the sphere,
Of the seven stars and the solar year,
Of Caesar's hand, and Plato's brain,
Of Lord Christ's heart, and Shakespeare's strain."*

THE FIFTH SECRET

If anything is to be done, let a man do it, let him attack it vigorously! A careless pilgrim only scatters the dust of his passions more widely.

— Buddha

Some people suppose that the Masters of the Far East care nothing for action. Those who do not know the Masters often picture them as mild, contemplative creatures whose only interest is meditation in which they seek an understanding of the hidden truths of life.

This, however, is only one side of the coin. Many of the seers of India and China have been men of action. They have lived not in caves, but among people, and through their energetic efforts have changed the daily habits and destinies of nations.

Confucius, for all his devotion to wisdom took an active part in government. Like Jesus, who followed

him five hundred years later, Buddha placed his emphasis upon communion with God — but he never ceased from traveling and preaching, trying to get people to change their self-centered outlook and raise their moral standards. And Mahatma Gandhi? Although much of his life was speaking, organizing meetings and mass action, to mobilize his people's sentiment so they would unite and resist the will of their oppressors. This frail little yogi, more than any other single individual, was responsible for the liberation of a nation of 400,000,000 people from British rule.

Mahatma Gandhi, like all of the other Masters of the Far East, was a godly man. Like them, he knew the secrets of getting what he wanted. Having faith in yourself, and strengthening your one-pointedness by prayer and Contrary Concentration are two of these secrets. Knowing your goal, visualizing it concretely, and moving toward it step by step, while you act as though you could not fall short of it — these are other secrets you must master if you wish success in life's endeavors.

But there is still another secret. If you do not know it — if you do not practice it — you will accomplish only a small portion of the great thing that lies within your powers.

THE LAW OF ACHIEVEMENT

We can find a clue to this secret in a thin little volume that Mahatma Gandhi never tired of reading. It is one of the Sacred Books of the East and its name is the *Bhagavad Gita*, or *Celestial Song*. Says this ancient book: "No one has attained his goal without action." Elsewhere in it we encounter these words, which, it is worth noting are spoken by a god: "Those who long after success in action on earth worship the shining ones, for in brief space, truly, in the society of men, success is the outcome of action."

The Masters of the Far East glorify action, even when they are speaking of spiritual effort. Patanjali, whose aphorisms inspire so many millions of seekers after the truth in India, declared: "Success is speedy for the extremely energetic."

In thought or deed this is the law: *The more energy you expend, the more impressive will be your victory.*

ENERGY, THE ESSENCE OF SUCCESS

Energy is of the essence of success. Action — unceasing action — is one of the cardinal secrets of achievement. Consider the career of any great or successful man, and the first trait you will be struck by is his inexhaustible energy.

He has realized that the hours are precious — that even a few moments invested to good purpose will do more for him in the end than days and months spent in idleness or transitory pleasures. He knows that worthwhile things require time and effort.

Look at the eminent men of science and industry. Edison, for one, said: "I never did anything worth doing by accident, nor did any of my inventions come by accident." He did not invent the electric light, the phonograph, moving pictures, or his scores of other creations through random experiments, but only after years of intensive work and research. Charles Kettering and his staff at General Motors did not develop an efficient gasoline engine by daydreaming. They worked ceaselessly for more than thirty years before they succeeded in producing the mechanism they wanted.

The Mayo brothers became great doctors not just through native skill, but also because they painstakingly studied new developments in their field of medicine. They never tired of seeking out other physicians and learning from them the better techniques these physicians had evolved for treating the maladies of mankind.

MEN OF GREAT ACHIEVEMENT

Look at the great men of music. All were persons of extraordinary energy. Haydn composed a hundred and six symphonies, two hundred concertos, eighty-three violin quartettes, sixty sonatas, fifteen masses, fourteen operas and scores of other pieces. You could not call him an idler, could you?

Georg Friedrich Handel was a constant and rapid worker, even after he had been partially disabled by paralysis. He had a favorite harpsichord, every key of which, by incessant practice, was hollowed out like the bowl of a spoon. *The Messiah* was executed by him in twenty-three days, and *Israel in Egypt* in twenty-seven. In one year he composed *Saul, Israel, Dryden's Ode, Jupiter in Argos* and his *Twelve Grand Sonatas* — all first-rate works.

But Mozart was still more rapid and energetic. His *Marriage of Figaro* was composed within a month, the grand finale of the second act occupying him two nights and a day, during which he wrote without intermission. *Don Giovanni* was composed in six weeks, after the whole subject had been thoroughly digested in Mozart's mind. The overture was not begun until the night previous to that fixed for the first performance of the opera. He began it about midnight, and it was ready in the morning.

The Magic Flute also was written with extraordinary energy. Mozart worked at the opera night and day, and finished it in a few months. Like the two operas just mentioned, it is among the greatest of all musical compositions.

THE BEST PRODUCE THE MOST

Our great writers, like our musicians, have been men of surpassing energy. As Robert Southey said, "The best artists — have produced the most." William Shakespeare wrote ceaselessly; his work is as remarkable for its quantity as it is for its quality.

Mark Twain's collected works fill more than twenty volumes. So do the novels and plays of Honore de Balzac, the writings of George Eliot, and Charles Dickens.

"THERE IS A MAN!"

Or take Johann Wolfgang von Goethe, universally recognized as the most outstanding man of letters that Germany has ever produced. He wrote hundreds and hundreds of poems; many are so lovely that Schumann and Schubert and other famous composers set them to music, and every German knows and sings them. He turned to fiction, and one distinguished novel after another came from his pen. Goethe's restless genius was attracted to science, where his fertile imagination divined many truths so far ahead of his time that they could not be verified until a hundred years later, in our own day, by experiments conducted in modern laboratories. He wrote a large number of plays (his *Faust* is the most famous) that have become a part of the world's literary heritage.

It is not surprising that Bonaparte, when he traveled through Germany, made a point of calling on Goethe at Erfurt. After their meeting, the only words the French emperor could think of to describe his reaction to this prodigy of energy were "*Voila un homme!*" ("There is a man!")

WHAT IS GENIUS?

Well, you may say, all this is very inspiring, but these were no ordinary men. How can I, merely through effort, hope to accomplish what they did? After all, they were geniuses!

Genius can mean many different things. What, however, does it mean to the geniuses themselves? Fortunately some of them, in widely different fields, have set down their conception of genius.

According to Thomas Carlyle, who was an acknowledged genius of literature, history, and philosophy, "Genius is an infinite capacity for taking pains."

Of his own brilliant talent for statecraft and finance, Alexander Hamilton, one of our Founding Fathers, said, "All the genius I have is merely the fruit of labor."

Ignace Paderewski, great as a statesman and a pianist, declared, "Before I was a genius I was a drudge."

Michelangelo, whose statues represent the glory of Renaissance art, had a thought on this subject much like the rest. To those who admired his sublime achievements he confided, "If people knew how hard I labor to get my mastery, it would not seem so marvelous after all."

Gustave Flaubert, one of the immortals of French literature, summed it up this way: "Genius, in the phrase of Buffon (a famous French naturalist), is only long patience." And Flaubert added one word of

advice to those who want to be considered geniuses. He said: "Work."

Did Flaubert know what he was talking about? No one could have known better. Every word this genius penned was written in an ink of which the major ingredient was perspiration. It was Flaubert's practice to lock himself in his study and write and rewrite ceaselessly, year after year. So high was his standard that often, at the end of a day's labors he had produced only a single paragraph. But, because of the pains he took, his books are masterpieces of the French language. They will be read so long as there is a Frenchman alive to read them.

EMERSON'S FORMULA

What, essentially, makes some men stand out more than others? Emerson, a student of the Oriental Masters and a fountainhead of perceptive thought in his own right, gives us a further helpful insight into this matter of success. He says: "A man is like a bit of Labrador spar, which has no luster as you turn it in your hand, until you come to a particular angle, then it shows deep and beautiful colors. There is no adaptation or universal applicability in men, but *each has his special talent, and the mastery of successful men consists in adroitly keeping themselves where and when that turn should be oftenest to be practiced.*"

In a few words: In order to win worldly success you must be able to do at least one thing better than other men — but you must do that one thing repeatedly, at the right time and in the right place.

Almost everybody has his special talent. As suggested in our chapter on choosing your goal, your main activity in life should be the thing you like to do best, the career or pursuit you have selected for yourself. The only question is: Is your special talent special enough to win you success? If it isn't, how can you make it so? Before any talent can blossom, it has a lot of growing to do. That is the way it was with one of the greatest talents of all — William Shakespeare.

Shakespeare was no world-famous genius when he first took pen in hand. Such plays as *Hamlet* and *The Tempest* were the creations of his mature years. Before he became capable of producing those masterpieces, he wrote a long series of mediocre poems and plays. He began by rewriting old potboilers that the theater employing him wanted freshened up. His hand gained in skill as he worked on these drab blood-and-thunder dramas, which today are known only to scholars and theatrical critics. He served as an actor too (they say he played an excellent ghost in *Hamlet*), which gave him practical understanding of the requirements of a good play. He stuck to his job indefatigably, and the longer and harder he worked, the better a playwright he became. Through energetic action, he developed his special talent.

THE SECRET OF MASTERY

Like Shakespeare, *the more you do, the more you will become capable of doing*. It is practice and experience that make the expert. Perfection is no hothouse flower that can be forced into bloom overnight. It is only by laboring as hard as you can, day by day, that you can improve your ability and move closer to your goal.

You cannot work toward the fulfillment of your ambitions by fits and starts. You must keep constantly active, steadily bettering yourself, if you hope to get concrete results. Achievement has a direction — it goes uphill. Relax your efforts and you will slide back.

Paderewski, the famed Polish pianist whom we have already quoted, once declared: "If I miss practice one day, I can notice the difference in my playing; if I miss two days, my *critics* notice the difference; and if I miss three days, my *audience* notices the difference."

GIVE YOUR BEST

It isn't sufficient merely to be energetic, you must be as energetic as you can, and put forth the best efforts that are in you. Patanjali says in his sutras that the success of aspirants "differs according as the means they adopt are mild, medium, or intense." Don't be satisfied to give to your endeavors merely a portion of what is in you. It is only by giving more than enough that you can be sure you are giving the amount that is required for success.

There are enormous powers of achievement sleeping within you — even the seeds of greatness, we said in an earlier chapter. They are waiting to be awakened and brought to blossom. Give more than enough, and you will find out what you are truly capable of.

"Surely," said Woodrow Wilson, "a man has come to himself only when he has found the best that is in him, and has satisfied his heart with the highest achievement he is fit for. It is only then that he knows . . . what his heart demands." By a maximum effort today, you prepare yourself for the greater achievements of tomorrow. Each time you exert yourself more than you did previously, you ascend to a higher level of creativity, performance, and self-fulfillment.

YOUR LOST HERITAGE OF POWER

Nature teaches us that it is more normal to be energetic than to be idle or lazy. Activity is a quality of life.

At birth, you were extremely energetic. You kicked and cried until you were worn out. As an infant, you ceaselessly explored your surroundings, feeling, poking, manipulating, crawling. Each new experience provoked you to new action: everything

you saw or heard stimulated and excited you. The more you did, the more your understanding and ability expanded. It looked as though there could be no limit to your development.

Then a misfortune befell you. As you grew out of childhood, you began to lose these wonderful, God-given qualities of energy and interest. The "distorted pictures" of which the yogis speak began to take hold of your mind. You convinced yourself that you had to be bored, poor, weak, or mediocre, that effort did not pay. The magnificent power of mental growth you were born with withered and shrank like an unused limb.

But now, realizing that success is for the energetic — that in many instances energy is the most essential part of genius — you must cast your apathy aside. Sloughing off the husk of false inhibiting images, you must rediscover within yourself the long-dormant creative energy of the Universe and put it to work for you. When an opportunity to better yourself is presented, you must seize it without delay, for it will not tarry. As a sage of bygone years expressed it: "The passing moment is an edifice which the Omnipotent cannot rebuild."

IDEAS ARE OPPORTUNITIES

Ideas, too, are opportunities. It is a fact that they won't keep. When they arise in your mind, they glow with a white heat. Don't minimize your constructive thoughts or allow them to fade into limbo. When you get an idea, write it down without delay. As soon as you can, come back to it, and screen it carefully. You will find that many of your ideas stand up, and that you should do something about them. Be like Faraday, the great English scientist, of whom Tyndall said, "In his warm moments he formed a resolution and in his cool moments he made that resolution good."

An awareness of the value of ideas — that unless they are seized they may escape forever — has been a characteristic of many great men. That was certainly true of Goethe. People often commented on the fact that when they were with him, engaged in an interesting conversation, suddenly a bemused look would come over his face, he would excuse himself and go into another room: an idea had just struck him, and he could not wait to put it down on paper. Alexander Pope, a distinguished English poet, used to keep writing materials close by his bed, so that he could make a note of any thought that came to him while he was lying down. The famed musician Beethoven always carried a notebook with him, and jotted down in it any themes for musical compositions that entered his mind when he was away from home. His notebooks still exist, and in them may be found the germinal ideas for many pieces that he later developed and made great.

J. B. Priestley, one of the most successful of contemporary writers, also keeps such a notebook.

He tells us:

"I try to make a note of an idea when it first occurs to me As a rule if it is a good idea I do not need to find it in my notebook: it stays in my mind, and keeps worrying me. But there are notable exceptions. A play that has been successfully performed in about fifteen countries (and is now a film), *An Inspector Calls*, was based on an idea that had been hiding in my notebook for years."

GIVING DIRECTION TO MENTAL ENERGY

Ideas are the products of mental energy. Mental energy is as real as physical energy, and even more basic, since it triggers your actions. Don't ever waste your mental energy when you can be using it to enrich yourself.

Perhaps you have to travel to and from work every day. You may ride twenty or thirty minutes in a train or a bus, each way. As you look about you on this journey, you will notice some people reading newspapers, magazines, or paperback novels, others are sleeping, lost in reverie, or simply looking curiously at the faces and clothing of those who sit opposite. Virtually all are engaged in discharging mental energy in one way or another — *but most are wasting this priceless vital force which could be working constructively for them.*

While you are sitting in the train or bus, or whenever you have free moments, give your mental energy direction. If you are a teacher, you can plan or search for new ways to stimulate your pupils and make them learn better. If you are a salesman, you can think systematically of new ways to sell your merchandise, or of new outlets that might be interested in it. If you are a writer, you can figure out a plot for your next story. If you are going abroad on a business trip next year, you can open a textbook and study the language of the people you have to deal with. If you are a manufacturer, you can use free moments to think up new products.

In a year, twice twenty minutes a day (going and coming from work) adds up to a sizable number of hours. Those hours, spent in constructive concentration, can mean problems solved, valuable knowledge mastered, good planning that will make you more effective as an individual. It should not take long to translate this into a promotion, a raise in pay, or increased income acquired in other ways.

It's all very well to rest your mind when you are tired, but often you are not nearly so tired as you imagine. By a mental effort — an effort of the will, if you prefer — you can cast out the fatigue impression, and make your mind buckle down to the task. Don't drift idly with the current of your reverie, instead, make your thoughts go where you want them to. Center them upon some problem or some subject that is important to you. Use your mental energy to some good purpose. Carry a pad with you, and jot down any thoughts that come to you enroute.

THINK IT, DO IT

When you get a constructive idea, don't be satisfied merely to write it down or to talk about it. Pursue it energetically. Many of your thoughts call for immediate action. Get going, and see what you can make of your idea.

Some of the most successful business executives I know follow this policy. When they think of doing a thing, they do it at once. If they have a project they want to submit to someone, they don't file it away for correspondence a few days later, instead, they get right on the telephone and call the person they want to speak to, even though he is at the other end of the continent. This way, they start the ball rolling sooner and get results much more quickly.

LIGHT YOUR OWN FIRES

Another important quality of successful people is their capacity for lighting their own fires. If things are going well for them, they are not content to stand by and wait until adversity summons them to exert themselves. On the contrary, they are always seeking ways and means of improving their position, and at no point more than when the world might expect them to be complacent. They know that things will not stay the way they are. Conditions are always changing, and if we do not take an active part in controlling their direction, the change may be for the worse. Most smart business men guide themselves by this rule.

"Unless we keep on developing and marketing new products, we know we will run into old age and attrition," says Lewis E. Phillips, president of National Presto Industries, Inc. "We are determined not to have this happen."

In just a single year, Mr. Phillips has revealed, his organization has chalked up close to \$50,000,000 in sales. Still, this enlightened executive knows that he cannot expect such success to continue without new, aggressive effort.

Presto is known throughout the country for the excellent pressure cooker it produces. But it has branched out into other, related fields. It makes heavy cast aluminum cooking utensils, an electric skillet, an electric deep fryer, the Martin outboard motor, a steam electric iron, and a variety of other products. All the same, Mr. Phillips says Presto is bent upon finding new things to make and tapping virgin markets, while it also works at improving the products already in its catalogue.

I know one manufacturer who is the envy of all who are acquainted with him. He is still under forty years of age, yet has been a leading figure in his field for over a decade. He has made a fortune several times over. All his success is testimony to his ability to light his own fires.

"Personally, I never stop looking for new ideas," he has told me. "I have to keep feeding them into my

business constantly. The fact is, the old things get played out sooner or later. One of my products may be going great guns, and then I notice that orders are slackening off. Sometimes I can save the situation by increasing my sales effort or by producing more cheaply, but more often than not I know that the product will never be what it used to be, because of increasing competition. It's time for new ideas, and the more the merrier. The more horses you have in the race, the greater your chance of coming in with a winner.

"In my business, for every product we are selling there are one hundred we are considering and twenty that we are experimenting with or have in various stages of completion. We simply must bring out two or three new things a year if we want to stay in the running."

KEEP THE FACULTY OF EFFORT ALIVE

So, if you want to get ahead, you should not only be persistently energetic, but you must be a self-starter as well. Keep the faculty of effort alive. Remember that, as the Chinese proverb says, "A journey of a thousand miles begins with but a single step" — and always be ready to take that step and follow it up with many more.

GOD HELPS THOSE . . .

In all of life's endeavors, it is your own efforts that will help you the most. There are some very fine people who will tell you not to worry about the future — all you have to do is place your faith in God. So you should, but with the complete understanding that God helps those who help themselves. Prayer is extremely effective in aiding you to concentrate and to mobilize all of your energies for a peak effort. Knowing that God is with you is important in striving for success. But it is not fair to expect God to do everything. He expects you to do something too.

THE SIXTH SECRET

Knowing that this body is fragile as a jar, and making thy thought firm as a fortress, thou shouldst attack Mara, the Tempter, with the weapon of knowledge, thou shouldst watch him when conquered, and never rest.

— Buddha

Buddha called it Mara, the Tempter. To Patanjali it was maya, or illusion. To Jesus, who wrestled with it for forty days in the desert, it was the devil, or temptation.

Yes, even to great figures like Jesus, Patanjali, and Buddha, temptation came. But not often. They were confirmed in their faith and strengthened by self-knowledge:

With the rest of us — ordinary mortals — the case

is far different. The Tempter is always knocking at our doors. More accurately yet, he is our permanent house guest.

If you hearken to temptation often — if you weaken in your desire to project your God-given dreams into reality — instead of coming nearer and nearer as the months and years go by, they will recede further in the distance. They will grow colorless and wispy — remote castles in Spain that you like to dream about, but never really expect to enter and take up residence in.

It is precisely at the moment when you have mastered most of the principles of achievement taught by the Masters of the Far East — when you have found that they work, and you are enjoying the first fruits of success — that you can least of all afford to relax and expect things to continue to go your way.

Remember: Up until now, you have been a creature swayed by circumstances. You cannot expect to change yourself overnight. It takes time and effort to become truly one-pointed. It takes practice to make the principles of achievement a part of yourself.

Only when you have fixed these principles in your subconscious mind and are guided by them with the inflexibility of habit can you hope to enjoy consistent success.

ARE YOU REALLY PERSEVERING?

Possibly you feel that you are already a paragon of firmness; that you can select your course and then pursue it with great steadfastness. Still, not many people have perseverance sufficient unto their needs. When the going is smooth, one can forge ahead almost without effort — but we can hardly call that perseverance of a high type. It is only when the barometer of circumstance falls, when the tempest howls, and great waves buffet you about, that you give true proof of perseverance by staying on your course and making headway.

Are you really a persevering person in this sense of the word — or do you merely think so? A little self-analysis will reveal the facts.



Stimulating and and astounding in many ways are Robert Collier's *The Amazing Secrets of the Masters of the Far East* and Baird T. Spalding's *Life and Teachings of the Masters of the Far East*, as well as Collier's *Riches Within Your Reach*. While we are able to reprint only the first book in these columns, you should be sure to become acquainted with the other two mentioned if such ideas are of interest at all. Many things will be made clear you may not have understood before — all Chimes books.

(continued from page 18)

Another good way to maintain better balance is to give our attention to the "bright side of life" rather than the dark side. Man can become almost superstitious from focusing his power of thought on "wicked forces" all the time. To deny so-called evil would be wrong, but to give it the complete attention that should be turned on good alone breaks down defenses against psychic "poison." In metaphysics, evil indicates an absence of true reality (God). In other religions, evil is claimed to be a thing which eventually will pass away – a temporary power that cannot be compared to the Almighty. It is to be avoided and substituted with righteousness. The scriptures often refer to becoming "children of light". Our whole being is flooded with the light of spirit when God-consciousness is more important in our lives than looking for a devil in every deed.

Don't look for "supernatural" excuses for your own foolish blunders. If there is a negative trend of circumstances, try to reverse it by expecting *good* rather than evil, looking for the *best* in others, not the worst, expressing *love* rather than searching for hate. Make efforts to end injustice rather than saying "what is this wicked world coming to!" If you pierce the darkness with light, what you see around you will start reflecting more light.

To get back to simple points: Logically, everything must start with *one*. God is the First cause of creation, the Alpha, or Beginning. All other things branch out from this foundation. But even spirit beings were not crystalized into a position where they had no power of choice when God created them. Their free agency could be used to go "up" and "down" – to choose light or turn away, just as we can. We cannot "serve two masters" without encountering imbalance and being hypocritical. We must choose *daily* which master we will serve; self or God, selfishness or selflessness. To do error (or evil) is not Divine Will, but neither is the lack of free will a part of Divine justice. Hard mistakes often teach that "a house divided against itself shall not stand." Or, one might say, "a mind divided against good and evil can be thrown off balance.

Look for inharmony and disunity hard enough and you will find it – or unwittingly create it. Perfect spiritual balance comes when effort expresses the higher nature. If we would wish to keep our mental house from being divided, we must pay heed only to impressions and creeds that encourage love, faith, justice, purity and all other God-like qualities.

If viewed in depth, the commandment, "Thou shalt not have other gods before Me," is still applicable today.

7. **LOVE:** Love is a subject on which volumes could be written on – a many-sided thing, like a beautiful diamond, a subject that always reveals new faces.

A modern mistake is to confuse what is called "love" with X-rated movies and cheap paperbacks. This is not love in its completeness. The physical side is overstressed in such cases, and the distorted naturalness appears as lust.

Oriental teachers say there are seven kinds of love. Starting from the bottom up, they are: *blind love, sensual love, sentimental love, intellectual love, social love, ideological love and universal love.* (Here, the stress is largely on the latter.) *When you behold pure love in a person or teaching, you behold truth.*

Both personal and impersonal love are sometimes necessary, but personal love becomes greedy possessiveness when it clamps its object too tightly. The desire to *give* love rather than *get* love is a first step in the right direction. Even this step is sometimes very difficult to make, especially when others seem unloving in return.

According to the New Testament message, *Love is the fulfilling of the law.* (Gal. 5:14) Can you think of any of the ten commandments you would want to break if you truly had enough love? One of the most beautiful passages of scriptures on love is found in I John 4:16. It says: "God is love; and he that dwelleth in love dwelleth in God, and God in him."

According to the Bible, the proper order of love is:

1. Love of God
2. Love of fellow man
3. Love of self

Much inharmony has been created today, not necessarily because some people don't love, but because they have reversed the order of love. They have placed "self" first. Self-love has its place, but *too much* turns into greed and disregard of others – which eventually leads to a lonely unhappy personality.

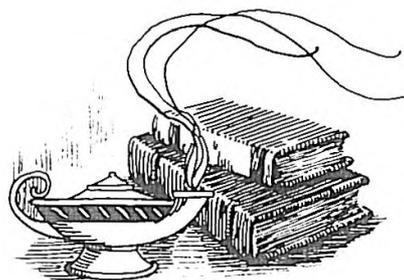
If *everyone* suddenly dropped the barriers of greed and helped one another, sharing God's bounty, there would be earth-shaking results. Elderly people tell of "hard times" when the attitude of "I am my brother's keeper" was the rule and the "grab all you can" philosophy the exception. Everyone had less, but neighbors helped one another. When one was low on something, another supplied it. When something was needed badly enough (a barn, for instance) neighbors got together and pitched in to build it. Excess of material goods wasn't necessary to share good times, conversations, and the intangibles such as brotherly love and warm fellowship.

All this may sound a bit idealistic, but with the state of various social, political, and economical problems nowadays, it might be a most practical solution to some issues. Whether it is talent, service, time, or knowledge, you have SOMETHING that would be a blessing to another in need. (Remember, however, to keep your balance in this area too – *discretion* is the word. Don't give to those who would

(concluded on page 50)

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I AM

TO YOU who read, I speak.

TO YOU, who, through long years and much running to and fro, have been eagerly seeking, in books and teachings, in philosophy and religion, for you know not what – Truth, Happiness, Freedom, God; TO YOU whose Soul is weary and discouraged and almost destitute of hope;

TO YOU, who many times have obtained a glimpse of that "Truth," only to find, when you followed and tried to reach it, that it disappeared in the beyond, and was but the mirage of the desert;

TO YOU, who thought you had found it in some great teacher, who was perhaps the acknowledged head of some Society, Fraternity or Religion, and who appeared to you to be a "Master," so marvelous was the wisdom he taught and the works he performed – only to awaken later to the realization that that "Master" was but a human personality, with faults and weaknesses, and secret sins, the same as you, even though that personality may have been a channel through which were voiced many beautiful teachings, which seemed to you the highest "Truth";

And here you are, Soul aweary and ahungred, and not knowing where to turn – to *you* I AM come.

TO YOU likewise, who have begun to *feel* the *presence* of that "Truth" within your Soul, and seek the confirmation of that which of late has been vaguely struggling for living expression *within*;

Yes, to all you who hunger for the *true "Bread of Life,"* I AM come. Are you ready to partake? If so, then arouse yourself. Sit up. Still your human mind and follow closely My Word herein spoken. Or you will turn away disappointed once more, with the aching hunger still in your heart. ! Who am I? I, Who speak with such seeming knowledge and authority? Listen!

I AM *YOU*, that part of you who IS and KNOWS; WHO KNOWS ALL THINGS . . . *and always knew, and always was.* Yes, I AM *YOU* Your Self, that part of you who says I AM and *is* I AM; that transcendent, innermost part of you which quickens within as you read, which responds to this, My Word, which perceives Its Truth, which recognizes all Truth and discards all error wherever found . . . *not* that part which has been feeding on error all these years.

For I AM your *real* Teacher, the only real one you will ever know, and the *only* MASTER; I AM your *Divine SELF*.

I AM *not* your human mind, nor its child, the intellect. They are but the expression of *your* Being, as you are the expression of *My* Being; they are but phases of your human personality, as You are a phase of My Divine Impersonality.

Rise up and free yourself NOW and FOR ALWAYS from the domination of your personality, with its self-inflated and self-glorifying mind and intellect. For your mind henceforth must be your *servant*, and the intellect your *slave*, if My Word is to penetrate to your Soul Consciousness.

I AM come now to your Soul consciousness, which I have quickened expressly in preparation for the reception of My Word . . . Yes, I AM come to you now . . . to make you conscious of *My* Presence; for I have likewise prepared your human mind so that it can, in a measure, comprehend the meaning of ME. I have been with

(concluded on page 50)

sitting at the foot of my bed. He had on a black crew necked sweater and a little black derby hat. He looked like the picture I had seen of Jim Pike. Since that time it has been verified that it was he. Then on May 17th when his Dad visited me, Jim also talked to me. One of the things he said was, "You understand boys my age, don't you? I hope you will influence all you meet to stay off drugs."

I had just written a poem he liked, and he thought I should give it to the peace marchers for a song. This is the poem:

PEACE

Those who work for peace not war
Be sure it's not to even the score
Cast out fear and cast out hate
Then carry a banner, it's not too late.

When you cast your stones of hate
The enemy loves you for bait
And so for freedom's sake I'd say
Be sure it's love, not hate today.

It's never too late for God you see
Because He has all eternity
To await His children's flight to He
You, too, can sit upon His knee.

HOW DO YOU PRAY?

(continued from page 15)

mold, build. He offers us a book of His rules to help us in the building. But **WE** are the builders. Let us rebuild our world! Let us declare: Selfishness **MUST** go — and selfishness **WILL** go! Greed **MUST** go — and they are already on their way out of the world consciousness!

Realize the need for the **IN-BUILDING!** It isn't easy at first, but practice will enable you to build those greater and finer Mansions in Heaven in which you and I and others will dwell — not in some far off distant future, but **HERE AND NOW** on this beautiful old Earth of ours!

A Technique for Answered Prayer — given in logical steps — is incorporated in one of the lessons of the Great White Brotherhood which you may send for from Chimes. For further details, see page 51 of this issue.

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Do Thought Forms Possess You ?

IF SO, WHAT KIND ?

By Alfred L. Milligan
Indianapolis, Indiana



IT MAY SEEM fantastic to say that the human body is a "Thought Form". Such, however, IS the case. Prior to conception, such a body did not exist, but Mind and Thoughts brought such a form into existence.

At birth this animated form enters a world of time and space and immediately harmonizes in frequency with the Earth. Endowed with consciousness, and with the aid of the physical senses, this intricate form is in contact with all phases of matter relative to this Dimension.

This physical body is built upon the magnetic pattern of the astral body, which in turn is closely associated with the nerve structure within the physical. Without the astral component, or etheric double, a human physical form would be incapable of feeling. It is the astral form, then, that feels.

Under anesthesia the astral is literally forced out of the physical form. At such a time no sensation is felt and a surgeon can perform a major operation without knowledge of the patient.

In deep sleep we recall nothing upon awakening, yet during that time the astral body was free. The fact is, we could not fall asleep if this astral form remained intact with the physical body. The consciousness must be transferred from the physical brain to the astral brain before sleep is possible.

With most people, this astral brain conveys little or no information to the human consciousness, and we are unable to recall what occurs when the astral counterpart separates from the normal consciousness. Dreams occur only during the time when the astral again merges with the waking consciousness.

Mind is a gift from God. We employ it by creating thoughts. In this respect we utilize *free will*. We can think what we *choose*.

Under hypnosis we come totally under the operator's will. Quinine, for instance, might be identified as sugar to the subject, and his sense of taste, which functions by suggestion, would acknowledge this. The subject may be told he

has a severe pain in the leg. He feels it. Then such a pain magically disappears when the operator suggests the pain has left. Thus we can see what the power of suggestion does when the normal consciousness of a subject is held in abeyance.

Constantly the human body is bombarded by thinking processes. We force thought forms into the body, little realizing that such a body is incapable of feeling — that only the astral body feels.

Recurrent pains in a section of the body possesses us with fear. Constantly we amplify these pains and build up a THOUGHT FORM that may result in an incurable cancer. The astral often is termed the "Emotional Body". It is capable of registering any emotion, good or bad, as the case may be, but it is our thinking that controls it. As the astral body is associated with the nervous system, it touches every body cell, making it very sympathetic with any malfunctions in the physical body. It feels it and transmits it to the consciousness.

Regardless, the astral body or its magnetic attraction, is the only life source of a human form. If constant thoughts of health are transmitted to it, the body is forced to respond. Some writers call this "Molecular Control". That correct mental attitudes can and do place the bodily molecules under subjection they cannot do other than assume a harmonic connection to the source — which is correct, positive thinking. These thoughts are accepted by the emotional or astral body and cause the bodily cells to assume their proper vibration.

Primarily health and disease are a matter of vibration. Vibrations are regulated by our thoughts and are stabilized by the constructive emotions resident in the astral body. The focal point of thoughts is in the brain area. In this brain we find the Limbic System, which is the central source of the emotional aspects of the astral. The Limbic System is a bridge between the material and etheric. It is here that emotions

(continued on page 47)



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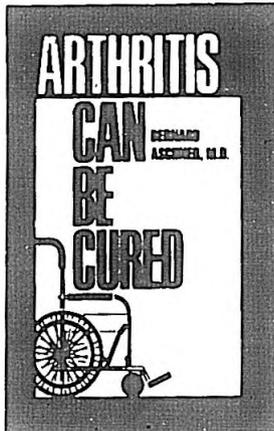
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how to keep from being bored . . .

Play the "Blessing" Game

SOME MEN who met each week were discussing their transportation preferences. One preferred his own car. Another liked traveling by train.

Edwin, the third, liked to make the weekly one hundred mile trip by bus because riding higher he enjoyed a greater expanse of view. On gray rainy days, however, he found he became bored. Dreading the approaching winter with more dull, gray days and boredom, Edwin thought to himself: "Here you are, traveling across the country with nearly fifty other people and all you want to do is stare out of the window; look inside the bus and see if you can find something more useful to do."

Recalling that time, Edwin said: "It was then that I began what I called 'My Blessing Game.' I took each person in the bus individually into my thought and blessed them. I began with the driver. I visualized all the strength and joy of the Father flowing into him. I saw Him guiding and helping the driver to take us safely to our journey's end.

"As I did this, I saw little lines of tension fade away from his face. I saw him smile and begin to whistle happily to himself. I learned that blessing worked.

"Each week as I travel I bless every person on the bus. I find it makes for a happier bus load of people and brings us together in the love of the Father. Now I don't mind if it rains, for I have found a purpose in the journey."

Edwin has given us all something to think about, and has opened up a whole new vista of thought.

If we always travel with the Father, blessing as we go, every journey we undertake will be wonderful. There will be no boredom, and everywhere will be a little better because we pass that way — the Father and us.

— By Brother Paul from *Crusader* magazine

MY LIFE?

Life is a building. It rises slowly day by day, through the years. Every new lesson we learn lays a block on the edifice which is rising silently within us. Every experience, every touch of another life on ours, every influence that impresses us, every book we read, every conversation we have, every act of our commonest days, adds something to the invisible building.

— Anonymous . . . received from Inez Sanders

(continued from page 44)

are expressed physically. Correct alignment of the thoughts and emotions determine whether we will experience health or sickness, strength or weakness, optimism or pessimism.

The human body is not unlike a stringed instrument. If it is tuned improperly, it produces discord. If tuned by a musician, it produces harmony. Bear in mind that it takes logical thinking and the emotional musical rhythm of the musician to tune it properly.

Molecular control is not confined entirely to the physical form. It also has much effect upon our environment. Disturbed thoughts extend outward. If our car or any of the many conveniences we enjoy constantly gives us trouble, look WITHIN for the cause. We can and do control the molecules about us — regardless of whether they be animate or inanimate.

He who is looking for trouble constantly will certainly find it, because trouble, like an insidious disease, resides within one. Having "Dominion over matter" is not idle talk.

We are creating "Thought Forms" constantly. They may be distorted, ugly forms — or they may be very beautiful forms. We alone determine this by reaction to our environment.

Pity the distressed person who sees only flaws in the people about him. He who is critical of all things will find the cause that lies in *his own distorted thinking*. It has been said often and truthfully that the more things one likes, the happier he will be.

He who hates the world and the people in it, must, of necessity, first hate himself and his environment. In such a state of mind, he sees only imperfection in everything.

Rest assured that such Thought Forms of distortion will follow him into the next Dimension after death. There we function through our astral forms, and our emotions are even more intensified. If we hated things on Earth, we will hate them in the astral even more intensely. An astral body, which is a Thought Form, will register as a hideous vehicle of expression until we cast aside hate and desire progression.

We now possess a Thought Form we call our physical body. What does your
(concluded on page 50)



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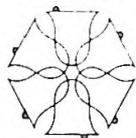
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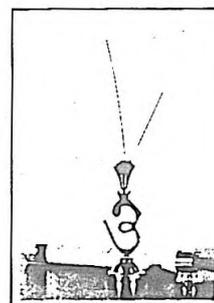
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LAWNDALE

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

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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. Uldricks, 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

ILLINOIS

CHICAGO

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

DECATUR

1st SPIRITUALIST CHURCH OF TRUTH, 993 N. Edward. Services Wed. & Sun. 7:30 p.m. Rev. Grace Peters, Pastor. 513 Wabash Ave., Mattoon, ILL 61938. 234-6044

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. Glenna 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

FLINT

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

GRACE DIVINE SPIRITUAL CHURCH, 191 Griffith St. Services Sun. 7:30 p.m., Tues 2 & 8 p.m., Thurs. 8 p.m. Guest mediums 3rd Tues. monthly. Rev. M. Graham, Pastor. (201) 945-7923 for private appointments.

PLEASANTVILLE

WHITE EAGLE CHURCH OF SPIRITUAL SCIENCE, The 4 Pleasant Ave. Service Sun. 3 p.m. Olive C. Robinson, Pastor. 927-5131

UNION CITY

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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U.C.H.S. HOLY SPIRIT CHURCH, 509 Cardenas, S.E. Services Sun. 5 p.m. Wed. & Sat. 7:30 p.m. Thurs. 1:30 p.m. Rev. Edwin A. Yonkers, Pastor. 265-5483

NEW YORK

BUFFALO

JOHN CARLSON MEMORIAL SPIRITUAL CHURCH, 1045 Elmwood Ave. Services Sun. 7 p.m. Mediums Day 3rd Sun. 3 & 7 p.m. Classes Mon. & Tues. 8 p.m. Rev. E.S. Wendling, Pastor. 886-3441. Rev. M. Luther, Asst.

NEW YORK CITY

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

1st CHURCH OF SPIRITUAL VISION, 100 W. 72nd St., Rm. 308. Sun. Healing Service 11 a.m. Messages 12:15 — 2:15 p.m. Tues. & Fri. 6-9 p.m., Thurs. & Sat. 1-3 p.m. Classes. Rev. Angela V.C. Wanderer, Pastor. TR 3-8525

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WEST HEMPSTEAD, L.I.

SPIRITUAL CHURCH OF MAGDALENA, 559 Henry St., Services Sun. 2:30 p.m., Wed 2 p.m. Harry H. Hirsch, Assoc. Pastor

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CLEVELAND

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PORTLAND

1st SPIRITUALIST CHURCH, The, NSAC, Beaver Hall, 1519 S.E. 9th St. @ Hawthorne. Service Sun. 7:30 p.m. Healing, Lecture & Messages. Bertha Wilson, Secy., 2338 S. E. Yamhill St.

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THOUGHT FORMS

(continued from page 47)

mirror tell you about it? Do you see the reflection of an ugly, distorted body? Or do you see a contented, happy face staring back at you? It has been said often that beauty is only skin deep. Let us change that expression into — *beauty is only emotionally deep.*

We all have known many noble characters who maintained their beauty and contentment all through life. They never really grew old. Passing over to the other life to them was but a transference of consciousness to a Higher Dimension. Death was as easy as falling asleep. Throughout life they were building up constantly an astral body of beauty and goodness. It is such people who pass over in a perfected body. They developed it *while here* on Earth.

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Be careful for nothing, prayerful for everything, thankful for anything.

— Dwight L. Moody from *Decision*

PSYCHIC PURITY

(continued from page 34)

trample your efforts under foot or take unfair advantage of your good nature.)

Love is one of the quickest routes to spiritual and *psychic purity*. If we love others, we open ourselves to the inflow of divine love and move closer to the fulfillment of our purpose on Earth.

We can't accept everything we read as "truth" these days — but we can't give up the "race" and say "what's the use — it's all so confusing!" Through recognizing these seven keys you have been given here, and practicing the principles revealed, "running the race" may become a little easier.

I AM

(continued from page 42)

you always, but you did not KNOW it.

I have purposely led you through the Wilderness of books and teachings, of religions and philosophies, keeping ever before your Soul's eye the vision of the Promised Land . . . Now the time has come for you to *know* Me consciously; the time has come for you to cross over into Canaan, the land of Milk and Honey.

Are you ready? Do you *want* to go;

Then *follow* this My Word, which is the Ark of My Covenant, and you shall go over dry shod.

(The foregoing are excerpts adapted from *The Impersonal Life* — a Chimes selection of exceptional value and inspiration.

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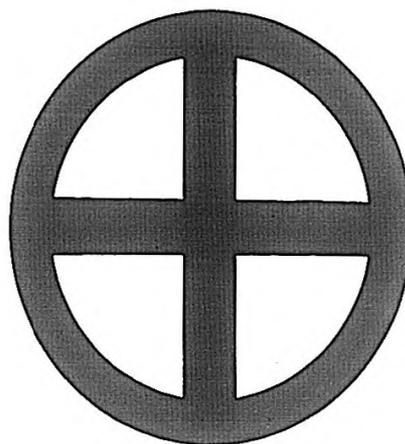
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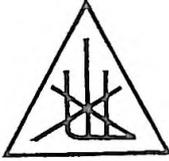
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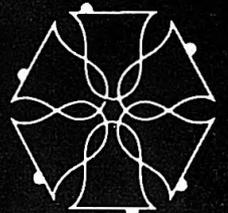
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