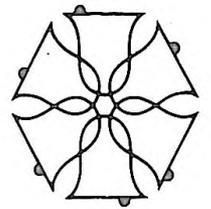
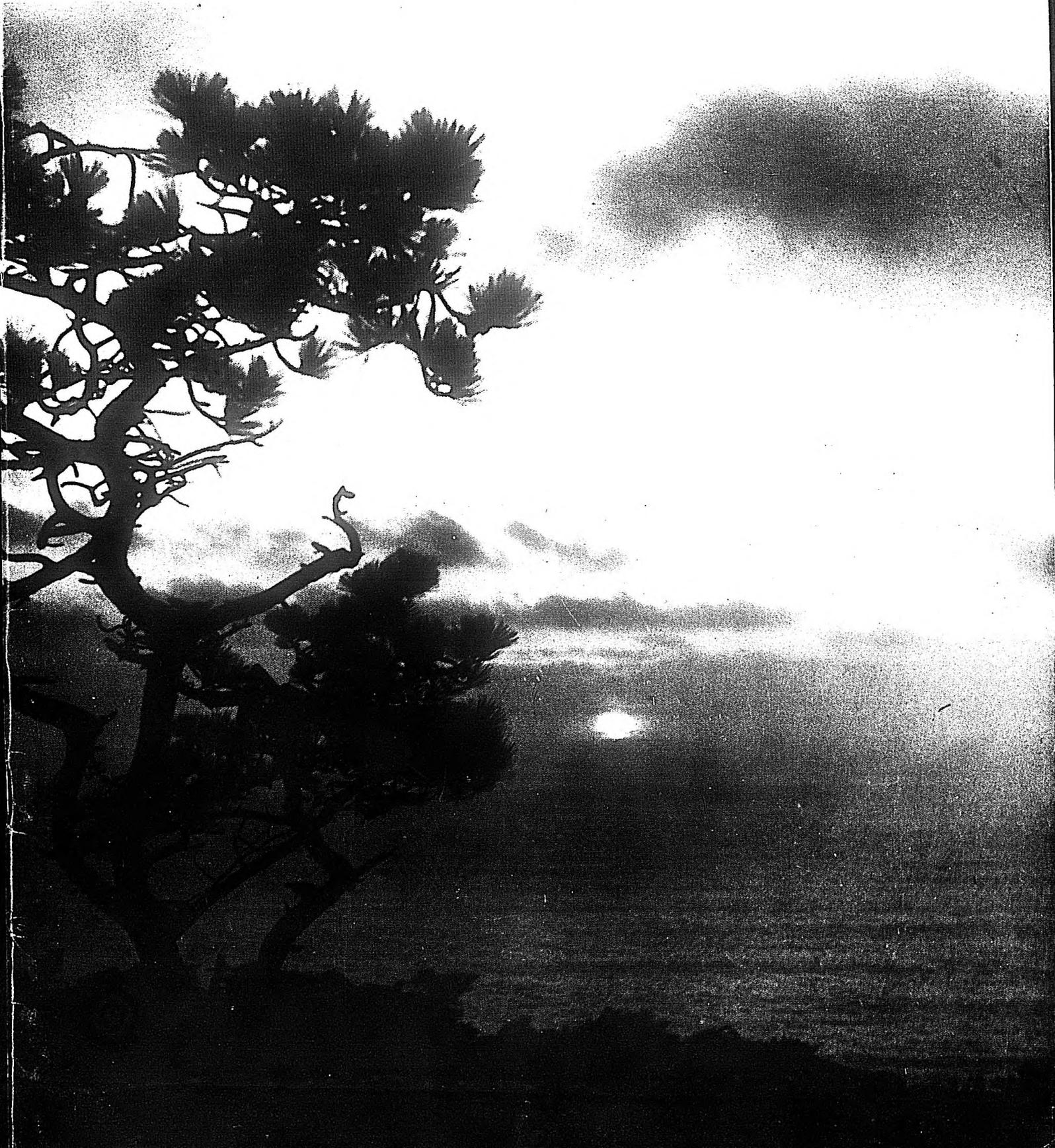


new horizons in living from...



OCTOBER, 1970 50¢

CHIMES



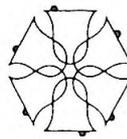


IF YOUR CONSCIOUS and subconscious mind work together harmoniously, peacefully and synchronously in accordance with Divine ideas and the eternal verities, the children (results and experiences) from such a harmonious interaction will be health, happiness, peace, abundance and security.

When the two phases of your mind work in concord, in accord and in unison, you will experience heaven on earth. Likewise, physically, when a husband and wife work together harmoniously, loving one another, and when each exalts God in the other, the marriage grows more blessed through the years. They prosper, are happy and succeed in all their undertakings; and their children reflect the love and harmony of their parents. This is why it is said, "Wisdom is justified of her children."

WHO SAID IT ?

(for the answer, see page 50)



CHIMES

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OCTOBER, 1970

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

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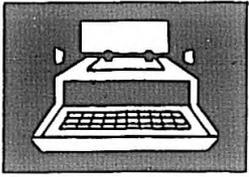
— FROM THE COVER —

Fall brings sunsets of glorious beauty along the Pacific coastline at Del Mar, California. Photo courtesy of San Diego Title Insurance and Trust Company.



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LETTERS TO THE EDITORS

A TYPE OF FREEZING – Your magazine contained a very interesting article in the July-August number entitled “Freezing – From Space Travelers” to which I believe I have a partial answer.

The old saying that all our knowledge flows through books seems to be demonstrated in a truly amazing manner.

I am quoting only a sentence from your article, namely: Did they know the secret of preserving men’s bodies for a return to life many years later? The answer is YES!

You will find it in the book by Paul Brunton, *A Search in Secret Egypt*, when, unexpectedly, he met an adept and was given an unsolicited statement concerning certain kinds of mummies and a detailed description of their amazing state of preservation.

The acceptance or rejection of these statements, however, depends on the spiritual unfoldment of the reader. With that, I am, yours truly,
Dr. Robert O. Henich, Detroit, MI

(There is, indeed, a most unusual account of preservation of the human body and why it took place which Paul Brunton relates to our time in the book referred to above – a Chimes classic.)

BETTER READING – In subscribing to your wonderful magazine for three more years, I might say that I pass it on to many others and I know they enjoy the good reading in it as much as I do. There is one request I do have to make, however, and that is that I wish you would print each article all together instead of having to jump from page 3 to page 24, or such. It would make reading much easier. But any way you set up the print, I’ll read it. Thank you for Chimes, and may God richly bless all your endeavors. Sincerely,

Mrs. Ruby E. Russell, San Angelo, TX

(To be sure, editors do have their ideosyncracies as to the way a magazine should be laid out. However, the placement of advertising in a magazine also has its influence, but where it is more convenient to run material in sequence, we do try to do so. Maybe we should try a little harder and see how readers like it . . . or if they even notice.)

GUARDIAN SPIRITS – I was most interested in Geoffrey Hodson’s book on nature spirits, so I am ordering his companion book from you, *The Brotherhood of Angels and of Men*.

I certainly accept the logical idea that “spirit” is electromagnetic energy since scientists have proven that matter and energy are just two forms of the same thing. The Mahayana Buddhists also agree that “form” and “energy” are

the same, only matter vibrates much more slowly.

It also seems logical to assume that man has an “angel” guardian spirit, while plants and trees have “fairy” guardian spirits.

Unfortunately, mankind has disregarded the Divine Law. The soulless computer has replaced the self-spirit. Man has plundered the earth of its natural treasure and soon he will pay the karmic consequences unless his consciousness is raised to the level of the Divine. Only when we obey the Divine Will, then it will “be done on earth as it is in heaven”. Best wishes from,
Fern Stephanie Miller, Lodi, NJ

(Yes, indeed, how true it is that man has disregarded Divine Law, and one evidence that this disregard is catching up with him fast – not at some future unknown time – is the rate at which pollution of the air, the earth, its waters, and the food supply is beginning to choke humanity and cut off its source of life. Hodson’s books tell of how man can cooperate with the angels, devas, nature-spirits, and elementals to build bridges between the two great races – human and angelic – for the mutual upliftment and good of both. Sophisticated as we may think we are in these modern times, nevertheless that other world of guardian spirits has MUCH to teach us. Become familiar with books of this nature and see for yourself. Chimes has several that will intrigue you and lift your sights.)

NEWCOMERS – Lately I have noticed several new publications on the market all dealing with some aspect of the psychic, witchcraft, astrology, or related subjects. I have not, however, been able to hang onto their addresses so I could write and find out about them. Is it possible that you could publish where we, the readers of Chimes, might locate other publications in this field?
Mrs. A. Gonzalez, Tucson, AZ

(This period of time we are coming into will herald the coming of many such publications as the mass consciousness is becoming more receptive to the fact that there are worlds beyond what the five physical senses tell us about. We have published the names of other periodicals several times previously, and we had planned to do so again. You can be sure, however, it’s not easy to keep up with all those which are newcomers to the field and those which flunk out after a short trial period. If you will just be a little patient, we’ll try.)

PLANTING SEEDS – Chimes’ many inspiring features do plant seeds in “seeking light workers’ minds”. A better life begins with one step at a time. Chimes holds a valuable key to inner awakening. Keep up the fine articles! Cosmic blessings from,
Marian Azzolino, Riverside, CA

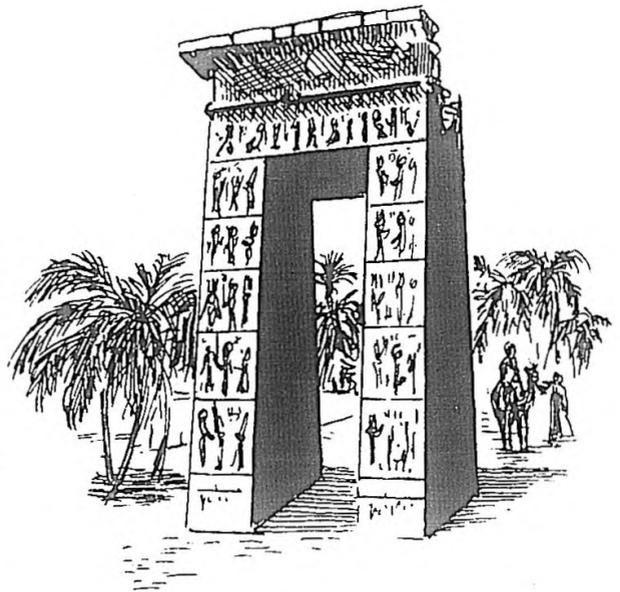
IN THE FINAL cycle of Egyptian history there was a great degeneration of the men of knowledge – the priesthood – and sorcery and the black arts were commonly practised. When the white light of truth which formerly was shining through the pure Egyptian religion became dimmed, and the noisome shadows of false, materialistic doctrines crept in to replace it, the practice of mummification arose, together with all the elaborate accompanying rituals. Yet under the misleading and cunningly perverted teachings which supported this practice, there was an element of secret self-interest which sought to keep a long-preserved physical link with the physical world through the embalmment of the body.

This practice originally was intended only for the Adept-Kings of Egypt's prehistoric golden age, and for the spiritually advanced High Priests who were true channels of God, that their material bodies, impregnated with their holy power, might continue to exist and serve as focuses radiating that power into the world.

A kind of ancestor-worship also developed, under which the bodies of the dead were embalmed, merely as a formal rite to show succeeding generations what their deceased ancestor looked like. It was really a hollow imitation of the mummification which was practised in earlier epochs of Egypt to preserve holy relics of good kings and priests. For in the dark period which later descended on Egypt, when it was bereft of true spiritual light and when the hell-forces of the nether world were evoked by those with much knowledge but little compassion, the instructed men of the priestly and ruling classes caused their own bodies to be embalmed. This was done, sometimes for the purposes of black magic, sometimes out of fear of the spirit's destruction in the purgatory that awaited it after death, and sometimes out of ignorant conformity to custom. In almost every case, before such a man passed out at death, he arranged for and had his tomb prepared whilst he was alive. After the preparation of the physical tomb he invoked (or had invoked for him by a priest of sufficient knowledge) a spirit-entity, an artificial elemental creation, imperceptible to bodily senses, sometimes good but more often bad, to protect and watch his mummy and act as

*opening Egypt's tombs has thrust upon the 20th century
the danger and challenge of the astral worlds . . .*

The Psychic Influence of EGYPT



a guardian spirit over his tomb.

Further to protect these embalmed bodies, the tombs were first hidden with *cunning* care and then it was generally taught to the people that any profaner of these tombs would be visited by the spirit-powers with the most dreadful punishment. This teaching was believed, and those tombs were long left in peace. But with the increasing decay of the priesthood and rulers, even the people began to lose their superstitious faith, and tomb-robberies commenced for the sake of plundering the jewels which were buried with almost every mummy of an important personage.

It was true that wherever the embalmed body was that of a person with some knowledge of magic, or under the protection and guidance of someone with such knowledge, spirit-powers had been invoked to protect those tombs and punish intruders. Those powers often were exceedingly evil, menacing and destructive. They existed within the closed tombs, and could continue to exist, for thousands of years. Hence your archaeologists who, in all ignorance,

break open such spirit-shielded graves, do so at their own peril.

. . . Among the tombs of high and low personages whom they excavate, there are those which were so protected. Every such tomb which has been unsealed lets out – like a flood – a rush of pent-up noxious evil spirit-entities upon our *physical* world. Each mummy that is taken out of such a tomb and transported to European and American museums, carries with it the ETHERIC LINK with those entities, and hence their awful influence. Those influences can bring only harm to the world, harm of various kinds, even to the point of destructively affecting the destinies of nations. Westerners have no shield against them, and because they are invisible to them, they are none the less potent.

When this world comes to realize that evil spirits are imprisoned in a number of those tombs, it may be too late; for by then all the tombs will have been opened, and those devilish creatures will have made their escape. Among other things,

(concluded on page 18)

Q. Can you get in trouble with a ouija board?

A. The ouija board is an elementary attention-getting device and is not conducive to developing one's own mental-telepathic faculties – which is the purpose in communication between planes. The ouija board is a good thing to stay away from if you are not informed properly and do not protect yourself spiritually. Though those of the higher realms may communicate through this method, at least when initially developing a sensitive, they do not prefer and will not continue long through it with such a person. There are faster and better ways.

The danger of prolonged use is that it can expose one to the lower astral forces, of which most people of Earth have no awareness. They can gain control or influence over unsuspecting persons and fill them with negative forces to such a degree that it is possible for them to lose control of their very lives.

Q. I have written music for the school orchestra and my own little band. I hear it all in my head first, and wonder from where it comes.

A. It could come from another sphere, for many hear music from the celestial and other realms. It could be other individuals not incarnated on Earth who are working with you. It could be from your own soul experiences as a musician on Earth, or in other planes and on other planets prior to this lifetime. Or it could be your own spiritual Self bringing forth music as part of a Soul mission to help introduce an evolvement for man in the New Age we are now entering.

*Send your questions
to Youth Division,
Mark Age, % Chimes*

Q. Why do some say Jesus the Christ rather than Jesus Christ?

A. Christ is a level of spiritual attainment. It is a title indicating one who has attained the degree of spiritual unfoldment in which he is aware of himself and demonstrates his powers as a son of God. All will attain this state sometime in eternal living. Jesus is one who has attained this level of evolution. Christ is not part of his name but is the title of his attainment.

* * *

This beautiful gemstone, which grows in pencil-shaped crystals, comes in almost every available color and also as two-color and three-color combinations. Many people are wearing tourmaline gems sold to them as something else of the same color.

Let's look at it as being another subtle way Spirit works to get one to wear this stone, as it has an important function as a major bodily aid. It aids in the balancing of bodily functions by keeping the thyroid gland, the body adjuster, in balance. The multi-color tourmalines, such as the watermelon variety, green, white, and pink, act on multilevels simultaneously, in this case balancing both the astral and the physical bodies.

– *Jo-el of Mark-Age*

Just to pass is not a high mark!

– *Anonymous*

When faith has entered into thee – doubt, fear
and pain – will have departed. – *the Cosymi*

QUOTES OF YOUTH – "It doesn't take much effort or time to spread a little happiness. You become a different person when you take time out to help someone else."
– *Linda Sullins, San Diego, CA*

Prepared by the Youth Division of Mark-Age
especially for Chimes

How can we know truth when we see it? With all the many teachings, philosophy, religions and the self-styled masters promoting their own methods to reach that illusive heaven or Nirvana, how can we find an infallible method of discernment?

Study with an open mind all material brought to your attention. Does it seem reasonable to you? Does it strike a note of agreement within you? Is it something you would like to incorporate within your consciousness? Will it inspire you to become a better individual? Do you feel inside yourself that this is truth? Are the individuals promoting this supposed truth demonstrating their teachings in their own lives? What good have they accomplished by their teachings? For "By their fruits you shall know them." This is the one infallible method for testing, as has been given to us by the Master.

Continually we must be on guard. For spiritual discernment and discrimination are absolutely necessary for each and all to master at this special time of the latter days or harvest time. Some persons seem to believe just because something has been printed it must be truth, without any need for discernment, further research or questioning. This is a fallacy. The originators of such material will have to face the karma they have sown. But you realize that the reader also will suffer from accepting this erroneous material as truth.

Therefore it behooves us to search and to question any teaching which is represented as truth for use in our daily lives. Remember the one infallible measuring rod, "By their fruits you shall know them."
— Zan-Thu

There being no such thing as death, I cannot die for my fellowman.

Suffering for him is not allowed, So I have but one alternative:

To love him!

— Jeanene Moore, Miami, FL

An artist's painting is a manifestation of his inner concepts.

These concepts come forth from the divine Father-Mother God.

Yet this fine concept cannot compare to the sketch painted on the canvas of a child's mind.

— Peter Ilacqua, Miami, FL

PEOPLE MAKE PEACE — A smiling, singing group of long-haired youthful joggers brought their message of peace and love to Governor Ronald Reagan of California, in the capital, from Isla Vista, recent scene of violent upheaval.

Singing "Get Together", they jogged through cities en route to the California capital where they brought a peace flag inscribed with signatures of persons, including police chiefs, they met on the way.

"We had a beautiful reception all the way," claimed one jogger. "When I saw what they were doing I dropped everything and joined them," said another participant. "It's a love sort of peace we've all got to get into. Politics won't make peace; people make peace."

The group left triumphantly with shouts of "Peace to you all! Peace, love!" and departed singing "Get Together".

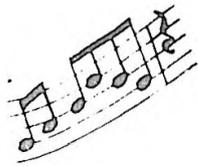
* * *

Everyone knows, secretly, inside, that they are the chosen one.

— Anonymous

True marriages are made in heaven. Each one of us must make the basic union within ourselves. The superconscious, conscious and subconscious mind must meld and wed for our trinity or true marriage of the total Christ expression within us.

The true relationship of human beings is one of energy exchange. The glance from eye to eye, the touch of hand to hand is the sharing of these vibrations through melding the auras as one.



The Magical Qualities Of Music

By Lee Baxter

El Centro, California

Part II. (conclusion)

IN THE FIRST part of this two-part article we explored music as a means of invoking God, and as a stimulus for mystical and creative experience. Now let us explore some of the negative aspects of music – the wrong type of music.

Music in itself has the power to lift suggestible man to the heights of joy or plunge him to the depths of despair. Whether a song is sacred or secular, its rhythm impinges upon us – affecting us consciously or subconsciously. It is no coincidence and no paradox that “honky-tonk music” is the kind that appeals to the baser emotions – or that those who like this kind of music are not highly evolved persons. The music emanating from juke boxes in bars throughout our land is primitive in its appeal – and the songs are of failure, frustration and tawdry infatuations.

On a much higher plane, but just as negativistic in their “black magic” results, are several music compositions which have brought disaster wherever they were played.

Among these are Saint Saens’ “Danse Macabre,” a certain passage from “Charles VI” by Jacques Halevy, and “The Pathetique” from Tchaikovsky’s Sixth Symphony.

Each of these compositions has brought disaster and death – probably only to the very suggestible – whenever they were played. “The Pathetique” has been described as ‘the cry of a soul in torment’, and tradition has it that the composer poured his own tortured soul into the music and imprisoned it there. “The Pathetique” has been described by American music critic James G. Huncker as “a page torn from Ecclesiastes – the cosmos draped in black.”

Many reputable musicians refuse to play any of the above named compositions, because of the detrimental effects the music has on those who listen to it.

These, of course, are not the only compositions which can drag man down into the pit of abysmal despair. There are many other songs which, to a lesser extent, create unrest in the human mind and heart.

More commonly known than the classics mentioned above, perhaps, is “the suicide song” of a generation ago – “O. Gloomy Sunday”. This dirge-like song was composed by two unhappy Hungarians, Ladislav Javor and Raoul Seress, who introduced it in Budapest. Indicative of its morbid

and funereal qualities are the words with which the song begins: “Once more to behold you, my dead lips will sever. Don’t dread me, my darling, I will love you forever.” Its allusions to a coffin and wax candles aflame only add to its impenetrable gloom.

Again and again despondent men and women purchased a record of that song, took it to their lonely rooms, played it, then while it was still revolving, committed suicide. Wherever the song was introduced, a tidal wave of suicides followed.

Finally the suicides mounted to such numbers that, at the demand of the authorities, and with the full consent of the composers, the song was banned.

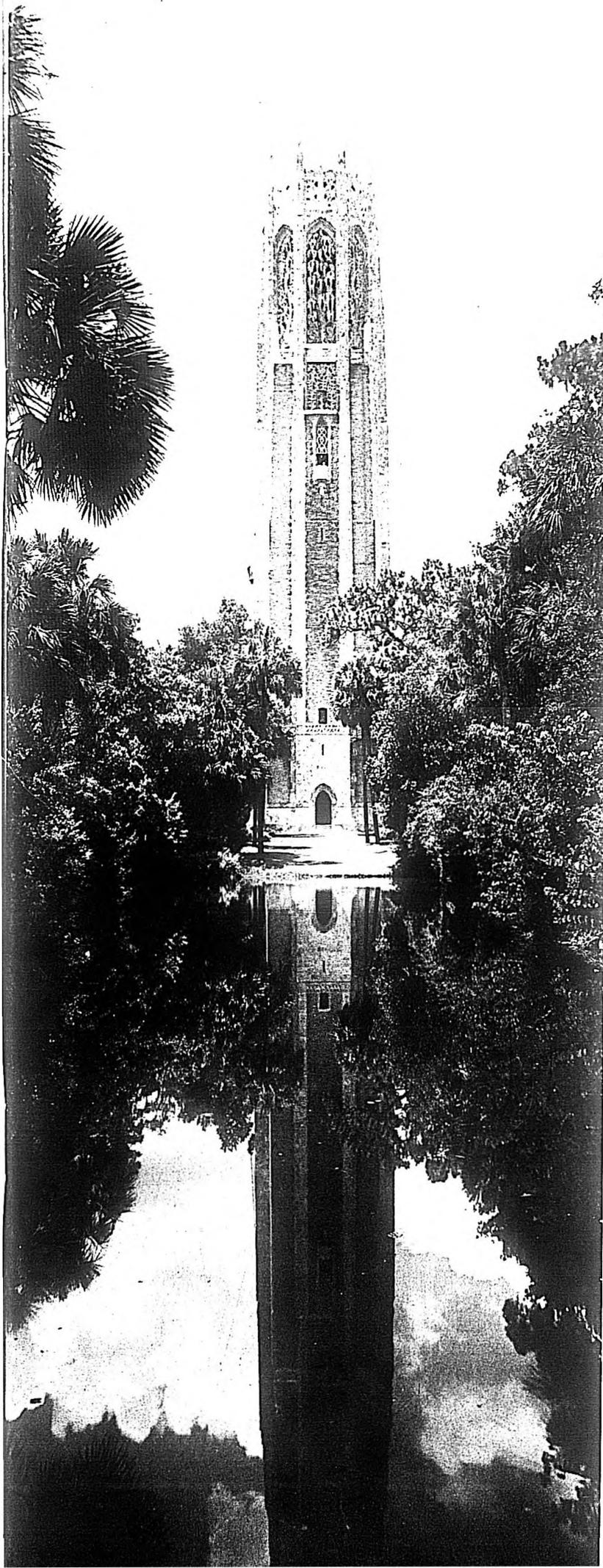
In our nation today the revolution that is taking place in society is reflected in our music. The new compositions are not soothing, comforting or uplifting, most of the music which appeals to the younger generation is so raucous and nerve-shattering that it is not music, but a blare of unpleasant and ear-insulting sound. Such compositions cannot invoke the higher self; they can only instill discomfiture and unrest in the mind and heart of the listener. The fact is, it makes some of us wish we were deaf, so that, like Beethoven, we could hear only with “the inner ear” – and, like him, tune in to “the music of the spheres”.

If God used music to herald the most blessed event in the Christian faith – the birth of the Christ Child – we must surmise that it was only through music that he could make His ineffable joy known to mankind. I cannot conceive the messenger angels bringing those good tidings of great joy in the music which blares out over radio and TV today. Nor can I conceive of this type of music as being that of which the Psalmist wrote: “Serve the Lord with gladness, come before His presence with singing.”

Music, like prayer, is an outward expression of man’s inmost thoughts and desires. It is his means of communicating with the Infinite. It is his comforter, his source of inspiration, and the harbinger of his salvation . . . or his doom.

Music is such a powerful form of “magic” that we had better be very careful how we use it

Let us turn to the March, 1970 issue of *Search* magazine for an indication of the power of music. In that issue *Search* reports on two unusual experiments with music: in the laboratory and in the operating room.



In India, botanical scientist Rama Singh proved that even the growth of a plant can be influenced by music.

He played recorded music to selected plants.

The plants responded with abundant growth to the music of female vocalists — especially to the songs of Ella Fitzgerald and Peggy Lee.

The successful use of music as a sedative in the operating room was proved in Italy, where Gaetano Zapalla, a surgeon, is reported to have operated successfully on thousands of patients in the last five years — using only a local anesthetic and soothing classical music.

Right here in the United States — in Chicago's Biling Infirmary — quicker post-operative recovery and a drop in the use of medicinal sedation resulted with the piping of tranquilizing music.

If music can affect the growth of a plant — if it can be used to effect quicker healing of the body after surgery — and, on the other hand — if it can drive man to suicide, then we had better select very carefully those vibrations to which we shall respond.

For the vibrations of music, more quickly than any magical potion or mind-expanding drug, can reach man's inner self and affect our inmost thoughts and feelings — and promote or retard our spiritual growth.



... If the music be good, the effect of those vibrations cannot but be uplifting to every man upon whose vehicles they play. Thus the community owes a very real debt of gratitude to the musician who pours forth such helpful influences, for he may affect for good hundreds whom he never saw and will never know upon the physical plane.

— By Annie Besant and C.W. Leadbeater
from *Thought-Forms*.

— UNIVERSAL SCIENCE —

By Marlin W. Travis

PART IX.

Albuquerque, New Mexico

IF THE STUDY of these lessons did nothing but eliminate fear of lack, or fear of the future from the consciousness, it would be worth a fortune to anyone. When you practice Universal Science truths you are flooding your life with great LIGHT. FEAR ALWAYS LURKS AMONG SHADOWS! IT THRIVES IN DARKNESS! A spiritually darkened mind is a breeding ground for **disease, fear, doubts, worries, failure and unhappiness.**

FLOOD WITH LIGHT

However, as the student has now discovered, he simply needs to flood the darkness with LIGHT (Divine receptiveness) and his fears, worries and doubts scurry away. When you no longer fear the present, nor the future, and realize the truth of CREATIVE SPIRIT (Divine Being), you are then **FREE**, and being FREE, the Divine power within is released and avenues of expression and attainment, of which before you perhaps never suspected or surmised, open up for you. When the mind is filled with the truths of this course, the mind automatically fills with LIGHT and therefore the negative, the fearful state is DRIVEN OFF.

YOUR TRUE NEED

A physician once told me that a greater percent of his patients did not need medicine so much as they needed God. If the student properly practices these lessons, his business, problems, health and general outlook will be enriched as he has never dreamed it possible. Show me a man who really lives faithfully by Universal Science principles and laws and I will show you a happy, enthusiastic, and vital man.

THE INDELIBLE IMPRINT

A shock to the subconscious mind is as effective as a sudden splash of cold water. For instance, the subconscious has gone on its way for a long time doing as it pleased and getting little or no opposition from the conscious mind. In times of stress, shock, grief or elation the subconscious is wide open and very impressionable, and then is the perfect time to indelibly imprint on it a positive truth impression. That can be done by repeating the affirmation listed

in the previous lesson or just affirm your wholeness, perfection and harmony with the ALL-KNOWING, ALL-POWERFUL and ALL-PERFECT Divine Spirit. Once a truth is indelibly cemented in the subconscious, it is a great step in the right direction.

PRACTICE MAKES PERFECT

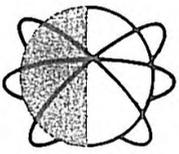
Universal Science is of value to the extent that it is put into *daily practice*. It is advised that the student continue this study of truths, but not neglect the practice. The pianist must practice diligently before he is ready for a concert appearance. To witness his flawless, EFFORTLESS performance is an inspiring experience, but few realize that he has so mastered the truths, principles or technique of his medium of expression that he no longer has to concentrate on any one particular finger. A thorough knowledge and consistent practice of these lessons means an effortless, flawless performance in your own life and affairs.

GREEN PASTURES

Results will come to you if you sincerely practice in good faith these truths. Anyone who ever traveled through a desert area is impressed when he finally comes to the green grass country. In similar manner, the arid condition of the non-spiritual person becomes green pastures when the water of life flows through the heart, mind and soul.

Do not become discouraged if for a while you must remind yourself constantly of the truths mentioned in the affirmation of the previous lesson. At first you had to stop to think that 4 and 4 made 8, but after a while you did not have to give that truth any thought at all. After a while the truths related in these lessons will have become so imbedded in your consciousness that you will forget to worry about anything, for all your energy will be used in the achievement of your purpose. The most important thing is to **have happiness in your heart.**

One can't have happiness unless one has peace, and one can't have peace unless one lives in harmony with the truths of Universal Science.



THE IMPOSSIBLE FLIGHT

IN THE FALL of 1966, in the star-studded skies over the mountains of Kenya, East Africa, a four-year-old boy who was "too small" to reach or manipulate the controls of an airplane did the impossible; he flew the plane over dangerous mountain peaks and brought it to a safe landing.

The boy was Bobbie George. His father was Fletcher George, an engineer-pilot who was employed by a mining company in Kenya.

At six p.m. on the evening of October 19, Fletcher and his son took off from a small field near Mombasa on the Indian Ocean coast. They were headed for a small hamlet some seven hundred kilometers to the northwest near Lake Victoria. Their plane was a Cessna.

Shortly after Fletcher took off he began to show the lad — as many a pilot father will do — how to fly the plane. After they had been airborne for a short while it began to grow dark and Fletcher switched over to his instruments for night-flying. It was a flight that Fletcher had made many times, but this occasion was the first time he had taken his son along with him. It was Bobbie's first airplane ride and he was enjoying it immensely.

Sometime around 8:30, Fletcher George suffered a crushing pain in his chest. He slumped back in the seat and gasped, trying to reach for the radio. Before he could utter a word, he was dead, leaving little Bobbie all alone in the cockpit beside him.

At 9:10 that night the Cessna swooped down from the skies after crossing several dangerous mountain peaks and made a perfect three-point landing at an airstrip not far from Nakuru. The plane stopped taxiing and halted in the center of the runway.

Several pilots and mechanics ran over to see why the pilot had not taxied over to the hangar.

It was then that they found the dead pilot and his little son in the aircraft. The boy shyly told the men who lifted him out that he had flown the ship — and landed it — after his father had collapsed.

Later, when a doctor examined the dead man, he placed the time of death between 8:30 and 8:40 that night. This meant that he could not possibly have flown and landed the plane. How then, it was asked, was it possible for a little boy who was too small to reach or manipulate the complicated controls of the aircraft to manage to fly it and then bring it to a perfect landing at an airstrip — at night?

The only answer came from the boy who did it, Bobbie George: "I remembered what Daddy showed me and I did it

(concluded on page 47)

PRACTICE OF THE PRESENCE

By Dr. Joseph Murphy
Beverly Hills, California

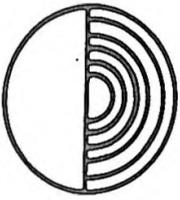
BROTHER LAWRENCE, a monk of the 17th Century, schooled himself, whether cooking, baking, or washing pans in the kitchen, to pause — if only for a moment — to think of God in the center of his being, to be conscious of His Presence, and to keep a hidden meeting with Him. Due to his inner illumination, when he enjoyed the raptures of the Spirit, he emerged into a realm of profound peace.

Begin now to practice the Presence by giving your attention to the God-Presence within you and in all things good, by seeing God in everyone you meet, and by constantly affirming: "It is God in action in all departments of my life."

Calmly trust God's Holy Presence to lead you to green pastures and to still waters. Love the Truth with a love that leaves no room for care or doubt. No matter what your work may be, as you go to your business, say, "God walks and talks in me. I completely rely on God's guidance and wisdom." Give thanks for the perfect day. Do as Brother Lawrence suggests: Whenever your attention wanders away onto fear or doubt, bring it back to the contemplation of His Holy Presence.

To secure and to know the life of peace and joy, school yourself daily to have an intimate, loving, familiar, humble conversation with God — all day long. In this way you will draw abundantly upon God's grace. You shall become illumined by an Inner Light, and, like Brother Lawrence, you will behold the inner vision of God, your Beloved.

Dr. Murphy speaks of "practicing the presence" — achieving peace within oneself — in his book, *Peace Within Yourself*, as a method of practicing the most powerful medicine in the world. Another magnificent testimony to that much desired state of consciousness is the beautiful little book of Brother Lawrence, a monk of earlier centuries, who knew how "practicing the presence" could heal all things. In *The Practice of the Presence of God* he tells of his struggles to meet God and how he found Him even in the most menial tasks — both inspiring books available from Chimes.



excerpts from world news centers

PSYCHIC DIGEST

ALL IS NOT GLOOM

REGARDLESS of what helpful or profound utterances Jeane Dixon may have for the waiting world, the only thing anyone seems to remember is the predictions of gloom and doom. In an interview with Arline Brecher in *The Woman* magazine she had this to say about the possibility of her forecasts being subject to change for the better: . . . These are predictions based on man-made plans which can be changed if men's minds are changed in time. It is not the same as God's plans. That would come as revelation and not be open to change. That is why I am so anxious to bring about the transformation of man by a spiritual awakening, by self-discovery and development. If people would only realize their own abilities, their own talents and learn how great they really are, there would be an end to this revolutionary and destructive spirit. Then they would be in harmony with God's law and would not have time for destruction any longer . . . We must rededicate ourselves and have complete faith in God. With prayer, we can each of us find our purpose. We are here to work, not to waste our lives. The Bible says that faith without works is dead and work without faith comes to naught. Life is very beautiful and precious and your faith in yourself is what brings you one inch beyond – that gives you the push you need. That extra inch of push brings you right to God. It will never be easy, but we weren't promised that it would be easy. And then, regardless of the opposing forces around us, we must learn to rely on the greatest promise of all, that God and one is a majority, and I believe that this is so important that I am using it as the title of my next book. Even in times of stress like these, God and One is a majority. That's all we need to remember.

MAE WEST AND ESP

AT A RECENT ESP DEMONSTRATION given by Mae West at her Santa Monica, California mansion, Dr. Richard Ireland of Phoenix, Arizona demonstrated for an audience of about 90. Mae, an admitted psychic herself, stated, according to a *Los Angeles Times* article, that she was trying to get USC to set up a department in parapsychology. Certainly such a department could be well funded by the sizeable number of entertainment personalities who regularly attend personal demonstrations of this nature, study groups and lectures. A research and test center in the heart of the occult and psychic center of the world – Southern California – ought to provide some dramatic impetus and real progress.

NEW PUBLICATIONS

SOMETHING NEW in the publication of psychic material was launched in Southern California in September, 1970 when Purnell Inc., U.S. subsidiary of BPC Publishing Ltd. of London, introduced its supernatural encyclopedia as a serialized weekly (112 issues). Entitled *Man, Myth & Magic* it is scheduled to have advertising expenditures up to \$50 million annually, according to the *Los Angeles Times*. Coincident with the magazine's appearance on newsstands, saturation TV, radio, billboards, newspaper Sunday supplements, even underground press, it is designed to have maximum mass coverage so that if successful in the West it will be marketed nationally. Subjects it covers are life after death, dreams, extrasensory perception, luck, superstition, witchcraft, fate, astrology, and related subjects . . . all in a form that can be accumulated later in encyclopedic volumes. It will be interesting to see how this venture of one of the largest printers in Europe, British Printing Corporation, is able to penetrate the American market . . . a very receptive, but discerning market.

THE NEW RULER

IN THE NOT too distant future scientists with vision will come to acknowledge the Truth that Soul Telepathy and the overshadowing influence to guide humanity from higher dimensions of consciousness is a fact, and the fifth Kingdom in Nature, the spiritual, will be recognized and accepted . . . so says Joseph Busby in *The Voice Universal*.

LESSONS FOR STUDENTS

HOW TO ACQUIRE PSYCHIC ENERGY

PART II.

IN THE PREVIOUS issue some of the thoughts of Joseph J. Weed were touched upon from his newest book, *Psychic Energy: How to Change Desires into Realities*. According to Mr. Weed, there are four levels of human awareness -- the first two of which have been described. The third, that of ideas, is that which moves great composers and artists, and guides writers and inventors. To the mind that reaches this level of awareness, beauty and order are the paramount considerations. Nearly everyone reaches the second wider horizon of human awareness for a longer or shorter period of time, but only a very few ever reach the third level. Vast areas of knowledge are available here, and it is only the limitation of the physical brain that prevents those who contact the third level from bringing more than a thimbleful back. It is almost like trying to carry water in your fist. The tighter you grasp it, the less you can bring with you.

The fourth level of human awareness evidenced is that of spirit. Only a handful in each age ever reach it. It is the fountainhead of psychic energy, the great power that with intelligent development enables you to raise your consciousness to ever higher levels, to the second, and, yes, even to the third if you are so focussed.

Raising the consciousness to ever higher levels of awareness is a matter of assembling and accumulating psychic energy, then directing it by the will, according to Weed. This is accomplished by visualization . . . for which a technique is given here that works:

1. Demand psychic energy. Visualize vast streams of pure white radiance streaming into your being from above. Want this energy, demand it with all your will, feel love for it, then see it and realize it as it tingles through you, an accomplished fact.
2. After a short pause, visualize your whole being lifted up into a brilliant clear white light. See it like an envelope all around you. Feel its vibrant quality tingle on your skin. Let its invigorating freshness envelop and nourish you.

Attempt this exercise ONLY WHEN ALONE and in a relaxed position. Seat yourself in a large comfortable chair or lie flat on a couch or bed. The willful invoking of energy should not be continued for more than a minute, then the visualization can be carried on for four or five minutes.

When first performed, says Weed, it is quite likely that no immediate result will be observed. There will

be an effect, but the normal awareness of the average person is not sufficiently keen to detect it. It is only after repeated regular practice that the impression becomes cumulatively more potent. This in turn makes you more sensitive.

A good place to practice this exercise is in bed, either just after retiring or in the morning just before rising. If performed in the evening just before falling asleep, you will have interesting dreams. Try to remember them. It is best to write what you remember of them immediately on waking because these memories are fleeting and probably will be gone in an hour or two. Much of what you experience in such dreams as these will be prophetic in nature . . . possibly of trivial incidents at first . . . but write them down anyway, and when you find them coming true you will have the confidence and courage you need for additional effort. Then, as you persist, the light you visualize about you suddenly will become real, much brighter, and the air will have a clarity you never before observed. Your entire being will be filled with vigor; you will feel much lighter . . . and you will have reached the second level of awareness.

We shall see in the issue to come something of what the third level of awareness is like, and how it is achieved. There is always the possibility too that you might not wish to wait that long to learn more about the nature of psychic energy, how it may be directed, and what it can do for you. If so, get a copy of *Psychic Energy: How to Change Desires into Realities*, by Joseph J. Weed and start finding out more about these things for yourself now.

"BLIND" TO "SEE" — They said it couldn't be done. They said the young people would never last through the training period so as to be of value in working with blind children. Wrong. All thirty volunteers stuck it out and will help children "see" a baby chicken by listening and touching. They will make another aware of new-cut-grass smell. They, the young people, are getting what they really want: *a sense of responsibility.*

— Anonymous

HOW DO YOU PRAY?

WHAT PRAYER IS:

OUR PRAYERS are always a result of Jesus' knocking at our heart's door. Before we call, he graciously makes known to us what gift he has decided to impart to us. He knocks in order to move us by prayer to open the door and accept the gift he has already appointed for us.

Prayer is something deeper than words. It is present in the soul before it has been formulated in words. It is a condition of mind, and attitude of heart which God recognizes as prayer whether it manifests itself in quiet thinking, in sighing or in audible words. And it abides in the soul after the last words of prayer have passed over our lips.

Prayer is the conduit through which power from heaven is brought to earth.

Ole Hallesby "*Decision*"

PRAYER in the proper manner is most important, because it invokes the power of the Lord God, Which dwells in each. Some are not sure they pray aright. Some are not sure their prayers are heard. Some pray and find no answer to their prayers . . .

Prayer is the essence of all knowledge and humility that we are but instruments of the Divine. All know, who seek prayer and use it, that we are but humble agents of a much greater power than our own. But because we recognize that we are part of that power we find it essential to invoke it and to bring it into focus where we are, and through us to speak the word that the Almighty Power, Father-Mother God, can set it right . . .

We still know that, before we ask, the Father within is already conscious of the need. So why ask at all? It is because we are connected with that power and are part of that power and seek that power to express through us that it is absolutely necessary that we deliver the request on the plane where we reside. This is essentially the reason why we must be projected into the Earth plane consciousness and have physical embodiment during this particular time . . .

Then instead of seeking our personal will as to what is necessary for this change and bringing about this change in the manner that we see fit, first we ask of the Father within what must be done. Since we know, each one who is in the light, that the same Father or Spirit resides in each other one, we seek that will and the way of that Spirit Which is echoing Itself through Its multitudinous, infinite variety of expressions, the souls of men . . . Once we recognize this and once we recognize that this same force is in the condition that we think needs to be changed, we are set free from our own individual will.

We step aside from the desire we think is so essential and let flow through our minds and hearts and total being the idea that is in divine will and consciousness. If nothing is said, if nothing is forthcoming, then that is the answer to our prayer. If some specific word is formed in our minds, some specific deed is desired, then it shall be revealed unto the receptive instrument who must perform the deed . . .

The next step, that is so important, is the amplification of souls who must make the request or set forth to do this work. Where one or more are gathered in the name of Spirit, there Spirit is. It is so decreed and stated. This has multiple meanings, of course. First of all it means your own inner Self will be where you are gathered in divine and impersonal will and emotional content. The conscious and subconscious areas of involvement within you are as one, and they invoke the higher consciousness, which is the spirit that works through the vessel in this trinity aspect of man, which is a manifested form of the trinity aspect of the spiritual Maker of life force itself.

But the gathering of two or more in the name of Spirit also refers to those who can be equal and impersonal and detached and in love with the same principle; individualized souls who will give of themselves and give to each other equally and totally that which is desired by the Spirit. Through these individualized souls the Spirit can and will work in amplified form. It exercises Itself twofold, threefold, fourfold,

There is an art to tuning in

according to how many are there and according to the level of the dedication and according to the purity of those who are present.

Let us take this example for one single moment. You may have two or four souls gathered who are purified, cleansed and totally dedicated. This amplification goes out four times to that request, where there are four gathered in the same idea or form of an idea. Add another soul to this who will come, participating in this not purified, not totally dedicated and distilling some other, lesser energy into the force field or focus of light. This does not amplify the group consciousness. This in some ways does diminish its effectiveness because it bends or eliminates the line of concentration as it reaches out into the ethers to be recorded and returned unto the place that is needed or requested for change.

So we see why it is so essential to include those in our focus points and in our joint efforts of equal consciousness, of equal dedication and of single-mindedness of purpose. This does not mean there is not to be joint effort of many who have yet to complete the work of self-purification and self-analysis. But it does mean one must realize as he adds to his own force field or group that only those who are of like mind and of like dedication can really amplify that which is requested.

We must realize that we have to gather together all those who will be of similar mind and similar heart and similar purification in order to request of Spirit those instructions from-within to bring about upon the planet and through the people on the planet the desired expression.

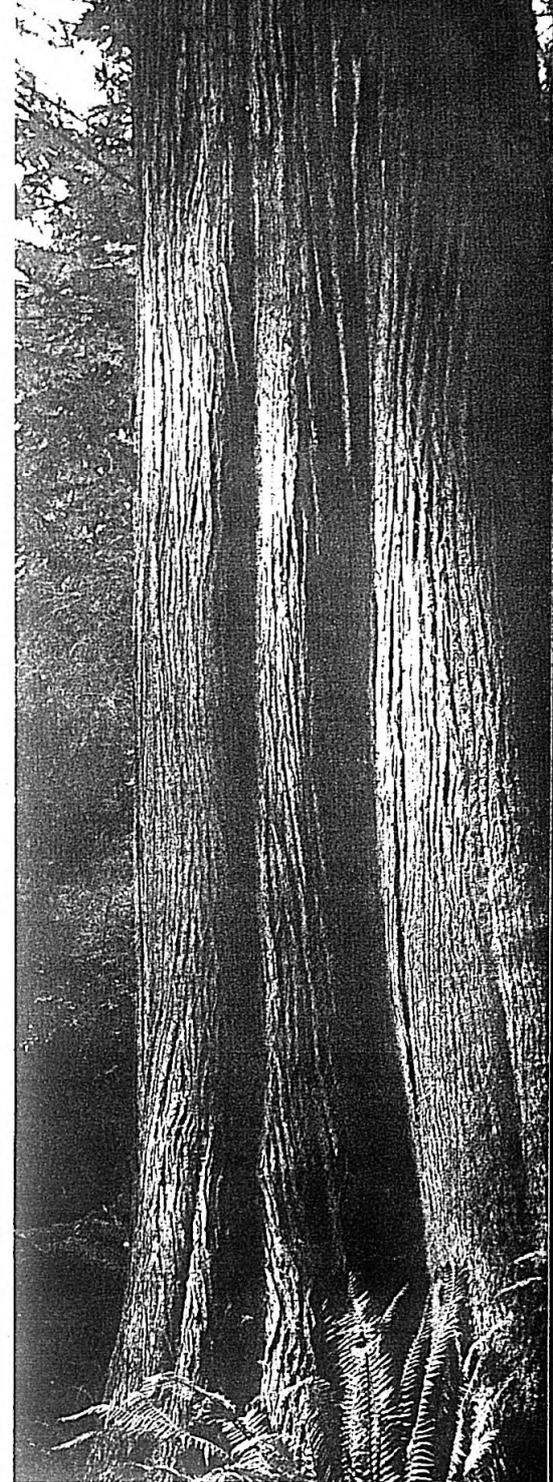
What we are discussing here are the prayers and the concerted efforts of light workers, purified and lifted into Christ consciousness, who will bring about the magnificent changes that are required of the Earth and all life forms upon the Earth in the coming Golden Age.

Only because you do know that the light is, and the light already has informed you of what it expects to manifest, and you allow the light to flow through with this vision and purpose and amplify it with a number of similar broadcasting units of light can you then hold that image. To the extent you hold it, that is how quickly and how fully it shall manifest where and how it must be done.

Last but not least we must speak of the effectiveness of these prayers. The prayers will be effective only if the workers and the broadcasting units of light remain firmly entrenched in the vision of that which they expect to see done. In other words, you may not waver from your expectation once the prayer has been set into motion. You must hold steady and fast to that which you are expecting to see manifested.



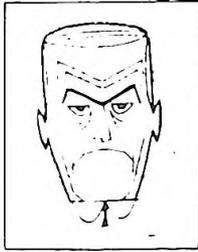
From *El Morya*, September 26, 1968 as dictated by The Spiritual Hierarchy through Nada-Yolanda in the Mark Age Period and Program directing men of Earth "How to Pray" — one of two brand-new Mark-Age books, described on this issue's back cover.



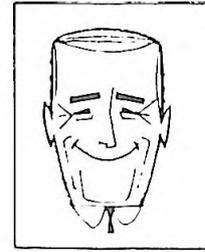
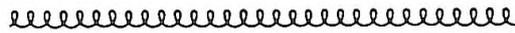
Irrigators guide the water; fletchers straighten arrows;
carpenters bend wood; wise men shape themselves.

— *The Dhammapada*





IT'S WHAT THEY SAY



Brother Mandus – Love is the Spirit of Christ expressing the dynamic of life itself. It is the One Law which promotes our highest and multiplying Good. – From *Crusader*

Stewart Edward White – The progressing evolution of intelligence is possible by one method only – the method of spiritual aspiration and struggle. – From *The Unobstructed Universe*

Corinne Heline – Man has yet to uncover and realize the profoundities that have been incorporated into our Christian Bible and into all the Sacred Writings of the past. In these holy revelations is life – life in all its dimensions. They are the Beacon Lights that shine in this misty Dream world, into our earthly existence, and so helping us to find the Way of Return to our Father's House. – From *New Age Interpreter*

Winifred Wilkinson and George Hausmann – Spiritual opportunities are unlimited. We can knock on an infinite number of doors. God will open each door to us, when we do our part. Then it is up to us to enter into the kingdom of greater good that He has prepared for us. – From *Unity*

Swami Atulananda – Truth is eternal, and no saviour claims to have brought a new message. But that eternal Truth at times is greatly neglected and in danger of being forgotten. It is at such times that God incarnates as man to restate, to revive, to popularize that divine wisdom. – – From *Awakened India*

Sri Soudah – Faith has been very adequately defined by one of the Great Apostles as: the substance of things looked for, the substance of things which are to come. Your faith is the incentive of your Soul to follow through with the works which are assigned to you by reason of your physical position in life and your spiritual progressions. – From *The Voice of Universarius*

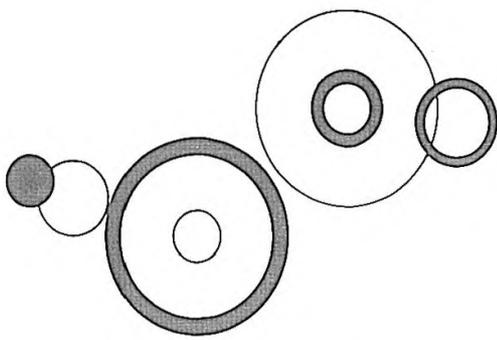
Joseph Busby – We, as citizens of this multi-dimensional universe, are here to receive an expansion of consciousness, and an influx of quickening spiritual power, and those who realize this are ready to be trained as conscious co-workers with the great spiritual Hierarchy. – From *The Voice Universal*

Robert A. W. Lowndes – Answering the question as to how one may be helpful to others comes this reply from the editor of *Exploring the Unknown* magazine: "The exact manner in which I (or anyone) may be helpful is something which will remain occult for some time. It is possible that a direct transmission can take place; fine. But no less important might be an indirect one, such as just encouraging you to 'start looking'. Once you start looking with a genuine desire to learn, the ways will open to you. As Joel Goldsmith puts it, 'God appears to you as something – a person, a book, an experience . . . whatever is needed'.

Iwao P. Hino – The way up to Heaven or that down to Hell is the necessary result of our own usual state of mind. You will never be taken there by God nor forced to fall there by society in a like manner. All is created only by your own turn of mind. – From *Oomoto* Japanese monthly

Paramahansa Yogananda – When you go to a clothing store, you try to find a garment that is suited to you, that brings out the best in you. You should do the same for your soul. The soul has no particular apparel; it can don any style it wants to. The body is limited, but the soul can put on any kind of mental dress; any kind of personality. – From *Autobiography of a Yogi* by Paramahansa Yogananda

Sri Daya Mata – Meditation is our most important duty. It establishes a relationship with God which in turn gives meaning to everything else in life. Therefore we should meditate first, then perform our other duties. . . . If one truly desires God, he won't let anything stand in his way. – From *Self-Realization* magazine



QUESTIONS WE ALL ASK

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

I FOUND A heart shaped rock on a mountain trail on our forty-first wedding anniversary. Has it any meaning?

THE STATE OF your consciousness on your anniversary day caused you to see an object whose design was in agreement with your mood. It also signified that your love (and marriage) had qualities which made it successful and enduring.

WHY DO nature beings leave their own kingdom to incarnate in human form?

MANY OF THE devas who are born on earth were drawn here out of curiosity. Some of them, like Nijinsky, Cesar Franck, Richard Wagner, Emily Dickinson and Emily Bronte, come into the human way to enrich our earth with their talents.

COULD YOU TELL us what mountains to go to for spiritual benefit?

ANY MOUNTAIN that has evergreens such as pines, cedars and firs would attract devas of the kind that would be sympathetic to human beings. Bryce Canyon, Yellowstone, and Mt. St. Helena are a few of the areas in our country where I have observed much devic activity.

In order to receive spiritual and intuitional direction in the wilderness one needs to approach the sanctuaries of nature reverently and appreciatively. It is best, too, to walk alone if you wish to sense the superphysical aspect of forest or mountain heights.

WHAT IS an initiatory mountain?

EVERY MOUNTAIN serves a spiritual purpose from which nature beings and human beings derive benefit. An initiatory mountain has been dedicated to the work of preparing devic, Angelic and human souls for minor and major initiations. The Intelligence who resides over the mountain is one who is tremendously evolved and especially interested in the conscious unfoldment of all beings. One who is preparing himself for

illumination is usually guided to an initiatory mountain to further deepen his preparedness.

YOU HAVE SAID that nature spirits are sometimes conceived and born on earth.

1. Are they different in their appearance and behavior from human beings?

IN THEIR first incarnation on earth they may retain some of their devic features. One such person strongly suggests a gnome. Even the man's ears are longer and larger than his sibling brothers. In temperament, too, he is eccentric, preferring the company of trees and animals to that of people.

2. DOES such a being, wearing a human form, have any karma on this plane?

DURING his first physical lifetime he incarnates without any karma. Thereafter, he will meet the consequences of the errors he has made on earth.

3. Does the Kindel Archangel plan a life pattern for devas as He would for the regular members of the human lines?

THE deva's first life in the physical world follows no plan because he has been drawn into human life by great curiosity. From then on, *should he wish to continue to incarnate in human form* he will be counseled by a Kindel and be given a life graph for his outer life.

4. DOES this newly incarnated nature spirit require special help from its human associates?

WHILE he is new to earthly ways he will require patience and understanding. Many allowances must be made for his "strangeness." But should he continue to progress in the human line as he will be allowed to do, he will gradually lose his devic qualities and he will absorb human qualities and actions.

(continued from page 5)

they are and will be responsible for international treacheries. Ignorance of Nature's laws does not excuse man from suffering whenever he transgresses against those laws; and ignorance of the existence of evil, magical forces does not excuse the 20th century from suffering the punishment which unnecessary intrusions into their realms will bring with it.

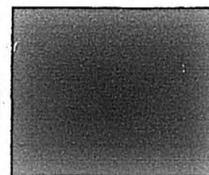
These artificially created elemental spirits have been released in sufficient numbers during the present century to terrorize the world from their psychic realm, which is immaterial enough to be invisible but close enough to influence the physical existences of the living. Those who hold the spiritual welfare of mankind at heart, battle these dark forces on their own levels, yet are not permitted by Nature's laws to destroy them any more than they are permitted to destroy living men known to be potent dangers to their fellow beings. Their powers shield persons and institutions under their especial protection.

Those objects which are taken out of the tombs along with the mummies – such as scarabs, jewels, amulets and furniture – carry with them the influence of those tombs. If the latter were not magically linked up with evil entities, then no harm could result from their appropriation and rifling, but if they were so linked, then their unsealing may bring misfortune and disaster. Ordinary archaeologists and Egyptologists, unaware of such facts and unable to detect the difference between the two, delve into both alike. Therefore, whether it heeds it or not, let the world receive this message: **Let it not meddle with tombs whose psychic nature men do not understand. Let the world stop opening these graves until it has acquired sufficient knowledge to comprehend the serious results of what it is doing.**

Every opening of an ancient Egyptian tomb may be an unconscious intercourse with invisible forces of a dangerous character. During the next few years the world will suffer and pay for such desecrations of Egypt's dead, although, eventually, these material troubles will be turned to spiritual benefit.

This foregoing explanation of the psychic influence ancient Egypt wields over those of us living in the 20th century comes from Paul Brunton based on extracts from his book, *A Search in Secret Egypt* – now available in the new paperback edition – from Chimes.

Earth . . the Cleansing Planet !



HAVE YOU EVER considered that often what appears as negativity is in truth the springboard for a positive action?

Many of the Souls now inhabiting bodies on Earth have brought with them "dark" qualities not heretofore cleansed, but this is to be understood for Earth is a "cleansing" planet! These beings, many of them, were part of the Atlantis populace – especially of the evil sectors of that bygone land; others were present at the fall of Rome, and, in fact, were many of the dissipating members of that era; still others were contributors to the fanatical massacres that were held in the distant past in the name of Christianity. In some instances these Souls have wandered in astral planes for centuries upon centuries without taking on Earthly form until the present time. You can well imagine, therefore, the difficulty for such Souls to shed the negativity of the last Earth incarnation. It is true that while dwelling in the astral realms one learns a great deal, yet karmic debts cannot be "paid" while in this realm of existence. Such Souls have much retribution to make when they reinhabit Earth bodies and dwell on Earth.

If you will always remember that the planet Earth is not presently of the highest spiritual degree, that it is a school for fallen Souls, you then will comprehend more fully WHY there are as many negative ills as you are witnessing. Until the end of this age, Earth will continue to be a planet of trials and tribulations – a planet that harbors and schools some of the lower evolved Souls. Also inhabiting the planet, however, in larger numbers than ever before, are higher evolved beings who come as Teachers, Helpers, and Masters to assist those of lesser evolvment. More *mysteries* of the universe are being revealed to the planet Earth in this age than ever before. Before too many years have passed into oblivion you will see the "end" of this age take place where all Souls that are left of lower evolvment will be transplated (in one way or another) to planets (planes) suitable to their degree of evolvment. After this age is complete, Earth no longer will be on such a low vibrational scale. The beings coming to dwell on it will be of much higher attunement, and lower evolved beings no longer will inhabit the Earth. **This is when the Golden New Age we so often speak of will be established and ruled by the Christ-Soul!**

– Based on excerpts from *The New Age Teachings* by Ban-Dhu

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

(If you would like to have additional copies of this booklet, see page 10)



CUT the following six pages

along this line and FOLD

READING AIDS

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

HOW TO DO ALL THINGS

CONTENTS

I. YOUR USE OF DIVINE POWER

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

II. 100 SPIRITUAL TRUTHS

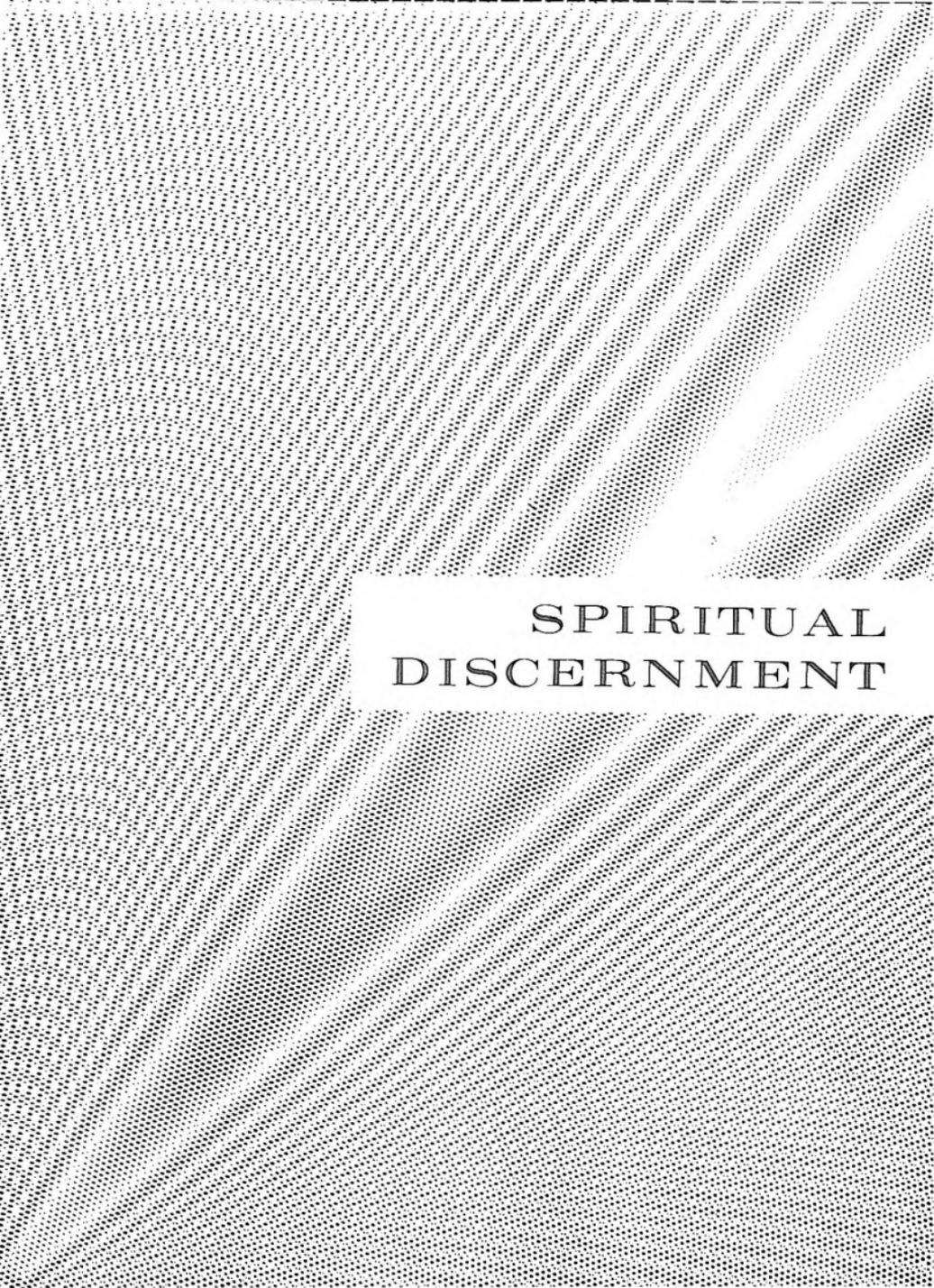
Basic realities to be substituted for some of the erroneous ideas which have limited man and have tended to prevent him from attaining his true spiritual nature, heritage and powers on Earth.

III. 50 HOW-TO'S

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

IV. HOW TO PRAY

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



SPIRITUAL
DISCERNMENT

SPIRITUAL DISCERNMENT

We are in a New Age of physical, mental and spiritual unfoldment on Earth. One of the signs of this time or marks of this age is the great influx of interdimensional and interplanetary communications through highly trained channels. Just because it is an exceptional rather than a general gift, man has not the right to discard or to ignore this God-given talent and function of the higher Self. But spiritual standards and measuring rods are necessary to aid light workers in properly discerning what is true from what is partly true or completely false.

COMMUNICATIONS

Communications are necessary in the present stage of evolution on the Earth because man is not operating in his proper Sonship role, which is Christ in action. Those on the etheric (ascended spheres) project messages of the truth. Those on the astral planes (spheres immediately beyond the physical, five-sensual, three-dimensional frequency) also project to the Earth. And those incarnated on Earth, masters and others, also transmit. There are light workers in all realms. But how do we know from what level of consciousness or evolverment a communicant is speaking, regardless of the plane from which he projects?

1. *Love is the key and must be the theme!* Positive or Father principle of divine love gives strength, justice, cleansing, righteous action and thinking; negative or Mother principle shows wisdom, understanding,

Unfortunately it can result in further phasing down from the direct, clear line of communication, with greater possibility of distortion or misinterpretation from either the physical or intermediary levels.

7. There are more levels of and problems in mental communication than any on Earth at this time can understand. This means there are so many originating or duplicating sources of communication that none here can discern all. One of the greatest dangers is in improperly guided and guarded attempts at mental telepathy between those now on Earth. It is possible and necessary, but only when understood.

Remember, this discourse is not meant to be complete in itself; it is merely a basic guide. A prime purpose of the Mark-Age period is to teach and to demonstrate that you are, and must act as, a son of God, Christ in action. Extremely important in this Christ unfoldment are **spiritual discernment** and **discrimination**.

The time of *NOW* is a divine opportunity to improve these talents that all must utilize in eternal soul evolvment and work. Honestly and sincerely seek attunement with your high Self and you will be given the truth.

prerecorded material and retransmit it. That means the sender is not in personal contact, even though his vibration or presence may be felt. Much error can creep in when the channel is not under the tight control that occurs during original transmission.

4. A Channel who is mentally, emotionally or physically upset should never attempt contact. The hazards at that time are tremendous and it is not worth the risk, unless there is an emergency. Ascended masters never channel through a disturbed instrument, for they know only distortion would result.

5. Once a channel has slipped off the track and his physical-mental-emotional equipment goes out of focus, he has to be realigned. Many do not know they have been thrown out of alignment, and continue to work in distortion, even for years. Many continue to deliver messages allegedly from the masters which are not in reality from such. Masters do not interfere with the free-will choice of channels and those associated with them because they know certain soul lessons are being achieved, even if not realized until another lifetime. A master never creates an error situation, fools a channel or delivers wrong information deliberately in the form of a test. Such is the antithesis of the ascended state of consciousness. These claims are but self-justifications for error channeling.

6. The level of contact varies according to the soul evolvment of the channel and the mission. One who lives an ascended life on the physical plane is capable of channeling the ascended masters from the etheric. If he does not live, teach and demonstrate divine law, then intermediaries or representatives are sent in to make the contact. This fact is usually concealed from the channel.

compassion, forgiveness, healing and faith. Those in the ascended and celestial realms are perfectly balanced in male and female aspects and can project either or both, depending on the need.

2. *The material must be based on divine laws, on light-love-life giving principles in constructive action.* Love, truth, justice, equal opportunity, freedom, unity and brotherhood are of the essence of Spirit. When man transposes them into this physical plane he often creates limited, restricted laws to control his fellowmen.

3. *The material must not contradict truth.* Truth is not theory, dogma or interpretation; such are attempts at analyzing truth and are strictly intellectual, often emotional. It may be an authentic contact, but just because a soul continues on to another dimension does not mean it becomes perfected or elevated in consciousness. If the message contradicts factual information that has come through that channel previously, or what is known to you from other channels, be sure to reexamine both objectively.

4. *The message must satisfy the inner,* give you a desire to grow and to expand your own consciousness. If it conflicts with your own ideas and feelings, question whether your preconceived notions are based on immutable spiritual truth, on intellectual analysis or on the results of pre-conditioning from family, friends, or background situations of race, nation, religion, and so forth. It is not wrong for a message to disturb you, but on what level are you disturbed? The spiritual you can never shake from its foundation — but the intellectual, physical, mortal self can and must be transmuted. This is a

basic purpose of communicating.

5. *The information must complement and supplement material coming from others.* No one is the only true channel for any work or service of a cosmic nature. Verifications, complementing and supplementing ideas, and instructions are available through many others. But not all of them necessarily work in this particular manner of channeling communications. There are dedicated Christ light instruments working in government, education, medicine, science, industry, the public media of communications and entertainment, and so on.

MASTERS

Be logical, be sensible, do not give up your intellectual reasoning powers before you feel secure and firm on the spiritual foundation. Learn the meanings of: *cosmic, ascended, spiritual, mastership.* Does the communication you are reviewing live up to those definitions?

1. A master of the etheric planes is above and beyond common, everyday, Earthly type desires, reasonings, explanations and concerns. If you can procure the information contained in the message through the usual Earth plane sources, then obviously there is no need for an ascended master to speak through channeled communications.

2. Masters do not resort to vicious attacks or character defamation. They do point out error, but they know that all are subject to it, past or present, and therefore constructive rather than destructive criticism is always the only method used. Anyone using destructive criticism is

complicated and far from complete at this time, here are a few of the considerations to meditate upon. Keep in mind that a channel is a living instrument for communication, such as the telephone, radio or television. If an inanimate mechanical object can develop flaws and be subject to interference, then how much more so can the human channel with its multiple levels, parts and functionings?

1. *Subconscious* of the channel can interfere, put up blocks or play tricks. Knowing the background, education, environment, past-life experiences, associates, motives and the degree of demonstration of the I Am Self are often necessary before final judgments of authenticity or grading are possible. Spiritual judgment is not wrong. If you use mortal measurements you will be judged by the standards set by men, but if you gauge with spiritual discernment you will be judged by Christ standards and will reap spiritual fruits according to the Law of Cause and Effect.

2. *Interpretation* by the channel is one of the most subtle and almost imperceptible disturbances. When a communicant is expressing an idea, the channel, whether conscious or in trance, can insert his own ideas, feelings or ways of expression on that subject. The message you hear then is not that of the one delivering the talk, but is colored partly or completely by the channel. Codes, unknown or ancient tongues, key words, phrases or prefixes and obsolete meanings are used to keep the channel's thoughts off the track. It takes great discipline and faith for the channel to bring forth unfamiliar terms.

3. The time element can lead to distortion by the channel. Not all messages are picked up and delivered in the same time segment they are originally transmitted. Channels can tune in to a frequency vibration, pick up

sympathy, threats, isolated independence, complaints, sarcasm, downgrading, bragging, excuses or justifications and other such non-Christ actions.

Each of the preceding categories has to be examined and cleansed by those who sincerely work for their own Self-realization, as well as by those who work toward clear channeling of interdimensional and interplanetary forces. Those who attack or seek to destroy the channel or the work of the channel, or who ridicule the technique of channeling itself, only reveal their own ignorance, insecurity and fear of what they do not understand or cannot properly demonstrate. Even for those who are spiritually open and aware, there are higher levels of evolvment and action which they may not accept or fully comprehend. Those who resort to viciousness and defamation of individuals and groups fool and hurt themselves more than others. When you witness this, know that the person is actually blind to Spirit and to Spirit's ways of working. There is undoubtedly a beam in his own eye; he is blaming another for something that is wrong in himself.

The major part of the channeling on the Earth plane now is distorted. How is it possible that a channel who is willing, dedicated and trained for many lifetimes can deliver false communications and distorted views or can be clear some of the time and out of focus at other times? One can only blame one's self for being deceived if one does not use the God-given sense of inner verification and spiritual discrimination. One cannot be expected to know all at once, but one must be perceptive and willing to learn. Though the answers to this question are varied,

not operating at that moment in a Christ, but rather in an anti-Christ, manner. The Christ way is to stress and to work to bring forth the light, not to concentrate on darkness. This is a trap many light workers fall into.

3. What mortal consciousness considers a problem or an obstacle is considered by ascended consciousness as a challenge or an opportunity for soul experience, growth and service.

4. Cosmic masters come to all in the cosmos. They are available, one way or another, to all who sincerely seek them. They do not work solely with one group, one race, one nation or one ideology. They may concentrate their activities but they are never exclusive with one individual or group.

5. Ascended masters do not give specific solutions to the usual mortal or Earth plane problems. They may suggest solutions but they never do the work for you. Those on Earth have come to do the physical work; those on the higher realms guard, guide, aid, and have their own work to do. The various planes cooperate and coordinate, but they cannot perform the functions of the others, for all planes have been created by Spirit for their own purposes.

6. Master teachers are mainly concerned with spiritual instruction. They do not interfere with your free-will choices. They offer or lead you to opportunities for expression or expansion and they allow you the freedom to make mistakes or to benefit from your own achievements. If you ask ascended masters to make judgments or decisions for you, they will give you spiritual laws by which you must reach your own conclusions.

They state spiritual facts. You are then free to apply them according to your own understanding and conscience. By the divine Law of Cause and Effect they cannot tell anyone what to do or to think. So beware of alleged masters who deliver detailed instructions telling you what to do, where to go, and how to put into action the role of your own God Self.

7. Those in Christ consciousness work for one thing: to bring all others into that consciousness and demonstration. Ascended masters are not interested in glory for their own achievements or accomplishments, but they do wish to help all to achieve, eternally increasing expression of the glory of God. They do not attempt to bind or to limit their disciples, but do seek to help them learn the truth and gain the experience that sets them free to manifest as sons of God in their own right.

Remember that one in mortal consciousness is not able to understand fully or to instruct ascended masters. Unfortunately, many truth students err here.

CHANNELS

Channel is the New Age term for psychic, sensitive, oracle, seer, medium, prophet. The highest form of channeling communications from another dimension (which is simply thought transference or mental telepathy) is in the fully conscious awareness. However those who go into deep trance or semi-suspended states can be of equally valuable service; it is a matter of experience and

purpose. It takes many lives, on the Earth plane and other dimensions, to enable one to become proficient and dependable in demonstrating this spiritual talent. Some channels also demonstrate healing, levitation, materialization and dematerialization, bilocation and other gifts. Not all have earned all gifts and some specialize only in one. The most any channel can hope for is to become a crystal-clear, open vessel for the Christ Self within, an instrument through whom communicants on other frequencies can project themselves in thought, in energy or in actual physical demonstrations. This is the dual responsibility of a communications channel, who must be a living example of what is taught.

Here are some of the *pitfalls, errors and false illusions* which endanger every channel, be he a channel just for his own high Self or for other communicants also.

1. The Earth atmosphere is dense and distorted. Fourth dimensional senses have difficulty in relating and adjusting to this three-dimensional, five-sensual, material world.

2. Channels are influenced by the mental projections of others. This includes group thought-forms, be they occult patterns and paths, religious beliefs or national and racial heritages. All thoughts become part of the subconscious track. Unless they are reexamined and reevaluated continually, they may color the discourses and messages.

3. The ego personality of the individual self is an accumulation of karmic patterns from this and past lives. Personality interferences are obvious in messages expressing indignation, anger, retribution, hurt, pity,



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HOW OTHERS HAVE PROSPERED !

Dear Friends:

I am starting to feel the power of God to help me in the Ten-Fold return. How happy I am to find something which I have been seeking.

I am sending you the names of five friends to whom I wish you to send the Seed Money Plan.

How grateful I am of becoming conscious that I am receiving more. I will always use my Seed Money to replant.

Continue to keep me in your prayers for my health, wealth and success.

Thanking you sincerely,
Ralph Matusenske, Saginaw, MI

(We have been told "that which we are seeking already is seeking us", so – in faith, believing – when we keep on keeping on we can be certain the good we long for is sure to be ours.)

Dear Friends:

Thank you for your assistance on my behalf, and for sending the Seed Money in Action books to those on the list I sent to you previously.

. . . From what I have already seen happen in the lives of many others, I believe nothing is impossible to God. The prayer work of many puts the thought in the right direction, I know.

. . . Having had a "miracle" experience myself . . . my own faith is strong. With warm and loving thoughts from,

Muriel Noyes Gilchrist, Seattle, WA

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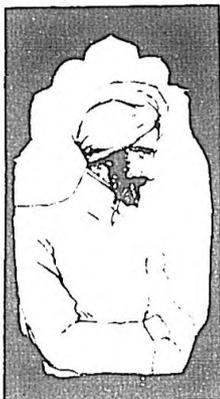
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THINK . . . WHAT DID YOU FORGET!



THE AMAZING SECRETS OF THE MASTERS OF THE FAR EAST

By Robert Collier

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

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PART IX.

WHAT IS YOUR SCORE?

If your answer is no to seven or more of these questions, you may congratulate yourself — your Perseverance Quotient is high. If your answer is no to fewer than five of the questions, then your PQ is fairly low, and you had better get busy doing something to raise it.

Whatever your score, it will profit you to read this chapter carefully and take its lessons to heart. They will give you a deeper understanding of the meaning of persistence and show you how to develop it until it becomes second nature with you. Only then will you be one-pointed.

NO ROSE WITHOUT THORNS

The Italians say there is no rose without thorns. Certainly there is no task without its problems. You will find obstacles on the path toward any important goal you have set for yourself — obstacles that you cannot always imagine in advance.

It may happen that an idea that previously inspired you will suddenly appear to require more hard work than you ever imagined. Or your business may require new capital, and you may not know where to find it. Or you may have made some progress with a vital project and then find that certain backers have withdrawn their support. Should you give up? Weary of thinking and trying, dismayed by the magnitude of your problem, it is only natural that you should be tempted to.

At this point, say the Masters of the Far East, your situation might be compared to that of a man who is digging a well. When he starts out, he does not know for sure how long he will have to labor to reach his objective, but, at least at the beginning, he is full of enthusiasm for he pictures his goal very sharply. As he digs, however, he encounters some large boulders. To him they seem gigantic; their removal appears to him a backbreaking task.

The well-digger, like yourself, is caught on the uncommonly sharp horns of a dilemma. If he stops

Look at the quiz that follows. It has been prepared for the purpose of determining your PQ or Perseverance Quotient.

There are ten questions, and you should answer them with an honest YES or NO if you want to see a true picture of yourself and your powers of perseverance.

ANSWER YES OR NO

1. When you are not tired, do you while away your evenings or other spare time listening to the radio or watching television, although you know there are certain tasks that you should be doing?
2. Do you believe that the man who makes his mark in life does so through skulduggery and deceit, and that only fools work hard?
3. If things go awry, is it your tendency to lay the blame at someone else's door?
4. Do you put away at least a few dollars every week into your savings account, or toward the purchase of a government bond?
5. If you engage in a task and your first efforts prove unsuccessful, do you more often than not give up hope of succeeding?
6. Are you very sensitive to blame or praise or can you accept criticism in good spirit?
7. Do you feel that your employer is completely unappreciative of your efforts, and so put as little of yourself as possible into your job?
8. Do you believe that others are more capable than you and that, try though you may, you will generally fail?
9. When you undertake a task, are you content to do a mediocre job when, with just a little more work, you could do a fine one?
10. Have you often been called lazy or too easy-going?

now, he will spare himself the work of lifting the boulders. But with the saving there will be a loss, too — all the labor he has spent in digging will be thrown away. He will not find water.

SOLUTION OF THE MASTERS

For the Masters of the Far East, the dilemma is not difficult to solve. They have a guiding principle of great significance at this juncture. They quote one of their wisest seers, who said: *"It is not the obstacle itself, but the mental picture we have made of that obstacle that dismays us."*

In other words: When we begin to lose heart because of the difficulties that confront us, it is not the difficulties themselves that are the source of our dismay, but the negative way we interpret them.

WHAT OBSTACLES REALLY MEAN

The trials and obstacles that men and women encounter are bad things only if they are viewed that way. The Masters of the Far East have another mode of looking at them. According to their teaching — and it is thoroughly consistent with Christian doctrine — difficulties are meant to stimulate us. They are God's way of making us capable of higher levels of achievement.

When God pits you against a stern adversary, the Masters tell us, He wants you to be the conqueror — but He permits you to succeed through effort and perseverance alone. As you defeat one antagonist after the other, you show yourself to be worthy of greater and greater rewards. If your courage is undaunted, God will grant you your victory.

So here is the way to meet adversaries, obstacles, difficulties, tribulations: Don't be intimidated. Instead, welcome your foes. Roll up your sleeves and prepare to show that you are stronger than they are.

Although the struggle may be no easy one, you may take rich comfort in the thought that, precisely as the rough diamond is polished by friction, so man is made perfect by his trials.

LEARN FROM YOUR MISTAKES

Poets often possess the vision of seers. It was John Keats, one of England's finest poets, who declared: *"Failure is in a sense the highway to success, inasmuch as every discovery of what is false leads us to seek earnestly after what is true, and every fresh experience points out some form of error which we shall afterwards carefully avoid."*

Learn to glean some wisdom from your difficulties and failures. If you do this, each of your errors will contribute to your ultimate success. This is the way of the Masters, and indeed of all whom the world calls great or successful.

It was the way of Ulysses S. Grant, the man who led the Union armies to victory in the Civil War.

Before him, there had been other generals in command, yet even with more supplies and manpower than their opponents, they had proved unable to bring the war to a successful close. Grant learned from his predecessors' mistakes. When he made errors, he profited by them. He was perseverance personified.

No doubt we can't all be Ulysses S. Grants, firm in purpose and devout in resolve. Still, like him, through our mistakes we can learn what will serve our purposes and what will not. Through an intelligent observation of our errors, we can become capable of greater achievement.

DON'T GIVE UP THE STRUGGLE

The ability to learn from our mistakes is one ingredient of success; unwillingness to give up the struggle when it goes against us is yet another. Indeed, a will of steel will carry a man to the top in the absence of many other desirable qualities. This is shown strikingly by the life of a Russian tyrant born with the name of Djughashvili. This individual was cruel and suspicious by disposition. He lacked both wit and warmth. To make matters worse, he had no faith in God or in his fellow man; sincerity and honesty were missing from his nature. Yet, through the firmness of his will, this man was able to raise himself from a humble cobbler's son to the position of dictator over all the Russians.

The Russians called him the "Man of Steel" — "Stalin," in their language.

It is obvious that if firmness and perseverance can carry a wicked man so far, these qualities can carry a good man much further. Indeed, if he possesses them, and follows the rules laid down by the Masters, he is fated to rise. If he is deficient in these qualities, if he is easily dissuaded from his purpose, then even the angels themselves could not help him.

Success is not the lot of persons of mediocre staying power. It comes only to those who have more than a fair quota of persistence. The salesman who gives up his efforts to make a sale the moment the customer expresses lack of interest in his product, the advertising man who abandons a well-thought-out promotion campaign when his first ads do not bring results, the storekeeper who is ready to close his new shop if customers do not come flocking in — these have not learned the lesson of persistence and will never garner its rewards.

The man who amounts to something in this life is the one who refuses to take no for an answer. When he encounters opposition, instead of being deterred he redoubles his efforts. Sooner or later, they are crowned with success. All the world loves a lover, but it loves a fighter more.

PERSISTENCE OVERCOMES REFUSALS

Diogenes, an ancient Greek philosopher, had an

instinctive appreciation of this rule. He knew that persistence, if it is exercised for a worthy purpose, can overcome the most stubborn refusal. That is why a story about him comes down to us from old Greece, over the long, dusty span of the two thousand years that separate him from our day.

As a young man, Diogenes had one wish that crowded all others out of his heart. He loved wisdom and he wanted to learn more of it. A leading teacher of philosophy in those times was named Antisthenes, and Diogenes burned with desire to study at Antisthenes' school. Antisthenes had been a pupil of the great Socrates and in his school he taught the Socratic method of attaining virtue by independence and self-control, which closely resembles the method of the Masters of the Far East.

So widespread was Antisthenes' reputation that people came from near and far and begged to be accepted as his disciples. He could not take them all; many had to be turned away. When Diogenes begged the distinguished philosopher to admit him to his school, he was refused.

But Diogenes could not accept defeat. He dogged the older man's footsteps. Wherever Antisthenes went, he saw the imploring face of Diogenes.

Finally Antisthenes showed some most unphilosophic signs of irritation. Was it a ruse — or had he actually lost his famed calmness — when he raised his staff and threatened to strike Diogenes if he did not get out of his way?

"Strike!" was Diogenes' reply. "You will not find a stick hard enough to conquer my perseverance."

But Antisthenes did not strike. Instead, he put down his staff and embraced the young aspirant. Diogenes' determination to study at the philosopher's school had convinced Antisthenes that this was a pupil who would bring credit to his teacher. Nor was the old Greek mistaken in his judgment.

WHY MEN FAIL

Had Diogenes been dismayed by the first refusal, he would never have had an opportunity to realize the ambitions that meant so much to him. But he would not give up. You must show equal, if not greater, determination if you are to get what you want. Aware that fortune favors the persistent, you must stay firm with your desire until it is realized.

In Shakespeare's words: "Do not, for one repulse, forego the purpose that you resolved to effect." In numerous instances, a failure establishes just one fact: your determination to succeed was not strong enough. Most of the things men set their hearts on are not impracticable in themselves. It is for want of perseverance rather than lack of ability, intelligence, or favorable circumstances that men fall short of success."



"WE CAN DO ANYTHING WE WANT TO DO"

"We can do anything we want to do if we stick to it long enough." These simple but profound words were spoken by one of the most extraordinary persons of this or any other time — a woman who was mute but learned to speak; who was blind but learned to know what others saw; who was deaf but learned how to discover what others were saying; who had all these handicaps yet made herself one of the most distinguished authors and most effective humanitarians of our age. The pyramids themselves are not greater monuments of perseverance than her life.

Mark Twain was not exaggerating when he commented that she and Napoleon were the two most interesting persons of the nineteenth century.

Helen Keller became even better known in the twentieth century. An untiring traveler, she found things to see, though she lacked sight. She was received with admiration by the rulers of the world. Her books *The Story of My Life* and *Midstream* were read by millions. Her lectures in many lands created an enlarged understanding of the problems of the sightless, and stimulated the founding of new schools to help them. To the blind themselves she brought a bright new hope for the future.

THE SEVENTH SECRET

Nature is just toward men. She recompenses them for their sufferings; she renders them laborious because to the greatest toils she attaches the greatest rewards.

— *Montesquieu*

To rise in the world, you must pay the price exacted by the law of achievement. The man who wants to become a general in the Army must put in many more years of application and service than a lieutenant. The captain of a ship earns his post by harder, more responsible work than is performed by the ordinary hand that swabs the decks or toils in the engine room. The men who dominate the great enterprises of America or who make her laws are no callow youths; effort has etched lines on their faces, and the wisdom of their judgment did not ripen in a year or in a decade.

If you are to make headway in the world, you cannot expect your victories to fall into your lap. You must be prepared to buy them, and to pay for them dearly if necessary. If it is a fortune on which you have set your sights, you should know that you are going to spend hard years of effort laboring for it. While others play, you will have to be working. While others sleep, not only will you have to stay awake — but you will have to be applying yourself almost every moment, often to the limit of your capacity.

If strength of body and good health are the thing you want most in the world, don't think they will come to you as you lie stretched out serenely in a

beach chair. The sun will tan you, but it will not build your muscles, firm your back, or strengthen your lungs. Not only will you have to hold the health thought firmly in mind – you will be obliged to spend hours in exercise, each day doing more than you did the day before. It took Theodore Roosevelt years of strenuous application to make himself over from a sickly, puny youth into a forceful, virile man – but he was able to do it because he was prepared to pay the price, although he loved his leisure as much as any man.

If you desire to enjoy social success or public esteem, and that is what you are concentrating on, not only must you be persistent in your concentration – you must get out and move among people constantly. Don't expect them to beat a path to your door simply because you wish it. When you do make friends, you will have to give of yourself in order to keep them. You must enter freely into the give-and-take of friendship, and make the sacrifices that real friendship often requires.

INCLUDE EFFORT IN YOUR MENTAL PICTURES

Always include effort in any picture you form of your goals. Picture yourself working, facing obstacles, and overcoming them. By all means be an optimist, but don't be a foolish optimist – the kind of person that old Chuang Tze, the Chinese sage, described as "one who expects an egg to crow in the morning and hopes to bring down a bird by looking at a bullet."

No, to hatch eggs, you will have to learn modern methods of incubation and follow them faithfully; to bring down a bird, you will have to master, through perseverance, the skills of marksmanship. For any achievement, you must be prepared to pay the price.

COUNT YOUR BLESSINGS

When you are low in spirit, or weary of the sacrifices that your goals compel you to make, that is the time not just for Contrary Concentration but for counting your blessings as well. As the child who is saving for some longed-for toy takes his pennies out of his piggy bank now and then and counts them, so you will acquire strength for the hard road you have to travel by pausing to see how far you have come.

Give yourself an accounting of the enterprise to which you are devoting yourself. Allow yourself to see that this month you are further along than half a year ago – that you have gotten a raise or a promotion, and a still better position is open to you in the future. Or that you have saved, though at considerable sacrifice, so many hundreds of dollars, and are closer than ever to the financial security you have been dreaming of. For there is this wonderful thing about labor and perseverance – their fruits are material as well as spiritual, and merely to look at them will hearten you for the efforts that lie ahead.

Whatever position is easy and steady may be considered an asana; that is the sole principle.

– Sankhya

Up to now, we have placed the accent on mental methods of getting what you want out of life. And properly so, for to the Masters of the Far East the development of the mental powers and the exercise of the spirit are the highest activity of man. At the same time, this does not mean that the yogis belittle the physical side of life. Nothing less than perfection is the aim of yoga – perfection of the body as well as of the mind.

A wise old poet of the Roman Empire once set up as the proper ideal for mankind the development of a sound mind in a sound body. The Masters of the Far East were preaching this doctrine – and practicing it – when great Rome was still a tiny village of straw-thatched huts inhabited by swineherds.

Yoga has a physical code as well as a spiritual one. Lean, intellectual-looking men the Masters of the Far East may be, but they are men for all that – muscular, sound of wind and limb, and capable of remarkable feats of physical stamina. If we were to follow their teachings on body culture, we could enjoy radiant health well into old age, instead of falling off physically, as we usually do, in our middle years or earlier.

It is a common complaint that even before we are forty, most of us begin to sag at the middle. Our abdominal muscles lose their tone, and our joints become stiff and inflexible. If we have to run for a few minutes to catch a train or a bus (this involuntary exercise is the only kind generally practiced in the West by those past twenty-four years of age), our faces turn red, our breath comes short, and our hearts pound like a trip-hammer. Even a long walk is a trial for many of us. After we have gone a few blocks, our aching legs speedily convince us that we are not as young as we used to be.

Civilized man takes better care of his car than he does of his body. He knows perfectly well that if he allowed his car to stand idle or if he neglected it, the battery would run down and the mechanical parts would rust. Periodically he sees to it that the vehicle is greased, the oil is changed, and the motor is given a tune-up so it will be capable of peak performance. But his body? He takes it so much for granted that, except for satisfying his appetite and his thirst, he hardly seems to give his body a thought till he falls ill.

Our moralists like to complain that self-interest rules our lives. Often it does – but just as often it does not. If we were truly self-interested, we would take better care of our bodies.

The truth is that man is a short-sighted creature. He is caught in a trap of his own making, and does not possess sufficient vision to extricate himself. By means of the machines he has invented, he has

attained a high standard of living unprecedented in history. But, like anything else in the world, a machine is no better or worse than the intelligence with which it is used. Machines are fine when they produce the good things of life for us. They do us harm when we employ them to such an extent that we allow our own bodies to fall into disuse.

MOST IMPORTANT MACHINE OF ALL

The body is the most important machine of all. It's far wiser to spend a few minutes a day keeping it in good shape with exercise than to have to spend hundreds of dollars in physicians' fees later on, only to be told that the cure for your troubles is more fresh air — and the exercise you were denying your body in the first place! As the poet Thomson said: "Health is the vital principle of bliss; and exercise, of health."

STRONG BODY, STRONG WILL

But the Masters go even further. As they see it, proper body culture is of considerable help in the achievement of yoga. Above all, they are interested in control of the mind so that it will concentrate effectively and do the bidding of the spirit at all times — so that it will be one-pointed, we have said. They feel that the spirit will be all the stronger in concentration if through long practice it has acquired complete command of the body, and every nerve and muscle will do its bidding without resistance.

SIMPLIFIED ASANA EXERCISES

For the purpose of strengthening the will, the yogis have devised a series of positions or postures in which meditation is to be undertaken. There are eighty-four of these basic postures called asanas (the word, in Sanskrit, means "seats"), and each has an almost infinite number of variations.

To the Oriental the asanas present no special problem, for he has been practicing them from childhood. For Westerners they are often exceedingly difficult without a long period of conditioning to harden the will and the physique.

In the first part of this chapter we shall abstract some of the basic elements of the asanas and present them in the form of simple exercises. Anyone can do these and gain a good measure of the benefit that the authentic asanas bestow upon the yogis. At the end of the chapter, you will find a group of true *yogasanas*, the asanas of the yogis, should you wish to practice them.

TWO VALUES OF ASANAS

The simplified asana exercises recommended here will have two values for you. The first is physical: these exercises make the body more supple and youthful. Muscles that are in good condition will do

more for you when you need them, and give you greater endurance. A number of the exercises are excellent specifics for aches of the neck, shoulders, arms, legs, back, and other parts of the body.

The second value of the asanas is spiritual or mental. Since mind and body are one, the things that are done with the body frequently have an influence on the state of the mind. The yogis are given to practicing several asanas at the start of their meditation or during the course of it. They find that the physical activity relaxes their bodies, clears their minds. As they shift their limbs and exert themselves, the thoughts that earlier preoccupied them fall away and their spirits are refreshed. You are certain to derive some benefit if, like them, you try a few of the simplified asana exercises before you begin your own meditations or Contrary Concentration against the obstacles or weaknesses within yourself that are troubling you.

Most of the exercises recommended here are easy. A few require a fair degree of exertion. You may select whichever ones are best suited to your age and physical condition. For your meditation itself, as suggested in a prior chapter, there is no special asana or position required; the positions assumed for concentration by the yogis would only be distracting for the average American or European. Sankhya, one of the ancient Masters of the Far East, said any posture that is pleasant and steady may be considered an asana; that was the only rule he laid down. Patanjali and other teachers of yogic lore echoed him.

STRENGTH FOR YOUR MIDDLE

Very beneficial to the muscles of the abdomen is a ride on an imaginary bicycle. Swing your legs up in the air so that they are at a right angle to your body. With your elbows resting on the ground, place your hands on your buttocks and grasp them firmly; this will give you support for what is to come. Now move your legs up and down in a rotating motion just as though you were riding a bicycle.

STRENGTHEN YOUR BACK AND NECK

Perhaps you occasionally have reason to complain of aches in your back or neck. If the muscles of these much-neglected parts of the body were stronger, they would not bother you. A helpful technique for imparting strength to the muscles in your back and neck is performed as follows:

Reclining on your bed, turn your hands so that the palms are down. Now, slowly begin to lift your legs as high as you can, pushing upward from the thighs. Bring your legs up and over your head; if your back is flexible, you will succeed in touching your toes to the bed beyond your head. As soon as you have done this, swing your legs back to their original position.

You may not be able to carry this exercise to its

proper conclusion at the first try, but it will become easier with practice. Here, as in your other endeavors, you will succeed if you have a will to. The benefits the exercise confers make it well worth the effort required. Actually, to the Masters of the Far East, such an asana is child's play. Many of the Orientals would not think of beginning their day without a setting-up exercise that includes standing on their heads — and suffer no ill effects, even though they are in their sixties or seventies!

If you ever have the opportunity to meet a yogi, one of the first things that will strike you about him is how straight he stands. He may have been on his feet for hours, but you will never see him slouching as we of the West so often do; he carries his head straight and his shoulders are square. On the other hand you won't observe him standing stiff and stern as a tin soldier, either. He holds his head up and his chest high, but he is completely relaxed, for good posture has been a habit with him since boyhood.

Because the yogi stands properly, all of his organs are in a natural, normal position, free of stress or cramping. His spine is as straight as Nature meant it to be, and so he is spared the host of the neck, back, leg, and shoulder pains that Western man has earned as the reward for his highly civilized way of living. In the yogi's relaxed posture and easy manner you see not the remotest sign of nervous tension.

Good posture is not difficult to acquire once you have made up your mind that you desire it. And you owe it to yourself to be concerned about the correctness of your posture, for so much of your physical well-being depends upon it. To find out how good or poor your posture really is, simply get up, go over to the wall, and stand with your heels at the baseboard, your shoulders and buttocks touching the wall. Lean the back of your head against it too. Do you feel any strain when you remain in this position for several moments? If you do, that is proof that your posture is not so perfect as you imagine.

The first step in posture improvement is a mental one. Imprint on your mind the memory of the feeling that you have as you stand upright, in the position just described, against the wall. Later, several times a day, recall the sensation of the wall touching your shoulders, your buttocks, your head. Automatically, you will find that you begin to straighten up, though a little conscious effort may be called for at the start to overcome ingrained bad habits. With your chest up, your shoulders back, your head high, your feet parallel and your knees straight, you will walk better and feel better. Good posture makes for superior physical endurance and a sense of ease and grace as you go about your business.

Good posture is important when you are sitting, too. You can't sit well if you are in an uncomfortable chair, so make sure that the one you use most often is roomy, pleasant to sit in, and not too high or low for your feet to rest easily on the floor. Your spine should be straight, but your posture relaxed, with the

massive bones of the pelvic region supporting your trunk as they were intended to. If you sit in an incorrect position, your digestive organs will be cramped and subjected to unnatural pressure, so don't lean far forward when you are working. Don't cross your legs; this interferes with the circulation of the blood and, if practiced habitually, imposes a strain upon the spine and the muscles of thighs. However, crossing your ankles does no harm.

Now you have the ideal picture of good posture, whether seated or standing. If it is not a faithful portrait of you, there is no need to despair. Anyone can improve his posture. As you sit at a table or at a desk, recall the perfect picture. Try to conform to it. It may not be easy at first, since muscles, like people, get set in their ways. Still, as you practice the asana exercises, you will find that your muscles will become more flexible, and that you can get them to do your bidding without much trouble.

WHY NOT LIVE TO BE 120?

The Yogi has only contempt for our western mode of living. He would not be caught dead eating the foods we eat or treating the body the way we do ours. The Yogi treats his body with respect, obeying the laws of nature in regards to the body, so that he is never sick and reaches an unbelievable age before he dies. He is active and working up to the last and experiences none of the decrepitude, loss of memory, foggy thinking, and senility which we see in so many aged people today. The Yogi retains his health and strength up to the last and only dies when he has made up his mind that his mission on earth is completed.



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.



Longing is much more important than determination. Determination is simply will-power against things. Longing does not think in terms of difficulties . . . When one has true longing for spiritual things, help comes. It comes beyond one's expectations. One cannot prove how help comes, why it should come. But it is experienced that help comes. One explanation might be that there is one Mind behind everything.

— By Swami Pavitrananda from *Awakened India*.

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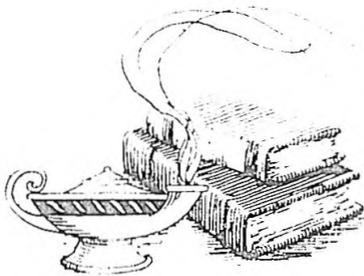
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"Must I fear? Must I go down to my grave with dread in my heart? Must I give up all my joyous happy days and instead shrink from life and pleasure? Why must I be like this? Why cannot I be as others seem to be, carefree and gay?"

No one ever is wholly carefree. No one ever can be free from the fear that trembles beneath the surface. Some idyllic and placid societies did exist in the remote past. Karma, however, decreed that most of the denizens of Earth who are alive now have come upon Earth to learn. Karma is an inflexible taskmaster and will not be denied. Occasionally there are breathing spaces . . . Times of comparative calm. On the whole, however, one must be about the business of paying past debts. Fear will live until the last debt is paid and the soul is set free.

Do you have a secret fear? Whom have you harmed recently? Make amends. Do that one a favor. If you cannot find one you have harmed, hunt up in your "mental directory" one to whom you feel not very kindly disposed. Do that person a favor. Genuinely sacrifice time, energy, money to help him. Then you will have lessened the fear by one notch. Take in your armor by one notch, and set out to the fray again.

Enemy slaying is a very practical form of spiritual exercise . . . not the actual slaying of the body, but the killing of the *conditions* that makes one not a friend. Have you an enemy whom you can convert into a friend? If you have you are very fortunate. Growth and development are at your fingertips. In this process, you lose your fears. Not one of the angels — those who are actively and militantly on the side of right and progress — ever has a moment of fear and doubt. This was cast aside long ago.

Clean up your backyard. Then polish and don your armor and begin the search for right and perfection. You will never need fear any further. For today, however, take just one step . . . only one. That is all. You will feel the fear noticeably lessen as you do.

Long before the 20th century ends there will be a growing acceptance of God, not as an individual but as a principle. The old idea of a "loving Father" is giving way to a much broader conception, in which the atom and the universe are seen as one. If now there is one thought that dominates my human mind more than any other, it is that of the magnitude and the magnificence of life, and that life is "God."

— From *Two Worlds*

Dear Friends:

Regarding your letter from Bea Foster of Baltimore, Maryland in the July-August issue (having to do with a request for readers to discuss books they have read and have appreciated), I, too, have a dog-eared, marked up *Aquarian Gospel*. If she would like to correspond with me, please send me her address.

The *Aquarian Gospel* has almost or literally replaced my King James version of the Bible. When I need inspiration, I just open the book and there before me is the scripture I need.

The same is true of *Quiet Talks with the Master* by Eva Bell Werber.

With reference to the books I cherish most and will not part with — even for a loan — is *A Dweller on Two Planets* by Phyllos. There you find such an insight into the Atlantean days! . . . Marvelous!

Autobiography of a Yogi by Paramahansa Yogananda is a MUST for every occult library. So many scientific proofs and realities are given. If a person just read the footnotes in this book, he would gather a lot of helpful information.

A wonderful paperback book is *How to Know God*, Yoga aphorisms of Pantanjali. It really gets to the essence of things.

Of course you cannot forget the dear Edgar Cayce books. . . His life story, brought in so many fine books these days, has started literally thousands of people searching for Great Truths and has spearheaded the world's hunger for more.

I must admit I've enjoyed and loved hundreds — maybe even a thousand books on the various phases of occult truths, but there are only a few that mean so much to me. Each of the ones I've mentioned truly would be worth the investment of any reader. There is no way they could go wrong on books of this nature to start a permanent library for themselves. Isn't it marvelous to live in age of such good reading material! . . . Mizpah,

Mrs. Ruth Coker, Evansville, IN

(Mrs. Coker's letter above refers to a request from an interested reader of Chimes, Bea Foster, suggesting that other readers write to her — or to Chimes — about books they have enjoyed, and such comments could then be made into a monthly feature in the magazine that others too might enjoy. We welcome this suggestion and invite readers to drop us a line. No telling what good may come from such participation.)

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MARK AGE PERIOD AND PROGRAM presents in a new hard cover book the basic information needed to understand the nature and the causes of, and the solutions to, our personal and world situations in this most climactic of all eras of Earth. Many readers of Chimes are now familiar with many of the Mark Age writings since they have been presented in feature article and excerpt form over a period of time. Now the opportunity is here to become acquainted with the entire group of teachings by Mark Age as they are brought out in an excellent quality of hard cover books.

This book, plus *How to Do All Things*, both being introduced simultaneously, describes an entirely new level of evolvement that is about to manifest for Earth and all on it. We see how man must quickly come to know, and to express himself or herself as a spiritual being, a son of God, if he or she is to be allowed to participate in the new heaven and the new Earth that will be.

The Mark Age period referred to is that 40-year period, known also as the latter days, which since 1960 has been ushering in the New or Aquarian Age, the Golden Era. It is the transition period wherein man must cleanse himself and the Earth sufficiently to permit his entry into the fourth dimension, a new mental and physical dimension of spiritual life.

The Mark Age program is a plan instituted by the Hierarchal Board, the spiritual governing body of the solar system, to help man of Earth rise into his spiritual consciousness. Begun 26,000 years ago, it will be completed successfully by 2000 A.D. None of us knows yet, however, how many will make the graduation into this New Age. As you are taken into the depth of these teachings, it will become clearer to anyone who reads them how close he or she is to becoming ready.

Mark Age is, of course, one of many New Age organizations bringing this program to the world. Initiated in 1955 in Miami, Florida, it has become active world-wide as the main center for interdimensional information and education and for spiritual demonstrations.

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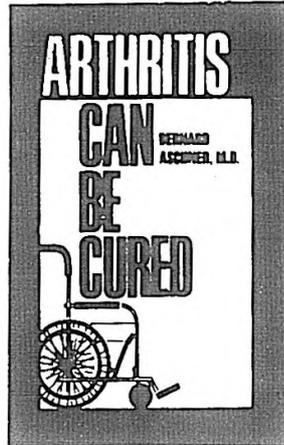
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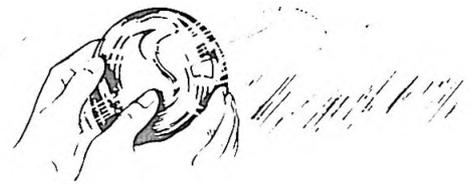
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YOU ARE FOREWARNED because many dire things are being prepared in order to awaken man of Earth. We have tried more subtle means. We have tried more overt indications and signs of the times. We have blasted every means of life vernacular on Earth with marks of the age. But our preparations have not been heeded sufficiently, our words have not been contemplated seriously by enough who are responsible for the conditioning of the mass consciousness. We cannot forestall our planned motives and positions any longer. You may then expect the worst of reactions as a result of this impotence.

I know, as does the entire Hierarchal Board membership, that many light workers feel disappointed in that there were not more intervening programs and participations by those of higher life form. But we have instilled in you and repeatedly have conferred with those in proper attunement that this is not the way Spirit functions, nor is it possible to expect an overriding influence by spiritual or higher forces, when the lower development is uninvolved, uncaring, uninterested. It has to come from within. A desire has to be built up from within mass consciousness.

Because this desire has not been fanned to a flame of all-consuming proportions for higher light and truth and explanations of the days ahead, then we must permit a great many incidents to occur that we would prefer to prevent by spiritual means and manners, in order that these occurrences will cause a deep humility and search on the part of man in the depths of his deprivation of peace and love and truth and mutual understanding . . .

My schedule calls for acceleration of the entire program, within a certain cycle of time, that may bear down upon the mass mortal-conscious selves with extreme unpleasantness in every quarter of life and production of sustenance and truth creations.

— From *Michael*, September 1, 1968, as recorded in *Mark Age Period and Program* available from Chimes

ALL RELIGIONS are but different paths leading to the same goal . . . The truth of these words will be understood only by those who are free from prejudice and superstition, by those sincere seekers after ultimate Truth who dare to break through dogma and form, who, putting aside theology and church-bondage, go to the source of all wisdom, to the eternal Light shining within the heart of man.

— From *Awakened India*

(continued from page 11)

like he said."

Those who witnessed the plane's landing shook their heads in disbelief. They preferred to believe that the doctor had been mistaken about the time of the pilots' death and that it had been Fletcher George — not the little boy — who had landed the plane.

But the man who had helped lift the dead pilot out of the plane — and those who helped him carry the body into the hangar where the doctor made the examination — knew otherwise. The body was cold. The man had been dead long before the time of the landing. He could not have aided the boy in any way whatsoever.

When interviewed two years later, Bobbie then more articulate, once again confirmed what he had done. "When my Daddy went to sleep I couldn't wake him, and I just did what he had showed me. I couldn't see out of the windows cause it was dark outside, so I just holded the wheel and flew, and when I saw some lights shining on the clouds (reflections from settlements on the ground) I drove the plane down and landed."

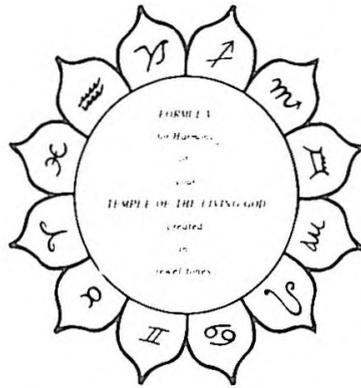
But WAS it as simple as little Bobbie George had said? Or did some higher power guide him to a safe landing?

The foregoing is from Larry Brown's "Spotlight" in *The Psychic Investigator*.

IT IS WELL for us ever to bear in mind that there is a hidden side of life — that each act and word and thought has its consequence in the unseen world which is always so near to us, and that usually these unseen results are of infinitely greater importance than those which are visible to all upon the physical plane. The wise man, knowing this, orders his life accordingly, and takes account of the whole of the world in which he lives, and not of the outer husk of it only. Thus he saves himself an infinity of trouble, and makes his life not only happier but far more useful to his fellowmen. But to do this implies knowledge — that knowledge which is power.

— By Annie Besant and C. W. Leadbeater from *Thought — Forms*.

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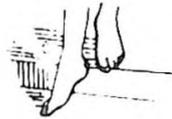
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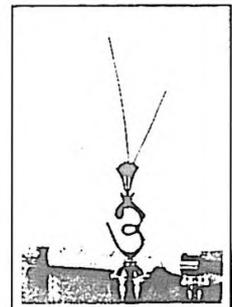
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6. Five Degrees Of Initiating Divine Action

II. 100 SPIRITUAL TRUTHS

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

III. 50 HOW-TO'S

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

IV. HOW TO PRAY

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

The main purpose of this book is to provide you with a guide to contact your inner Self so you may rise to that level of spiritual expression where you may achieve your God-given heritage and powers.

Many have used this book as a daily guide to initiating wondrous changes in their lives to carry them through difficult times and problems, to bring peace of mind, to obtain desired results, and to become new and better persons.

First published in soft-cover printing in 1965 for the Mark-Age membership, it was among the most enthusiastically received of their 100 publications released since 1960. — **HOW TO DO ALL THINGS** — now available from Chimes — **\$5.25, postpaid.**



ENTRANCE TO THE GOLDEN AGE OF AQUARIUS

- Millennium – 2000 A.D. . . Second Coming
. . Fourth Dimension . . Prophecies
. . E S P (Elementary Spiritual Powers)
. . Reincarnation . . Man & Woman
. . Jesus . . Meditation . . God & Man
. . Interdimensional Communication . .
. . Life After Death . . Mastership
. . Extraterrestrial Visitors . .

Mark-Age is one of many New Age organizations bringing inter-dimensional communications from masters of the Hierarchal Board pertaining to spiritual development on Earth. Nada-Yolanda, the primary channel or prophetess of Mark-Age, has brought several million words through during the period 1958 through 1970, from which this book contains excerpts of highlights.

Promising to be a text type book of teachings during the latter days of this century, it is one any student of the deeper truths will refer to over and over again and find continually new and revealing. "Entrance to the Golden Age of Aquarius" does indeed describe many of the prophetic writings and illuminating passages seldom found in other writings. This is one of the few new books on the market these days destined to grow in renown and acceptance as we enter the Mark Age . . . and the coming Golden Age of Aquarius.

MARK AGE PERIOD AND PROGRAM

Mark Age Period and Program presents the basic information needed to understand the nature and the causes of, and the solutions to, our personal and world situations in this most climactic of all eras of Earth. An entirely new level of evolvement is about to manifest for Earth and all on it. Man quickly now must come to know and to express himself or herself as a spiritual being, a son of God, if he or she is to be allowed to participate in the new heaven and the new Earth.

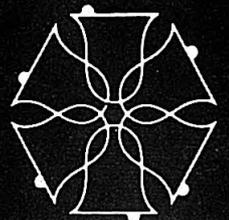
The Mark Age period is that forty-year period, known also as the latter days, which since 1960 has been ushering in the New or Aquarian Age, the Golden Era. It is the transition period wherein man must cleanse himself and the Earth sufficiently to permit his entry into the fourth dimension, a new mental and physical dimension of spiritual life.

The Mark Age program is a plan instituted by the Hierarchal Board, the spiritual governing body of the solar system, to help man of Earth rise into his spiritual consciousness. Begun 26,000 years ago, it will be completed successfully by 2000 A.D. But not known as yet is how many will make the graduation into this New Age.

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