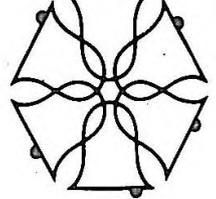


new horizons in living from...

See
MMP



MARCH, 1971

50c

CHIMES



GOD HAS NO WAY of operating except now, as a continuing now.

Now is the only time in which you can live. The past is dead, and the future a vague hope; but now you have the choice as to whether you will mar this glorious moment of nowness by fear of the past or hope for the future, or whether you will choose to live now.

Hope, expectancy, and what the world calls faith: all these have to do with a future tense . . . Now is the only time there is, and this takes away from us the false sense of faith that God will meet our rent, or any other need, on the first of the month, and helps us to realize that God does not operate in the future. It takes away a false sense of expectancy and a false sense of faith. It eliminates the past and future tenses in the beingness of now.

At this very moment, we possess all that will unfold and appear in our human experience in terms of whatever is necessary.



WHO SAID IT ?

(for the answer, see page 49)

CHIMES

VOL. 30 — NO. 3
MARCH, 1971

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30th year of continuous publication — Edited with the inspiration of Spirit

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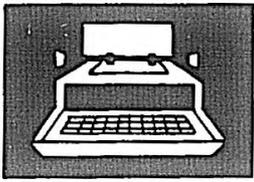
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FROM THE COVER — *Desert Yucca in bloom; courtesy Phoenix Chamber of Commerce*

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LETTERS TO THE EDITORS

ACCEPTING PROOF – Recently I had to let some magazines lapse for want of money, and among them was Chimes. I wonder why I did that? I have thought that I must resubscribe many times. Now I have read an article in *Fate* magazine that has made the decision for me. I must have Chimes!

The article was in their July, 1970 issue entitled "Spirit Voices Tape Recorded" by Ralph Schaffranke. He ends the article by saying: "The discovery may be too big to be believable. To think that a hundredth or even a thousandth part of the money spent on a moon rocket could bring mankind the assurance of personal immortality!" What enlightenment! I am almost eighty-six years of age and the biggest thing that can happen to the creatures of this world will be when so-called science ACCEPTS BECAUSE IT HAS TO the proof of Life in Spirit. My best wishes to all who are waiting and watching.

Mrs. Rebecca F. Ledgerwood, Bloomfield, IN

(It almost goes without saying that what is proof indisputable to one person means nothing whatever to another. So what science would consider proof of life in the Spirit world – or that there is such a world – may not be in evidence in our lifetime. However, life has a way of bringing many things into manifestation far beyond some of the wildest dreams. The seventy-one years of this century are bearing this out; perhaps the remaining years will bring such accelerated evolution of life on Earth that no one will doubt the supremacy and oneness of Spirit, that all realms are one, and that there is One Omnipotent Presence.)

THE ANTI-CHRIST – I am sure that most subscribers to Chimes have read articles and books mentioning the coming of the Anti-Christ. The Bible and more modern prophets, such as Jeane Dixon, state that a person will become prominent in world events who will be the embodiment of evil and all which is opposed to the true Christ.

We who are students of metaphysics know, however, that all souls in reality are made in the image and likeness of God, even if not expressing that reality at the moment. We know that eventually each will return and be one with God. This is true even of the individual who will personify the Anti-Christ.

I suggest that we on the spiritual path who are praying for world peace remember this person every day in our meditations and prayers. He is at this moment a child and not fully formed. If we can see in this child the Christ instead of its opposite, evil, perhaps his negative influence on the world will be lessened. Think what a horrible karmic debt he and his disciples will be incurring for themselves. If we can think of

him not with fear, but with compassion, we can aid mankind, ourselves, and this individual as well.

Though the Biblical prophecies no doubt will be fulfilled, perhaps with our love and prayers the suffering of all will not be so intense. The Bible states . . . "and there should be no flesh saved but for the elect's sake . . ." The elect can help themselves and the Earth to enter the New Age as painlessly as possible with and through love – even for the person of the Anti-Christ.

J.C.R., Nashville, TE

(We could not have put this thought more beautifully than the writer who reminds us of the power of the word and of prayer.)

POPULAR ST. PATRICK – Again it is time to renew my subscription to Chimes. Each year I do so with a thankful prayer that the Father's blessing will be with you for the following year.

While I was in Guam, you published, either in 1966 or 1967, the lovely "Prayer of St. Patrick" . . . the one that starts *I Establish Myself Today In . . .* My copy, cut from the magazine, is really dog-eared, and I was thinking that others who clipped that prayer, or those who never had a chance to do so, would appreciate a reprint of it.

The tear-out booklets are just wonderful . . . in fact, all articles are so helpful to those who are searching. I recommend your delightful magazine to all my friends as the finest source of news and inspiration offered in the way of spiritual help.

God bless you for being a medium for the Truth.

Rev. Fay M. Wilkins, San Diego, CA

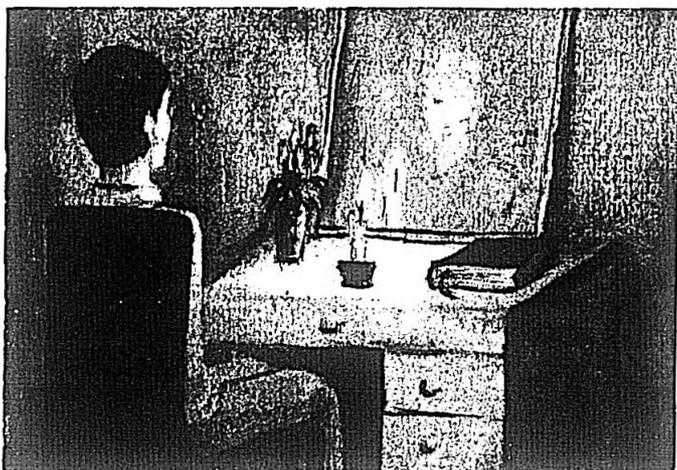
(If it were not for the loving thoughts, prayers, and financial support of those who read Chimes, there would, of course, be no such publication. There must be a deep desire from within to know more of these Truths that such a magazine as this can have appeal and continue to grow. Look on page 14 for St. Patrick's Prayer.)

NEW FRIENDS – I am active in the Philosophical and Religious Free Library here in Escondido and would like to express my personal gratitude to you for the copies of Chimes received each month. They have made many friends for the Library, as well as for Chimes, I feel sure. Thank you so much,

Mrs. Peggy Allen, Escondido, CA

(And may we express our gratitude for the fine work being done by the Library. We are glad to have a small part in it.)

Rajah Jeshua Yoga



... if you would attain victory over death

By Emil Spacek
Houston, Texas

THE MAIN PURPOSE of attaining mastership is to attain victory over death. The disciple attains that victory by attaining a mental and emotional at-one-ment with The Christ and His divine eternal life. In the process of that attainment the disciple becomes a direct medium for God The Christ.

Yoga is a method to attune your vibration temporarily to the divine vibration of The Christ. It does not matter what other definition is used for the purpose of Yoga, it will always add up to the above definition in principle. There are many different methods of practicing yoga. Each method is called by a different name, but the final result of all of them is a temporary at-one-ment with God and a stimulation of dormant psychic powers. A few hours after yoga practice a person's vibration does go back down some, but not as far down as it had been before the practice. In short, the more you practice yoga the longer you will remain in God's divine vibration — IF you also obey His other laws of life.

The Rajah Jeshua Yoga is a direct approach to stimulate the principal centers of the seven bodies of a person's being so they would all vibrate at the divine rate. The combined divine vibration of all seven of the human bodies makes the divine vibration of the White Light of The Christ. When that whole harmony is attained, the whole body turns into a body of Light which can be seen through the psychic eye opened at that time.

A quiet room is the best place to practice this yoga. Have a desk or a small table against a wall. Also have a fairly comfortable chair in which to meditate. Set a large mirror on the desk against the wall or hang it on the wall. The mirror should not be smaller than ten by twelve inches. Set up a candle about ten inches in front of the mirror. Then place a Bible by one side of the mirror and a bouquet of flowers on the other side. If you do not have flowers, then place a glass of water there. Light the candle, then mentally call your Master Guide and ask him or her to help you with the

yoga. Your Master Guide is your Guardian Angel, and you cannot do anything spiritual properly without his help. If you do not have a Master Guide, then pray for one every day and God will send one to guide you in your spiritual study and spiritual practice. All sincere psychic students have a Master Guide. In any case, go ahead with your yoga practice. Start with the Lord's Prayer. Visualize the meaning of each sentence as you are saying it. Then make this affirmation: *I am One with The Christ. He is my life. His Light in me and around me is my Sacred Shield. I will not do any evil, and no evil shall be done unto me. Amen.*

If this is your first Rajah Jeshua Yoga practice, then this is when you make your consecration to God. Open the Bible and place your left hand on it and raise your right hand. Now sincerely say these words: *Heavenly Father I consecrate myself to You for eternity... to serve You in the Name of Jesus Christ our Lord and Saviour. I forgive everyone for everything, and I pray for my own forgiveness. I will try to obey all Thy laws of life, on all the planes of life. I will trust in Thy divine guidance forever. Amen.*

You do not need to repeat your consecration again, providing you always remember it and obey it.

Now sit down in your chair and relax. Slowly inhale and exhale three deep breaths. As you exhale the first one, also exhale all mental inharmony with it — like worries. As you exhale the second one, also exhale all emotional inharmony — like grudges. Then as you exhale the third breath, mentally exhale all your physical inharmony.

Relax again, and watch the white flame around the wick of the candle for about one minute.

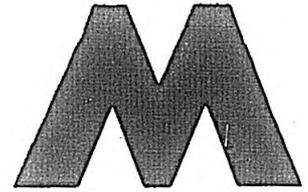
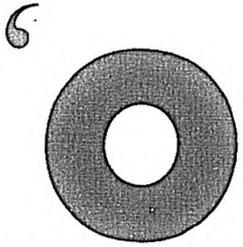
Next, watch the yellow flame around the white flame for about a minute. Then watch the blue aura around the yellow flame until you can see it plainly.

Now look into the mirror at a point just above your head. Through your mental eye look through cosmic space all the way to the center of the cosmos. There you will see the Central Sun. Mentally watch that beautiful white sphere of Life as it shines its white light throughout the whole cosmos. As you are watching that Sun of Life, The Christ will appear in it. You will see an etheric cord leading from the heart of Christ to the top of your head. It is called the

(concluded on page 18)

YOUTH in ACTION

what in the world are you looking for??



tune yourself in!

There's a lot of ta-do,
And the experts fret;
You must sit cross-legged,
No, on your head, that is best!

How should we do it,
What position and place,
Has got me confused
And making a face!

Now, I'm absolutely certain
That God doesn't care
If we sit on some nails,
A cushion or chair!

The fact that we want to,
That's quite enough.
We don't need to worry
And do all that stuff!

Do you love the quiet feeling
When sniffing a rose?
Is this meditation
Do you suppose?

Be happy, Be thankful!
Keep an eye on your kitten.
She's liable to meditate
Wherever she's sitten!

-- Sally Irene Crofts, Ontario, CA

Color, color,
Lilting, laughing, dancing.

Color,
Quiet, soft, reflective.
Color gazing in a blue-green-cool pond.
Ocean's depths of blues, deep, covering,
Hide there, rest there, drift there.

Color,
A rainy day's color, color hazes;
Damp, crisp and fresh whites and grays.
Be drawn within a foggy pearl bliss;
In a meadow, on a sea in meditation.
Serene.

Color,
See a lover's color,
See a being in love, a prism
Enraptured in wonder, in secrets,
Stirring. See heart's colors tumbling,
Let yourself be drawn into the mesmer
Of your love's embrace,
Enchanted within a rhapsody of colors

Colors, colors, colors,
Colors of life,
Colors of light,
Colors of love.

-- George Warren, Miami, FL

you do your half , we'll do ours.

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

— Apollonius of Tyanna, (St. Germain)

expanding your image

I will fear nothing except myself, when I try to deceive my conscience.
— Yogananda

Everyone knows, secretly, inside, that he is the chosen one.
— Anonymous

In Atlanta, Georgia the hippie colony is facing the same old woes commonly read about. Bo Sewell, a young man of 25 years, is trying to do something constructive there through something he's named HIP Inc. — The Human Improvement Project, a sort of job corps for long hairs. He states that there are many beautiful people there who would be creative and could establish a permanent colony that would be an asset to the community. However, at the present time the tension is very high due to the influx of just plain bearded thugs, drug addicts, and do-nothing people.

Bo's office above the general store has a continuous stream of constructive traffic. "We've got to get everybody's head straight, off drugs and into working and making the hip scene a good one," he said.

come alive

The recent drug-connected deaths of several rock and music idols — Jimi Hendrix and Janis Joplin, to name a few — have accelerated an enormous anti-drug backlash among the young. Scared, angry and confused, many of the younger generation are turning away from chemical highs to the natural highs of organic foods and vegetable juices. One group names this movement, "Head Repair."

The old mood that it was hip to take drugs has been changed to: "It's hip to be healthy."

the inside track

Q. *What is the origin of the English language?*

A. Atlantean writing is the mother of all Earth languages. The meaning of the biblical story of the Tower of Babel is when men had fallen to arguing amongst themselves, when all the culture was divided by the various cults and sects, many languages were developed on the Earth plane. All owe their origin to Atlantean writing, which was given to Earth man by the White Brotherhood from other physical manifestations created on other spheres, or called planets by you now.
— Zolanda

* * *

Q. *What is the White Brotherhood?*

A. It is that force dedicated to the salvation of the race on Earth. Many leave the Earth and evolve to higher spheres, but some are dedicated to remain Earthbound for the temporary period of time for the advancement of the race. Some are incarnated on Earth now to serve as fellow beings, others remain in the etheric planes, and some go on to other planets.

On many levels and many fine manifestations there are the group works of the alliance called the White Brotherhood.
— Zolanda

* * *

Q. *Why don't they teach reincarnation in our religions?*

A. It was never Spirit's will not to teach reincarnation. It is in the teachings, and in no religion or in no teachings could it be entirely removed. Always, somehow, somewhere a small seed or spark is left, and this is true in both Christian and Judaic teachings today. Reincarnation can be found there, but only in a very small segment of truth. They could not remove it entirely, though many have tried.
— Sananda

Get your answers from Youth Division, Mark-Age % Chimes.

EARTHQUAKE EARTHQUAKE EARTHQUAKE

PREPARING OURSELVES FOR NATURAL DISASTERS . . .

THIS IS A YEAR for many earthquakes and other natural disasters. New Age students and light workers have been prophesying and have been preparing for this time for nearly ten years, since the configuration of planets in February 1962.

There have been many false and erroneous alarms during this time. Many predictors and some of their followers have fled to mountaintops, deserts, and even out of their native countries. Hundreds have written or have appealed to channels and New Age leaders: where should I go, where is it safe?

Where Spirit within you guides you individually and personally, that is where you are safe and where you are supposed to be working in the light, for the light and with the light.

Exact Predictions Impossible

First of all, it is impossible to predict accurately the exact location and time of a natural catastrophe. In preparation for the coming events of 1971, Lord Uriel, Archangel of the Seventh Ray of Divine Love, Peace and Rest, who is mainly in charge of the natural elements of our solar system, channeled through Nada-Yolanda, primary channel of Mark-Age, on May 20, 1970:

"It is not possible for man to intuit accurately concerning natural catastrophes. The closest he can get is an approximation. For when the elements go into upheaval it is like mass hysteria: no one can predict who will say or will do what. It is chaos. So, do not be falsely led by alleged exact specifics regarding upheavals in nature."

Function Of Light Workers

But the most important issue of all for spiritual workers, those who understand the spiritual principles of manipulating the light, is that we who are New Agers, aware of the changing conditions of our planet and all life form upon it, are obligated to educate others, to help them in their time of stress and to demonstrate spiritually that we can influence these elemental forces by our thought control and by our projections of light and love to them.

The Mark-Age publication *New-JerUSAlem* contains this January 8, 1967 channeling by Nada-Yolanda concerning the coming upheavals for California.

"Many light workers are concerned with escaping from such cataclysmic changes, when they should be eager to work in areas of great conflict and danger potential in order to win this battle of negativity or nonbelief versus positive action for spiritual causes. If they were not supposed to be engaged in the mind-to-mind battle with lower, material, antispiritual forces they would not be in southern California in such large numbers and with so many aspects of the spiritual plan."

"In this approximate vicinity two hundred and six million years ago, and again in Lemuria twelve thousand to twenty-six thousand years ago, the greatest battle of the negative or nonspiritual against the positive or spiritual enlightenment forces took place. If the battle is not won this time, millions of light workers will have lost their greatest opportunity of overcoming race karma that yet has been presented to them on Earth."

EARTHQUAKE

A
MAIN
Release

Can It Be Demonstrated?

To the new student of truth, the next most important step is an actual demonstration of these principles and ideals, as revealed to us by the spiritual forces which guide and govern our evolution as children of God, as light workers both willing and able to command or to direct the elemental forces in our physical world.

The major earthquakes in February 1971 in southern California are but a prelude to more drastic Earth changes to come. But with the proper attitudes, understandings, beliefs in our powers as light workers we can demonstrate a certain amount of control over, if not total elimination of, the upheavals our planet is going through during these latter days, when there are many marks or signs that we are ending the old age and entering the Golden Age of Aquarius.

Mark, the executive director, and Yolanda, the primary channel, of Mark-Age were directed by Zumah, a physical extraterrestrial communicant, on January 14, 1971:

"Secure anchorage in central San Diego County in the next three months. In the next three to five days begin your projections for this special work and solidification."

On January 29th they were given more specific details by Zumah regarding the need for their being in the area and what was required of their special spiritual force field and consciousness:

"Please be on standby alert for a series of transmissions to last for the next four to six days ... We must use you consciously and with the utmost cooperation by your projecting consciously with us to the Earth devic forces and to the subconscious mental realm of men on Earth planet at this time.

"There will be strong evidence of what we mentioned in a few days. You will see some indications of troubled situations beleaguering all levels of life form. Some will take the form of weather patterns, but most will take the form of earth tremors and upheavals. So, do not be alarmed yourselves (you are safe); only take the situation in stride and project peace and balance to all on Earth, whatever form they take. This is absolutely imperative at this time. We call on your strong force field to do this immediately and we expect utmost cooperation during these days.

"When your astronauts go up into the atmosphere (Apollo 14, January 13 – February 9, 1971) they can do a great deal in carrying this information with them. Therefore, by your seeing this instilled into their subconscious mind realms, you will help them to project it through the Earth planetary atmosphere by the coordination of your efforts, spiritually speaking, with their efforts in the physical dimension as they orbit the planet."

It has been observed and has been accepted that the serious earthquake of 6.6 on the Richter scale in Los Angeles County at 6 A.M. (PST) on February 9th would have been horrifying had it occurred an hour or two later, when the freeways would have been packed with commuters, and children would have been on their way to or in school buildings.

One Mark-Age member, only fifteen miles from the epicenter, reported to headquarters in Miami as soon as a phone call could be arranged:

"I spent the entire time in projecting light and peace to all involved, and to all the elemental kingdoms. I was constantly aware of great waves of light passing through my body. These were not the result of my own thoughts and prayers only, but I was deeply aware of the thoughts and projections coming from Mark-Age members everywhere in the country; even beyond that. A sense of elation somehow was very strong. I kept feeling I was doing what I was supposed to be doing: helping others in some unknown way. I was a channel of light broadcasting out the thoughts of good coming from all directions."

Chimes And Mark-Age Cooperate

Another dramatic example of how light workers can demonstrate their faith, understanding and powers as sons of God was exemplified by the cooperative and coordinated efforts of the two editors of CHIMES and by various Mark-Age members and group leaders in southern California.

On February 14th, members of the CHIMES staff accompanied Mark and Yolanda, co-directors of Mark-Age, on a tour of the Palm Springs, Salton Sea and Borrego State Park areas. This channeled communication was given through Nada-Yolanda by Zumah:

"You should concentrate energies in the desert area from Palm Springs to the Salton Sea and the Borrego State Park so the devic forces would be inclined to shift polarities in the least inhabited areas and to disturb the population expansion here least of all. But change must be, as the deserts must spring into bloom in order to fulfill the prediction and to bring about a shift of the balance in power.

"Sea and water forces must exchange with dry earth qualities, as in many cases air and fire forces must exchange energies and polarities. This is part of the exchange of energy policy and the purpose for our bringing to your attention a shift in the poles of influence and magnetic-rays all over the planet. More will be explained later." >

The four worked on it immediately on the spot. The following day the information and this request from our spiritual forces and guardians were shared with Mark-Age groups throughout California. The group leaders from Fallbrook, also in San Diego County, requested a special prayer and meditation meeting with Mark and Yolanda concerning this spiritual projection of light energies, at 4 P.M. on February 22nd.

During the meditation and spiritual projection and prayer, a mild earthquake, registering over 4.3 on the Richter scale, was recorded in exactly that unpopulated area of the desert where the original message and request were received on February 14th. We trust that this Earth activity has eased the stress of hundreds of strong aftershocks rocking the Los Angeles area since February 9th.

Since the original warning through Yolanda's channeling on January 29th, unprecedented storms, record weather conditons, volcanic eruptions and numerous savage tornadoes have struck all over the world. Powerful earthquakes were recorded in February 1971 in Tuscania, Italy on the 6th; in the South Shetland Islands off the tip of South America on the 8th; in Los Angeles on the 9th; in Messina, Sicily and southern Italy on the 19th; in Chile on the 21st and in the Palm Springs area on the 22nd.

What You Can Do

Spiritual workers must begin to join together as one family, the sons of God on Earth, to help mentally, spiritually and emotionally the rest of their sisters and brothers who may not know and not accept yet their strength in working and projecting the light.

When you are on the scene of a holocaust, do not panic and add to the confusion and hysteria of your fellowmen and the elementals involved. Instead, give strength and love and understanding to it by picturing right action and right thoughts.

You do not necessarily have to go out and help physically; although if that is possible and you are able, that is surely commendable. But by projecting right action into the scene you will be a force that inspires others to contribute necessary physical action.

If you are in distant places, your thoughts and the power of your I Am Self can be directed and channeled through your sisters and brothers of the light who are involved directly and physically. Give them your support and added energy, not by worrying and fearing and bemoaning the losses but by sending spiritual thoughts of love and light and truth. This is the mark of the sons and daughters of the Light, our Creator and our Father, God.

* *

MAIN is Mark-Age Inform-Nations. The channeled communications excerpted in this special Chimes article are published by Mark-Age in the series entitled *Linking of Lights*, Volumes One through Three. This series is available from Mark-Age and Chimes. To order from Chimes, see the order form on page 27. Extra copies of this article are available from Mark-Age, 327 NE 20 Terr., Miami, FL 33137.

ARTHUR GODFREY'S MESSAGE

AS EVERY American housewife well knows, Arthur Godfrey spent several of his early years in the Navy. This was before he invented the soft sell and became a legend.

On one of his Navy cruises, he was at sea aboard a destroyer. As a radioman, his bunk was in the ship's radio shack. He was lying there, wide awake, riding herd on a young radio striker — a youth just learning the ropes — who was serving as his apprentice.

The boy was technically in charge of the watch at the time, but Godfrey was keeping a close eye on him.

He was looking at the boy when he became conscious of another person in the room. He turned and saw a figure at the foot of his bunk. He knew the figure instantly — it was his father.

"Hi, Bunkie," the figure of his father said. "Bunkie" was a nickname which only his father used. There could be no doubt who it was after that name was spoken.

"Hi Dad," Arthur answered. Naturally, he had spoken aloud.

"What did you say?" asked the young radioman. Arthur Godfrey tried to explain that he had seen the figure of his father, and his father had said, "Hi," so he had said, "Hi," too. The striker just laughed and looked at Godfrey as though he had lost touch with reality.

"O.K.," Godfrey said. "You can take off. I'll handle the rest of the watch myself."

He figured he might as well. The sensation of seeing his father so clearly, of hearing his voice so distinctly — he couldn't rest after that.

Some hours later, the flagship of the fleet signaled Arthur's station in code. He returned the signal, indicating his station was ready to receive. Navy procedure called for him to insert a message blank into his typewriter, so he could copy down the message coming from the Flagship. But he didn't do that. He merely told them to go ahead. He says he didn't copy the message down because he already knew what it was. The code chirped through the air and he turned it into words as it entered his brain:

"... following received for Radioman Arthur Godfrey: 'Dad passed away at 1:30 this afternoon. ...'"

One-thirty. That was exactly the time his father stopped to see him and said "Hi, Bunkie."

HOW TO USE THE
GUIDING PRINCIPLE

Dr. Joseph Murphy
Beverly Hills, California

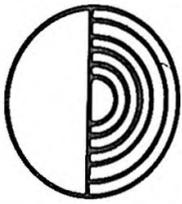
USE THE following prayer frequently and be sure not to deny subsequently what you affirm:

"I BELIEVE IMPLICITLY that Infinite Intelligence is guiding me always and that whatever I do will be right. My motivation is right, and I wish for everyone all the blessings of life. I feel, believe, claim and know that I am constantly lifted up, guided, directed, sustained, prospered and watched over in all ways. Divine right action governs me. I do the right thing, I think the right thoughts, and I know there is an Infinite Intelligence in my subconscious mind that answers me. I am inspired to see what is to be done and I do it. I know these thoughts sink into my subconscious mind, forming a subjective pattern, and I believe I will get an automatic response from my subconscious mind, forming a subjective pattern, and I believe I will get an automatic response from my subconscious mind in accordance with my habitual thinking. I recognize the lead which comes into my conscious, reasoning mind clearly and distinctly. It is impossible for me to miss it."

Action (conscious mind) and reaction (of your subconscious) are equal.

* * *

Dr. Murphy's wonderful book, *Amazing Laws of Cosmic Mind Power*, describes these laws that focus and direct the mighty energies which lie beyond time and space into channels of your choosing, and gives extraordinary techniques for releasing the powers of the Cosmic Mind — Now available from Chimes in both hard cover and paper editions.



excerpts from world news centers

PSYCHIC DIGEST

BEFRIEND THYSELF

MAN WITH HIS INTELLIGENCE knows how to protect himself against animals, but he doesn't know how to protect himself against his own bad habits and evil ways. The greatest of all enemies of man is himself. More than personal or national enemies, more than germs, bombs, or any other threat, man should fear himself when he is wrong. To remain in ignorance of your divine nature and to be overpowered by bad habits is to make an enemy of your own self. The best way to be successful in this adventure of life is to be your own friend. It has been said: "He who befriends himself, the Self becomes his friend."

From Paramahansa Yogananda in *Self-Realization* magazine

THE DAWN OF LOVE

SOON THERE WILL COME a change in the earth's frequency and then the elements of discord will not have such power as they are generating in today's world. This change will be a sudden one and when it comes about the hatred will alter to good will and friendliness. This is not just an idle promise, but one which we here on the Higher Realms are working to fulfill. Remember, we utilize our energies for the welfare and blessings of the human race. Our sole purpose is to bring blessings and peace to those souls who seek the Presence of God and wish to serve him with all their hearts, minds and souls.

From Channel: Ethera in *The Voice of Universarius* magazine

UNIVERSAL IDENTITIES

THERE HAS BEEN an increasing interest in the Oriental type of meditation. However, it was noted in *The Journal of Transpersonal Psychology* that meditation to the Buddhist is the same as prayer to the Christian. *The strict orthodox petitionary prayer is a far cry from the Buddhist's meditation. But the affirmative creative prayer, spiritual mind treatment, of advanced metaphysics is almost identical.*

From Willis H. Kinnear, Editor in *Science of Mind* magazine

OUR NATURAL UNFOLDMENT

MAN IS LIVING on earth an adventure of evolution. In the beginning he meets many material and intellectual difficulties due to unknown motives that look like fate, or like coincidence. By his personal faculties, the individual has to overcome and pass over such difficulties. Then, the connection between unknown events that seemed capriciously happening, are illuminated as knowledge and experience. Therefore, we may consider our evolution as being conscious steps towards dominating our destiny.

From Suat Tahsug in *Scientific Researches on Spiritual Evolution Group*,
Bulletin, Istanbul – Turkey

OUR DIVINE ABODE

THE HEALING aspect of prayer can be conceived not by mere intellectual ability, but through communion with that Supreme Power which operates full of spiritual magnetism. The physical light that we see through our eyes can be defined, but the divine illumination which we intuitively perceive while we are in deep contemplation could not be described. By turning our minds towards the Divine Light we can actually transform and spiritualize the material aspects of life. To dwell in the abode of meditation is the only ladder that will lead to liberation and happiness.

From Dr. K.M.P. Mohamed Cassim, Ph.D. in *The Divine Life* magazine

NIGHT PETALS OF DEVOTION

TO LIE STILL and softly to go to sleep is a lovely experience. However, to ask our Father to be ONE with us as we lie down in the still and comfort of the night enables our repose to be our complete experience of Divine Love soothing our minds, enfolding our bodies and Blessing our hearts. His love is in the still and comfort of the night.

From Brother Conrad in *Crusader* bi-monthly

LESSONS FOR STUDENTS

THE VARIOUS WAYS IN WHICH PSYCHIC SENSITIVITY MANIFESTS

EVERYONE HAS some degree of psychic sensitivity. The vast majority never take notice of the impressions they receive or, if they should become aware of the unusual, tend to pass it off under some commonplace label. For example, if such a skeptic, on entering a completely dark room, were to suddenly realize there was someone else there, his inclination would be to ascribe this knowledge to hearing or possibly to his olfactory sense. It is true that either one or both of these faculties may have been responsible but it also happens fairly frequently that some other personal "informer" serves notice of the unexpected presence.

This sort of awareness is usually observed as a tingling on the surface of the skin on the arms and shoulders, or on the neck at the base of the skull. The information in such an event is provided by an extrasensory awareness which translates itself to the physical consciousness through the tactile sense, or sense of touch, when actually no physical contact or touch is involved. Yet there is a "feeling" someone is there.

The medium felt is psychic energy. The energy radiating from the visitor is picked up by one's own psychic receptor apparatus and this creates the "feeling" of presence.

HUNCHES

Everyone has "hunches" although some people do not describe them to themselves in that way. You have a feeling that you should buy a raincoat and the next day there is a downpour. Or you suddenly think you should call your mother who lives in another city and when you make the call, for the first time in more than a month, you discover she is sick and needs help. These two fairly common examples of "hunches" are not in the least the same. They are the result of vastly different psychic functions. The urge to buy a raincoat is stimulated by precognition, the impulse to call your mother by a form of telepathy. The only thing in common to the two is the psychic energy used.

There are many different types of hunches. Usually they fall into one of the two here-mentioned categories, precognition and telepathy. Some people have hunches quite frequently, others seldom or never. Since a hunch is a psychic perception which is

not realized as such, it is clear that those who have lots of hunches must have fairly well developed psychic equipment. Presumably they have done nothing in this life to encourage this development so it must have been acquired in past lives.

One of the basic laws of life is that you never get something for nothing. True, it may sometimes seem that way but in the long run you get just what you pay for. If you want psychic development—and you should because it is a most valuable asset—you must work for it. Actually, you have probably attained a certain degree of psychic ability in previous lives or you would not be reading this now. The very interest that has led you to study this, regardless of what it was, indicates a stirring of psychic energy within you, a stirring which would not have taken place unless your psychic faculties were at least partially developed. Today the energies available permit a more rapid growth than ever before. Take advantage of this opportunity, I urge you. Use the suggestions herein given to add new abilities and strengthen old ones. Do not regard this casually. See it for what it is, the possibility of achieving a greatness beyond your wildest dreams.

DREAMS

Next to hunches the most common form of psychic expression is through dreams. Up to the present century, dreams were considered by nearly everyone to be the product of a fertile imagination or an over-filled stomach. Today many of our psychiatrists are experimenting with sleeping people in an endeavor to discover the significance of dreams. They have observed that when the eyeballs beneath the closed lids of a sleeper begin to move about in rapid jerky motions, he is then dreaming. This is described as rapid eyeball motion, or R.E.M. for short. All sorts of tests are made. Researchers check on the duration of dreams; they wake sleepers in the middle of a dream and ask what they were dreaming of; they cut dreams short as soon as they start and try to prevent sleepers from dreaming; in fact everything that occurs to the minds of the various investigators is tried in an effort to find out just what dreams are and why we have them.

(concluded on page 43)

HOW DO YOU PRAY?

Getting to Know God

PRAYER OF ST. PATRICK

I Establish Myself Today In—

The power of God to guide me,
The might of God to uphold me,
The wisdom of God to teach me,
The eye of God to watch over me,
The ear of God to hear me,
The word of God to speak for me,
The hand of God to protect me,
The way of God to lie before me,
The shield of God to shelter me,
The host of God to defend me. . . .
Christ with me, Christ before me,
Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right, Christ at my left,
Christ in breadth, Christ in length,
Christ in height,
Christ in the heart of every man who
thinks of me,
Christ in the mouth of every man who
speaks to me,
Christ in the eye of every man who
sees me,
Christ in the ear of every man who
hears me.

I HAVE MADE many kinds of prayer, writes James Dillet Freeman in his gem of a little book, *Be!*, almost wordless prayers of spiritual anguish, and formal prayers learned by rote. I have prayed on waking in the morning, in the evening as I have fallen asleep, and at special times I have set aside by day. I have joined in prayer with others, said grace at meals, recited psalms in church. Waking at night, I have prayed alone. In my times of deepest need I have prayed, and I have prayed when I had no need except to feel at one with God—though this may be the deepest need of all.

Prayer has meant so much to me that I have wondered how those who do not pray are sometimes able to survive. What do they do when there is nothing they can do?

Prayer is survival power. Though the night may come down dark around and the faith with which we face the night seem small, perhaps no faith at all; yet, if we pray, always some spark leaps up through the tinder of our hearts, a little light to show us our way. Prayer is life.

Prayer is a reaching, and every act of prayer stretches the soul. Prayer is spiritual exercise.

There are many ways to pray, as there are many ways to God. The way of the bird is not the way of the fish. The way of the babe is not the way of the man. The way of the beginner is not the way of the master. Yet there is no atom of creation that does not have access to God. Each soul finds its way to Him at the level of its own experience.

For some, prayer is thought; and for some, it is feeling too inarticulate for thought to express. Communion with nature may be prayer, or the enjoyment of art and poetry and music. An act of kindness may be a prayer, for work is an affirmation of creative power. Praise is a kind of prayer. So is zeal. There is the prayer that is the distillation of a moment, passionate and intense, and the prayer that is the whole life of a man, the living prayer of what one is.

There is a prayer that is words, and a prayer that is silence. To rise, the eagle sometimes has to drive with all its pinioned power; and sometimes, launching itself on an updraft of air, it has only to spread its wings and float serene in order to be borne aloft.

Sometimes when I pray I pray aloud. To control my thinking, I must often phrase my thoughts in words and speak the words aloud or even write them down. My thoughts may be likened to horses, milling in my mind, racing this way and that; but words put a bridle on them and enable me to direct them. So I often have to affirm words of Truth over and over in order to direct my thought Godward.

Yet, sometimes when I pray I do not need to speak any word at all, I merely need to turn my thought to God, and the thought of God floods my mind. I merely need to give myself to God, and God gives Himself to me.

Much of prayer is speaking, yet much of it is listening. And the speaking we do in prayer is important, but the listening is even more important. For it is as we listen that God speaks. And it is when we are still that God acts. It is in the silence that the word of God is uttered and the work of God is done.

There is an art to tuning in

Some wonder how they will recognize the word of God. I know only that when God speaks it is in a language you will understand. If it is words, it will be words you know. If it is feeling, you will understand them, too. For feeling is the unforgotten language of the heart; you could speak it before you learned words, the language of the mind.

There is a prayer that asks for things and a prayer that asks for thoughts, and there is a prayer that asks for nothing but gives all. I have prayed for many things. I have cried aloud for help; I have wheedled and bargained and demanded—but what have I ever really prayed for except to know that I am a child of God? I have seen the beautiful bird of Truth fly overhead and would hold it in my heart.

I would know God and understand my relation to Him, and I would know Him and know myself, not with an intellectual knowing, but in every fiber of my mind and heart. And this is why I pray.

For this is a knowing that does not come from study, but only from prayer. There are many kinds of knowing. Sometimes the mind studies life as it studies a book; it skims over the surface and absorbs not life, but words, which it calls life.

It is one thing to read a book on aerodynamics; it is another thing to fly. As a bird knows flight by flying, I would know life by living. And I would know God, not as a word, but as a living presence in my life.

I am the green plant of God, and I would know Him as the leaves of a tree know sunlight. I would absorb Him and be absorbed in Him. I would make His substance mine and His life mine so that I can make my life and substance His. I would use Him to be used by Him.

This is why I pray.

Many times when I have prayed for things I have not got what I prayed for, yet I feel I have never prayed in vain.

Perhaps things have not changed as I have wished them to change, but always I have changed. Always some change is wrought by prayer, sometimes in the fabric of things, always in the fabric of self.

Then, too, I have a sense that my life is more than I have power to see or foresee.

Columbus was disappointed in his search for the Indies—and discovered a new world! I, too, have been disappointed in this or that—and have discovered new worlds. My own self is such a world. God is such a world.

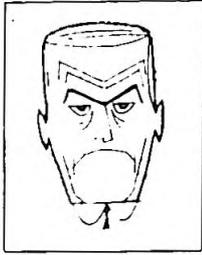
Prayer is a journey we make toward God. We think of ourselves as islands, but we are truly mainlands. Beyond the cape of self lies a continent of being. It is not to our changing mortal self that we must look to understand our meaning and our destiny, but to this larger selflessness that lies beyond. "For this corruptible must put on incorruption, and this mortal must put on

(concluded on page 46)

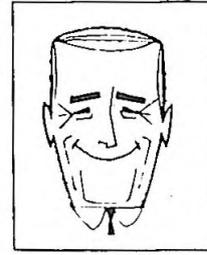
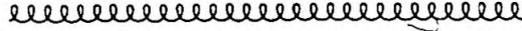


REAL PRAYER does attain reality. Even when the air currents are ascending, no bird can soar except by outstretched wings. Prayer elevates man because it is a technique of progressing by utilization of the ascending spiritual currents of the universe . . . Words are irrelevant to prayer. God answers the soul's attitude, not the words.

— From *The Urantia Book*



IT'S WHAT THEY SAY



Sri Swami Sivananda – Death is nothing. It is the conception of death which haunts you. As there are changes in your body – childhood, youth, etc., – death is but a natural stage of passing from one receptacle to another. Once man becomes convinced of the nature of death, that death is not an annihilation or destruction, but only a change, and a wonderful strength is infused in him.

From *The Divine Life* magazine

Brother Conrad – The pearls of great price are as many as the moments of the day. The awakened soul is one who is enjoying partnership with the Father in and through every experience.

From *Crusader* bi-monthly

Paramahansa Yogananda – As soon as you realize you have been born a human being you have everything to fear. There seems to be no escape. No matter what precautions you take, there is always a misstep somewhere. Your only security is in God. Whether you are in the African jungle or, at war, or racked by disease and poverty, just say to the Lord, and believe: "I am in the armored car of Your presence, moving through the jungle of life. I am protected."

From *Self-Realization* quarterly

Walter Donald Kring – I do believe that unless the outer world is run on the basis of the intuitions of the inner world, we shall not find the solution to the global turmoil. As Albert Schweitzer said in his writings, "Until a man realizes the same preciousness about the Christ nature of other human beings that he feels for his own inner spirit, we shall not have true brotherhood."

From *Sunrise* magazine

Sir Alister Hardy – As the making of physical fire was one of the great milestones in the rise of man, so I believe also was his discovery of prayer as a means of kindling and fanning a flame he found within him: a flame which like a spiritual engine, has brought him to higher and higher things.

From *Science of Mind* magazine

Raymond Charles Barker – You are a self-operative individual. You are a spiritual creation and you have the ability and talent to run your mind the way you want it run to produce the results you want. But you have to decide to take control of the principal ideas and moods of your consciousness. Do this and you can change or improve any condition in your present and future living.

From *Creative Thought* magazine

Masaharu Taniguchi – True love does not see others through the physical eyes, but it sees another's soul. Love known through the physical eyes will wither when the object of this love loses their beauty. But true love that sees and loves another's soul cannot decline even if bodily beauty wanes.

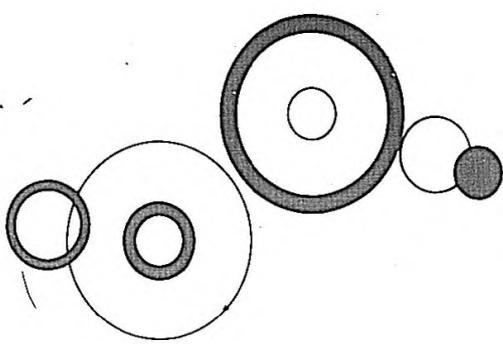
From *Seicho-No-Ie* magazine

Harry Edwards – In medical practice, the most shattering fact of all, for the practicing physician, is the conviction which most of them share that they are singly and collectively unequal to the sheer bulk of the problem they want to solve. This does not affect spiritual healers, for the responsibility of diagnosis and treatment is the responsibility of the spirit-doctors and it is impossible to think of the spirit being over-burdened by our physical limitations.

From *The Spiritual Healer* magazine

W. G. Roll – As with any other skill, there is no necessary relationship between the possession of mediumistic abilities and being more or less an honest person. Mediums are as likely to be honest or dishonest as the next person. The important question is not whether a medium cheats but whether he sometimes produces genuine psychical effects under conditions where cheating and other known factors were ruled out.

From *Theta* bulletin



QUESTIONS WE ALL ASK

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

HOW ABOUT a little article explaining people's auras and what can be done to improve one's aura? asks a member of the Los Angeles ESP Laboratory.

Your aura is the part of your body of LIGHT that sticks out all around your physical body. It is self luminous and is often seen more readily by beginners in semi-darkness. The brightness and colors of your aura reflect your dominant moods and thoughts. Thus the best way to improve your aura is to develop the habit of a bright happy mood, thinking beautiful thoughts. The study of aura will do more to reinforce your understanding of the value of positive thinking than anything except "miraculous" metaphysical results. We like to see you get both. In the New Testament, Paul gives us the secret of a lovely aura as, "Whatsoever things are true, lovely, beautiful, just, and of good report, if there be any virtue and any praise, THINK ON THESE THINGS." And I would add, bask in the Infinite Light at least twice each day, and *feel* it washing your aura. Let the LIGHT cleanse and purify your whole being, leaving you a powerful magnet to attract your own highest good. Ask the Infinite and it is YOURS!

WHAT ARE THE three principles of prayer?

First: Pray in secret. Public prayer seldom does too much good, except that it acts as a ritual or a symbol.

Second: Offer a meaningful reward for what you ask. This may sound irreverent. If you ask for health, promise to use the health wisely in service. Then do it. Don't just sit and ask and expect to give nothing in return. Invoke the law of karma on your behalf. Teach yourself to do for others.

Third: Attune yourself to the Infinite. Try to see a deeper meaning in the things you are praying about. Very often it can be glimpsed. The truth will make you free. If you know the truth and face the truth, there need be no limit to your attainment.

WHAT IS a trance state?

In short, it is a numbing of the outer awareness and an awakening of the inner awareness at the same time, a sort of twin function, turning off one and turning on the other. Normally the personality does not actively leave the body, any more than it does in short periods of sleep. The subconsciousness then is not inhibited and becomes aware of impulses it cannot consciously sense when the outer consciousness is functioning fully.

MANY ASK US what we mean by the White Brotherhood. "Who are the White Brothers? they say.

MAYBE YOU YOURSELF could be a White Brother (and when we say 'brother' we are uniting the sexes, because in heaven we are not concerned with the difference in sex, all are *souls*). You who are reading this maybe are shining in your hearts; you aspire towards God, and brotherhood and service, and to bringing the brotherhood of man into being on the earth. When you become attuned to the basic truth, the eternal truth that you are spirit, that all creatures are of God, and life is sacred; in other words, as soon as you have real love in your heart, when you begin to know the *meaning* of love, then you become a White Brother. There are degrees of understanding, degrees of wisdom and knowledge in the great army of the White Brotherhood. You can still be a White Brother even though a beginner.

When we speak of the Brotherhood, we do not mean just a little section of humanity. We mean the whole vast Brotherhood of illumined souls who have achieved the consciousness of God's love, God's wisdom, God's beauty. These illumined brothers will come closer and ever closer to humanity, not to relieve humanity of its responsibilities, but to inspire men with right thought, God thought, so that they feel the urge to serve and to love.

— From White Eagle in *Stella Polaris*, English bi-monthly

(continued from page 5)

River of Life. It is your soul cord, and it goes to your pineal gland in the center of your head. There it connects to your God-self Soul Atom which is called the I Am. The I Am is the center of your consciousness.

As you continue to watch The Christ in the Central Sun, send Him your love mentally and emotionally and He will send you His. Along with His love will come a strong surge of His Divine Life energy which you will feel after you become sensitive. In due time you will be able to feel this physically in the top of your head. It is a gentle flow of spiritual energy.

While you are receiving the Divine Life energy, ask Christ to help you to maintain your spiritual vibration high enough so that He can use you as one of His mediums for doing His divine work. Continue this mental and spiritual at-one-ment with The Christ for about fifteen minutes in each yoga practice, or longer if you wish.

During this Divine at-one-ment, the vibration of the mortal astral body is raised up to the divine level and it becomes one with the divine astral body.

The raised vibration of the physical body will harmonize with the vibration of the Divine Spirit body. Those two bodies become a Body of Light which can be seen through the psychic eye during meditation.

After you have concentrated on The Christ and the Central Sun for a while, lower your sight and look into the eyes of your image in the mirror. Do not be surprised if you are surrounded by a spiritual aura, or maybe your face has become a face of Light. If this has happened in your first practice, or after only a few practices, then you have been a disciple of Christ in your past incarnation, because your single eye or psychic eye already is opened to some extent. At that degree of psychic development, some of your Spirit loved ones will be able to transfigure your face with their faces so you can see them while they are impressing you with a message. If you do not see any transfigurations or lights at first, do not be discouraged. For some students it takes about forty days of one practice a day of this yoga before they can see the spiritual lights and the transfigurations.

After forty practices in the candle light, change over to red electric light. Be sure to arrange the light globe in such a way that you cannot see the globe itself, only the light from it. Practice in it forty times, then take the red globe out and put in a blue globe. Practice in it as long as it takes to attune yourself to the divine vibration enough so The Christ Himself can transfigure you. Then your vibration is high enough so Jesus and your Guardian Angels can work through you. Your Guardian Angels are your Spirit Guides.

When you are practicing Rajah Jeshua Yoga, your Master Guide is working with you, helping you to make your attunement to the Christ vibration and Christ Light. Without his help you could not make that attunement. He has a certain amount of work to do, and you have a certain amount of work to do in your spiritual development.

Remember that the purpose of practicing the Rajah Jeshua Yoga is to attune you to The Christ all the way. After you have seen His transfiguration on your own face, you have succeeded in making that divine attunement. It is then you are ready to expand your psychic development for you are then under His guidance.

The foregoing are excerpts from a new addition to the Chimes library of books, a comprehensive down-to-earth presentation entitled *Origin and Destiny of the Human Soul* by Emil Spacek. To order see center section book order form.

CAUSE AND EFFECT

The rewards and punishments in life, both here and hereafter, are automatic, because the law of cause and effect is universal.

—Harold G. Hopper



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

TEAR OUT the following pages that comprise this booklet 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. Order from Chimes — postpaid — \$5.25

HOW TO DO ALL THINGS

CONTENTS

I. YOUR USE OF DIVINE POWER

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

II. 100 SPIRITUAL TRUTHS

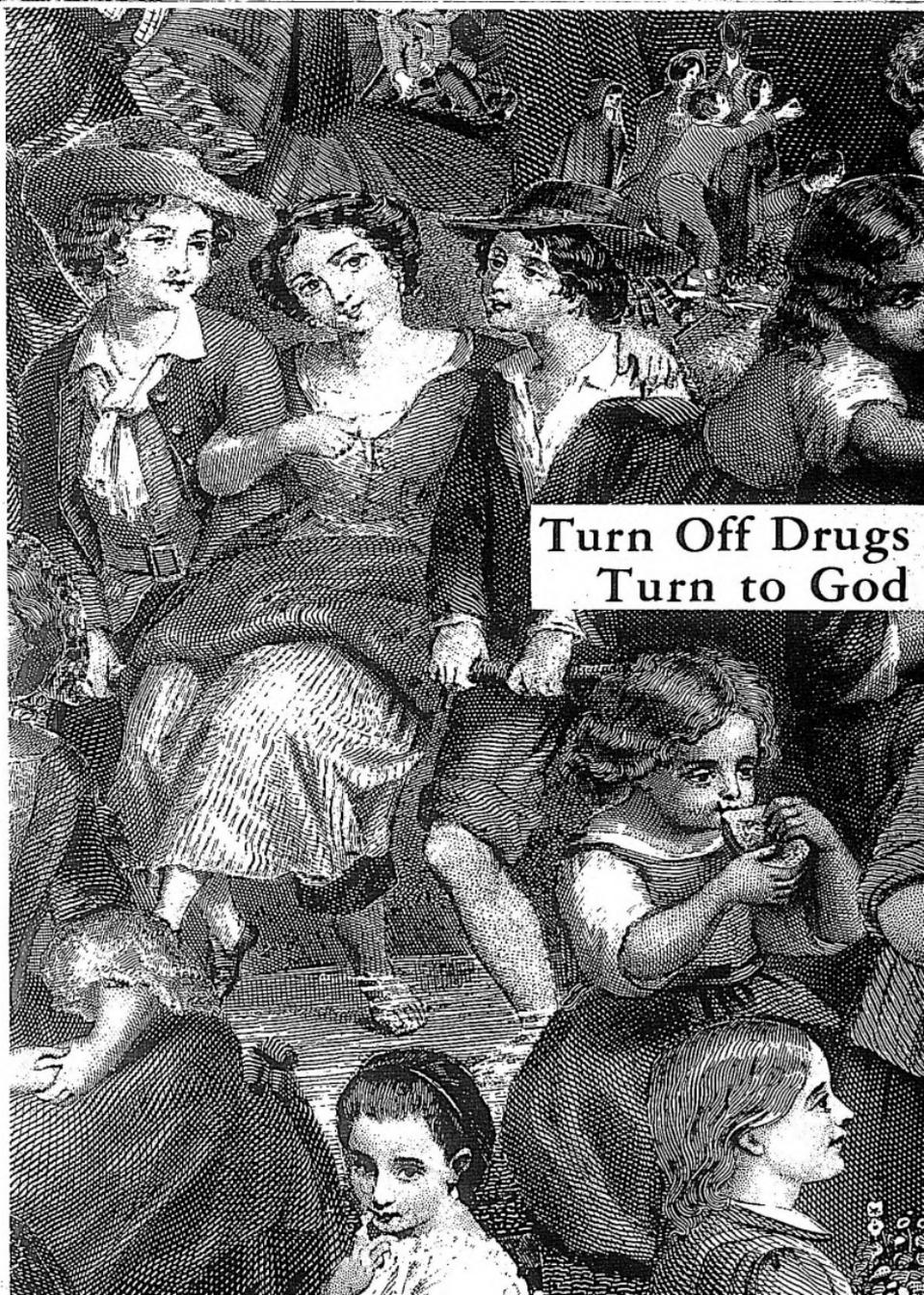
Basic realities to be substituted for some of the erroneous ideas which have limited man and have tended to prevent him from attaining his true spiritual nature, heritage and powers on Earth.

III. 50 HOW-TO'S

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

IV. HOW TO PRAY

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



Turn Off Drugs
Turn to God

BOB

TURN OFF DRUGS TURN TO GOD

MARK AGE PERIOD: DAWN OF AQUARIUS

THE PROMISE AND FUTURE of the Earth as a spiritual planet lie in the mass awakening of today's youth. What have you come to do? How can you find your soul's purpose and mission? There is a master plan for Earth and you have a part in it. You have been trained for eons of time to bring forth this program, on other planes and planets as well as on Earth in past lives. The veil of ignorance and negativity around the Earth is being lifted in stages, with brotherly love replacing it. Youth's concern for truth is making the difference.

Brotherly love in action is the mode of operation for the Aquarian Age. This intuitive awareness already is prevalent within today's youth. They are demonstrating it in all fields of interest and are crying out for a positive approach in every area of man's endeavors. Instinctively they know love begets love, good begets good, peace begets peace and security for all who share equally this planet and solar system.

We in our solar system are in a very special period of time, the cleansing and harvest period, and are about to reach a spiritual crisis involving the Earth and all upon it. It is through the awareness that the crisis is a spiritual one that we gain our present insight and understanding of world events and problems.

Consciously or unconsciously our youth are instruments for cleaning up the errors and for harvesting what is good, practical and functional from our Earth's past history, which is the program of this Mark Age period, the forty years of preparation before the full expression of the Aquarian Age. Many of those incarnated here now are

- o The students who, with cooperation from receptive court and city officials, have acted as advisors in city government and juries when youth-adult conflicts are being aired.

- o The meditation groups being formed in homes, schools, colleges, churches to study healing, psychic development and other subjects of expanding awareness.

- o The hundreds of bookstores and newsstands catering to spiritual, psychic, extraterrestrial and other occult matters about which youths are seeking knowledge.

- o The tremendous upsurge of New Age music, writings, scientific projects and proper community-living experiments by young adults between ages 18 and 25.

— o0o —

For additional copies of this item and other instructive pamphlets, textbooks, brochures teaching positive living, Spirit's hierarchal plan for Earth and the coordination of all light groups bringing in the New Age of Aquarius, write to:

Mark-Age
327 N E 20 Terrace,
Miami, Florida 33137

spot and to get busy with their true Earth mission in this Mark Age period and program, which is the dawning of the Age of Aquarius. So be it.

AWARE YOUTH SEEK GOD

Beginning since about 1940 and through the rest of this century there are incarnating now upon the Earth highly spiritual souls who are infiltrating every culture, nation, race and religion to bring forth the new Aquarian teachings and principles. If each one manifests his own individual spiritual Self he can prevent crises in his own life, in his own family, in his own community, in his own country, thus bringing about harmony, understanding and peace on planet Earth. Are you demonstrating it in your own personal life, school, family and community?

Unfortunately, some will not be able to adjust to the incoming fourth dimensional frequencies of our planet. By fighting against the spiritual New Age of Aquarius they react in an emotional, imbalanced way negatively, with violence and separation from one another instead of unity and brotherhood under one God.

But meanwhile, thousands of young adults today are intuned with the present spiritual crisis facing mankind and the Earth planet in these latter days or the Mark Age period and program. They are offsetting the great negativity which many project out through drugs and disinterest in this dawning of a New Age of Aquarius. Constructive activities by those who have eliminated the negative and are accentuating the positive include:

The centers opened by young adults in many cities around the world to give legal aid and counsel to those in trouble due to drugs, sex, violent acts, and to function as go-betweens with established social-work programs.

not familiar with this Earth vibration, in that many have not lived in or are not familiar with this three-dimensional frequency.

This strange, new vibration will cause a reaction in many which can express in one of two extremes: an inability to adjust, or an extreme will to fulfill God's plan and purpose. Therefore you will see young people performing deeds they never have been able to perform on Earth before, and not conforming to behavior patterns as set up by past generations. Many have ingrained perceptions allowing them to see through crystallized trends, and to break them down and to re-form them for higher, better, more simple purposes. Much of the logic and plans of the past no longer can suffice. Old, third dimensional or material modes of life must be transmuted to make way for the new, fourth dimensional or spiritual patterns.

MIND-EXPANDING DRUGS

However, it appears some are undecided, or rather unconvinced, as to the values of opposition to the use of drugs as an aid to one's spiritual search. We shall not try to dissuade anyone by means of trite cliches which all no doubt are familiar with, but rather shall bring forth a few aspects of concepts that may have been overlooked and therefore bear consideration.

Sananda channeling through Yolanda stated that those who produce an expansion of consciousness via drugs or any forced psychic unfoldment are not to be examples for others, since they cannot teach and cannot demonstrate that expansion at will. It was artificially achieved by chemical means. It therefore is not meaningful spiritually, as it was not self-achieved through communication with one's higher Self.

St. Germain channeling through Yolanda put it well

when he said that man trying to get free of the Earth through artificial means ironically is defeating his own plan; for he is weakening, actually destroying, his grounding in this plane. Without this it is well nigh impossible to attain the magnificent heights he is aspiring for, and also to be able to return freely. If one totally cuts his grounding he literally has voided any chance for advancement in that incarnation; for he is not of this plane or any other, but must go back and begin again.

At a recent Mark-Age youth meeting Glo-Ria summed it up for all in her channeling communication through Astrid: "Much has been said on the Earth plane about the system of drugs and how men and women are being affected by the problem. Expressly I wish to mention that they must learn this is unnecessary for the development of their spiritual work which they have come to perform. The God knowledge that is being bestowed upon these who are in difficulties is very detailed and is to be increased in this segment of time you will experience this season.

"No more will it be proper to say the using of drugs is proper. Spirit has declared it is not of use for the overall totality. It serves to take the soul further away in the long run. Some have taken this route and have experienced an enlightenment and a situation in which they have learned a great deal. This is good, in its aspect. But many have not the strength and the stability to get back onto the pathway after they have been affected in the outer bodies by these drugs. It is an unnecessary tributary to the river of Spirit.

"Those who have taken drugs or are using them now are not to feel that Spirit looks down upon them or is reprimanding them; but is only requesting, in behalf of the Christ Self within these individuals, that they may be awakened to the honesty within and see the truth as it lies securely and awaiting. Notification has been sent through this instrument on this, for it is a question that has been asked of Spirit by many God-seeking and God-loving

individuals — not only in this nation but around this sphere — for clarification and understanding.

“This is what is needed by the youth and young-adult population. They want so much to serve and to give their lives to Spirit that they temporarily try what they inwardly know to be a leadoff. It is wise to remember we are here to serve Spirit and Spirit’s rules. But in the process we must not break man’s rules . . . Do not look upon another as in sin, but see him as changed and understanding, and delivered from all evil. For he is the spirit and the power and the glory. He is of God, and you are likewise.”

As Glo-Ria stated through Astrid on August 22, 1969 in the Mark-Age booklet, *Youth in Action, Volume Two: You are of God*. As a light worker of great potential you have the satisfying responsibility to be the example, the strong one, to demonstrate your cessation of drug usage for your weaker brothers and sisters.

By your exempling, the true meaning of being a demonstrator of God is discovered and realized. This denial and abstinence gives much-needed strength to the mass subconscious mind, and works on each individual within the race from the inner planes. Each then can find extra added power to resist and to cease the use of such illusionary deadends and can reach into himself more easily. Thus, from his own strengthened will it becomes his own idea to turn off drugs and to turn to the God Self within. In turn, this amplifies the mass or race determination to demonstrate God, or love in action.

Your freedom through higher, spiritual understanding is a constant beacon and reminder to others. This is an area where you really can throw your weight, since much help is needed. As to those poor souls who know better but attempt to become suppliers or sellers to others, there will be rapid karmic (cause and effect) payoff. They will be taught their lesson in short order so as to remove this blind

Can ESP Be Bugged?

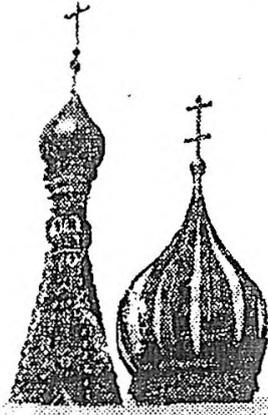
The Russians Have the Answer . . .

COSMIC STATIC AFFECTS ESP, the Soviets think. What about static from other minds? To find out, the Russians have tried to bug their own telepathic communications. They've come up with a third party in telepathy, the "Interceptor."

In their book, *Psychic Discoveries Behind the Iron Curtain*, Ostrander and Schroeder tell of an experiment where one person was trying to send pictures telepathically from Leningrad to another in Moscow. Unknown to both, there was an interceptor involved in Moscow, in a different building from the receiving party. As it turned out, the interceptor successfully cut into the telepathic communication. Those who were charting the interceptor's intervention were able to determine at what minutes telepathy was moving between the sending and receiving parties. It was also possible to ascertain if the receiver might get ideas sent by the interceptor instead of those the sender was transmitting.

If the Soviets are right, and this is an area they would be likely to investigate fully, it seems that even a modern sophisticated spy armed with ESP might still have his messages bugged. But he might stand a chance of tuning in to any other circulating telepathy. Knowing whether telepathy can be intercepted or distorted is important if you want to use psi practically, which is the Soviet goal. One American who conferred with Soviet psi groups says there is thought about using highly trained psychics governmentally, somewhat as the Egyptians used their seers and the Greeks their priestess oracles—psychics as a sort of secret intelligence adjunct. Any government wants all the intelligence it can get.

One big reason for all this concern in Russia seems to come out—the Chinese. A rumor circulating the West has it that some of the push in parapsychology is engendered by fear of China. As a rumor within a rumor, we heard from Russia that Chairman Mao two years earlier had ordered his scientists to make one of their inimitable full-steam-ahead approaches onto the frontier of parapsychology. Interestingly, according to Ostrander and Schroeder, psi research is going on



in eastern Vladivostok and in Khabarovsk on the disputed Chinese border.

ESP always has been particularly prevalent in wartime. The eminent biologist Dr. Vasily Efimov has admitted that the wealth of psychic experiences on the battlefield is

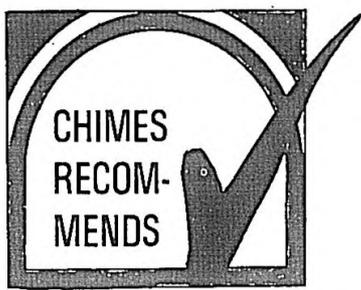
what led him into ESP research. "At a time of grief, telekinetic and telepathic powers are awakened. I began to think there was something to ESP," Dr. Efimov confided to Ostrander and Schroeder at one conference dealing with Russian parapsychological research, "when wounded soldiers told me about their experiences. All their psychic abilities were aroused by the extreme dangers of the Chinese front during the last war."

One case of spontaneous ESP that intertwined with war and death involved the Soviet writer Nikolai Ostrovsky, famous for his novel *How the Steel Was Tempered*. The first World War left the teen-age Ostrovsky half-blind and semi-paralyzed. But Ostrovsky, laboriously using a device that allowed him to feel letters through paper, wrote two best-sellers of the "man-can-triumph-over-anything" kind.

In 1936 Ostrovsky's mother had a double-barreled premonition. "I am a simple peasant woman," she told investigators from the magazine *Ogonyok*, "so don't be offended if I tell you my dream. I was sleeping at home alone in Sochi. In my dream I saw airplanes flying over the sea, many planes that roared and roared in the dream. I saw my son Kolya [i.e., Nikolai] standing there, completely healthy again, wearing a greatcoat and helmet and holding a rifle in his hands. All around him were trenches, pits, barbed wire. I wanted to ask him about this war, but understood that it was not possible to ask him anything. Then I wanted to return to my house. But the pits grew wider, barbed wire clung to my feet . . ."

Mrs. Ostrovsky woke up believing war would come, and worse to her, "surely, surely something has happened to Kolya in Moscow." She decided to buy train tickets and go to him. Then a letter arrived from her son saying he was feeling better than usual. "I read

(concluded on page 50)



COSMIC LESSONS — *Volume 3* — given by Gloria Lee (Glo-Ria), channeling for Mark-Age, covers five major categories in this new volume.

While discussing the roles of those who are "Instruments of God", such other matters as "Schools on Other Planets", "The Chosen Ones", the "Mark-Age Demonstrators", and "Understanding the Masters" are included. Then under "Expansion of Consciousness" come "Cleansing of Blockages", "Problems in Expansion", and "Divine Love Projection". Dr. Flavin speaks of "Teaching Others", the working of the "Law of Karma", "Preparation for Spiritual Demonstrations", and where the "Spiritual Leaders" will come from. Most interesting is the section on "Spiritual Development", "Precipitation", as well as "Mental Projection", "Love and Faith", and "Harmony", of course. Finally, under the heading of what comprises "The Christ Consciousness", we learn what the "Instruments of Power" are, how to "Maintain Balance" and more about "Karmic Patterns".

Here is one interesting passage having to do with the need for *signs*.

"You ask for signs, you ask for faith, and show none. Ask for faith, my brethren. Ask for love. Ask for understanding. Ask for wisdom. All these things will be demonstrated unto you when your faith is sufficiently developed.

"Let these stars which shine in our skies be your signs. For would they not fall from heaven if our Father were not in action? Would they not be in chaos if our Father did not maintain harmony? Let these stars be your signs. Let that within be developed so *you need no sign*, so you demonstrate of your own power the very demonstration of God's law you would have Him demonstrate unto you.

"Signs do not support your belief, nor do they strengthen your faith. They create interest, curiosity, and faith to a point, but not continuously. They give you signs. You believe. You lose faith. You want more signs. So, you are no further along than when you asked for a sign in the beginning.

"Signs are created for a purpose and are given unto a disciple when the teacher who is guiding that disciple feels a sign is absolutely necessary. But if a sign is not given unto that disciple, he sees within that disciple's spiritual makeup and strength that there is more strength and he can go on if he will persevere and trust in God."

Cosmic Lessons is now available from Chimes.

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How Others Have Prospered!

Dear Friends:
 I have been reading for some time in your magazine how others have been prospering through the use of the Seed Money program you have available. It never sounded particularly appealing to me, however, as I really had no need for it. It was only when I saw the need for it in the life of a friend that I looked into it. If results in my friend's life are any criterion since she started putting it to work, need or not, I can see now that I should have been doing something about it to HELP OTHERS. I am convinced now it is something I shall be doing the rest of my life.
 – Donna Irvine, Cardiff, CA

ooo

Dear Friends:
 As everyone would probably say, I wish I had heard of "Seed Money" long ago. The wonderful part of it is not only that it works (for me), but that I can share it with others. It is such a good feeling to see others prosperous and happy.

A friend to whom I asked you to send "Seed Money" always is calling me to tell me of her wonderful and amazing results.
 May God's blessings fill your life in abundance. Sincerely,
 Bernadette Lambert, Slatington, PA

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THINK .. WHAT DID YOU FORGET!



Vegetarianism - What, How, When, Why?

PROPER CARE of the physical vehicle is so closely related to the subject of spiritual progress that we feel the time has come to introduce a regular feature on the closely-allied subjects of vegetarianism and health foods. We do not propose to present a comprehensive basic study of the subject, since this material is readily available from other sources, but rather a practical treatment and perhaps an exchange of ideas from various quarters.

Most sizable communities now have at least one health food store where one can obtain the specialty products pertaining either to a vegetarian or health food diet, as well as ample literature on the subjects. As is the case with any idea where the profit motive is involved, we would say "let the buyer beware", since many manufacturers and retailers will capitalize on the health aspect and boost prices out of proportion to actual value. The best way to follow the foregoing advice is to be canny, observant, analytical, and avoid becoming a fanatic on these subjects. Many items in health food stores actually have no advantage, health-wise, over similar items available in ordinary food markets at lower prices. "Read the labels" would always seem to be good advice, and we might add that we can only hope that the manufacturers and packers are honest in their labeling.

Generally, the vegetarian will find such things as raw nuts, dried fruits, whole grain products, juices, and in some cases dairy products and organic fruits and vegetables to be of the most profitable interest to him when he is shopping at a health food store. The seasoned vegetarian usually has little use for the meat substitutes, but the novice may find that they ease the difficulty of transition from the carnivorous to the vegetarian diet. Admittedly, some of the meat substitutes are pretty horrible, but there are others which are quite good. It might be well to add at this point that the vicissitudes of the individual digestive system must be considered in regard to the meat substitutes, which are constituted primarily either of soya or nut products. We may state our opinions from time to time regarding what tastes best to us, but trial and error at the individual level is probably the best way of finding out for yourself.

Vegetarians as a group owe profound thanks to the Seventh-Day Adventists, who constitute probably the largest group of vegetarians in the country, and who operate a majority of the health food stores. They generally maintain a wide variety of health foods and vegetarian products, at prices which are at least not exorbitant. We have found that it is not safe to assume that prices are equal from one health food store to another, so if you have more than one store in your community, it would be well to shop around.

It would be most difficult to specify a particular diet which would meet the needs of everyone, or of any given individual. Some adherents of vegetarianism eat seafoods, while others at the opposite extreme eliminate eggs and dairy products. We would recommend for the novice that it would be wiser to progress gradually rather than to adopt drastic diet changes which might give rise to physiological or psychological difficulties that might in turn cause disillusionment and abandonment of the idea. "Moderation in all things" is a good rule to follow in this regard.

Max Heindel's *Rosicrucian Cosmo-Conception* (available from Chimes) treats the matter of vegetarianism rather comprehensively. The Rosicrucian approach to vegetarianism is a composite of the spiritual and the physical. The spiritual approach is based on non-violence and reverence for all life, with the idea that he who eats meat kills — even though a professional slaughterer does the job for him, he is vicariously responsible. The physical approach is based on the intake of only wholesome and vital foods, primarily raw and organic, and on the elimination of meats from a health standpoint because of their high uric acid content.

It is easy for those who lack the proper resolve to rationalize their rejection of a vegetarian diet by recalling Christ's words which state that it is not what goes into the mouth but what proceeds from the mouth that defiles a man. The thing we are concerned with basically, however, is not defilement, but the spiritualization of the physical vehicle, and it has been said that no man can attain the pinnacle of spiritual realization so long as he consumes the flesh of a living creature. With this in mind, and with those of you who may be interested and willing to remain with us through this exploration into the physically and spiritually healthful diet, we will proceed in the next issue with suggestions for an experimental diet and certain hints, recipes and menus. Much valuable information on nutrition, including comprehensive food value charts, will be found in the Rosicrucian Fellowship's excellent *Vegetarian Cookbook*, only recently published — also available from Chimes. Both books may be ordered on page 27.



With each order for either or both of the books mentioned above, we will include copies of the excellent Rosicrucian Fellowship pamphlets entitled "The Wisdom of a Vegetarian Diet" and "The Newer Hygiene of Living". These pamphlets are distributed by the Rosicrucians free of charge.



Dear Chimes Reader —

Beginning with this issue, a complete new study course commences entitled "The Science of Everyday Living", written by Eloise Moeller. It is a course designed to bring to the reader a mental, physical and spiritual awakener, as well as a **new way of life**.

As you, the reader, study this Science, you will overcome procrastination, fear, unhappiness, loneliness, poverty, ignorance, and the urge to criticize and condemn others. This is sure to bring many wonderful new opportunities into your business and social life.

You will also learn about another world that interpenetrates the world in which you live . . . a beautiful invisible world which will become most real to you when your inner eyes are opened.

These lessons are unique in their earnestness, simplicity and effectiveness. As you read and study them, we are sure you will agree with many others that they are an **INSPIRED WORK** in which are gathered together many of the finest teachings of the New Age — truths of Life placed before you in easily assimilable lessons.

This instruction is for you who have a sincere desire to perfect your life in a deeper way and to reveal **YOU** to yourself that you may learn to utilize all of your hidden powers and potentialities. As you complete these lessons, you will be preparing yourself for the **Advanced Course of Inner Teachings** given by the White Brotherhood distributed through Chimes. For a further description, please see page 34 of this issue.

You will discover in the study of this Science the **One Great Truth** underlying **ALL** religions. This Truth will help you to understand yourself and others in a way you might never have dreamed possible before. It will enable you to progress as you never have before. So give yourself this God-given opportunity to learn what **LIFE IS ALL ABOUT** . . . how you can help yourself and help others to achieve the highest good in this lifetime.

With blessings of Truth and Light . . .

from Your Friends at Chimes

THE SCIENCE OF EVERYDAY LIVING

LESSON ONE

Part I

MOST PEOPLE go through life with their mental eyes only half open and their spiritual eyes completely closed. Naturally they are unhappy, dissatisfied and feel an ever recurring sense of frustration.

The Science of Everyday Living is designed to teach you to think creatively and solve your personal problems, no matter what they may be. Many of them will work out during this study. Some will vanish almost miraculously; others may take a little more time. It all depends upon the amount of time and effort you put into applying the principles taught here.

Before you read any further, take a sheet of note paper. Get ready to analyze your situation and to criticize yourself with a view to finding out what you want changed in your life.

Face your problems, then list them on the sheet of paper. Head it: "My problems as I see them now." Then date the sheet. Number each problem. It may be health, finances, mother-in-law, or dissatisfaction with your position. You may have one, none or a dozen. Get them all down. Then fold the sheet of paper over and place it in the leaves of this study course. Promise yourself not to look at it again until these lessons are finished. Your attention then will be called to the list of problems. You are sure to be astonished to find then how your outlook on life has changed and how your problems have lessened. Isn't it worth a sincere trial? A mere reading of these lessons once will not suffice, however. Read them at least three times before going on to the rules of living to work in your life every day. Be sure to do the little morning and evening work on meditation and correct thinking. Make this a part of your living.

THE MEANING OF LIFE

When the meaning of life becomes clearer to you, when you realize why you are on this Earth, then life will flow along so much more smoothly and so much more interestingly. Know that you are here for the purpose of expressing your highest development in everything you do, or say, or think. You are here for the purpose of constantly raising that level of development higher by the means at your command, by study and application, and through the exercise of that God-given power — Creative Thinking.

CREATIVE THINKING

Man's true function is thinking. MIND is that which distinguishes him from the animals, and his mind must be used to figure out his purpose in life. The man who is a waster of time seldom employs his mind to a good purpose. He lives just a little above animal life. No profit to humanity accrues through his having lived.

Creative Thinking develops that Divine spark -- enthusiasm. Enthusiasm⁴ results from the conscious blending of the thinking individual soul with the Soul of the Universe, God. This enthusiasm is independent of time, space and events. It is obtainable by all who forget the material self, letting that come last, and putting the higher indestructible self first. It comes to those who are willing to "lose themselves in order to find themselves." This phrase means that you must lose the feeling of importance of the self *without*, and put first in importance the self *within*.

When you put the development of this Higher Self, or good self, first, you think carefully and act carefully. You realize that the procreation of feeble and diseased thoughts is as bad as the procreation of a feeble, diseased family. The latter is the result of feeble, diseased thoughts in past

You cannot have a better future until you learn to live the NOW more fully and completely. This cannot be accomplished successfully until you *learn not to be bound by your past.*

In setting your goal, limit your load — mentally, physically and spiritually. If you do not, you will be apt to stand stockstill, because you are overwhelmed.

A goal or purpose in life does not merely mean a job by which you earn your bread and butter. That may be one purpose, but it is also necessary to have a purpose through which you give service to humanity in order to have a well rounded life. It can be to begin with merely being the best of whatever you are. In that way you set a standard and unconsciously become a star in the horizon to which others in the same work may hitch their empty wagon. A goal or a purpose is an essential in the pathway to success.

The finest standard by which to chart your pathway is the "Golden Rule." This is a natural law and always works out in time. Resolve to take on responsibilities gradually or you may be one of those who is forced back, losing all gains. Be content to advance slowly. Build firm foundations; go backward if necessary, but not with any sense of retreat, rather with a sense of getting ready for bigger things by building a stronger foundation.

A noted professor of psychology stated recently that 90% of all the persons in the world are without a goal. That accounts for so much confusion. So few know what they really want to accomplish. When they have not decided, they don't stay "put"; you can't depend upon them.

Your next lesson will be on *Attaining Leadership*. In the meantime, do get a letter off right away to the Chimes Teaching Ministry, enclosing a self-addressed stamped envelope, requesting an Emotion Chart for doing that important self-analysis.

enough for you, or if you feel that all of your acquaintances have such small minds that you have nothing in common with them. We who deal in the human equation find the person with the superiority complex one of our most difficult problems, because they REFUSE to see why they are so tremendously unhappy and alone.

A very destructive energy waster indulged in frequently is ALIBIING. The ancient Indian philosophy says this: "Tell the truth, but pleasantly and gently. Do not tell it rudely. For truth-telling when roughly done does not carry conviction, being only a display of egotism. Yet never tell a pleasant falsehood. Keep silent in preference."

The alibi you give for not having done a thing is not the real reason. It is just the reason you think the other person might believe. But we are so constituted with our intuition that something within tells us when the other person is not telling us the exact truth about the reason why a certain thing was not done. Alibiing is a form of not telling the truth. It is what may be called a "white lie."

These are just a few explanatory notes with reference to some of the qualities mentioned on the chart which may assist you. Having marked your Emotion Chart, select ten of your most outstanding faults, and resolve to get them out of your life, two or three at a time.

FIND YOUR GOAL IN LIFE

The first step in the Law of Progress is to *find a purpose or goal in life*. Without a definite goal you drift, you constantly waste your energy. You do not make progress because you have no objective to progress to. The law of constructive growth operates for you so long as you keep on in the law of progress. Obstacles are placed in your path when you stop growing. In this way you are forced to put forth more effort to develop more strength to overcome them, or else fall by the wayside.

generations and in past lives, and we know what a task it is to heal such a family. However, you can give birth to vital, positive thoughts from now on and gradually correct all past errors in thinking and their effect, which you no doubt now are living down.

TRAINING YOUR EGO

A normal individual has a normal ego. You and I know individuals who have too much ego and we term them egotistical. Their minds usually are closed to helpful suggestions. They go on in their headstrong, egotistical way until Mother Nature in the form of some unpleasant happening "slaps them down" and they are compelled to listen.

Your Ego is your point of contact with the outside world.

Your Ego compels you to act in accord with past experiences which are filed away in your subconscious mind, until you assume mastership and direction of your own life and file away some new pictures in your subconscious of things as you desire them to be in your life.

Once you have a purpose in life on which you are completely sold, your Ego can be trained by you to concentrate all your faculties into grooves which lead you to this purpose. Finally you are led subconsciously, and, before you know it, if you have been consistent in your thought, you and your answer are brought together. By "answer" I refer to the answer to your inner prayer or desire.

Your Ego can be sold ideas by you. Your ability to sell your Ego, or Mind, an idea promptly makes you a superior person, because then you can accomplish so much more. He is a failure who can not train his Ego, but allows it to dominate him.

Your Ego does not consider right or wrong; it presents to you the impulses laid away in your subconscious mind. It is up to you to choose whether you will follow blindly, or whether you will learn to select through analysis and reason.

When you are learning anything new, your mind generates energy through your new knowledge only when the Ego is sold on it. Then you become filled with enthusiasm and the impulse is to talk to everyone about it. *Yielding to this impulse causes you to lose the power which should be held within to bring to further fruition the thing learned.* When you do not talk off your enthusiasm, then the Ego must go to work and put the thing itself into your life about which you are enthusiastic.

The urge to talk it off is a part of the natural urge to be superior, or great. The Ego says: "Look at me! See how intelligent I am! I have this great idea! I must let you know how smart I am. The only way I can do it is by telling you how I am studying and how hard I am trying." Of course, it does not talk in those words, but this is the gist of the idea back of the "running off at the mouth" which has destroyed so many promising careers and devitalized the individual so his once predominant purpose cannot be consummated.

As you learn to master and control your own Ego you progress. Remember that progress is a vital law of life. Even the world must progress. Read Wells' "Outline of History." It is interesting and instructive. You will see there outlined the tremendous changes for the better that have come into the world as far back as records go.

YOUR EMOTION CHART AND HOW TO USE IT

With this first lesson is an accompanying 5-page Emotion Chart. This is an important part of this study course, and should be marked and referred to each week.

TRANQUILITY follows faith in growth. (Man really unfolds inner soul qualities, just as a flower unfolds.) Tranquility is an abiding inner peace which comes naturally with the development of the consciousness of a vital, living, higher self. It is an inner poise that remains in the face of all obstacles and difficulties; it is based on complete faith and trust in the goodness of Divine Intelligence and gives tremendous strength within.

CONTENTMENT is a virtue to be welcomed. Great sums of money are not necessary for contentment. Enough for today brings it, with the knowledge that daily perfecting of equipment to earn will bring more in the future. The following letter of one student was intriguing; "I am the happiest person I know, and I haven't much money, but I have every lovely old road where our flivver can penetrate. I own all the lovely sunsets, and a pair of bluebirds build in our back garden every year. Our little white bunny pricks up his big ears and gallops when he hears my voice, and the big, grey cat flops down on the kitchen floor to be petted. I have a darling girl of nine to watch and enjoy, and I have been singing opera with our neighborhood orchestra. So what price contentment? One who has a cozy little — no matter how little — home, a youngster, pets, music, books and writing, has a full life. And I am taking a college extension course, too. I envy no one."

Contentment, as well as every other good or bad quality, starts first in the mind. WEED OUT by the method given, and soon you will find much more room for contentment to grow.

Do not let contentment grow to the place where you become selfish, self-centered, or acquire a superiority complex. The scientific name for superiority complex is "Megalomania" — meaning one who is entirely apart and superior to the rest of the human race. You have a superiority complex if you feel that no one is quite good

now. Put down exactly what you honestly feel.

From an analysis of many hundreds of charts, it is apparent that most students admit the following are their greatest faults; worry, fear of failure, procrastination, indecision, self-condemnation, alibiing. Can you not see a mental picture of a person having these qualities predominantly in their make-up?

You cannot change your habits all at once, so do not try or you will be doomed to disappointment. This could cause you to condemn yourself, which is a very destructive energy waster. Select two or three of the energy wasters and get after them in earnest. When you see that you have conquered them, then take another group.

Put the positive, directed emotions of Emotion Chart in their place. Practice these on the little things of everyday. Do not wait for something big to come into your life to try them on. From the moment you awaken in the morning you will find opportunities to avoid procrastination and self-condemnation. So it is with all the rest of these mental qualities with which you will desire to work.

FAITH is one of the Positive Emotions given which every individual should build into his life. When you think about it each normal person comes into this world without anxious inquiry about today's supply or tomorrow's problems. Not a single thought is taken by a baby concerning food, clothing or shelter; he lives along in the sublime thought of implied faith in God and in God's immediate agents, the mother or father, or the institution in which it is placed. Have you ever thought of that? Only as your mental eyes begin looking ahead for dangers and troubles does the change from absolute security give place to grave worry. Human knowledge is substituted for the innocence and confidence of childhood. Fears, worries, dreads and doubts are magnified and multiplied as a man lengthens the distance between himself and the Supreme Being.

In this manner you can easily check up on yourself so that you may see how you are getting along in the control of your Ego and mastership of your life. You cannot expect to have much subconsciously good influence in the lives of others until you learn to master your own.

This Emotion Chart is worked out on the basis that each human being has 100% energy. If that energy is rightly conserved and directed, achievement and happiness, plenty and health are possible. If it is wasted or wrongly directed, failure and unhappiness must result. There is no other outcome.

Take at least an hour to mark this chart. It might be well to consult with some member of your family *after* you have marked it to see if their opinion of your character qualities corresponds with yours. Each quality listed is an integral part of some Egos. Some individuals or Egos predominate with the good qualities, called Positive Emotions, or directed energy, while others largely are made up of the Negative Emotions or energy wasters. You, dear student, are a mental and spiritual being. It is true you are in a house of flesh, but someday in all probability you will leave that house of flesh and take with you into the next phase of life nothing but your mental qualities. The new body-house you will occupy then will be built in accordance with those mental qualities which you now possess and are building in. THINK for at least five minutes about this. Let this sink into your consciousness. You will realize then it is stressed with such firmness that you concentrate on weeding out the Energy Wasters, and build in their place the positive, or good qualities listed in the Emotion Chart.

As you sit down to mark your emotions on this chart for a guide, take the last month for a basis. The first Negative Emotion listed is "Worry." You may worry 50% of the time, or you may unconsciously worry 90% of the time. Be fair with yourself. You are charting the Inner Man

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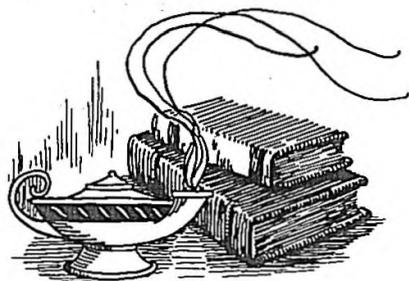
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THE MANIPULATOR

By Lee Baxter
El Centro, California

PART II

In the previous issue, the role of those who are the Manipulators and those who are the Pawns in our society we examined in a psychic light. In conclusion we see here how those who have been ensnared in the Manipulators' traps may extricate themselves.



When the moment of extrication comes for one who has become the pawn of a manipulator, these are the rules to observe for becoming free again:

1. When you realize that you have become a pawn in the manipulator's psychic attack on others, and his hatred is turned on you, the first rule is: *do not retaliate*. You will only make the situation worse for yourself (and collect bad karma) if you do.

2. *Seal your lips*. If you must talk it out with someone, go to your minister. Tell him what has happened and what is happening. Ask for his prayers. He will keep what you have said in confidence, thereby preventing the manipulator from acquiring more fuel for his fire. The act of talking it out with your minister will be cathartic for you, but talking to anyone else can be exceedingly dangerous. You are not dealing with a normal mind; therefore you cannot handle the situation as if the manipulator were a normal person.

3. For your own sake, *"Bless him that spitefully uses you."* Not in words — the manipulator would consider this a plot or counter-plot. Maintain your silence with him, but to rid your own mind of hatred's poisons, you must replace the desire to defend yourself, or to retaliate, with compassion. Remember — the manipulator is sick in his attitudes and beliefs.

4. *Give thanks to God that, if you had to err in judgment, you erred in trusting too blindly rather than by holding others suspect or plotting against them.*

5. *Surround yourself, the manipulator and his new pawns — those he is deploying against you — in*

the white light of God's love. Pray for wisdom and compassion and strength and courage for yourself, healing for the manipulator, and enlightenment and liberation for those now entangled in his web of deceit.

6. *Remember that the friends who have been mobilized against you are acting in accordance with their understanding of a situation*. They don't know that they are being maneuvered — they don't know that they are reacting to lies. This is a testing time for them as well as for you — they are involved in a learning experience which is a part of their individual evolution. You cannot lose anyone who truly loves or trusts you, so those who are lost forever are ones who should have had no part in your life.

7. *Read Proverbs 26:18-28*. Think of the disharmonies and fears that the manipulator — the kind of person described in these verses — must have to live with. *Be assured that Divine Law is inexorable*: as we sow, so shall we reap. You don't have to sit in judgment, you don't have to retaliate, because the manipulator already has set into action the laws of the universe which will mete him his justice. "He that diggeth a pit for a fellow being shall fall into it."

8. If, while you were under the manipulator's influence, you reacted against anyone — if you have believed twisted tales or lies about anyone — go to this person and try to make amends, without going into detail or mentioning the manipulator's role in the disrupted relationship.

9. *Evil is self-revealing. In time, others will see the manipulator for what he really is*. You need not defend yourself against calumny, for the manipulator eventually will trip himself. Those who now believe his twisted tales and lies against you eventually will see through his false facade of piety, and will reach the understanding that you now have reached. When this time comes, let those who have turned from you return to you. Forgive them as you have asked to be forgiven. Let broken friendships be healed by love's gentle touch.

(concluded on page 43)

10. Remember, also, that no suffering comes in vain. Travail is a part of our spiritual evolution. Use your present situation as a means of learning wisdom and compassion — and these ten rules as a daily meditation. Each of us must walk according to his light — according to the level of his spiritual evolution. The light of one who loves is radiant and far-reaching, while the darkness of one who hates can be almost impenetrable. Walk according to the light that you now have — and open your heart, mind and spirit to the additional light you will have earned by having repaid hatred with love, and transgressions against you with understanding and compassion.

LESSONS FOR STUDENTS

(continued from page 13)

The subject of dreams is so vast and complicated that many volumes would be required to begin to do justice to it. By far the greater percentage of all dreams are meaningless, hopeless jumbles of recollected fragments, imagined story fragments, imagined story sequences and emotional urges. There are hundreds of dreams, however, that either wholly or in part are psychically inspired. These usually are more vivid and more reasonable — more purposeful, you might say. If you make a practice of writing down your dreams each morning on waking, soon you will be able to separate the meaningful from the inconsequential. Don't wait until after breakfast. By then the memory will have thinned out or disappeared entirely. Write them as soon as you awake and keep them for reading at a later date. They are frequently much more understandable after a month or two.

Many people have warnings in dreams and many see things in dreams that actually happen in the future just as they saw them. The precognitive experiences usually are called premonitions or advance warnings. We will discuss them in the next issue as Joseph Weed has covered them in his book, *Psychic Energy: How to Change Desires Into Reality*. a recommended Chimes selection for complementing your reading on this intriguing subject.

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HOW DO YOU PRAY?

(continued from page 15)

immortality."

The highest prayer is not the one that asks for things, but the one that seeks a sense of God and our relation to Him, a sense of our abiding in the hands of God, in the love of God.

The prayer that is answered is the prayer of the whole man. What our whole being demands—this is what we always receive from life; it may or may not be what we cry out for in a moment of pain or desire.

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Though they may not understand why some things occur, they know that God is there. Therefore, nothing that occurs can be meaningless. To those who pray, prayer is life itself.

I do not pray to change God. How would I change the wholly good? The breeze of God blows steady all the time; I pray so that I may avail myself of it. It is not God but I who need to change.

Prayer is not for the purpose of changing things but of changing us. It is not to make the Infinite conform to our will but to help us to understand and conform to the will of the Infinite. Shall I change the sea by shouting or the wind by wailing?

True prayer is apprehension of the changeless Truth, which abides at the heart of the changeful world, the Truth of life and joy and order and love, the Truth of God.

For myself, I have not found the meaning and value of prayer to lie so much in the answer to prayer as in the prayer itself. For prayer is a way of life as well as a way of facing life. It is an end as well as a means . . . a spiritual experience.

Prayer is the way of walking with God instead of walking alone. Those who have a habit of prayer are never far from God, even though at times they may lose sight of Him.

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The foregoing excerpt is from *Be!* by James Dillet Freeman - a Chimes book.

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(continued from page 2)

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

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SPIRITUALIST CHURCH OF CHRIST, INC., The, 1442 Alice St. Service Sat. 7:30 p.m. Social & Circles 1st Sat. Rev. Regina Coppage, Pastor, Rev. Freda Opper, Co-Pastor. 658-1732 or OL 8-1732

SAN JOSE

UNIVERSAL RECEIVERS PRAYER GROUP, Cor. Los Gatos-Almaden Rd. & Union Ave. Service Fri. 8:30 p.m. Rev. Jerome Quintero & Rev. Marcia Warzek, Co-Leaders. 266-5253

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

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ST. PAUL'S CHURCH OF AQUARIAN SCIENCE, 1200—16th St. No. Services Sun. & Wed. 7:15 p.m. Rev. Harold C. Durbin, Pastor, 896-9474. Church also in TAMPA 2917 Bay Vista Drive.

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ST. PAUL'S SPIRITUAL CHURCH, 1549 N. Cicero Ave. Service Sun., Wed., Fri. 7 p.m. Rev. Louise Quinn. 278-2693

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LILY OF THE VALLEY SPIRITUAL CHURCH, 257 W. 48th Place. Services Sun. 9:45 a.m. and 5:45 p.m., Fri. 8 p.m. Rev. Lucretia L. Smith, Pastor. DR 3-6093

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

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

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CENTER OF DIVINE GUIDANCE, The Great Northern Hotel, Rm. 429, 118 W. 57th St. Services Sun. 4 p.m., Thurs. 7 p.m., Classes Wed. 2 & 7 p.m. Rev. Martha K. Seidler, Pastor, CI 7-1900 or GE 9-5368

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LITTLE WHITE CHURCH IN THE GARDEN, 819 N. Central. Service Sun. only — Summer 7—9.00 p.m. — Winter 2—4 p.m. Rev. Roy G. Miller, Pastor, 772-2094, Res. 332 So. Riverside

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1st SPIRITUALIST CHURCH, The, N.S.A.C., Beaver Hall, 1519 S.E. 9th St. at Hawthorne. Service Sun. 7:30 p.m. Healing, Lecture & Messages, Cathy Hinton, Pres., Bertha Wilson, Secy. 2338 S.E. Yamhill, 232-8546

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

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1st SPIRITUALIST CHURCH OF READING, Berkshire Hotel, 5th & Washington Sts. Services Sun. 7:30 p.m. Rev. Clara C. Senior, Pastor, R.D. 4, Lititz, PA 17543. (717) 733-4547

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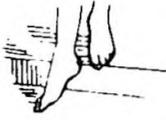
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CAN ESP BE BUGGED?

(continued from page 23)

it, but my melancholy did not leave. I talked to myself: "Where do you think you're going, old one? And why, since he writes all is well?" She gave up her plan.

Later that evening Mrs. Ostrovsky was again asleep when she was startled by a knock on her door. A friend shouted through the door to her that Kolya was ailing and she should get up at once and start for Moscow. "My heart fell to my knees, but I only said, 'The train has already left for today.'"

Her friend insisted, "We can make other arrangements," then drawing closer to the door began to weep. "Kolya is dead!"

Five years later, a month after the Germans invaded Russia, Mrs. Ostrovsky's premonitory dream was widely published in the USSR. A more helpful psychic experience, much like the "Interceptor" kind of ESP came to Kolya Zvantsov during the fight of Kharkov. It also appeared in the Soviet press. On a May evening in the smouldering spring of 1942, outside of beleaguered Kharkov, Kolya Zvantsov, a soldier, slumped asleep. He had stared across the spring fields all day waiting for the dreaded Nazis to appear. Even in his dreams the still fields stretched waiting in front of him. Suddenly, in his sleep, he saw Nazi tanks. They wheeled, smashing through the soft spots in the Soviet lines. Overhead, a surprise attack of bombers zeroed in on the disordered defenders. At dawn Kolya reported his vivid dream to the Russian commander. The hard-pressed commander was willing to listen. He readied his defenses to check the German battle plan outlined in Kolya's dream, just as the first Nazi tanks rumbled into range. The fight went exactly as Kolya had foreseen — except that, thanks to him, the Germans were repulsed.

Wouldn't it be an incalculable bonus to any country if they could nurture and bring in any psychic knowledge their people might have? In this age of routine disaster, wouldn't it be handy if gifted men and women could be trained to use their psychic powers in emergencies? Could it be a good idea to listen to people with this talent, to weigh their impressions along with those from more usual channels? The Russians seem to think it's worth a try.

Psychic Discoveries Behind the Iron Curtain referred to in this article, is available from Chimes.

PSYCHIC DISCOVERIES BEHIND THE IRON CURTAIN

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In this book, you'll find out why the Russians are spending over 12 million rubles a year on psychic research — how the secret behind psychic power was finally discovered — and how it was smuggled to America right under the noses of important Russian officials.

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THE MIRACLE OF PSYCHOTRONIC ENERGY

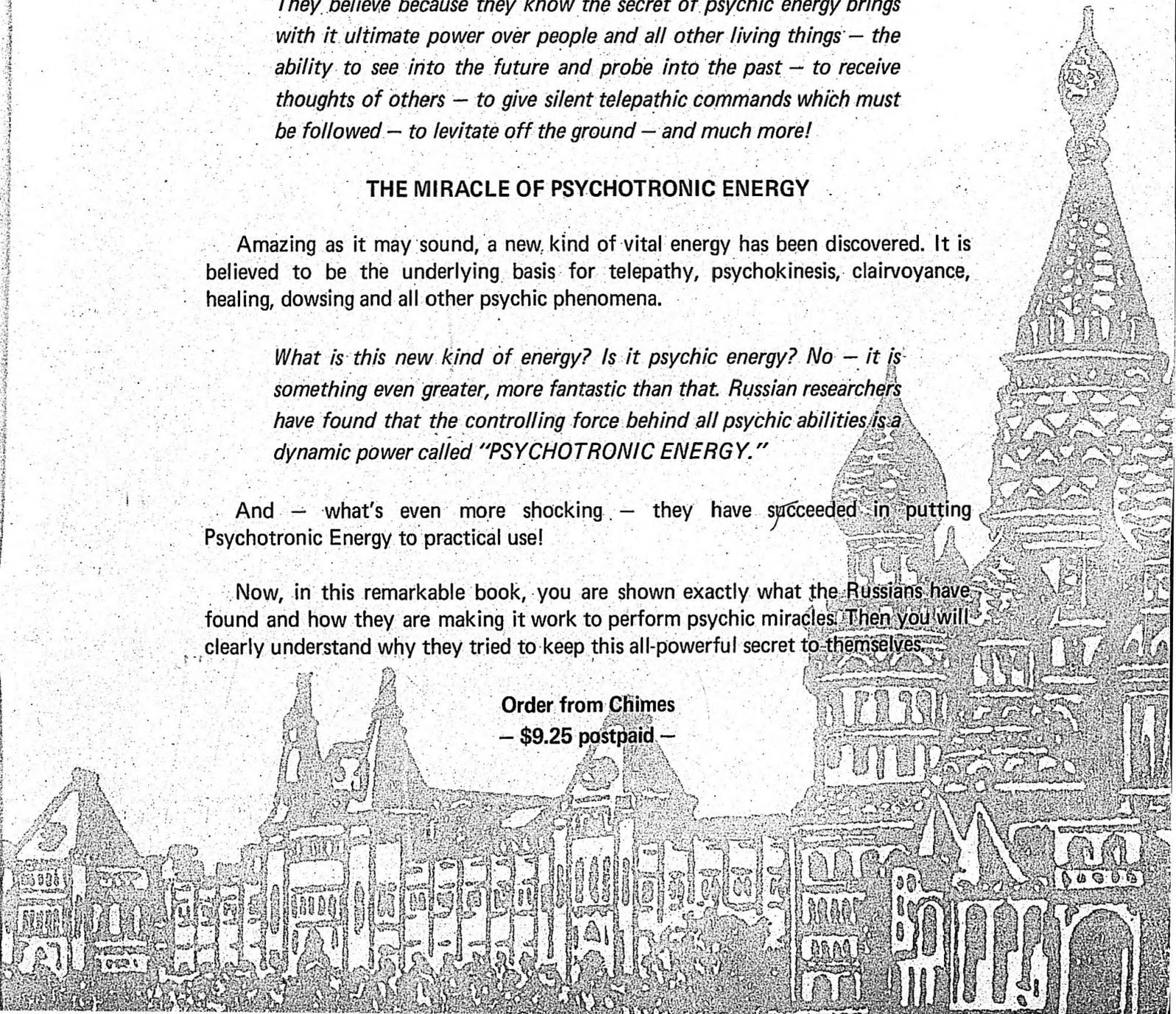
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ABOUT THE AUTHOR

Joseph Murphy, D.D., D.R.S., Ph.D., LL.D., is one of the world's best known authorities on helping people with mystic methods. This is his 34th book, and millions of people around the globe know his name—from his writings, lectures, and personal counsel he has given out for more than 30 years. He also conducts a daily radio program and is Director of the Divine Science Movement in Southern California. Among many other notable honors, he is a Doctor of Religious Science of the Bible University of Ambur, India, and a Fellow of the Andhra Research University.



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