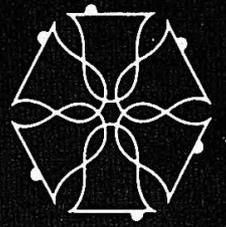


new horizons in living from...



MAY, 1971

50c

CHIMES



*Prayer
of the Mother*

Heavenly Spirit, we are traveling by many right roads to Thine abode of light. Guide us onto the highway of Self-knowledge, to which all paths of true religious beliefs eventually lead.

The diverse religions are branches of Thy one immeasurable tree of truth. May we enjoy the luscious fruits of soul realization that hang from the boughs of scriptures of every clime and time.

Teach us to chant in harmony the countless expressions of our supreme devotion. In Thy temple of the earth, in a chorus of many-accented voices, we are singing only to Thee.

O Divine Mother, lift us on Thy lap of universal love. Break Thy vow of silence and sing to us the heart-melting melody of human brotherhood.

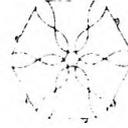


WHO

SAID

IT ?

(for the answer, see page 49)



CHIMES

VOL. 30 — NO. 5
MAY, 1971

P. O. Box 818
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30th year of continuous publication — Edited with the inspiration of Spirit

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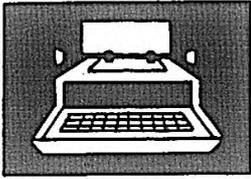
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FROM THE COVER — *The Fertile Crescent of San Diego County as seen by Robert Abbott, photographic artist, Solana Beach, California*



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LETTERS TO THE EDITORS

HOW TIME FLIES! — Having been a subscriber since way back when Bert Welch published Chimes (10 years ago), and having watched it grow and develop into the wonderful publication that it is today, I certainly do not want to miss one single copy. Blessings,

Helen S. March, South Pasadena, CA

(It doesn't seem possible that Bert and Ruth Welch have been gone to the next plane nearly nine years — yet it seems sometimes that Chimes always has been our work. We hope to see many more innovations and improvements the readers will enjoy before the end of this year.)

JUST IN TIME — When I sent you my letter and order yesterday I had no idea that the "right person" for my last copy of Chimes would appear so soon. My granddaughter and her baby came from Ithaca yesterday and spent the night with me. She has always been so close to me and is such a joy to be with. She was very interested in Chimes and gave me \$5.00 to send for her subscription. I am also ordering a book for her that I know she will love as I do. Sincerely,

Freda Stuck, Canastota, NY

(We are all links in a chain of sharing our good with others. Undoubtedly, Mrs. Stuck's granddaughter too will find the "right person" with whom she will be able to share what she receives, and so it will be with her daughter. In this way, the Light forever shines dissipating the darkness.)

EARTHQUAKES — Your article on earthquakes was fantastic (March issue). Have ordered extra copies and books from you on the Mark-Age work.

I was awakened here in Arizona about 5 A.M., February 9, 1971 (earthquake date) by a loud explosion and the feeling that something had hit the house (4 A.M. California time). Going outside, all was dark and quiet, no sign of disturbance. Later I had news of the earthquake. I wanted to ask you what it meant in that article "Secure anchorage in central San Diego county in the next three months". I used to live there and since have been told to come here. Anything like that interests me very much.

I am increasingly impressed with your magazine. Best wishes,

Gwen Bell, Yuma, AZ

(Yolanda and Mark of Mark-Age of Miami, Florida were directed to Central San Diego County for the purpose of a retreat to receive communications of a spiritual nature — also to complete work on several books in process — as well as

to anchor the Light for spiritual protection on the West Coast and to link various Light workers. Some of this work was described in the "earthquake" article.)

FAR OUT? — Please send me several copies of your "Emotion Chart" for doing self-analysis as per the Science of Everyday Living lessons as I would like my family to participate with me. Have received the first five soul lessons (of the Inner Teachings of the Great White Brotherhood) and am looking forward with great anticipation to getting the others.

I cannot tell you how very much I enjoy your magazine. I must tell you this, however. The first copy I received (the subscription came to me as a gift from a friend), and after reading it scantily, I thought . . . "Oh boy, does *that* sound far-out!" However, I cut out the little booklet, read it, and laid it aside. As the other copies came in, I began to look forward to them with great anticipation. Some I thoroughly enjoyed, others I felt were, as I said, very far-out. Then one day . . . I picked up a copy of one of the "far-out" ones that I had dismissed lightly before, and lo and behold, everything fell into place. The only conclusion I can come to is that I have grown so much in my thinking. Or, better still, things are not revealed to us until we reveal them to ourselves. Now I can only say . . . keep up the good work, and please continue to put in the lessons for us. Sincerely,

Mrs. R. C. Fuller, Louisville, KY

THE PROMISE — How beautiful the articles in Chimes are! Would that ALL humans were already aware, but the promise is enough. God bless you. Aloha, Sophie Nyland, Honolulu, HI

PASSING THEM ALONG — I renewed my Chimes. What a blessing they are. I loan them to many who are beginning to be interested in this work. After that I send them to a Veteran's Hospital. I have had letters from Chaplains in Vietnam telling how much our servicemen enjoy them.

Leota Shirah, Independence CA

(How lucky we at Chimes are to have such wonderful subscriber-boosters. And what a thoughtful gesture to pass the magazines along to those to whom they mean so much. Blessings from us at Chimes to all of you who help us in carrying on this work in such various ways.)

Many of you nice people are thoughtful enough to include a self-addressed stamped envelope when requesting information from Chimes. With the postage rates going up continually, it's a sure thing every little bit of help like this counts a LOT.

THERE IS A WAY TO FIND

Freedom from trouble

By William Westcott, Paradise California

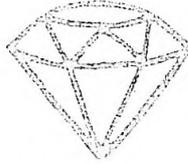
MANY PEOPLE go through their lives complaining that they have more than their share of troubles. They see the ones with big cars and fancy homes and believe that these people have no troubles. But what is trouble? Trouble is usually some unpleasantness that has to be borne with patience, and seems never to end. With some people trouble never ends in this life. This life lasts only until you die, then what will you have in Heaven? A mansion nest of leaves and twigs? The troubles that a person has to live with are a blessing in disguise. Consider a pupil that starts in the first grade, and is passed on from one grade to the next with never a lesson to learn. When he graduates, what will he know? Will he have prepared himself for life? NO. By the same token, a person who goes through this life without cares and troubles will not learn that which will prepare him for the Kingdom of Heaven; LOVE FOR HIS FELLOW MAN. It is only through adversity that we learn patience. It is only with patience that we are able to develop those other positive virtues that are so necessary. I am referring to FAITH, LOVE, UNDERSTANDING AND CONSIDERATION OF OTHERS, among other things. How can a person have a love for God if he has no love for his fellowman? Christ has said, "I give you another commandment; that you love one another as I have loved you." He also said, "If a man would serve me, let him DENY SELF, pick up his cross daily and follow me." Accent mine. Christ did not promise a trouble free life. HE DID NOT HAVE A TROUBLE FREE LIFE. But — He did say "My yoke is not too hard."

He who will follow in Christ's foot-steps will find that He will help with the load. A person is never given more than he can carry. When a person follows Christ, he never goes without. Read *Matthew 6:23-30*. Things may get a little tight sometimes, but He has said "Use that which you have, and more will be added." To the faithful, this is true. I have experienced it many times.

So let your troubles be stepping-stones to a good life in Heaven instead of stumbling blocks. No matter how severe the problem, TRUST CHRIST TO CARRY YOU THROUGH. This way lies Spiritual Development. To simply moan and decry your problems will get you nowhere.

The vast majority of mankind remains unaware of the GOD-FORCE that lies within themselves, and spend their entire lives in spiritual darkness, at the mercy of chance and accident. A passive belief in God will not awaken this vital force. A person must ACTIVELY seek communion with God before the God-Force will become evident. Consider the parable of the seeds. IN WHAT KIND OF SOIL ARE YOUR SEEDS OF FAITH? Do you truly want a life with no lessons, or are you willing to learn from the many lessons that ALL-KNOWING GOD benevolently has placed in front of you?

Topaz



The true topaz is a gem of outstanding beauty and is quite an expensive gemstone, if of true gem quality. Care should be taken in selecting this stone to purchase, as the citrine topaz is often sold as true topaz rather than topaz-colored citrine, which is quartz.

The topaz vibration is of aid to the abdominal area and is especially favorable to the spleen and the pancreas. — *Jo-el of Mark-Age*

what goes !

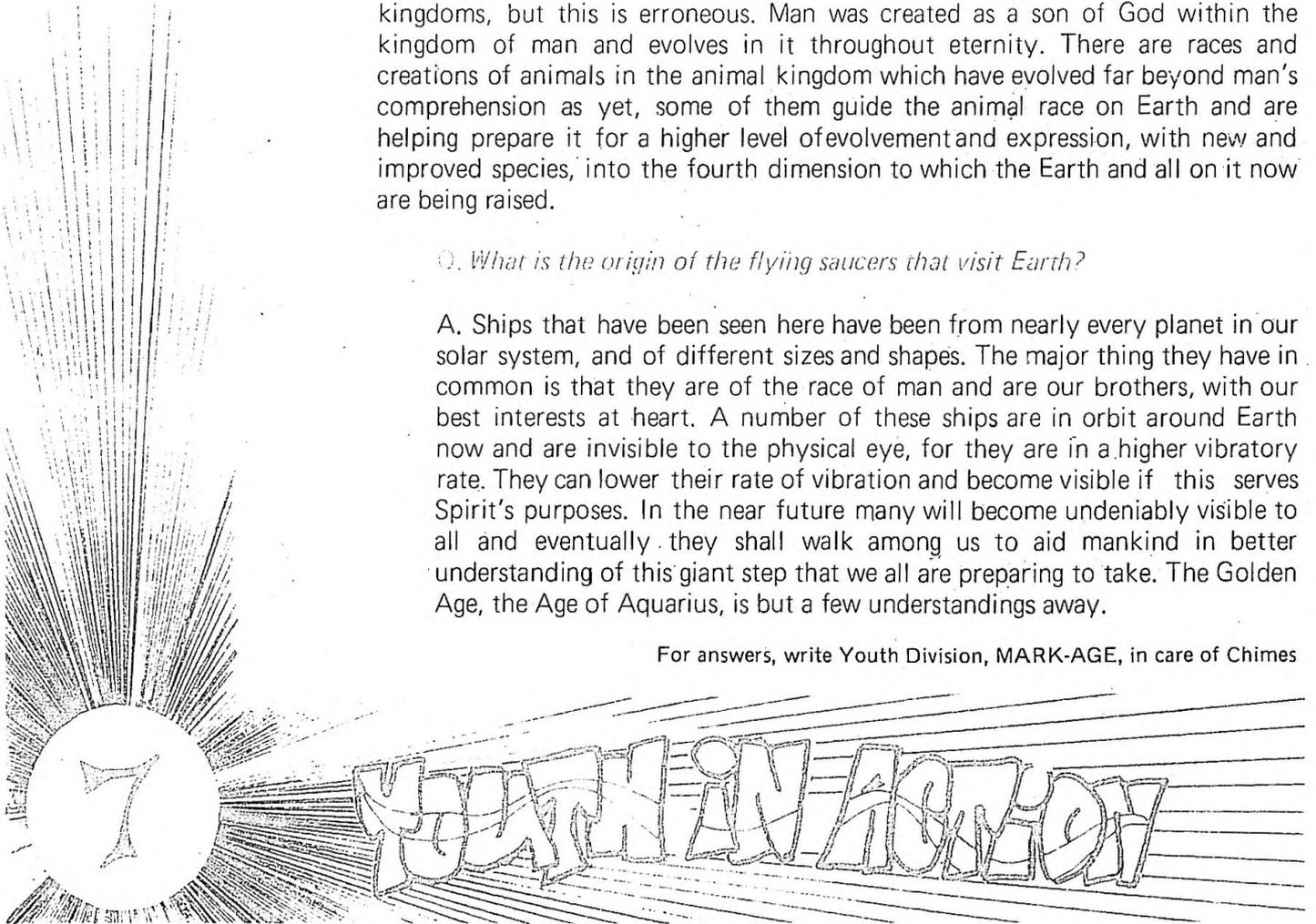
A. No. War never is part of any spiritual plan. According to the hierarchal information channeled through Yolanda, primary channel for Mark-Age, since 1960 the majority of men on Earth desire peace so strongly that global war cannot come into being. There is only another thirty years left to awaken man to the spiritual program, and every effort is being made to eliminate all negative feelings and actions, even to the point where the spiritual government of our solar system would intervene should men or nations try to force a global conflict. Each person contributes to peace on Earth through his own thoughts and desires. "Let there be peace on Earth and let it begin with me."

A. Yes, and they go through their own evolution within their own kingdom. There are teachings that man evolves through the animal kingdom and other kingdoms, but this is erroneous. Man was created as a son of God within the kingdom of man and evolves in it throughout eternity. There are races and creations of animals in the animal kingdom which have evolved far beyond man's comprehension as yet, some of them guide the animal race on Earth and are helping prepare it for a higher level of evolution and expression, with new and improved species, into the fourth dimension to which the Earth and all on it now are being raised.

Q. *What is the origin of the flying saucers that visit Earth?*

A. Ships that have been seen here have been from nearly every planet in our solar system, and of different sizes and shapes. The major thing they have in common is that they are of the race of man and are our brothers, with our best interests at heart. A number of these ships are in orbit around Earth now and are invisible to the physical eye, for they are in a higher vibratory rate. They can lower their rate of vibration and become visible if this serves Spirit's purposes. In the near future many will become undeniably visible to all and eventually they shall walk among us to aid mankind in better understanding of this giant step that we all are preparing to take. The Golden Age, the Age of Aquarius, is but a few understandings away.

For answers, write Youth Division, MARK-AGE, in care of Chimes



can there ever be enough flowers in the world?

ECOLOGY INTERESTS YOUTH . . .

LOAVES AND FISHES . . .

Each night down in Coconut Grove Park, Miami, Florida, a hairy hoard of transients sit alone and in groups looking down the sloping lawn and wondering how long dinner's going to be. Dave, age 23, with no permanent address, takes about \$20, which is proceeds of his sales of an underground newspaper, buys rice and vegetables which he then cooks and serves to about 100 people at the water's edge daily. He doesn't ask for help or thanks, but generally ends up getting a lot of both. Among other things, he feels that a hot meal can really perk up a brother in need.

new freedom

Earth is an action-reaction planet. If we put forth an action such as an improper thought, word or deed, this action returns to us as a reaction.

By this method man has learned and has evolved. By discipline of action-reaction he has learned hard lessons, and will experience many more before the Golden Era.

To help overcome this manner of living one must first become aware that he is reacting. This calls for a method of becoming aware. One manner of judging our impulses is to consider the following:

Stop, think!

Is it right for me?

How does it affect others?

Is there enough time to do it right?

To react impulsively is to do an act without thinking. When you stop to think you bring your actions and reactions under your conscious control.

* * *

PATIENCE

Like a seed
Becomes a flower,
Knowing not
Its glory hour.
Don't lose faith
In what you know,
Simply give it time
To grow.
Spirit on the mind
Impressed,
Wait for it
To manifest!

— Sally Irene Crofts, Ontario, CA

time you need a lift

As one travels the spiritual path and seeks perfection in himself, he finds the body vibrations are being raised and thus the heavier and grosser foods are not compatible with his body functions. Then he becomes aware that he must give up the food which carry lower vibratory rates, such as meat or fish, and consume those foods which are of a finer nature, such as the vegetables and the fruits. Of course, none of this is compulsory, for one must always follow his inner guidance which says, now is the time to leave off such foods for your inner spiritual growth. Then it is easy and natural and satisfying to the physical body. The finer foods have all the nourishment, in conjunction with such sources of protein as cheese and nuts and eggs that the body needs. It is only the appetite that suffers.



To fast is to rid yourself of all negation. The thoughts and pressures of your friends or of the business world which pile up and influence your feelings and physical body can be fasted out of your life and mind by this deliberate act of refusing nourishment. Your nourishment comes from God, and He only can fill you. The nourishment that the physical form on the Earth plane partakes of by food, conversation or companionship is mostly negative in effect. We thus suffer the consequences of these limitations, for physical forms of nourishment have adverse negative qualities as well as the positive ones, and so must be eliminated as being destructive to us. Keep this thought in mind when you are led to try a fasting regime so as to gain the most benefit from this act.

* * *

Do not yourself desire it. Rather, give it to all that seek it.

— Anonymous

Make Breakfast A Treat - The Vegetarian Way

THERE ARE MANY conflicting ideas as to a properly constituted breakfast. One school of thought contends that the breakfast should be a good solid meal to pack us full of energy for the day ahead. Another viewpoint is that breakfast should consist chiefly of juices and fruits. Obviously the individual requirements differ from person to person, and we are governed by set habit patterns and levels of activity, among other things.

The person embarking upon a vegetarian or health diet may find it difficult to break away from the time-honored breakfast formula. A great many people are slaves to coffee; often with such accompaniments as doughnuts, coffee cake, etc. The habit of drinking excessive coffee is bad enough in itself, but using it to wash down such garbage as doughnuts is compounding the problem.

Our suggestion for a new approach to breakfast is to think in terms of eliminating coffee, doughnuts, toast, coffee cake, pancakes and things of that nature. Also, we suggest that those who suffer from poor digestion would do well to eliminate eggs from the breakfast diet, and those who wish to eat eggs for breakfast prepare them by either soft-boiling or poaching. To avoid toughening the whites of the eggs, do not let the water in which they are cooked come to a complete boil. Cook a bit slower and a bit longer — a little experimentation should enable you to do them to perfection every time. Our own personal preference is a slow-poached egg, cooked in water just ready to bubble, for about 6 or 7 minutes.

For an occasional special breakfast treat, try this version of the Mexican Dish HUEVOS RANCHEROS (Ranch Eggs).

First make the following sauce:

Chop a medium sized onion and a clove of garlic (or use garlic powder), and saute until just tender. If red chili paste is available, add a tablespoon or two — otherwise add chopped or diced green chiles in the same amount, according to taste. Then add a cup of tomato juice, 1 tbsp. salad oil, and 2 tbsp. vinegar. Season with salt to taste and $\frac{1}{4}$ to $\frac{1}{2}$ tsp. oregano. Remove from fire and set aside.

For each serving, soften a corn tortilla by dipping it in the sauce (below) and then heating for a few seconds on each side in hot oil in a large skillet. Lay them aside.

Poach or fry an egg for each serving, according to individual preference.

Grate cheese of your choice (Monterey jack, longhorn, etc. — try sharp cheddar for variety, or mix two or more types), allowing about $\frac{1}{4}$ cup cheese for each serving.

Place softened tortilla in plate, spoon sauce over it, and sprinkle some grated cheese on top. Then lay the egg on top of this and top with more sauce and more grated cheese.

If desired, finely shredded lettuce may be added, as well as thin slices of avocado when available. This makes a breakfast fit for a king.

Most health-food oriented nutrition advisors recommend that a person drink fruit juice immediately on arising, and eat breakfast somewhat later. We offer here some typical suggestions for breakfast.

Fruit juices: Grape juice, apple juice, fresh grapefruit half.

Cereal: Corn meal mush, brown rice grits, millet. All are delicious served with milk, butter and honey.

To make brown rice grits: For this, it is necessary to have a small grain mill, such as the Moulinex, which is universally available and costs around \$8.00. The capacity is rather small, but the grinding process is rapid. Place about $\frac{1}{4}$ cup of brown rice (either long or short grain) in the bowl of the grinder and grind to consistency of grits, or of meal, if shorter cooking time is desired. For more servings just repeat the process until you have enough for everybody. Add hot water to about twice the volume of the rice meal and salt to taste. Bring to a boil over medium heat, stirring constantly. After it has thickened, and you have determined if more water needs to be added according to individual preference, turn the flame to the lowest point, cover tightly, and let it simmer for 5 minutes or more, according to how finely it has been ground. This is delicious served as suggested above, or with butter and cheese, or even with gravy (see Loma Linda or other vegetarian gravy mixes). Other suggested variations: add garlic powder, dried parmesan or romano cheese, or stir in vegetable broth powder.

If you have a juicer, try the fresh juice of Golden Delicious apples. We find the flavor of this juice hard to beat, but be sure to use fully-ripened apples, getting those with as much bright yellow or orange-colored blush on them as possible.

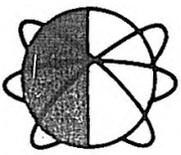
Another breakfast treat: Mash medium ripe bananas, add a teaspoon of lemon juice for each banana, and a heaping teaspoonful of brown sugar (turbinado sugar if available — it is the nearest thing we can get to authentic raw sugar.)

Or try stewed rhubarb, sweetened with honey, and topped with sour cream or cottage cheese. For a delicious dessert dish, top it with whipped cream.

If you eat toast for breakfast, use a variety health bread. The variety is almost bewildering, but some we recommend are Honey Wheat Berry, Millet Soya, 14-grain. The main object is to use breads made with whole grain, so look at the wrapper for the ingredients. Many "whole wheat" breads, for instance, will be made only partially with whole wheat flour, so note if the wrapper also lists "wheat flour", and if this is the case, steer clear of it. No matter how many other flours or ingredients may be listed, if ordinary bleached wheat flour is used, there is no way for the consumer to determine just how much of each is used. So always look for the label which lists whole grains EXCLUSIVELY. Whole grain breads make excellent open-face toasted cheese sandwiches. Try toasting them under the broiler — also try using 2 or 3 varieties of cheese on one sandwich. Some interesting varieties of cheese you should try are Muenster, Port Salut, Tilsit. Combine sharp and bland varieties on toast for taste interest. And a glass of fresh apple juice is the perfect accompaniment.

BACON SUBSTITUTES — Stripples may not taste like bacon to the person who has had bacon for breakfast every day for umpteen years, but they are good in their own right. Try frying them fairly crisp, and serving them with rice grits and cheese. Or use them in a sandwich with peanut butter, or tomato and lettuce.

NEXT MONTH we will discuss vegetables and salads.



FAINT HEARTS NEVER WIN!

THE LITTLE TALE I am going to tell is going to be brief. Many years ago when I was living back east I had a very small apartment. It had a living room, a bedroom, a second bedroom and a bath, and a very small hall. It was in the afternoon and I was preparing to go out. I stood in the bathroom facing the medicine cabinet putting on my face. I looked into the mirror and looked into the doorway of the bathroom, into the back bedroom. There standing, gazing at me, was a figure that seemed quite solid. . . that of a grey-cowled monk. I couldn't see his face. The great cowl came over it and hid it. I had the impression of deep penetrating eyes. He was apparently very interested in my make-up. He was just gazing at me. I had never been clairvoyant, and it was not a comfortable feeling. I had known about Spiritualism for several generations, but it was my first time (actually) to see anything (myself.)

Had I not been fully clothed, I am afraid I would have been arrested for indecent exposure because I got out of the apartment "right now." I never did find out who the monk, or so-called monk, was, or what his purpose was, as I panicked and I didn't see anything else. I wish now I hadn't. — *anonymous*

A WORD OF THANKS

I thank you for your goodness
For your kindly thought of me
But poor is human gratitude
And so we'll let it be.

But here's my heart's
acknowledgement
In simple speech expressed
May the good God bless and
thank you
In the way that He knows best.

— *Anonymous*



AN EFFECTIVE PRAYER
FOR RIGHT DECISION

By *Dr. Joseph Murphy*
Beverly Hills, California

"WHATEVER I need to know comes to me from the Cosmic Power within. Infinite Intelligence is operating through me, revealing to me what I need to know. I radiate love, peace, and goodwill to all mankind in thought, word, and deed. I know that what I send out comes back to me a thousand-fold.

"God in me knows the answer. The perfect answer is made known to me now. Infinite Intelligence and Divine wisdom make all decisions through me, and there is only right action and right decision taking place in my life.

"I wrap myself in the mantle of God's love, and I know the Divine right decision is mine now. I am at peace. I walk in the Light, full of faith, confidence, and trust. I recognize the lead which comes into my conscious, reasoning mind. It is impossible for me to miss it. God speaks to me in peace. Thank you, Father, for the answer now."



Something of a slightly unusual nature in helping you to put the power of prayer to work is Dr. Joseph Murphy's little book, *How to Pray With A Deck of Cards*. Its purpose is to give you not only the origin of playing cards — their purpose as a record of the mysteries — but to give you the spiritual significance of each card IN PRAYER — another great Chimes selection you'll enjoy so much.

HE WAS a short man, with flashing eyes and a ready smile. I can remember him coming to visit us from time to time . . . and each time with a new story of glorious adventure in strange lands. He had known my mother for many years and would go out of his way to see us in between expeditions. Recently, after my step-father passed on, I was going through the family library and came across one of "his" books. On the fly leaf was written in handsome script, "To Agnes Isabelle Reed - With kindest regards and deep appreciation of the friendship that lasts forever, from Baird T. Spalding, Aug. 15, 1935."

I had not looked at his books in over thirty years. A glance at the pages of *Life and Teachings of the Masters of the Far East* brought back a flood of sharp memories. I remembered especially that very night in 1935 which was the last time I ever saw Baird Spalding. He had just returned from expeditions to Central and South America and in rapt attention we listened to him far into the night. Two items of those expeditions in particular stood out in my mind as being even more unusual than any he had related since the stories of the "Masters".

I remember him saying, "You may recall my telling you one time that while we were exploring in the Gobi Desert we found a horoscope engraved on brass that

had been made for a particular time, a given year, in history. Well, Stan, what if I tell you that while exploring in Yucatan we found a replica of that brass horoscope for the *same year* buried in an edifice that looked more Asiatic than Mayan or Aztec?"

To which I replied, "Baird, have you read the Book of Mormon?"

For the first time I saw surprise on the face of the man who, I thought had matured beyond possible chance of surprise!

"Well, now, Stan, I see you have been doing your homework since my last visit. Just what did you have in mind about the Book of Mormon, which, by the way, I have studied thoroughly?"

"I was thinking of the voyages of the Nephites and the Jaredites, the two groups of Israelites who departed from Jerusalem six hundred years before the birth of Christ. I am thinking of how they traveled, one group in an open boat with a sort of compass given by God to them, the others making the trip in *closed* boats with artificial lighting, spinning across the sea, following the prevailing winds and currents for nearly a year," I replied, a little blown up with my own self-importance at holding the floor for this speech.

"All right, my boy, but where did they go?"

"Those that believe the prophets of the Nephites in the Book of Mormon consider that the two groups landed at quite different times but in locations adjacent to each other in Central America - especially in regions close to the Isthmus of Panama."

"Right, Stan, but you must have had some question in mind?"

"Yes, I wondered if, in your research in Central America, you had found anything to support or refute the travels of these two groups who were supposed to have multiplied in this hemisphere to such an extent that, when the earthquake hit on the day of Christ's death, *millions* of their descendents were killed?"

"Let me say quickly that I have found nothing to *refute* these stories, but rather the discoveries that we made would be more towards supporting them. But I do not want to go into further detail on these points right now, as we have much more work to do before I can get down to writing in this vein.

"I have another story that I want to tell you about - an experience I had recently in Peru. Joe," he said, turning to my step-father. "Sometimes you have a hard time believing my accounts of some of the things we have seen and done in our travels. This time I am really going to tax your credence.

"Our party was traveling in the

One Who Knew

"If I could tell but half the wondrous things I heard--"

By Stanley B. Gordon, Major, USA (Retired) Woodland Hills, California

hinterland of Peru. We had been researching various herbs and plants, some of which you might call drugs, used by the natives. We knew these people were able, after the use of certain plants, either as *tisanes* or by mastication, to run long distances at great speeds, lift impossible weights, and accomplish many other acts of both strength and agility.

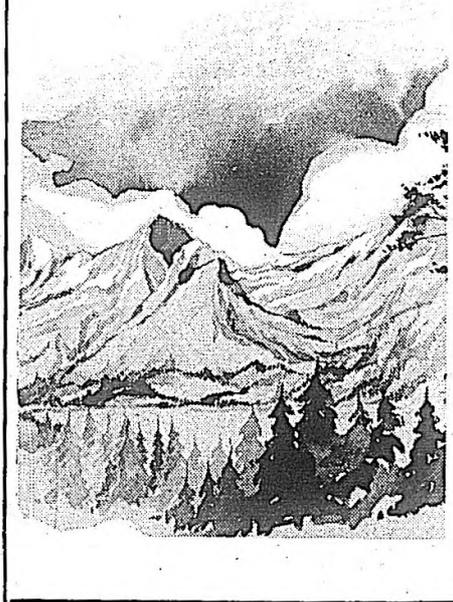
"This was our main purpose, but, as in many past expeditions, I found myself sidetracked to something that proved much more important – something that as yet I have not gotten over.

"I had been conversing with a very old native in one of the villages where we had stopped for a while. We were discussing the marriage customs in his tribe, talking through one of our interpreters, when suddenly the old man looked at me and I nearly fainted when I realized that he was talking to me without moving his lips, in English – *without any sound!* Then I realized he was using telepathy! Even more astounding, he was telling me, and the way that he was saying it, he was using *my* vocabulary! I 'asked' him, through 'thinking' out my words, where he had learned to do this. He stated, 'When I was very young I belonged to a small tribe that dwells far above the tree-line. We had many things that I have not heard of down here in the foothills. We conversed like I am talking with you now, and rarely used our voices except to sing. We also raised crops in a way I have forgotten, but I can see already that you have in mind a visit to my people, so you can find these things out for yourself.'

"Needless to say," Baird went on, "I certainly *was* anxious to visit the old man's people'. He arranged for guides, but told me that the guides would leave me at the tree-line and wait for my return. I was furnished a map to cover the area after the guides were to stop.

"We took off at sun-up the next morning and hiked for a day and half up the mountains. A path of sorts had been carved out over the years, so it was not like real mountain climbing of the type I had done in Tibet. At noon on the second day we had reached scrub bushes. There the guides stripped their packs and pointed out the path on my map. I took off after lunch and wound my way up a fairly steep grade. Suddenly I 'heard' someone say, 'Welcome, we knew you

FROM
THE
FAR
REACHES
OF
PERU
COMES
PROOF
OF
THE
POWER
OF
PRAYER



were coming.' I could see no one around and heard no sound, so I realized I was being 'telepathized' once more!

"I rounded a turn and there in the center of the path stood a tall, very light skinned man with golden hair. He welcomed me again, and motioned for me to follow him. We walked about an hour and arrived at a level area where there were many structures made of skins stretched over frames. There was a large group waiting to greet me, all smiling, all silent, even the children. Then I started getting many 'messages' all at once, and realized that it was no different than when we all talk at once, when speaking

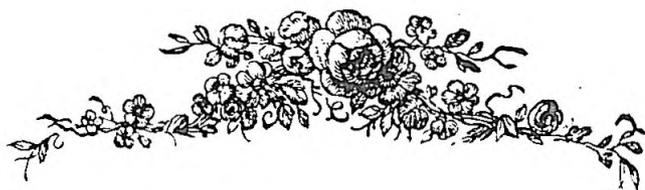
out loud. I noticed that a meal was being prepared, so I was very curious as to what could be cooked at this altitude where one could hope to shoot only a few small animals or find a few roots, nuts, or herbs for sustenance. However, when the meal was served I tasted what appeared to be a very succulent, tasty stew. There appeared to be vegetables of some sort, meat, and a grain-like barley. We also had a type of bread. I 'asked' how they were able to carry grain of any amount to this height of the mountains.

" 'We do not carry it, Sir, we *raise* it!' the leader 'said.' I smiled, feeling that they were putting me on. The leader sensed this at once and stated, 'We are going out tomorrow to prepare the ground for planting. You are welcome to come with us.'

"We were up before the sun and traveled about a mile from the village. The natives were carrying an array of tools, pick-axes, hoes, a type of rake, etc., and sacks of seed grain. When we arrived at what appeared to be a level field, the group stopped and immediately began to prepare the soil. Some opened up furrows, while others followed tossing pieces of snow and ice in the grooves that others were making. A third group followed seeding the little ditches, while a fourth group covered up the trenches. This operation was quite rapid as the furrows were very shallow. The work was completed four hours after mid-day. Then the men spaced themselves around the field, and as near as I could tell, for they were not coming through in English this time, they began to pray. To whom, I know not, of what, I know no more. After about an hour they picked up their tools and we returned to the village.

"The next morning we went to the field again, and the men situated themselves around it and began at once to pray. I was completely flummoxed. Suddenly, however, I no longer questioned what was going on. The little furrows were all green! Slowly, that is to say slowly to the eye, but with what speed for a plant, the plants and grains began to grow. By noon the grain was two feet high and the 'vegetables' were at least half-grown. By evening (the group did not stop praying for the noon meal

(concluded on page 46)



Transforming Thoughts

GOD'S OMNIPRESENCE

WITHIN YOU is a fragment of God, and because of this you have the spiritual right to commune with all other fragments of God, whether those children of the Father are in this plane or in one of the countless planes where there is life and being. . . Spirit communion is intended to force upon the mind of man that there is a Living God working upon the earth to restore what has been shattered.

– From Zodiac in *The Greater World*, English weekly

THE SCIENCE OF ASTROLOGY

THERE IS NO DOUBT any longer that extra-terrestrial forces have a powerful unseen effect in all areas of existence, individual and collective. Links have now been securely forged between living organisms and the fluctuating electro-magnetic forces of their environment. Geophysicists now are busily engaged in unraveling the ways in which variations in atmospheric forces are related to the activities and movements of the earth, the Sun, the Moon, planets and even distant stars. The version of astrology created by ancient civilizations, particularly India, which was hitherto scorned by scientists, now is considered to be obscuring important scientific facts.

– From B. V. Raman in *Astrological Magazine*, Indian monthly

FROM AEGEAN TO NOW!

REFERRING TO the disappearance of the Cretan or Minoan civilization, Curtis Fuller, editor of *Fate* magazine, observes that the destruction of that Aegean civilization is a tragedy as great as the destruction of Rome . . . that we know far more about Rome through its preserved language and writings than the Greeks knew about the great Aegean cultures that preceded them by only 1,000 to 1,500 years. "Is mankind somehow doomed to repeat cyclically the destruction of such great cultures," he asks, "so that everything disappears and we must start anew from barbarism every 1,000 or 2,000 years? Are we today on the edge of creating such destruction?" Not too many people doubt the answer to this self-evident question, but do they ask "why" or care "why"?

HIS FACE OF LIFE

IF, in every garden, every hedgerow, every scene and situation we were to observe and appreciate all the Father's wonders forever unfolding and progressing, we should live in a world full of exciting beauty, a world in which we could never feel alone or unaccompanied, for we should be a part of all we witnessed.

– From Brother Paul in *Crusader*, English bi-monthly

CAVE OF SANCTUARY

IT IS USUALLY through some sorrow or denial of desire that the soul begins to yearn for God and seeks spiritual help. It then becomes dimly aware of the light of divinity within the heart. As the soul begins to listen for this inner voice, the word of God, to watch for the light that shines in darkness, gradually it discovers the small cave or sanctuary deep in the heart, from which all intruders are shut out. This is the purpose of true meditation and this is the stage which humanity as a whole will reach during the Aquarian Age.

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

SCIENCE AND RELIGION

SCIENCE AND RELIGION are basically the same; both operating with varying degrees of Light, or different rates of frequency. Even healing operates with very high rates of frequency, something like tremendous laser beams, and healing can be mathematically computed. You are all magnets. Therefore, all of you draw unto yourselves what you *will* by thought. Science and religion are on their way to becoming oriented to the Oneness you call Universal Religion.

– From Sari in *The Voice of Universarius*, monthly

LESSONS FOR STUDENTS

HOW PSYCHIC ENERGY CAN HELP YOU DEVELOP CLAIRAUDIENCE

SURPRISING AS IT MAY SEEM, almost everyone is capable of so-called super-physical awareness to some degree. Because the physical impacts upon our senses are so powerful, the more subtle reports usually go unnoticed. Even when there is a slight breakthrough into consciousness the gentle touch or sound is ignored more often than not. Most people are clairaudient, which is to say they can, and frequently do, hear sounds on a level above the physical. The average human ear registers sounds between 50 and 12,000 cycles per second. Children, some trained musicians and certain animals can identify sounds between 15,000 and 20,000 cycles, a range in which most people find silence.

The subtle impressions which are picked up by a clairaudient are really not sounds at all, at least not sound as it is conventionally understood. They are vibrations, yes, but in a very high range which is all they have in common with ordinary everyday sounds. They impress the consciousness of the listener as sounds but this is because he has trained his sense of awareness to step down these extremely high vibratory impacts to a level where his brain can record them. This is a learned ability; it is the result of a conscious effort to know, made either in this life or a previous life, and focussed on an auditory interpretation.

CLAIRAUDIENCE A COMMON PSYCHIC SENSE

The reason why clairaudience is the most common psychic sense needs some explaining. According to Joseph J. Weed in his book, *Psychic Energy*, here is the reason, and he gives a technique for developing it.

Many thousands of years ago there were two basic classes of human beings. There were those who were pretty much as we in the western world are today — intelligent, well-formed, good looking and healthy. This upper class comprised many different races. Those with skins of a bluish tan and those of a reddish bronze color were in greatest numbers. They ruled the planet and regarded themselves as the only human beings. The others were regarded as "things," not human beings. These "things" were stupid, with awkward and misshapen bodies which often displayed animal characteristics like tails and horns. Small wonder the "humans" regarded them with contempt and used them as slaves. But these "things" were actual human beings who had not yet developed and

eventually were recognized as such and treated accordingly. But this was many thousands of years later, almost in modern times.

The "humans," in addition to superior intelligence, had many other qualities and abilities not enjoyed by the "things." One was the capacity for telepathic contact with each other when necessary. Since the "things" had no concept of what this was, let alone the ability to practice it, you can see what a big advantage it gave the "humans." These "things" outnumbered the "humans" many times over and, as was natural, they on occasion sought to take advantage of their numerical superiority to win power. But the telepathic ability of the "humans" enabled them to bring instant help, help which usually came bearing mind-searing weapons against which the "things" had no defense. Thus these sub-human beings were kept in subjugation and used as slaves for many thousands of years.

IMPORTANCE OF TELEPATHIC UNDERSTANDING

You can see from this how important it was for every "human" to develop the ability to send and receive telepathic messages. Not every one of the "humans" was born a competent telepath, although most were. Those who did not display this competence by their seventh year were then given a course of training designed to awaken psychic energy and stimulate the centers involved. Since this course was for the training of little children, boys and girls from seven to ten years of age, it is really quite simple. It usually took the children about three years to become as competent with *mental* speech as they were with the spoken word. If you have known this before, and there is a good possibility you have, it will not take you that long because, as you see, you will not be learning something entirely new but recalling what has been already learned in the forgotten past.

AN EXPERIMENT IN CLAIRAUDIENCE

You will need the assistance of another who may or may not be told what you are doing, as you wish.

(concluded on page 18)

Getting to Know God

A PRAYER FOR PEACE

Dear Lord, please, may we know
peace?

First, send Thy peace to
every troubled heart.

Teach us to live together in
harmony,

Each respecting the rights of others,

Erasing greed, envy, malice,

Those ills on which all wars breed.

Instill within us such a desire
for peace

That Thy will may be done on earth

As it is in Heaven, thus hastening

The return of the Prince of Peace.

For then shall Thy kingdom come
to earth

And we shall know the "peace that
passeth all understanding".

— Virginia Elder,
Cedar Hill, Tennessee

HOW DO YOU PRAY?

YOU CAN PRAY anywhere! Your mind is your own private property and you can turn your thought to what God is at any time. It only takes an instant to remind yourself that Perfect Life is all that is expressing in all places. The time should come, and does come, when you do not have to set aside all other activities to pray. Until you reach this state of awareness, it is good that you arrange a time to be alone with these ideas. Make it a regular time, preferably a daily affair.

During this period do not ask God to give you one single thing of the sense world — not more money, a better job, good health, nor some person.

Seek only the Kingdom of Heaven, which is the right concept of God. You have already been told that if and when you do this, "all these things will be added."

Your "good" must come from God. If you look for it to come from a person, an organization, or your own personality, you "pray amiss." Your Heavenly Father already knows what you want and how to get it to you.

Your entire task during your prayer is to become more aware of God's nature: Is there any other way except through your mind? Go over in your mind the meanings of *words which heal*, and the other words which make no pictures. Try for the feeling of what they all mean, and you are praying.

How to Pray for Others

You are called upon to pray whenever you see or hear anything of a disturbing nature. No matter what it is — health, wealth, or happiness which seem to be missing — it is a call to prayer. Mean, surly, snarling or grouchy persons are also a call to prayer. Stupid, dull and foolish ones also remind you to pray.

Recognize that what you see is a sense belief. You remove your thought from it, and begin to think of just what God is. "God's Love and Intelligence is right there where that Life is showing," is the thought.

Suppose the person is ill, or in pain, then you do not think of him as a person, but only a thought, a belief. It is his belief, not yours. *Don't make it yours.* No one is sick. If you get sympathetic over the sickness and the pain, you've done it wrong. Your job of praying will be harder. Do this correctly; before you even go to see the person, know that no one is suffering. No one believes in sickness, illness, pain, where you are. YOU don't believe, because you know YOU are the Spirit. Only on the sense level does this seem to be a fact, and it is a fact on the sense level, and comes from a belief. You are changing that belief for him. To do so, you must realize that he is also one of your beliefs, not as a sick person, but as a healthy one.

You can, of course, do this without even going to see the person, but if you are strong enough in your faith in God, do go and talk to him about things in which he is interested. Take his mind off his body. God will do the rest. If it bogs you down to see one who is ailing, send flowers and your good wishes, and do your praying at home. You'll do nothing to help

There is an art to tuning in

either of you by joining him in his faulty concepts.

Stop fearing to speak up when you know something to say which will change the trend of another's thinking. No long tirade or lecture is necessary. Sometimes as simple a statement as "I'm sure God is in charge." or "This, too, shall pass," may be the thought which will work wonders.

What Is God to You?

Do you know that God is always active and that His action is loving action? Do you know it in the same way that you know two and two are four? Do you know that God is the substance of all supply?

God may be the activity which brings the substance to you, but He, or It, is also the Substance. Do you really know this, or do you just make a noise with your mouth? *Knowing it* is going to take some pondering, some praying, if your cupboard is bare.

Your job is to convince YOURSELF. It is futile to go around telling others that you believe in Divine Power. Only your own serenity during a "storm" is going to convince them that you really believe. If the outer effect overwhelms you, you have not convinced yourself.

To know God is quite different from knowing *about* God. When you really know God in all aspects, the sense of needing anything leaves. Your prayer life then becomes quite different . . . much more personal, near and dear to you.

You will not scheme and plan to get others to do what you want them to do, for you see clearly that this would be interfering with their freedom. You are aware that such action clogs the channels through which good flows to you. It brings wrong results . . . something you wish to avoid.

It is a Law of the Universe that when you conform yourself to the Will of God, a most satisfying and splendid result will take place.

Do you, right now, have the capacity to apprehend what an Intelligence which knows all and loves all might be able to give you? It gives to you of Itself, which is loving care, guidance, and protection.

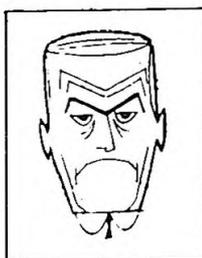
In the Book of Matthew, the Sermon on the Mount tells you how you may become pure in Spirit, and thus understand the Perfect Life Force. Up to now you have been using this in a limited and restricted way by tinkering in the world of effect, believing that you were to ask God to do things your way. Through prayer you find your real need is always to learn what the Divine Will is for you . . . to learn "Thy Will be done" is best in all ways.

The foregoing are thoughts of Muriel Noyes Gillchrest, author of the powerful book, *The Power of Universal Mind*, upon which these excerpts are based. See for yourself if the influence of this book doesn't bring you an inner feeling of calm and serene peace that helps and inspires you as you have need of it — also a Chimes book.

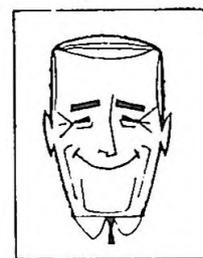
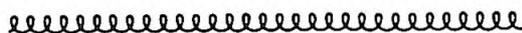


No affirmation, meditation or prayer should be made with an attempt to influence God, or to change the Law. God is infinite, therefore God cannot be known in finite terms. Let God be that which IS.

— Henry Ellis



IT'S WHAT THEY SAY



Charles Fillmore — We must be careful what we accumulate in our consciousness, because "he that hath, to him shall be given." The more spiritual Truth you pile up in your mind, the more you have of reality, and the larger is your capacity for the unlimited; but if you have nothing of a spiritual character, what little you have of intellectual attainment eventually will be taken away from you.— From *The Atom-Smashing Power of Mind* *

Cushing Smith — If the public practice of faith healing as shown on television does nothing more than demonstrate that disease is largely mental, it justifies its existence. No one can watch such programs without realizing that "As a man thinketh, so is he." He may even examine the idea that if thinking can influence healing, wrong thinking may have had something to do with originating the disease.

— From *I Can Heal Myself and I Will* *

Joseph J. Weed — It is the recognition of the psychic manifestation which has led to the injunction "Lift up your thoughts". The very effort to lift your awareness out of the body to some point in the air above results in a raising and in a speeding up of your vibratory rate. But like the water in the fountain, it falls back again at once unless a technique is used to sustain it at a higher level. It is important that you learn how to do this and that as many people as possible learn it.

— From *Psychic Energy: How to Change Desires into Realities* *

Kahlil Gibran — Keep a watchful eye over yourself as if you were your own enemy; for you cannot learn to govern yourself, unless you first learn to govern your own passions and obey the dictates of your conscience.

— From *The Voice of the Master* *

Arthur Ford— The day of the professional medium is about over. We've been useful as guinea pigs. I have taught a great many groups, and I find they all have some spiritual gift. Any group of seven or eight people who take time to listen and read, to understand the techniques involved and practice faithfully, will generally have some psychic experience within a few months.

— From "West" magazine of *The Los Angeles Times*

Dr. Gertrude Schmeidler—I have found that a person who believes in ESP and is in a relaxed, contented mood can more readily transmit his thoughts to another similar person than to a person who is hostile and not too interested in the subject. Without a doubt, ESP is very real.

— From *National Enquirer*

Voltaire — None of the early Fathers of the Church cited a single passage from the four gospels as we accept them today. (They) not only failed to quote from the gospels, but they even adhered to several passages now found only in the apocryphal gospels rejected by the canon. Since many false gospels were at first thought to be true, those which today constitute the foundation of our own faith may also have been forged.

— From *The Hidden History of Reincarnation* *

Edgar Cayce — I never think of people except in connection with their auras; I see them change in my friends and loved ones as time goes by — by sickness, dejection, love, fulfillment. For me, the aura is the weathervane of the soul. It shows which way the winds of destiny are blowing.

— From *Edgar Cayce — On Reincarnation* * by Noel Langley

Alice A. Bailey — True religion is emerging in the hearts of men in every land; this recognition of a divine hope and background may possibly take people back into the church and into the world faiths, but *it will most certainly take them back to God.*

— From *The Reappearance of the Christ* *

* All of the foregoing books starred may be ordered from the Chimés selection of books appearing on page 27.

QUESTIONS WE ALL ASK

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

The following excerpt was taken from Mark-Age of Miami, Florida broadcasts, Yolanda answering the question.

What is your opinion about Jeane Dixon's vision of February 5, 1962 concerning a queen holding out an infant which she interpreted as a new avatar being born on that date, one who would unite the peoples of the world around 1999?

This certainly was a valid and wonderful vision. To review the vision: she was gazing into the street outside her Washington home just prior to sunrise. She saw a barren desert with an extremely bright sun just above the horizon. Stepping from its brightness were two figures, an Egyptian pharaoh and his queen, whose likeness was that of the familiar bust of Queen Nefertiti. They were holding hands. In the queen's other arm was a baby, dressed in ragged and dirty clothing. The couple advanced toward her and held out the baby, as though giving it to the world. The queen then walked away, and pausing by a jug of water, she was stabbed to death in the back. The baby grew to manhood. People of all nations knelt in adoration.

Mrs. Dixon's interpretation of this vision was that a child was born somewhere in the Middle East shortly after 7:00 A.M. EST on February 5, 1962. This child would revolutionize the world through introducing a new Christianity and uniting all mankind. He was born of humble parents. His power would begin to be known in the early 1980's and would grow until 1999, at which time the world would learn the full meaning of her vision. Here is a prime example of the necessity of knowing the Hierarchal plan and program so as to be able to interpret the actual meaning. Our interpretation, based on such understanding, experiences and events prior to her vision, is quite different and far more encompassing.

February 4, 1962 marked the conjunction of seven planets, an astronomical event well known to the world. Many believed the world would come to an end. Mark and I were on the platform at the time of the configuration, delivering a talk and communications to more than five hundred people attending a peace and space convention at a hotel in Oakland, California. The communications were by my high Self, then by Sananda. The channeling was concerned primarily with a most powerful transmission of energy by Sananda to assist in awakening man's spiritual awareness. This was in keeping with numerous other communications delivered through me and published by Mark-Age, both before and since that date. Also, many other channels and prophets around the world have delivered this same message.

Our interpretation is that Jeane Dixon saw the birthing of the Christ child in mass consciousness. This is the sum and substance of the Hierarchal plan and program for mankind now: his awakening to Christ awareness; his being born again in a spiritual sense. The February 4th conjunction marked a most significant solar system event, wherein the alignment of the seven planets represented something personal to mankind.

My high Self expressed it as follows during that address in Oakland: "We see the planetary configuration as something outside of us. It is not outside of us, but is in us. Seven major bodies are being brought together into balance for this solar system. Therefore seven major bodies of our individual beingness also must be brought into balance for the rise into full works, consciousness and service for the one Almighty Spirit that is all that is."

This conjunction marked a major step in the birthing of the Christ awareness in man of Earth. Obviously this is not welcomed by the world at this time, thus it has a humble beginning and is in tattered clothes, so to speak. But it will gain power and prominence within mankind's consciousness during the balance of this century, until the second coming of the Christ Jesus of Nazareth around the end of the century. By that time all who remain on Earth will be in the Christ-aware state, will be expressing Christ consciousness in at least its early stage.

The child represents the Christ being born in mankind of Earth. Egypt symbolizes the subconscious and the mystical regions within man. The pharaoh is the conscious and the queen is the subconscious or soul aspect of man. The offering of the child is just that: the conscious and the subconscious, united with the Christ — the Son or sun — give birth to a new spiritual consciousness for all mankind of Earth. This child will have matured and reached full expression by the end of the present century.

* "Mark Age Period and Program" and "How to Do All Things" discuss in detail such predictions as these — both books available from Chimes.

Here are . . .

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LESSONS FOR STUDENTS

(continued from page 13)

Let me say once again, before giving you this technique, that it is very simple, but do not let this deceive you. It works very well and has for thousands of years. Now here is a modern version, not the same obviously, but just as effective ...

1. Get a book of verse or poems, preferably one with four-line verses that have rhythm and rhyme.
2. Find a fairly secluded place where you are not apt to be interrupted or disturbed by outside noises for about 15 minutes.
3. Seat yourself comfortably in a relaxed position and ask your collaborator to sit a few feet away, facing in another direction from you.
4. Have your collaborator select a short verse at random and read it through once.
5. Then have him read it a line at a time, while you repeat the line he has read after him, before he goes on to the next line. Do this three times.
6. The fourth time he should read the first three lines with you, repeating them as before, but have him stop after the third line and read the fourth to himself silently.
7. You should endeavor to say the line aloud as he reads it silently or after he has finished. Do not be elated if you do this – do not be disappointed if you fail. This is only a training exercise.
8. Then go to another poem. It need not be of only four lines. Any short poem or stanza of a poem will do. But it should not be over six lines in length. Beyond this the reading becomes too lengthy and unwieldy.
9. Go from verse to verse and continue this exercise for no more than 15 to 30 minutes.

(to be continued in June issue)



Note: The aforementioned book, *Psychic Energy*, upon which this article is based may be purchased from Chimes.

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

TEAR OUT the following pages that comprise this booklet and FOLD

BROCHURES

In addition to the tear-out booklet appearing in this issue, copies of booklets appearing in previous issues may also be ordered individually, or for group distribution, by writing to Mark-Age, 327 NE 20 Terrace, Miami, Florida 33137. Previous booklets are:

EARTH MAN ON THE MOON

Emphasizing the importance of man going into space and space visitors contacting Earth man.

LET THERE BE LIGHT

The use of pronouncements and decrees to bring forth more light.

ON MEDITATION

The basic and simple techniques all may find helpful.

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TURN OFF DRUGS — TURN TO GOD

Why drugs cannot advance a soul permanently, regardless of the temporary experience.

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Excellent supplementary reading material on the subject of KARMA and REINCARNATION is to be found in the following books:

| | |
|--|----------|
| Many Mansions — Gina Cerminara | \$6.25 |
| | (P) 1.20 |
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KARMA



REINCARNATION

KARMA AND REINCARNATION

Part 2

Not having conscious recall of previous lives is a blessing for most on Earth now. In the case of being here to learn a lesson we may have failed previously, a premature knowledge of this failure could set into motion old subconscious fear patterns that could cause us to fail again. In between Earth incarnations we have been reinforced with lessons and new understandings to help us rise above our failings. With a fresh start and approach we can attack what may have been a persistent problem and can succeed in mastering it.

Therefore, it often is better not to know of previous experiences until we have grown in understanding and awareness so as to be able to cope easily with them and thereby benefit from these revelations. The entire race of man on Earth in time will reach a point when all will have conscious recall of past incarnations. Each soul will have access to his akashic or soul record and will gain the benefit of previous experiences of his varied life expressions.

TYPICAL SOUL PROBLEMS

Many are working out problems brought forth from previous lifetimes without being aware of the problems' origins. For example, fear of drowning or of fire or of height could have been brought about by having a previous lifetime end through going down in a ship, being trapped in a fire or falling from a high place. Conflict with an individual for no apparent reason could be a continuation of or the result of a previous-lifetime encounter. Some cannot tolerate extreme climates, which is understandable

Earth makes progress. Just as you as individuals cannot progress unless you reach out and bring your light unto the darkened corners of this planet.

Open your hearts, your minds, as well as your intellects. Send forth thoughts of love and light and life as Spirit directs you! Mankind shall reap the benefits instead of the suffering. The high influx of vibratory forces that have been sent unto Earth you have already witnessed, for there has been much havoc, much loss of life and property. How to teach man — how to show him there is another way — that is your project. Within a few short years, four at the most, the masses shall be awakened. What will they do with this new awakening? They must be anchored in the light.

The veil has been rent. The fourth stage is in full swing. Man is having the will of God revealed to him! There is much subconscious interference, as there is much karma that has to be cleaned up, so man does not understand. He becomes afraid of the very thing he is seeking. Is this not a sad state? You, light workers, can help—must help—and *are* helping. But know this...there is more that you could do! How many times in one day do you turn away from those who are reaching out for help — help available only in Truth and understanding of that Truth?

I know you shall not fail for you are emissaries of Christ. You Are Christ in your highest Consciousness. Seek to attain this Consciousness that your light may glow unerringly...no matter what you are doing, no matter where you are. Remember always — God IS, therefore, I AM!



*Received through inspiration
By Satanna Helen
Carlsbad, California*

A MESSAGE TO LIGHT WORKERS

EARTH MUST be transmuted to receive her king. The methods to bring this about have already been decided; the program workers, such as yourselves, are being gathered together now all over the world.

There are many methods of transmuting Earth into a fourth dimensional planet; there are many devices that have been put into action, but the best device of Spirit is MAN himself.

At this moment high frequency waves are transmuting you by making you more aware of your responsibilities and more aware of the need for Earth to experience love as never before. If we were to induce upon Earth other methods, such as already have been experimented with, there would be too much devastation, too much loss of life. Those souls who have incarnated here now have come so that they too may be transmuted into the fourth dimension — the light body — so we do not want an excessive loss of souls. We would rather incorporate love; incorporate the divine influx of Spirit. Devastation is not the answer. Man brings these things upon himself, as you well know, but he does this through his own ignorance.

The light workers are needed to bring to the masses en-light-en-ment. What good would it be to send these souls shrouded in ignorance into the far reaches of the universe, their purpose being unfulfilled for possibly thousands of years more? They have waited just as long as you have; they too, deserve to know. Where you see ignorance in full measure, put your own divine wisdom. Where you see hatred being sent forth, send in your love! We well know that this is not easy to do, but it must be done! Through devoted ones such as yourselves it *will* be done. For this *is* the Will of God for Earth! Take courage, you are not alone! Space beings are coming from the far reaches of the Universe to aid Earth. What happens to Earth matters to everyone. They cannot progress unless

if they previously had frozen to death or had died from desert heat. A prejudice could be an unresolved karmic debt.

Most of these types of problems are overcome gradually with normal growth development. If one is persistent he can be shown in a dream sequence or in meditation a flashback of the scene of the cause. This gives understanding and enough insight to overcome unfounded present fears and allows us to grow without those encumbrances.

BETWEEN EARTH INCARNATIONS

The period of rest required for each soul between incarnations is variable and is determined by many factors. Sometimes it is governed by the manner of the soul's exit from this plane. A peaceful transition would aid a soul to easier adjustment in its next step of progress, whereas a shocking lifetime with a violent death could be very traumatic. The soul then would require a longer period of rest for healing and balance before it could gain the necessary strength and courage to cope with those things which would be required of it during the next incarnation.

Sometimes a longer period of time between incarnations might be necessary because a particular opportunity on Earth or elsewhere would have passed. Therefore, that soul would have to wait until the right circumstances once again were presented through environmental or evolutionary changes so as to allow a given lesson or function to be enacted. We all are here at any given time because it is ideal or best suited for us to learn important lessons and because we have valuable services to render unto Spirit and our fellowmen.

There is no truth to various theories that there always is a set or determinable length of time between incarnations, or that there is a universal pattern which establishes the sex.

CHOOSING A VEHICLE

Is there a choice on the other side in selecting where, when and how we will incarnate for our next life on Earth? This is primarily a matter of evolution and availability, as to what choices the soul is allowed. A soul that still is seeking to master the basic lessons of this physical plane would have less choice than a more Earthly experienced or more highly evolved soul who is a worker for the spiritual program.

Such a program worker could choose his parents from those who are readying physical vehicles at the time best suited for him to incarnate and to bring forth his function on the physical plane. The choice is made from the high Self state of consciousness rather than from the mortal state. If a life of hardship rather than luxury would better allow the soul to accomplish its goal, that is the one that would be selected. For the enlightened worker, serving the spiritual program is above all other desires.

There may be a latitude of time permitted a soul to take over final possession of a new physical vehicle or body. The soul takes over at the time of birth in a gradual manner, sometimes taking many months for full control. An eager soul taking partial residence may want to experience and to oversee each stage of physical development. Another may go in and out of the newly born body many times so as to adjust to the body and environment. There may be a visible change in a newborn child, a new spark to its being, when the soul finally takes permanent residence.

HIGH SELF IN CONTROL OF VEHICLE

Our high Selves attempt to guide us at all times and in all planes of existence. Sometimes a soul will have a so-called abnormal or overly strong desire that will override the high Self's direction. He or she might seek an

RECOMMENDED READING

Mark Age Books

How To Do All Things

Mark Age Period and Program

Hidden History of Reincarnation by Noel Langley

Many Mansions by Gina Cerminara

The Meaning of Reincarnation by Joseph Murphy

Reincarnation and the Law of Karma by William T. Atkinson

— oOo —

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special prices for bulk orders.*

up incarnation on Earth to bring their special functions and vibrations to aid and to enhance the evolvement of the planet. Earth is behind the other planets in our solar system in spiritual development. It is in great need of help at this time of cleansing and change. The light workers, which hopefully will include those who read this, are literally tuning up the Earth so it can join the solar system in a grand chorus of spiritual harmony. When this is accomplished, truly the lost chord will have been found.

For those who cannot accept yet the concepts of karma and reincarnation in their search for higher understanding, there may be good reasons for such resistance. Those concepts which seem difficult to accept should be set aside temporarily and not be discarded completely, for such ideas at a later time in the growth pattern may be found to be seeds which blossom into full bloom and beauty.

By asking spiritual guidance from your own high Self, all things proper for you to know at the time will be revealed to you. Seek and you shall find. Knock and it shall be opened unto you. So be it.



For additional copies of this 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,

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327 NE 20 Terrace
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incarnation for self-gratification and accomplish little or no spiritual development.

In this case the high Self permits the soul to incarnate into a life stream where this desire can be fulfilled and get it out of his or her system. Of course, Spirit does step in to the point where the proper lesson can be presented. Along with self-gratification there possibly could be great hardship on one level or another to neutralize or to offset the desire and the temporary sidetracking from the spiritual goal.

CLEARING MISCONCEPTIONS

Many people labor under the erroneous impression that reincarnation means we can come back to Earth such as an animal, a bird, an insect or a tree. This is the transmigration theory and is completely false. Another totally false concept is that man has reached his present state of being by evolving from a one-cell organism upwards through the various classes of life forms until he finally reaches man or human status.

Each species of life form was placed upon the Earth in its own kingdom. Each lower kingdom has its own evolvment and development separate and distinct from the race of man, the Son of God, in this third dimensional plane of Earth. This is so stated in the Holy Bible and can be found clearly outlined in the first chapter of the book of Genesis.

There still will be those who will ask: but how do you know there is such a thing as reincarnation; who has told us so? Many spiritual leaders and teachers have stated so. The verification for one's own acceptance comes through one's own Self from within. As we rise in evolvment we accept revelations given to us either by our Selves or by intunements of others who are psychic.

We must become receptive to the idea before information and understanding on reincarnation can be

accepted and of benefit. We must accept the concept of reincarnation before we can get into higher concepts, as this is a basic premise for other soul-satisfying truths.

PERFECT EXAMPLE

The prime and highest examples of reincarnation on Earth have been demonstrated by Sananda, our spiritual leader and the Prince of the planet Earth. He was an avatar who came onto Earth often when mankind was in need of light or was ready for higher teachings. He incarnated in many of the major philosophies and religions so as to bring forth light and spiritual growth. Among other incarnations, he was the biblical Moses of the Hebrews, Gautama Buddha of the Orientals, Socrates for the Greeks and the philosophers and the intellectuals. His last incarnation on Earth was the most perfect example, as Jesus of Nazareth.

He will return again around the turn of the twenty-first century to take up his role as the spiritual leader of Earth. Once more he will lead mankind into the next step of spiritual development and evolvement. He is the way shower for each of us to identify with and to understand why it has been necessary for most on Earth to come back often, or to avail ourselves of reincarnation as a spiritual aid for evolution.

There are many passages in the Holy Bible referring to reincarnation, although it was attempted to have all such removed. But this truth is so interwoven that it could not be denied entirely. About five hundred years after the compilation of many Hebraic and Christian scriptures, there were many deleted in the preparation of our present Holy Bible. Some of this was to keep certain information secret and some was through error and lack of spiritual understanding.

One deleted scripture is what now is called the long-lost *Second Book of Acts*. It is devoted to some of the prior incarnations of Mary and Jesus. It explains in simple detail

some lessons learned through their concurrent or at-the-same-time incarnations. These revealing discourses were spoken by Mary to the disciples as she prepared for her transition at the age of 83.

This book, truly a must for all truth seekers, is available through Mark-Age and Chimes. Published originally in 1904 by the scholarly Dr. Kenneth Guthrie, it was on file in the Library of Congress where Mark-Age obtained a copy and brought it into the light once more, with added authentication and commentary.

EARTH GRADUATION

After the soul has learned sufficient lessons and has evolved enough on Earth to go into higher realms for further development, if he so elects he can volunteer to incarnate again on Earth in order to help raise his brothers to a higher level of understanding. This is the ultimate sacrifice and the true meaning of, "No greater love hath a man than that he lay down his life for his brother."

A prime example of this was Sananda's last incarnation on Earth as Jesus of Nazareth, where the soul already was so cleansed and purified that a virgin birth was possible. Every act in that incarnation was a demonstration for all men to emulate. It was not that He died for his brothers, but that He showed us how really to live.

Ultimately man will see and will demonstrate that there is no death. Man will transmute and will raise the vibration of the physical body into the etheric or light body and will take it with him when he has finished his work here. Those on higher realms by merely raising or lowering their vibrational level are able to manifest a vehicle or a body on any plane or dimension they have mastered. Eventually we all will be able to go into and to come out of any realm we desire to visit, in this same manner.

Man on Earth is being aided by highly evolved souls from all over the solar system, and beyond, who are taking



CHIMES CALL TO PRAYER

Dear Friends:

In answer to my request for help for my friend . . . you wrote me a lovely note stating your most appropriate prayerful thoughts. I feel my friend is responding to the prayers for her. I believe the Chimes article "Things Are Not Always What They Seem" (December/January 1971) could be a close description of what might be occurring in her consciousness. Quoting from it: "If we were to analyze the healing, we must accept that there was a greater degree of disharmony within . . . than was visibly apparent." Another quote - "There is, after all, very much more to spiritual healing than putting right the physical body".

I do feel that slowly but surely the underlying aspects of this problem are yielding to prayer as well as the obvious physical need for relief from pain and tension. Please continue your prayers for my friend. Sincerely, Mrs. Margaret Falen, Seattle, WA

(ANYTHING we can do, we can undo . . . for all things come into manifestation through our thoughts. If there is evidence of dis-ease, we need only to be able to return to a state of ease, of harmony, to place ourselves, our affairs, and those we love in the Christ Light for all things to be restored and harmonized, to return to a state of perfect ease. These times in which we live demand for our survival that we learn to do this. This is not something we do on Sunday, or that someone does for us, or that "someday" we will find time for when we are in the mood. Our Higher Self demands that we claim this state of living NOW in order that all the things of God's perfect domain be ours NOW. So be it, and it is.)

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

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

Dear Friends at Chimes:

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



HERE IS MY PROBLEM:

HEALING REQUEST

Healing is requested in the life and affairs of:

(NAME OF PERSON TO BE HEALED)

Healing is needed for: _____
(CONDITION)

First Request _____ Previous Request _____

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

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

Healing Request made by: _____

Street _____

City _____

State _____

Zip Code _____

DOES IT
OFTEN SEEM
HOPELESS?



When you go to the "Source"
there's always new hope

How Others Have Prospered!

Dear Friends:

I don't know what I would have done if I had not found out about the "Seed Money" Plan that I had been reading about in Chimes for I was involved in an auto accident and had to call upon every resource I could muster up to get through the trying period that followed.

Planting Seed Money helped me before my incapacitation, during recovery, and even now I see it working like a charm for me.

As far as I am concerned, there just can't be any better way to participate in the good things of life than by planting Seed Money. It sure beats tithing by a long shot!

— Don Mitchell, Roanoke, VA



There are many paths that lead us to life's greatest riches.

A few you might find worth exploring are given on the left-hand side of this page.

Give yourself a fair chance. Find out how much is YOURS to claim!

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

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Address:

City: State Zip Code

Name: \$1.50

Address:

City: State Zip Code

Name: \$1.50

Address:

City: State Zip Code

TOTAL AMOUNT ABOVE \$ _____

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

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

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

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the thing you are doing is the secret of stimulating the thyroid to normal response. This is true whether the task is washing dishes, typing a letter or reading a book — or even plowing a field. Allowing the attention to wander produces mediocre work and the spirit or inner judge of man becomes unhappy or dissatisfied. This makes one dull and causes an under-functioning of the thyroid.

If you feel sluggish and have difficulty keeping your mind on the job, make sure first that you are drinking enough water and eliminating properly, then having checked up on that and found it satisfactory, try affirmations of good repeated quickly with great intensity of feeling, such as: "I am inspiration; I am inspiration; I am inspiration," over and over again until a feeling of stimulation is built up. In this way you build in finer qualities.

Another excellent way to stimulate the action of the thyroid hormones so that your eyes sparkle and you feel grand, is to give a quick sparring over the entire body, front, back, sides, up and down from the ankles to the neck and face, whether clothed or not. Use the hands relaxed at the wrist. It is a marvelous stimulant . . . try it.

If you develop the bad habit of not keeping your mind upon what you are doing, your thyroid will not function normally, and you will be dull, worn out, fatigued — that "always tired" feeling. On the other hand, if you talk too fast, work too fast and jerkily, or try to do too much in a given time you again tire out. When this occurs, train yourself to work at a slower rhythm, and select a convenient and definite time for your rest in bed, as explained previously.

Too much day-dreaming or phantasy is dangerous and drains the thyroid hormones into the blood without using them up in action. This has its deleterious effect on the body and mind.

More of the *Jewels of the Body* are described in the next lesson.

THE SCIENCE OF EVERYDAY LIVING

LESSON TWO

Part I

In approaching any new subject with a view to accepting and learning the truths therein stated, it is necessary to have an open mind. Your mind should be negative, like an unused photographic plate. Your thoughts should be focused on the thing you desire to learn. If the thoughts stray you are not concentrating and you are not taking in a clear impression of the new idea you are endeavoring to grasp.

However, on the other hand, when you are occupied in working with your hands, then it is advisable to keep your mind in a positive condition. By positive, again I mean concentrated. However, this time it is with the thought of giving out your best, instead of taking in the best, as in studying. Being positive means keeping every part of your mind on the job at hand; it means not allowing the mind to stray in dreaming or phantasy. But you must take care not to be always positive, or giving out when with people or you will learn very little. Habitually positive people usually are ignoramuses. Neither should the mind always be negative or receptive as that makes for mental constipation since too much is taken in, most of which is not properly assimilated. Your day should be divided into time for study, or receiving, and into time for working, doing constructive things, or in other words, giving out.

When learning any new thing the mind generates energy under that knowledge. One sometimes becomes filled with an impulse to give out too soon. The energy causes one to "run off at the mouth," and good is lost. Yielding to this impulse causes one to lose the power that should bring to fruition the studied subject. Refusing to "run off at the

THE THYROID GLAND

The Gland of Inspiration

This gland is situated at the base of the neck in front. *It is stimulated by sincerely and carefully working out such principles as are taught in this study course.*

Thyroid people are Personality People. They have shining eyes, usually straight, rather square teeth. When the gland is functioning normally they love to contact people and dislike being alone. They usually deal in superlatives.

This gland functions best in relaxed activity. This sounds like a paradox, yet it really means being happily active instead of tense and tied up in one's activity. Tension constricts the functioning of every gland, except that of the adrenal. The adrenal functions copiously under sudden tension, under circumstances where instant action is required for self-protection or in anger. Continued tensions cause the body to become toxic or poisoned, and make people listless after a time, easily fatigued. Great tensions, shocks or toxic poison conditions cause a bulging of the neck known as a goiter. A splendid way to restore balance to a goitrous constitution is rest in bed, one day a week, in absolute quietness. No reading, very little thinking, and no worrying is allowed in this treatment. This is beneficial because the person whose thyroid is enlarged usually talks too fast, works too fast and thinks too fast. He literally burns himself up by using up too much energy. The rest in bed allows the metabolism of the body to correct itself to normal.

When a speaker depends upon inspiration and speaks from inspiration, then his thyroid functions and this makes the eyes shine and the personality sparkle. It functions so well then because the speaker's entire attention is on the job.

Keeping your entire attention and full observation on

mouth" forces that energy to remain within and your interest does not wane in your subject. Then you have a better opportunity to carry out that which you are learning in your daily life objectively.

For this reason it is well to recognize the Law of Secrecy with regard to your plans and newly developed ambitions. I call it *Divine* Secrecy because to me it is a working together of you and the Creator on your hidden plan. When you spill it, you let the world in on it and soon you find reasons for abandoning it. This Law of Divine Secrecy compels you to keep to yourself the new knowledge and ideas, letting the results of its application show in your life, instead of boasting or bragging about what you know, and thereby killing the energy or power under that idea in your mind.

THE JEWELS OF YOUR BODY

YOUR GLANDS

The Science of Everyday Living is a scientific course, having to do with the different things that affect your life by affecting your soul, mind and body.

Your attention is called to the fact that your body feeds on four things:

1. The chemicals in the food you consume — (all food is composed of chemicals in different ratio, resulting in different colorings and varied purposes).
2. The air you breathe.
3. Mental messages — (your thoughts and the thoughts of others).
4. Hormones from the ductless glands.

In this Lesson we discuss the ductless glands and their mental and spiritual effect on your body.

development of the superconscious or higher phase of mind. The superconscious is opened and developed through right living, right thinking, right acting, right decisions, right efforts and right habits.

This pine-cone shaped gland is called by gland experts the Control Gland. It controls the growth, physically, mentally and spiritually so that everything develops normally, if one thinks normally.

The different planes of growth on this earth-plane are the vegetable, typified by the baby, which absorbs food, sunshine, attention without giving out anything. A few people remain in the vegetable class all their lives. They do not get to the point where they want to give out anything in the way of service to others. Nor do they do anything for their own growth — just vegetate.

Then there is the animal plane, represented by physical man, who lives only in the physical or animal side of his nature, and gives vent to all of the lower passions in an uncontrolled form.

The next plane achieved in the ladder up toward Being is that of man. This comes through education, a development of the inherent intelligence, and a consistent effort to think rightly and constructively about the things that touch life. On the plane of development just discussed man has some of the vegetable, some of the animal, and begins to partake of the higher consciousness as his soul beings to awaken into consciousness.

The last plane usually reached on this earth is that of a self-controlled and self-cognizant being. It is then that man realizes his true relation to the Supreme One and endeavors in every way to live true to the finest and best that is in him.

You think with every cell in your body, not only with the head. Science has proven this in many ways. The following illustration will serve for this lesson. Experimenters in a University had a man lie down, relax, and inserted an electrode in the muscles of his arm, telling the man to think he was turning the crank of an ice-cream freezer. Although the man did not move his hand or arm in any sense yet the sensitive nerves in the muscles of the arm responded with a circular motion on the test chart, just as though he were turning the ice-cream freezer crank. Muscles, of course, are made up of the cells and the cells registered the thought for him on the nerves.

Repeated thoughts of limitation such as "I can't," or repeated worry and fear thoughts will cause the cells of the body to deteriorate and let down. A corresponding let-down comes in the entire personality, which shows in the expression of the face, and the action of the body in work or play. Constant uplifting thoughts of "Of course I can," "I'll do my very best," when a large problem faces you, help tremendously. The writer for several years had the phrase: "He can conquer who believes he can" tacked on her desk for inspiration and courage during a particular difficult period of learning a new occupation. Such inspirational phrases when frequently repeated have the effect of instilling joy and enthusiasm into each cell. This results in re-vitalizing and renewing the body and the mind.

Your thoughts and the resultant actions also control the ductless glands and their outpouring of hormones into your bloodstream.

THE PITUITARY GLAND

The Gland of Business Genius

In the middle of your head, lying in a bony cradle is the pituitary gland. It is about the size of a large pea and is

known as the gland of genius and also as the gland of balance. It has been given this name because the pituitary individual usually has one great talent or genius in which he excels. Until he finds this talent in which he can express himself, he usually is an unhappy and retiring individual, as he does not fit in many different places as some of the other glandular types do.

There are five recognized glandular types: The pituitary, the thyroid, the thymus, the adrenal, and the Creative, or Gonad. They receive their names from the fact that in that individual one gland in the chain seems to predominate and govern the rest by its more potent functioning.

When the Pituitary Gland functions most prominently, the individual is a wirey, sinewy active person. The teeth of this individual are long and yellowish, broad at the bottom and narrow at the top with spaces between near the gums. He is not usually what is considered good looking, but when his glandular chain is functioning normally he has a splendid and astute business personality. This good business personality comes from having been trained in making decisions rather quickly and being reliable and dependable. No one likes to do business with a person who changes his mind without any apparent good reason. Keeping your attention on whatever you have decided to do and carrying it out to completion is stimulating. So, if you feel logy, confused and depressed it may be because your pituitary needs stimulating. *The way to stimulate it is by making a decision and then sticking to that decision.* That establishes a purpose or goal, even though it is only a near one to be carried out in a week or two. Not always does it take a tremendous decision to stimulate the pituitary, but the mere fact that you are working with heart and soul centered on something constructive has its good effect.

When you make a decision you pour a mould for Creative Force to work through. Each time you change

your mind after you have made a decision, the mechanics of your mind have to halt and wait until you get ready and set to allow it to go ahead again. This naturally reacts on your gland and makes it sluggish.

Make your decision. Do your level best to carry it out gradually in every way you possibly know how before you make another one. If it seems something is hindering you, or if that voice within tells you that you are on the wrong track now, then is the time to make another decision. In this way you are making it in accordance with your best judgment, and not because you did not have enough stamina to stick to your original decision.

Keep doing your best at the task at hand. Soon you will find new ideas popping into your mind. Then make your decision about the problem in your life.

THE PINEAL GLAND

The Gland of Understanding

The Pineal Gland is situated back and lower in the skull than the Pituitary. It is known as the gland of understanding. Those who delve into the deeper and hidden truths of life recognize it as the Gland of Cosmic Consciousness. This opens and functions as the spiritual side of life develops. By "spiritual side" I mean the Higher Self. When man is no longer content to go along in the usual rut of living, he casts about for knowledge that pertains to self-development and self-perfection. *As he seeks he finds.* As he finds and utilizes this knowledge, new centers open in the body. The control gland is the pineal. At a certain stage in the development of the Higher or imperishable side of life, there is a change in all the glands and organs of the body, as well as the flesh. That is called by some the coming of cosmic consciousness, or true understanding of your real relation to Life and to the Supreme Being, God. The pineal is stimulated through *this*

HAVE YOU LIVED OTHER LIVES???

AS YOU SOW, so shall you reap. This is taught by the Bible. The Hindus — and others who believe in reincarnation — say this “reaping” (or karma) carries over into other lifetimes. This may be what is called good or bad karma . . . although all is part of our learning process.

Edgar Cayce . . . many times referred to as the Prophet of Virginia Beach . . . taught that groups, even nations, also reap what they sow. For example, he said that the Spanish Conquistadors, under Cortez and Pizarro, later paid for their crimes against the Aztecs and Incas, the Indians they slaughtered by the thousands and their countries which they pillaged of gold and all their wealth.

HOW did they pay this debt of karma? The Conquistadors, according to Cayce, returned “en masse” to Spain during the period of the Spanish Civil War . . . reborn in their homeland in those troubled times to pay their debt. There, in Spain, brother and mother and father and sister turned against one another until their civilization — or what there was left of it — became a shambles.

Does this throw a clearer light on the reason why certain groups of apparently innocent people are subject to undeserved horror and tragedy?

Cayce was one of those rare and gifted individuals who, while in trance, was able to look into past incarnations of other people and see the correlation of problems that carry over from one life to another. Most persons, of course, live scores — even hundreds — of lives in varied countries, under different civilizations, altering their sex and family relationships from one life to another. Some he placed in ancient Egypt under the Pharaohs, others in Palestine during the time of Jesus, many in Atlantis before that continent sank into the Atlantic Ocean. A person might be a king in one lifetime, and a lowly beggar in another life. Perhaps he was sent back for his Soul to learn a lesson not yet learned, such as humility, for example.

A peasant in one life might be reborn as a rich and powerful ruler to see if he would use his wealth for good or evil.

In a series of “life readings” (which dealt with previous lives) Cayce told the strange story of Fort Dearborn. This was originally a trading post on the site of

the Prophet of Virginia Beach . . .
Edgar Cayce
has some dramatic answers



By George Butler
Gadsden, Alabama

present-day Chicago, a time when the pioneers were on constant guard against hostile Indians. In that incarnation Cayce had been a frontier scout, and — according to the “reading” — his name then was Bainbridge. The group with whom he was associated met with disaster when Fort Dearborn suffered a mass Indian attack that burned it to the ground.

Bainbridge rescued some of the survivors and brought them safely to the Ohio River. There a large raft of logs was hastily assembled to ferry them to the eastern shore. Hostile Indian tribes pursued them along the eastern shore, however, and Bainbridge had no choice but to head down river to seek a safe landing. Unable to go ashore to forage for food, even under the cover of night, the exhausted occupants of the raft soon began dying of starvation and exposure.

The scene then shifts to the Chesapeake peninsula of Virginia more than a hundred years later. Some twenty of the former residents of Fort Dearborn had been reborn by then, Cayce said, and — as if by some prearrangement — chose the Virginia area for their “reunion”.

Cayce was in a barbershop one day when a stranger entered with a small child. The child immediately offered Cayce some of the crackers he was eating. Cayce declined, but the boy insisted. His father told the child not to bother the stranger,

(concluded on page 34)

(continued from page 33)

but the boy said: "He's not a stranger. He was on the raft with us and we were all hungry." Cayce took a cracker and smiled. He knew he had met another of the Fort Dearbonites.

From the Cayce files on past incarnations, here are some excerpts that were given:

To an investment counselor of New York he revealed:
 "The entity (person) was in the land . . . when the Children of Promise passed through the lands that they were forbidden to pass through, except by permission. The entity was among the descendants of Esau . . . the name was Jared.

"The entity took advantage of a group. Hence, expect a group to take advantage of you. For what you measure must be measured to you again. You must pay every whit of what you measure to others. This applies in the future as well as in the past. Do you wonder that your life is in such a mess?"

One woman asked Cayce why she came into this life with such a broken physical body. "I have always wanted to be of service to humanity," she said, "but have had no strength, suffering from angina, pernicious anemia, and so on, since I was young."

Cayce told her:

"This entity was associated with one who persecuted the church so thoroughly, and who fiddled while Rome burned (the emperor Nero). That's the reason why this entity has been disfigured by the structural conditions of the present body. Yet this entity may be set apart. For through her experience in the earth (in subsequent lifetimes) she had advanced . . . from a low degree to a point where another reincarnation in the

earth may not even be necessary."

One Cayce "reading" concerned a Jewish woman of Hungarian descent, aged 55, who was working in a shop in New York. She was very unhappy in her job. The hours were long and the work distasteful, but there seemed no escape from it.

An interesting explanation for this unfortunate situation appears in the account of her preceding incarnation — during an early period of American history.

"Then the entity, in the name of Rachel Fould, was engaged in activities with groups who prepared and preserved furs. She was the companion of one in authority.

"In this experience, the entity used

**THE RIGHT USE
OF PSYCHIC POWER**

There is a growing public interest in occult truths and the after-life. Hints of this wider life existing beyond the grave — and even beyond sleep — are creeping into modern books, plays and films. This is an indication of the significant place they will take in man's life in the years ahead. Man will increasingly desire more knowledge of these occult powers which are inherent in his soul; and therein lies a certain danger. Therefore, to help mankind during his advance to use wisely these increased powers, Jesus the Christ sheds the light of his life upon the world; His object being to guide humanity away from the danger and foolishness of using magical psychic power ignorantly, thus bringing upon itself pain and disaster. The right way and the safe way to proceed in the unfoldment and use of psychic power is by obeying the injunction of Christ, namely, *to love the Lord Thy God with all thy heart and all thy soul and all thy mind; and thy neighbor as thyself.* Upon these two commandments hang all the law and the prophets.

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

her position not wisely or too well. Though she had material blessings, she did not show consideration to those who labored long hours.

"You are reaping in the present," she was told, "this phase of what was sown. Do not think that the Lord has brought it upon you. For what you sow, you reap."

Frequently a husband and wife were previously associated in other lifetimes in exactly the same husband-wife relationship, Cayce said. A woman was told that in a previous life she had been traded in marriage in early Virginia for 2,000 pounds of tobacco. When she asked about her previous relationship with her husband, she was told:

"He was the one who bought you. Doesn't he act like it at times?" The wife's comment on this was, "He sure does!"

There are many cases in the Cayce files where a husband and wife, in the present life, have been in the father-daughter relationship before. One "reading" concerned the daughter of a famous American writer and the widow of a distinguished European artist. She asked in her "life reading" whether she had been united with her husband in previous lives. She was told:

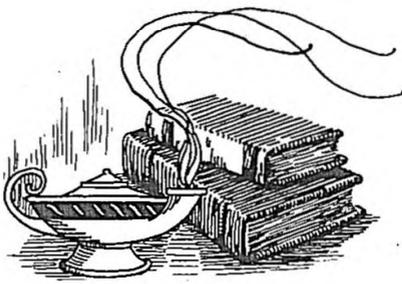
"More than once. In the Danish experience, he was only a friend. In the Egyptian experience, he was your father. In Atlantis, he was your husband."

The woman wrote to Cayce: "I was very much impressed . . . that in a previous incarnation my husband had been my father. There was a certain element of that quality in our relationship even in this life."

In these "life readings" Cayce often *hit the nail on the head* in revealing past life relationships by bringing to light long standing problems that had not been resolved . . . karma yet to be met.



You will find several selections relating to the study of karma and reincarnation listed on page 27 of this issue, as well as part II of a tear-out booklet on this subject beginning on page 19.



Keep up-to-date on the latest literature in the field of the psychic and metaphysical . . . follow these pages every issue. An order form is now included for your convenience on page 27, center section.

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*America's karma
with the*

American Indian



By
Theodore Heline

OBSERVE HOW karmic law brings home to us in many ways, some of which are altogether unsuspected by the average person, the fruits of our sowing.

Here is one way in which the karmic law reacts unfavorably upon us.

Because of the unfavorable conditions under which most Indians now live, the advanced egos among the race seek incarnation elsewhere. Opportunities for their advancement are far greater in Canada and in every one of the twenty American republics to the south. Nor is it only the most developed members of the race that so migrate and reincarnate. Large numbers of the less advanced souls seek out lands where they can find greater freedom. Mexico, only a fraction the size of our country, has among its inhabitants 4,000,000 pure-blood Indians and nearly half its population has an admixture of Indian blood.

Indians are not lacking a common knowledge about wrongs their race has suffered at American hands; many of them carry for us, their destroyers, a subconscious soul-remembrance which works as a force inimical to our best interests. Their unfriendly feeling even has risen to the point of physical retaliation under any pretext whatsoever — as in the case of repeated trouble on the Mexican border with infractious elements, at times so serious as to actually threaten armed conflict between the two countries.

One of the major causes of the downfall of Spain's once proud and powerful empire was that nation's crimes against

the Indians while colonizing the new world. Her ruthless destruction of the Inca civilization in Peru under Pizarro and of Aztec culture in Mexico under Cortez set into motion forces which, in their repercussions, undermined her strength and reduced her to the status of a second class power. Spanish Conquistadors were guilty of shameless betrayal, conscienceless treachery, brutal depredations and enslavement. They pillaged and burned vast collections of historical and cultural treasures. Altogether this chapter of New World conquest constitutes one of history's dark records. Higher type egos cease to incarnate into a nation which commits crimes of such scope. Retrogression sets in as less developed types gravitate to areas thus forsaken. Then follows the nation's decline, because the people of a nation determine its character, stamina and power.

Another manifestation of this deep subconscious memory of fraud, deception and treachery, of which they were so often the victims in centuries past, is the distrust with which republics to the south view their more powerful neighbor to the north. This memory is undoubtedly a factor contributing to difficulties we encounter in our economic and diplomatic dealings with Central and South American countries.

There is a direct connection between the accumulated crimes committed by our people against the red man over a period of centuries and "the potential army of 6,000,000 criminals" which J. Edgar Hoover of the FBI reports as seriously threatening life and property in every part of our land.

"There would be little crime in America now," writes Ernest Thompson Seaton, authority on Indian culture, "if the laws of the red man were operating instead of the laws of the white man." Nor would the politically subversive forces in our midst be as strong as they are were it not for the support they get from the Indian forces on the *psychic plane*, since it is the purpose of these forces to do the very thing embittered discarnate beings most desire to see accomplished.

The effect of such karma on our national life is subtle, serious and far-reaching. It is a hindrance to freedom

(concluded on page 50)

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GETTING THE PROOF

THERE HAVE BEEN many very eminent scientists . . . interested in securing proof, in science cooperating with the occult world. Sir Oliver Lodge, a most spiritual man, was one. "Either we are immortal beings or we are not," said Sir Oliver. "We may not know our destiny, but we must have a destiny of some sort. Science may not be able to reveal human destiny, but it certainly should not obscure it." He went on to say that in his opinion the present-day methods of science would not work in securing proof. He said also that it was his belief that if reputable scientists were allowed to work free without all the scoffers and doubters, then they could reduce occult occurrences to physical laws . . .

People who demand proof . . . in the terms of bricks standing upon bricks . . . want proof while all the time they are trying to prevent that proof. People who go into occult studies just trying to get a material proof are like people who go into a darkroom and turn on the lights to see if there is any image on the yet undeveloped film. Their actions definitely inhibit any manifestation of proof.

If people will be honest with themselves, if they will stay away from the television screens and the cinemas and all that stuff, and if they will meditate properly, then they will have an inner awareness that such a thing is. They will be come aware of their own spiritual natures . . .

— From Lobsang Rampa's new paperback book — his eleventh — *Feeding the Flame*, concerned mainly with answering some of the many questions put to him over the years by his readers. It covers such subjects as *Life After Death, Suicide, Meditation and Ouija Boards*, as well as many invaluable observations on the challenges of our modern world and how we may meet them successfully. Available with all the other Rampa books (see page 46) from Chimes.

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ONE WHO KNEW

(continued from page 11)

on this occasion) all plants and grains were full grown. At a sign from the leader all stood up, clapped their hands, and again we traipsed back to the village.

"The next morning they did not have to awaken me. I was up and ready to go with the first of them. Each man picked up some pieces of rawhide or a type of skin sack as he left camp. When we came to the field I was awestruck! The grain was golden and ripe, as were the peculiar varieties of vegetables (ripe, not golden). Immediately the men reaped the grain with a sort of stone scythe, and shocked it for carrying. Others cut or dug up vegetables. When all was ready most of the men took one of the rawhide straps and bound a shock of grain, making loops for the arms. They then inserted their arms and one of the others would hoist the shock to their backs. This time the trip back was not silent. Everyone sang. Their voices, either through lack of use or heredity, were beautiful. We had a wonderful supper that evening, and in the morning they escorted me back down the mountain to my waiting guides."

Suddenly I jumped up. I looked at Baird and he was looking me right in the eye. I realized then that what he had been telling me was 'said' by telepathy.

"What do you think of that, Stan?" I 'answered' him back in thought by saying, "Je ne sais pas!" hoping to catch him, if this was just a trick. "Ah, I see you have been taking a bit of French," he said aloud, so all could hear. Then I explained to the others what had transpired.

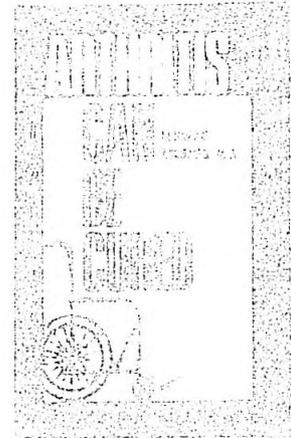
That night was the last time that I saw Baird Spalding. I left for work in the North, later entering the Army for a period of twenty years. It was after a tour in Europe in the fifties that I discovered that Baird had passed on. I also found that he had written more books about the Masters of the Far East and their teachings. I noted in one that Mr. Douglas K. DeVorss, a publisher, was with Baird that same month that he was at our home. I also noted that Baird had discovered gurus in India who could plant and raise food in the same manner that the tribe in the Andes had done! Again the Asiatic-New World link.

As Baird had said, "There is much

studying to do...so much to learn." How much we do agree!



Many times this series of fine books by Baird T. Spalding, *Life and Teachings of the Masters of the Far East*, has been the basis of articles in Chimes. Be sure to put them on your list of "bonus" reading pleasure you owe to yourself.



IF YOU ARE one of the millions of arthritis victims, or if a friend or someone in your family suffers from an arthritic disease, this book can bring new hope into your life. Arthritis is officially considered to be an intractable and almost incurable malady. The most widely accepted treatments, at best, are long-term and slow to bring results. At worst, they are pointless or even harmful. Despite the almost universally pessimistic attitude toward the disease, however, the author of this book, Dr. Bernard Aschner, maintains that arthritis really CAN BE CURED, that painful, prolonged suffering CAN BE ELIMINATED, and that incapacitated persons CAN RETURN to active, useful occupations.

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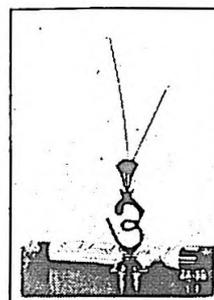


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CENTER OF SPIRITUAL LIGHT, The UCM 248,2545 Walnut St. Service Fri. 7:30 p.m., Class Tues. 7:30 p.m. Discussions, Lectures, Healing, Messages to all. Consult. by appt. Rev. Mildred C. Wells, Pastor. 585-5500

LAWNDALE

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

LONG BEACH

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

LOS ANGELES

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

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

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

SUMMER HILLS SPIRITUAL CHURCH, 614-616 W. Florence Ave. Services Sun. 1:30 & 7:30 p.m., Wed. 7:30 p.m. Spiritual counseling, healing, prayer. Rev. Mary Blair, Pastor. 778-2274 or PL 28667

OAKLAND

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

SUNLAND

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

FLORIDA

ST. PETERSBURG

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.

ILLINOIS

CHICAGO

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

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

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

INDIANA

INDIANAPOLIS

PROGRESSIVE SPIRITUALIST CHURCH, INC. 3721 N. Delaware St. Worship Sun. 3:30 and 7:30, Wed. 7:30. Edith E. Wade, Pres., Paul E. Keller, V.P., Philosophy & Development Class, 924-3631

NEW JERSEY

JERSEY CITY

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

NEW MEXICO

ALBUQUERQUE

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

NEW YORK

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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

OREGON

MEDFORD

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PORTLAND

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. Rev. Ruth Wisdom, Secy., 5642 S.E. Boise St.

PENNSYLVANIA

READING

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

WASHINGTON

SEATTLE

UNIVERSAL SPIRITUALIST LIBRARY, Jones Bldg., 1331 Third Ave. Services 9 a.m.-4 p.m. daily except Sunday. Mediums in attendance daily. Ada B. Johnston, Pres. SU 3-0449

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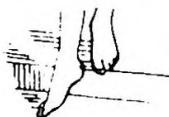
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(continued from page 43)

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