





THIS IS a giving universe. You have to constantly give in order to constantly receive, because the universe is constantly giving to you. If you do not balance the act of receiving by giving voluntarily in some good and happy way, the universe will force you to give in some unhappy way. But give you must!

The universal law, "Give and it shall be given unto you" (Luke 6:38), works whether you want it to or not. *Where there is no voluntary giving, something is taken from you.* People who think they cannot afford to give constructively and freely have to give anyway, destructively and involuntarily — to doctors and hospitals for their ill health; to lawyers for their accidents, legal and business problems; to accountants and to the Internal Revenue Service for their income tax problems; and to other undesirable ways. If you do not give voluntarily of your financial resources, you can expect that body ailments, financial entanglements, human relations problems, and general confusion in your affairs will follow.

When you see a person who has constant problems of ill health, financial difficulties, family inharmony, general confusion and dissatisfaction in his life, not only is he not thinking right, but neither is he giving right. *Where there is no voluntary giving, something is taken from them!*

You cannot cheat the basic law of the universe, which is giving and receiving. It works regardless of your misworking it. You can only cheat yourself out of much health, wealth and happiness by trying to foolishly bypass it.

WHO SAID IT ?

(for the answer, see page 49)

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

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FRONT COVER — A vision of light as seen by photographic artist and sculptor, Zaner Miller of Spokane, Washington whose unusual gift was featured in the April Chimes.

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A THANK YOU TO THE FRIENDS OF CHIMES

Dear and loyal friends of Chimes:

YOU did it!

At least that precious nucleus who spoke and acted for all the others did . . . for it is YOU who have given us the heart and substance to continue the work begun by Chimes some thirty years ago . . . now to be on an even higher note.

The outpouring of love and encouragement, of suggestions and support in response to our personal letter to you, the Chimes family of subscribers, asking for much needed assistance to be able to carry on, really has been "something" to behold. In our hearts we felt certain this is the way it would be, yet -- like all who love and would be loved -- we needed to receive your personal reassurance.

Because of you who have demonstrated your faith in the working of the Divine Law . . . that as you help others it is returned to you . . . and with the indispensable inspiration of Spirit, the word of Light and Truth is continuing to go out.

It was necessary to delay sending this issue to you to be sure of the new sense of direction we were seeking. Now that you have given it to us, we felt it best to combine the June and July issues (instead of the July and August) and have moved forward by several months all of the planning for new ventures.

With the August issue you will begin to see a transformation taking place in Chimes. You will see that as you have spoken, you will be heard. But you must remember that it is the impact of your own personal interest that ever will determine how much Chimes can mean to you, or how much it can be of service to others . . . for it is YOUR forum, the reflection of YOUR ideas, of what YOU think and yearn for on the spiritual plane.

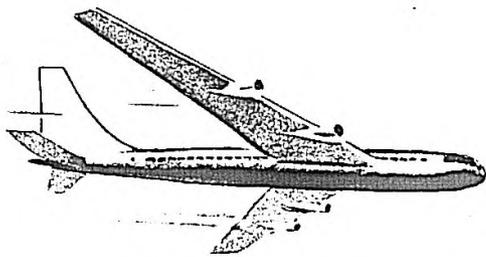
To those of the Chimes family who have not been heard from yet . . . and to those who have pledged their continued support . . . let us assure you that, knowing the times that lie ahead of us, unless we stand together as ONE FAMILY, giving of our heart and substance to keep the home fires burning at Chimes, like any other, it will fall into disuse and disappear from the scene. It is the "heart" that makes a home . . . it is YOU who are the heart of the Chimes homeland.

Keep those letters of interest, ideas and support coming! We love you, every one, for sending them. It is never too late.

With blessings from all who serve you at Chimes, and

The Duntons

SKY PILOTS



... and there are many who can qualify

A message from Zodiac

SPIRITUAL PILOTAGE takes many forms. Would you say that spiritual pilots can accomplish a great work for the Most High? Are they not as those who seek to protect and to lead others into the harbor of the Kingdom of God? Long before man was able to soar into the skies spiritual leaders were often called "Sky Pilots" -- a significant term.

Great has been the need of the Most High all down the ages for Spiritual Pilots among the children of Earth. We will think of some of them presently, but first let us look at the work of pilots in the earthly sense, and the qualities and skills they need to possess.

Think of the pilots who guide ships great and small into the ports and harbors of the world. They need to possess knowledge of great value, knowledge of tides, of channels, of currents, of rocks and shoals, of wind pressures that might be dangerous if not recognized, and they need the judgment that comes from experience in applying their knowledge.

Then there are those air pilots who take their craft, large and small, to places near and far. They have to understand a great deal about air hazards, air currents, air pockets, temperature effects upon atmosphere and their machines, meteorological conditions generally, and all manner of things that would be quite foreign to the understanding of the average person, conditions that sometimes require of them split-second decisions. In this connection we think again of those air pilots of the Great War years, for they were the true pioneers whose efforts inevitably paved the way for the experiments which have led to safer flying -- the application of radio, communications, remote controls, landing devices and many other aids. In all these, as in other human endeavors, they were the pioneers who piloted the way for others.

Spiritual history, as recorded in the Old Testament also has stories of some of the great spiritual pilots of old time, stirring stories of brave people who had the courage to testify to the truths given into their keeping. . . Would you not regard those prophets of old as Spiritual Pilots both for their own age and the ages that have followed? The great ones stand out -- Abraham, Moses, Joshua, Samuel, David, Isaiah, Jeremiah, Ezekiel, Daniel and Malachi -- and the impact they made on the people of their time is evidence that there must have been many unnamed pilots who followed their leadership, each giving forth the spiritual knowledge of that time.

We know that they endured much, were persecuted and sometimes slain. We understand their human nature as we learn of their frailties as well as of the higher qualities which made them leaders. It is marvelous that with but the limited knowledge of their time, their faith was so great. Out from the unseen came the Voice to them which they accepted. "The word of the Lord came unto me, saying" and they acted as the Voice directed even though so often they suffered for their actions.

Today we have the benefit of their experiences in addition to the teachings of Jesus and of those whom He trained to carry on His work, and we have the built-up knowledge of Spirit Communion with ministering spirits including those pioneers of old, all demonstrating that there is one God and Father of us all. Yet there are those possessing this knowledge who are reluctant to believe that it is possible for an individual to "hear" the Voice of his Father!

So it is that the Father and the Son need Spiritual Pilots to lead those doubting ones through the labyrinth of human thinking, through their doubts and fears, their ignorances and prejudices -- lead them out of their misconceptions into the clear, pure Light of God-consciousness. To impress that need upon us, who can do that better than those veteran pilots of old? Their faith has become certainty through their experiences in realms of Light and so they come back to help to pilot us through the rocks and shoals of earth life, to encourage us to seek ever wider and wider fields of consciousness, greater vision, greater knowledge, so that we may *here and now* respond to the Divine need for Spiritual Pilots.

Many pilots from the Unseen -- spiritual guardians, inspirers and Angels of the most high -- all experienced pilots, can, by our own choice, be with us in our homes, in the streets, in the market place, and in every phase of earthly life. As we make that our choice, so too shall many others be drawn from darkness into realms of Light even while we are seeking by training and experience to qualify as pilots to needy souls.

But ever must we remember the words of the Divine Pilot "*without Me ye can do nothing*" . . . for in His power alone can we become and continue as pilots of souls.

The foregoing article is based on excerpts from *The Greater World*, English monthly.

features and highlights

Prepared by Youth Division, Mark-Age, for Chimes

One who is "hip" is one who knows. One who knows and is going about with right action is a young man by the name of Stacy Gonder, just "Stacy" to his friends. Right action with him took the form of being Editor of *The Oracle of Victory*, a spiritually oriented above-ground newspaper. The un-hip idea of "hippie" paper is not applicable here. The cause is for love and truth and positive action through peaceful means.

An associated press of spiritual information is in the formative stage that all independent youth-oriented papers will be able to draw upon.

Other newspapers in the circle of love are the *Sojourner* in Atlanta, GA — the *Atlantis* in the midwest — the *Woodstock Aquarian* and others on and off as Spirit wills it.

More and more the truth is being spread to the youth and by the youth, with the help of our friends.

SUCCESS . . . EVEN FOR BEGINNERS!

How many teen-agers lecture graduate students at Princeton? Or dig for dinosaur footprints by firelight in winter nights at abandoned rock quarries? At 17, Paul Olsen and Tony Lessa of Livingston, NJ, can claim these credits.

The budding paleontologists' proudest accomplishment is a just-won victory in a two year struggle to save their hunting grounds from factory sites and bulldozers. After petitioning even the president with their documented finds, they drew the local press to their cause and had the quarry put up for consideration as a national landmark. The park system will now develop it. The two boys are heading for college with a grounding in their chosen field of paleontology and also know-how in what it takes to beat the system.

O Eternal Conqueror! teach me to train noble qualities within me — soldiers of calmness and self-control. Be Thou their Divine General, like Krishna of yore, in the battle against the dark foes: anger, ingratitude, untruthfulness.

May I raise over the realm of my life Thy flag of invincible righteousness.

Paramahansa Yogananda

Hollywood, Florida was the scene of a peaceful Youth In Action gathering during the holiday season. A group of teen-agers went before the City Fathers to ask permission to stage a candlelight march which was to be a focal point for a fund raising campaign against drugs and to help support a new drug preventative center. At first the answer was 'no'.

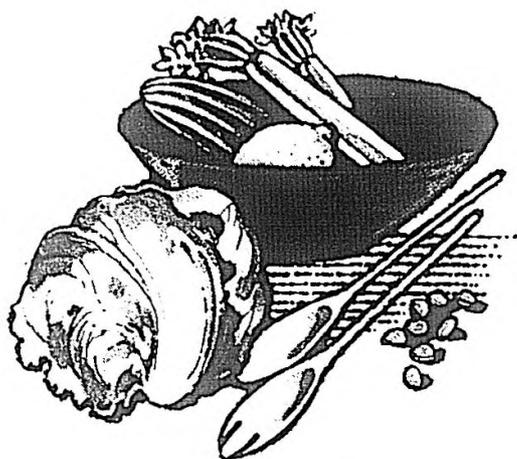
A deep-eyed long haired youth said simply, "If you think holiday shopping is more important than a kid strung out on drugs, you should examine your own soul."

Permission was granted and thousands of high school students marched peacefully down Main street holding candles and singing. They had their own bicycling police to keep things in order. Other youths joined in along the way. The shoppers shopped while the youth marched in light.

When I see people very anxious to know what sort of prayer they practice, covering their faces and afraid to move or think lest they should lose any slight tenderness and devotion they feel, I know how little they understand how to obtain union with God, since they think it consists in such things as these.

No, sisters, no; our Lord expects *works* from us. If you see a sick sister whom you can relieve, never fear losing your devotion: treat her with compassion; if she is in pain, feel for her as if it were your own, and when there is need, fast so that she may eat. This is the true union of our will with the will of God.

St. Theresa of Avila



Vegetables and Salads

VEGETABLES DO NOT, in general, occupy the important place in our diet for which they were intended. This is unfortunate, because the world of vegetable cookery can be exciting and full of taste thrills, to say nothing of contributing to our abundant health. And vegetables offer the possibility of an almost infinite variety of salads, if one gets out of the usual rut and uses some imagination. The salad, of course, represents the ideal use of the vegetable to give us the benefit of all the vitamins, minerals, enzymes and other nutritive factors found in the vegetable in its raw form.

I have been dismayed, as I have eaten in various homes and public dining places, to note that generally vegetables are dished up without their broth. This is almost like squeezing an orange and discarding the juice. When I eat vegetables, I like them floating in whatever amount of liquid they were cooked in, seasoned to taste, of course. Ideally, most vegetables should be cooked in the smallest amount of liquid possible, but this becomes less mandatory if the juice is used, the general idea being to avoid wasting the minerals, primarily. And there are few things more delicious to me than baby green lima beans, for instance, cooked in a generous amount of water, until they are tender and soft. I like to add a couple of green onions, including the green tops, some parsley and chives, butter or oleo, and a dash of celery salt or some other seasoning salt. You may also like to add a pinch of raw sugar.

Too many people stick to the humdrum in vegetables, meaning peas and carrots, green beans, etc. The variety of available vegetables is almost bewildering at the height of the season. Have you, for instance, tried artichokes, the various greens (kale, collards, swiss chard, etc.), kohlrabi, leeks, parsnips? And have you tried using Napa (Chinese cabbage) as a salad green? Just take the crispy white stalks and dip them in your favorite salad dressing or dip mix — or stuff them with a cream cheese mixture and see if they don't beat stuffed celery.

STEAMED VEGETABLES

Try your hand at throwing together a steamed vegetable medley. Be careful to use vegetables which cook tender quickly. A typical mixture would be onions, beets (thinly sliced), bean sprouts, thin sliced carrots, parsnips, green pepper shreds, celery tops, asparagus, zucchini or other squash, bok toy or Napa cabbage. Place your mixture in a steaming basket inside a deep boiler and season them with vegetable salt to your taste. When serving them, try adding a dash of parmesan cheese or some soy sauce. As an accompaniment, try corn chips or whole grain crackers.

THE WONDERFUL AVOCADO

If you are not a weight-watcher, the avocado may well be a mealtime favorite with you. Its blandness makes it blend so well with other fruits and vegetables, particularly those on the tart side. Try avocado slices and grapefruit sections (drained), with mayonnaise, as a salad. Or thinly slice avocados, onion rings, tomatoes and cucumbers and arrange them in layers on a salad plate, adding your favorite dressing, parmesan or Romano cheese, and your choice of salad seasonings, between layers. A dash of cider vinegar between layers may also suit your fancy. Let this salad marinate a couple of hours or so for better overall flavor. Still with the avocado, try cutting them in two, and filling the seed cavity with a soft cheese mixture.

Recently I tasted a most delicious original salad at a friend's house consisting of cooked onion and cucumber slices, mixed with tomato and avocado slices, and with a dressing of mayonnaise, sour cream, vegetable salt and celery salt.

The following two recipes are from the Rosicrucian Fellowship's *New Age Vegetarian Cookbook*, available from Chimes. This book is truly a treasure-house of recipes, menus, and information on nutrition.

VEGETABLE PIE

1 small onion, minced	5 tbs. butter
3 cups cooked green beans	1 tsp. vegetable salt
3 cups cooked shredded carrots	¼ tsp. paprika
2 slightly beaten eggs	3 tbs. unbleached flour
2½ cups mixed vegetable liquid and certified raw milk	1 cup grated cheese

Saute onion in butter until tender; blend in flour. Add milk mixture gradually, then salt and paprika. Stir constantly until thickened. Add cheese and stir until melted. Add hot mixture to eggs and stir. In oiled baking dish alternate layers of vegetables and sauce. Cover with rice crust made with:

1½ cups hot steamed brown rice
2 well beaten eggs
1 tbs. melted butter
¼ tsp. vegetable salt

Blend all ingredients and cover above. Bake in 350°F. oven for 30 minutes. Serves 8.

LIMA BEAN AND CELERY SALAD

Equal parts of:

Cold boiled lima beans, chopped	Few walnuts, ground
Crisp celery, chopped	Mayonnaise
Hard boiled eggs, chopped	Crisp lettuce leaves
Optional: Basil or dill weed herb to taste	

All of the above to be chopped separately. Garnish salad plate with lettuce and on this place the beans. Sprinkle with celery, eggs, walnuts, and herb. Mayonnaise as desired.



A NEW LANGUAGE

By Pat Boone

SHIRLEY, my wife, was deeply troubled and withdrawn as we got into bed. Nothing I could say seemed to console her, or even reach her.

Shirley needed to be absolutely sure that her experience was based on Bible truth — not on some mystical experience totally outside of God.

In the dark, as she was drifting into a troubled sleep, I became aware that she was whispering something to herself.

"What, Honey?" I asked. "What are you saying?"

In her drowsy state, she hadn't realized that she'd been mumbling audibly.

"I don't know what I am saying," she replied. "It's just a phrase from my prayer language — I've heard myself saying it over and over."

I listened closely because naturally I was intrigued. I wasn't expecting to understand what she was saying, but suddenly I was transfixed. My wife was praising the Lord — in Latin. I knew she had never had a day of Latin, but I had studied it four years. Yet now she was saying very distinctly, "Ava Diem! Ava Diem! Ava Diem!" or "Praise God" in a language she'd never learned.

When I told her, she began to weep, and immediately knelt by the bed and began truly to praise her Lord in a lovely flow of the most beautiful language I've ever heard. In awe, and gratitude, I knelt beside her and thanked God for confirming to both of us, in a way only He could have devised, that this language was truly a gift of His Spirit.

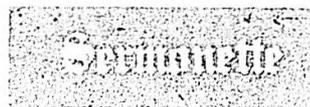
We knew we'd just experienced a miracle. The Holy Spirit had given Shirley a phrase that He knew I could interpret, and for our mutual faith and edification.

In the next few days, as if to dispel any idea that this was a coincidence, He made Shirley aware of two other phrases. These, too, were Latin. Aware that our 14-year old Cherry had studied the language two years, Shirley hesitantly asked Cherry on two separate occasions if the phrases meant anything in Latin.

One was "Te amo dominus," which Cherry immediately knew to mean "I love you, Lord," in Latin!

The other was "Deum amamus," or "We love you,

(concluded on page 50)



WHY GIVE THANKS?

By Dr. Joseph Murphy
Beverly Hills, California

... *In everything find thanks.* (1 Thes. 5:18)

PRIMITIVE man had a childish concept of God and looked upon Him as an anthropomorphic being who ruled the universe tyrannically and despotically, and he responded like the serfs and vassals who cringed and fawned before the old feudal lords who held the power of life and death over their people. Thus, primitive man similarly courted God's favor by prostrating himself, begging, beseeching, and fawning before Him.

Your gratitude, your praise, and your measure of thankfulness must not be expressed as a fawning or cringing attitude seeking favors. Instead it should be a thrilling adventure into the recesses of your deeper mind where you review and become intensely interested in the laws of God. Herein you will rejoice that all things you need and claim are within you in principle, and they wait for you to receive them with a joyful, thankful heart.

You are truly grateful and have a heart full of praise when you become aware of and appreciate the universal principles of life and the Providence which gave you everything from the foundation of time.



In his inspiring little book, *Quiet Moments With God*, Dr. Murphy illustrates how giving thanks and turning within to discover the power we all find there can bring a joyous life of health, love, peace and abundance in all good things — a Chimes selection you are sure to treasure.

Drugs and the Whole Man

HIS KARMIC STRUGGLE IN YOKE AND BLINDERS

By Nancy Baker
Gisborne, New Zealand

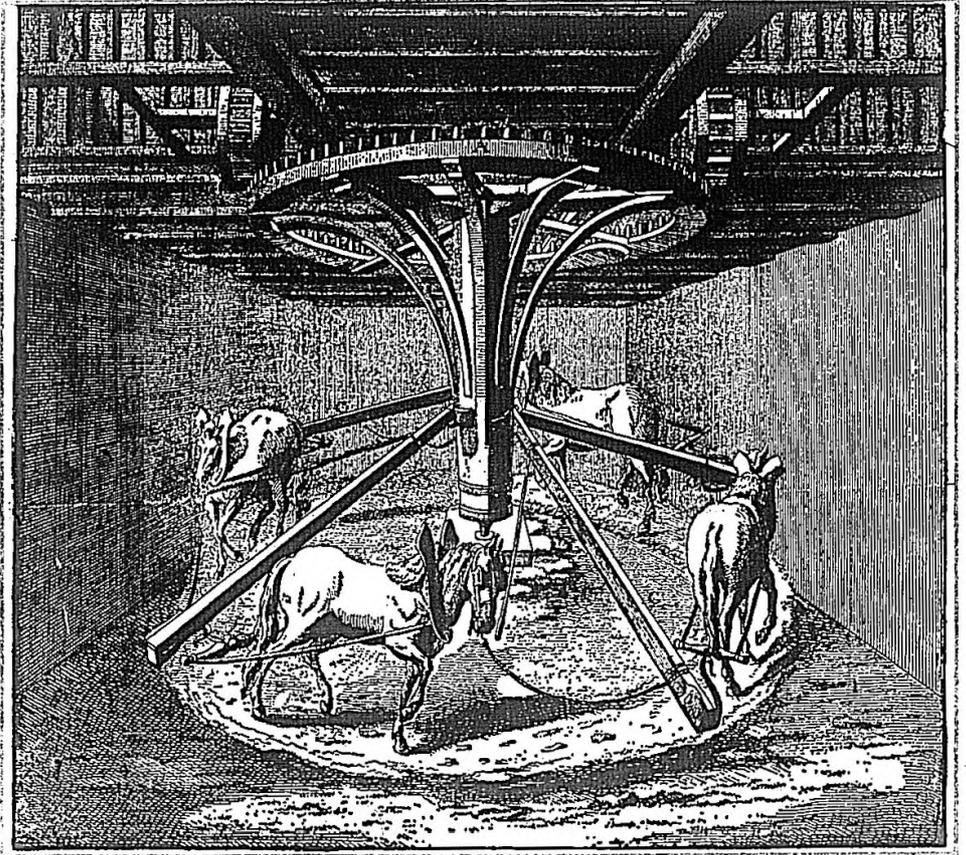
DAILY THE HEADLINES scream Drugs . . . Drugs . . . Drugs. Almost every magazine and newspaper contains an article about the latest sensation on the drug scene. Radio and Television keep the subject continually before us. What is behind today's phenomenal use and misuse of drugs? Is this a new problem and, if so, what are the underlying causes?

Drugs have been used ever since man became an inhabitant of the Earth plane. The relief of pain and the experiencing of pleasure, together with the removal of one's enemies by poisoning, both have been valid and invalid reasons for the use of drugs for as long as man has known how to prepare herbs, plants and barks for the different purposes to which he intended putting them.

Today we are horrified at the extent of the misuse of these preparations, but if we will consider the teaching of reincarnation we shall realize we are only reaping what we have already sown. It is accepted that we reincarnate at times and in the places in which it is possible for us to work out the Karma made in previous lives.

The Atlantean civilization was the most advanced, both scientifically and technologically, the world has ever known. Man's knowledge of aeronautics, ballistics, astronomy and drugs were far above what, with all our vaunted knowledge, we know today. Unfortunately there were many among those people of that distant age who grossly misused the knowledge they had, with the result the Atlantean race and civilization was wiped from the face of the Earth.

Today, we who are reincarnated Atlanteans, for that is what most of us are, are living in the second scientific age. To work out the Karma we made in the past we have to be born into another similar period in which we either can use



our relearned knowledge for good or for evil. We only have to look around the world today to see just how this is being done. Atomic power, which, rightly employed, can be such a blessing to man, was used to blast two great cities to the ground, killing and maiming untold thousands, many of whom as yet are unborn. Nations spend the greater part of their income on armaments designed to protect them from the attacks of their "enemies".

The medical experiments of concentration camps carried out on innocent human beings and on defenseless animals in the vivisection laboratories, together with the most diabolical misuse of drugs, were learned in those far-off Atlantean days by their present day perpetrators who, unfortunately, have not learned the lessons of harmlessness, brotherly love and compassion.

It is upon the heads of every one of us the blame for the present abuses must be placed. The Karma of the individual is the Karma of the family; the Karma of the family is the Karma of the nation, and the Karma of the nation is the Karma of

the world. With smug satisfaction we think the drug question will not affect us personally, but we are all in this together, and together we will have to overcome the horrors which are being foisted upon the world by unscrupulous criminals whose only gods are money and power.

To misuse the gifts of nature is a crime against God from Whom they came. The body of man is the temple of the Holy Spirit. To misuse the body is a sin against God. Man, being a Spiritual being, is seeking all the time that from which he came. His knowledge of who and what he is is so vague he does not realize he is a Spiritual being inhabiting a physical body. To him the physical world is all, so he seeks in material ways for what his Spirit craves — drugs, alcohol, sex, money, pleasure and escape. These, he thinks, will stifle that inner craving which he can neither understand nor satisfy. Pseudo-psychic experiences brought on artificially give him a "thrill". Thinking this to be the real thing, he uses all means obtainable to repeat and continue his experiments. The drugs not only ruin him physically but shatter his spiritual body and health. The chakras,

those intricate spiritual centers which draw the life-giving and life-sustaining prana into the body, work in a clockwise direction in a normal person but, when psychic experiences are brought on by drugs and artificial means, travel in an anti-clockwise direction, thus depleting the body of the vital forces needed to maintain life.

The twentieth century has been one of almost unending strife, no part of the world being free from unrest, Wars, declared and undeclared, are with us continually. In this atmosphere morality and all restraints, which formerly kept mankind on a fairly even keel, have been thrown overboard. Parental control and communication between parents and their children no longer exist, license and crime are everywhere. Organized religion has failed to move with the times. Man is no longer the ignorant peasant who will accept what he is told to believe, but an intelligent, thinking being who needs to understand who and what he is, where he came from and where he is going. Seeking deeply, he knows not where to turn.

The medical and psychiatric professions, confronted with the sick and suffering, fail to realize man is a triune being, body, soul and spirit. One treats the body, the other the mind, while neither will recognize that first and foremost man is Spirit. They only treat the effects and not the causes of illness. "Personality defects" is a convenient phrase used to cover the many reasons why a patient becomes a drug abuser. Drugs are given for every conceivable condition, frequently resulting in dependence, which in turn leads to the need for greater quantities and stronger types. Many of today's addicts were put on this evil road by doctors whose real knowledge of man's true makeup is non-existent and who have been trained to think a pill or surgery are the answers to all conditions.

There are many people living today who would willingly do what they could to help combat this growing evil but they do not know how to set about helping. It is quite useless to approach a junkie, tell him of his evil ways and suggest that he give up his needle and his drugs. Until an

addict is ready of his own accord to kick the habit, no amount of coercion or force will be successful. But there is a way that all who desire may follow, and is more effective than we know. I refer to working on the Astral plane with the Invisible Helpers during the sleep state. For a long time it has been my habit each night, before falling asleep, to dedicate the hours of the night to helping the junkies and addicts.

Several months ago I was visited by a lovely twenty-one year old. As she approached I knew we had met before, but not in the physical body. Here was one of many with whom I had been working on the Astral plane. She had just kicked the habit after being a junkie. Desperately in need of help and guidance she had a long way to go before being completely cured. Together we went through the following months, sometimes up, but more often down. A course in "Transcendental Meditation" was a means by which she learned much about herself and which helped her to establish a higher way of thinking. Osteopathic and naturopathic treatments corrected physical faults, and together we discussed every aspect of her life to find the causes and answers to her problems.

A disturbing and not understood

spiritual experience at the age of fourteen resulted in barbiturates being prescribed to her because she was unable to sleep without them. Lack of communication with and being misunderstood by her mother left her lonely and depressed. Extremely sensitive, matrimonial disharmony affected her, and above all, a deep inner longing which she could neither understand nor satisfy made her try anything that was in the offing. Not knowing where to seek she turned to material things, failing to realize she had to tap the spiritual source within herself.

It has been a long, hard struggle for her, but she is one of the lucky ones. She is fully healed and will never return to the use of drugs. She has found deep satisfaction in the "Bahai Faith", where one of the disciplines is that drugs and alcohol are not acceptable in the life of purity its adherents seek to live.

So, instead of bemoaning the wickedness of the present generation, let us all work to alleviate the misery caused by the misuse of drugs of all kinds, alcohol and tobacco. If we cannot work with a case physically, at least let us do our share on the Astral plane with the Invisible Helpers who are only too willing to allow us mortals a share in their work and an outlet for our better natures.

*TO EVERY MAN THERE OPENS
A WAY THAT HE MAY GO
AND THE HIGH SOUL CLIMBS THE
HIGH WAY
AND THE LOW SOUL GROPE THE
LOW
AND IN BETWEEN ON THE MISTY FLATS
THE REST DRIFT TO AND FRO
BUT TO EVERY MAN THERE OPENS
A HIGH WAY AND A LOW
AND EVERY MAN DECIDES
WHICH WAY HIS SOUL SHALL GO*

Anonymous



Transforming Thoughts

BRILLIANCE OF THE FUTURE

WE SEEK in the past the promise of the future — and it is always there. There are always values that are enduring and these are never to be discarded but carried forward in essence as the seeds for future progress. In the sixth chapter of the Gospel according to St. John, the Christ makes a profound statement which applies to every man and to all that life can bring: "It is the Father's will that of all which he hath given Me, I shall lose nothing but shall raise it up again."

— From Adrienne Ashley in *New Age Interpreter* magazine

OUR EXPANDED UNIVERSE

THE ORDINARY INDIVIDUAL spends the greater part of his time immersed in habit patterns. Then suddenly something happens that makes him aware of another dimension. If this awareness could be absorbed it would add depth to life. We should never dismiss a flash recognition of another dimension. To do so is to reject it.

One way to practice increased awareness is through periods of "aloneness". Shut out your neighbors for awhile and realize that you *are* the universe and everything in it. You can experience a oneness with all knowledge before and behind.

To substantiate the claim that we are actually one with the universe, refer to Einstein's well-known equations concerning mass and energy. Mass is energy. We are energy — and mass. What would happen if we vibrated at the speed of light? We would disappear. We would become a part of the perception beyond the five senses.

— From Parastudy, Inc. in the *Parastudy Review*.

THE WORLD'S PREDICAMENT

THE CAUSE of the world difficulty is not in recalcitrant governments, unwieldy churches, and international conspiracies, much as some would like to feel. The cause is in the evolution of man himself. Man has outgrown his adolescence and can no longer tolerate the false premises upon which the world of the past has been builded. Therefore, he will revolt against all the old forms which have restricted him in the past. He will not accept the outworn religious dogmas, the outmoded political policies, obsolete military strategy, and false social values, no matter on what authority they are defended. This revolt is not a national phenomenon. It is indicative of a world crisis of the mind, and it will not die out until the whole complexion of human life on this planet has been overturned and reconstructed.

No longer will one crisis succeed another. We shall face multiple crises, all related and all happening at once. The intensity with which these events will involve more and more people of every culture and in every land, will leave no one untouched in the process. By the year 2000, every human being alive on the planet will have a stake in the battle for Earth, and no one will escape the responsibility of fighting for the continuity of man. For the first time in all history, we will struggle for the preservation of the human species, instead of for man's mass extermination.

— From Howard John Zitko in *Orion* magazine

MAN'S INNER HEALINGS

SPIRITUAL HEALING has developed considerably in recent times. Spiritualists, occultists, and members of various different religious denominations make use of it and, when all other methods have failed, sometimes spiritual healing has proved successful. Color healing, which is an amalgamation of both spiritual and physical healing, may perhaps be the key to helping us understand a little more clearly how spiritual healing is able to produce the results it does.

— From James M. McLintock in *Prediction*, English monthly

LESSONS FOR STUDENTS

HOW PSYCHIC ENERGY CAN HELP YOU DEVELOP CLAIRAUDIENCE

(continued from the May issue)

In the previous issue an experiment was given in developing clairaudience by working with a collaborator who is "sympatico" using verses and poems for the training exercise. Simple as it was, this method can be the beginning of one's development of clairaudient faculties.

•

TRY TO FIND a collaborator who is "sympatico," a person you like, who likes you and is willing to help you. A reluctant collaborator, or one who harbors any dislike or resentment, is valueless. Remember, you are actually going to try to pick up a telepathic message from your collaborator whether he or she be apprised of it or not. So it is important that a certain degree of harmony exist between you. When you have developed skill and power, a previous rapport is not essential, but at first it is necessary.

Do not expect immediate success. When some evidence does appear, by all means continue your training. The average person will require two or three months of daily practice to stir the inner faculties into activity. If you should get results earlier, it is a sure indication you are partly awakened already. By going from one verse to another, choosing a new and different one each time, you cut down the possibility of memory being the sole factor. You also can reduce the reading from four to three times, and then from three to two. At this point you will have heard the line aloud only once before attempting to repeat it. Your collaborator also can vary the procedure by silently reading the second or third line instead of the last. This he should do unexpectedly, without warning you, in order to achieve maximum benefit.

Gradually you yourself will come to realize that you have clairaudient ability. Encourage this new-found faculty. You will begin to hear sounds and voices not in the normal physical range. Try to pick them up. Show an interest. *Where your interest lies, there your energy goes*, and this is one excellent way of developing your psychic energy.

A WORD OF CAUTION

As you gain skill and proficiency, you will hear many different voices. It is not necessary that you listen to all. Some sounds may be helpful, others quite the opposite. Learn to choose. It is just as easy, you

will find, to shut out unwanted companions on the astral level as it is on the physical. A firm decision on your part is all that is needed.

There are many intelligences seeking a contact, a mouthpiece on the physical level. These are not all discarnate spirits, the astral bodies of people who have died, as might be assumed. They come from many levels, for the astral world is far larger and more varied than the physical. So be choosy. Some may try to flatter you in order to monopolize your attention. Avoid these as a plague. Others, quite well meaning, may try to guide your every physical decision. Do not let them! This is YOUR life you are living, not theirs, and you are held solely responsible for every thought, word and action. Of course there will be occasional warnings of danger and, when one is received, it is well to explore all possibilities involved.

•

Psychic Energy by Joseph J. Weed, upon which the foregoing article was based, may be purchased from Chimes.

REPENT . . . Or Else?

IT IS NOT an accidental fact that almost from the very beginning Jesus told His hearers to repent. To repent means to change an erroneous outlook and to give up an erroneous way of living. But deeds spring forth from ideas. It is fundamentally a change of thinking for which Jesus asked. During these momentous days, when an apocalyptic combat envelops our planet, the worth of such counsel becomes painfully plain. The conventional world, judging by appearances instead of judging appearances, has been jolted into achieving a most rudimentary and fragmentary awareness of what is happening beneath the surface of things.

— From *The Wisdom of the Overself*
by Paul Brunton, Ph. D., a Chimes classic

Getting To Know God

A STEWARD'S PRAYER

Father of all mankind, throughout this day help me to remember that a very real portion of Thy Kingdom has been placed in my keeping. Therefore teach me to love Thee:

With all my heart — that I may love those whom Thou lovest, giving back to the most unlovable and difficult Thine own everlasting mercy and compassion:

With all my soul — that I may seek fresh ways in which Thy divine power may surge through my commonplace routine from morning till night:

With all my strength — that my hands may work the works of Him who sent me, that my energy may be poured out for the needs of Thy family, until all I own or earn or gain may be spent in a stewardship of loving kindness:

With all my mind — that I may think Thy thoughts after Thee from moment to moment, making beautiful and significant each expenditure, always placing Thee first, that Thy Kingdom may come through my sharing, my caring, my daring — for Thy name's sake.

Amen

HOW DO YOU PRAY?

BY ITS VERY NATURE prayer depends upon our mental picture of God. If we have an improper concept of Him, we are praying to "false gods," man-made and impotent. Let us then, so far as possible, eliminate some of the erroneous notions about the Supreme Being, to the end that our prayers may be more practical and effective.

Decades ago, the well-known editor of a newspaper in a Midwestern city, who loved to badger a "friendly enemy" who edited a rival paper in another locality, wrote an editorial in which he made the unequivocal statement that "God always answers prayer." His competitor rose to this bait as anticipated, and unloosed a blast at such an obvious absurdity. For weeks the controversy continued, until William Allen White decided to terminate it, so he wrote to the effect: "I still maintain that God always answers prayer, but usually the answer is 'No'."

If you have in mind a God who could possibly say 'no' to your appeal, then let it be understood right now that you have been worshipping a god that is only a figment of your imagination. Regardless of what the true nature of Deity may be, this most assuredly is not it. Put yourself in the place of God and ask, "If I had all His power, all His goodness and love, all His infallible understanding, would I withhold anything legitimate from my children?" Your answer would be an emphatic "No." Your only qualification, based upon your own experience, might be that the request must be for something worthy, since presumably you have not been guilty of satisfying the mere whims of your own sons and daughters. If they asked for health, daily supply, a happy home, a good position or business, precious friendships, or any of the other good and decent things of life, if within your power to give them, you would never say 'no' to their requests. Neither would you demand a lot of promises that might be difficult to fulfill as conditions for making the gifts. Then why do you pray to a false god who has less intelligence and love than you yourself possess?

God gives you everything you need when you have the true spiritual approach to prayer. Make no mistake about the practicability of the right kind of prayer. Is it not written: "What man is there of you who, if his son asks for bread, will he give a stone? Or if he asks for fish, will he give him a serpent?"

Now, such a quotation might seem to indicate that prayer is a matter of asking. Most prayers are indeed made on this basis, but let us consider this quotation: "Before they call I will answer, and while they are yet speaking I will hear" (this is God speaking in Isaiah). From this it is evident that He answers *even before we ask*. Then, why the necessity to make an appeal? Is it not more intelligent to assume that what we think is our desire is really God's desire — even before we know what it is we are asking for? It is His desire that we have it, and we need no more get down on our knees and plead to acquire it than to palaver over a modest withdrawal from the bank in which we know we have a sizable deposit. All we need to do is write a check, which does not even say "please". It commands the bank to pay to the bearer on demand,

There is an art to tuning in

the bearer being ourselves.

This may shock many sincere church members, and this is the intention! Many have the impression that God is a glorified Santa Claus who will give them what they ask if they have been good boys or girls for a few weeks before Christmas. They must go to church, sing the hymns, make long prayers, and then this gullible Being will grant their requests. No wonder the answer is usually "no" under such circumstances. It is no wonder that children often rebel against going to church, for instinctively they feel that if God is that kind of a guy, whose favor one seeks by bribes, they want none of Him. Unless God is made in some other image than the likeness of human beings, they'll manage to get along somehow without Him.

Now, let's see why prayers are not answered, even when made on a proper basis. It is written: "Ye ask and receive not because ye ask amiss." What is the right way to ask? Again it is written: "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Unfortunately, the word translated "believe" really has a much stronger import: to "understand." We can believe almost anything, but to understand is to set aside all doubt and equivocation. Yet how are we supposed to understand? We have to recognize the fact that if our desire really originates in God, already we have in reality what we want.

You don't have to ask God for health. On the contrary you must put down all suggestions that argue that you don't have it. "But," you say, "don't I feel the pain, don't I see the evidence of disease, don't I smell the foul odors?" Yes, unfortunately, and it is written: "Agree with thine adversary quickly, whilst who art in the way with him." Agree with sense testimony quickly, but remember that it is an *adversary*. Are you going to hug this adversary close to you, or tell it to be on its way? Deep down within your consciousness you feel that you are entitled to health, well-being and the good things of life. Otherwise there would be no sense in trying to get them or regain them if they seem to be lost. Learn to pray properly and you will fight to put down everything that tries to keep from manifestation that which belongs to you, since the good God wants you to have it.

There is assurance in this approach to God, based on the fact that "It is your Father's good pleasure to give you the Kingdom." The only reason we do not manifest whatever we desire is because we "ask amiss" or just fail to demand it as our

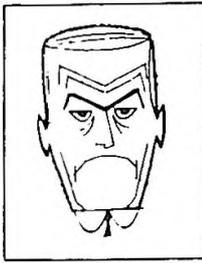
inherent right. It is written: "Thou shalt make thy prayer unto Him, and He shall hear thee — Thou shalt also decree a thing and it shall be established unto thee." This decree, however, cannot be for selfish purposes, for THAT IS praying amiss.

These suggestions for right prayer were given in Cushing Smith's chapter "What Do I Know About Prayer?" from his book, *I Can Heal Myself, And I Will*, a helpful Chimes favorite.

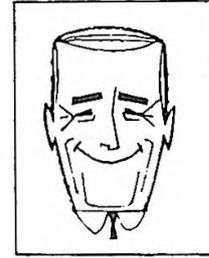
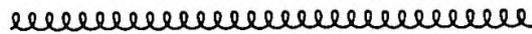


A man must have a sort of intelligence of the Absolute. . . a recollection of those things which the soul beheld when it was in the company of God, and escape from relative being in the apprehension of true Being. In this, the mind of the philosopher alone has wings. To the extent of its enlightenment, it recollects those things in which Divinity abides.

— Plato



IT'S WHAT THEY SAY



E. Stanley Jones — Some of our criticisms are unjust and unfair, so in meeting an unjust criticism first of all, quickly breathe a prayer for your critics and for yourself. It is harder to hate a man after you have prayed for him. After you have asked God to bless him, it is harder for you to curse him. Prayer pulls the sting of resentment. Your attitude toward him becomes redemptive instead of resentful. You want to cure his ignorance and help him get rid of his spleen. Keep your thought bathed in prayer as you think of him. A prayerless thought will become a resentful thought. — From *Victorious Living**

Glenn Clark — Become so humble and so selfless, so emptied of selfishness and self that the circle that is you becomes merely a dot. Let yourself become so at one with all mankind that your dot merges in infinite space. As the dot that is you loses itself in the spaciousness of love, you, yourself become spacious and limitless. Four points of the pyramid rest upon the earth, but the pyramid itself could not exist were it not for the fifth point that loses itself in the sky. — From *Water of Life**

Pearl Bailey — La Bailey believes very strongly in reincarnation. She once told a reporter, "I've been here before. You'll laugh if I tell you who I was: the Queen of Sheba." Reviewing her rendition of "Dolly", critic Rick Dubrow wrote: "She's like some mid-eastern queen who wandered into our century and stayed around." Of her forthcoming book, she says: "I can't even read my own words, you know, because this book was written in another century. I heard those sentences before I wrote them. I haven't learned that much about life in this existence." — From the *Los Angeles Times Calender*

C. W. Leadbeater — When a man begins to develop his senses, so that he may see a little more than everybody sees, a new and most fascinating world opens before him, and the chakras are among the first objects in that world to attract his attention. His fellowmen present themselves under a fresh aspect; he perceives much with regard to them which was previously hidden from his eyes, and he is therefore able to understand, to appreciate and (when necessary) to help them much better than he could before. Their thoughts and feelings are expressed clearly before his eyes in color and form; the stage of their development, the condition of their health become obvious facts instead of mere matters of inference. The brilliant coloring and the rapid and incessant movement of the chakras bring them immediately under his observation, and he naturally wants to know what they are and what they mean. — From *The Chakras**

Harry Edwards — Physical diseases are bad enough, but mental disease is often more exacting. There is great joy when a healer sees the positive result in overcoming stress of a joint locked by arthritis, but to heal an anguished mind, while not physically observable, is indeed a greater accomplishment, and even though the healer's physical sensing may not be aware of this, his spirit self is enriched and his gift of healing enhanced. — From *The Spiritual Healer* monthly magazine

Azrael — Great teachers and messengers have visited this planet through the ages, but beloved, they are not always recognized as teachers. There are many who think that when once these Great Ones have left this Earth, they have gone to realms of eternal bliss, and their work is finished as regards the Earth and all that appertains to earthly things. Usually this is NOT the case because many descend again to help their brethren, as they are doing now, when chaos reigns in many lands and the hearts of men grow faint, fear holds sway, and faith and hope wax dim. There is a greater challenge today than ever before to hold fast to spiritual beliefs, and to live more closely to God and to the Christ Spirit so that you may be known and recognized as Initiates of the White Light and of those great truths now coming into manifestation in the beginning of the New Age. — From *The Fourth Book of Azrael**

* All of the foregoing books starred may be ordered from the Chimes 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.

WHEN DECREERING or sending Light to any area, does that create a vortex to the parties involved?

From Dr. C.H. Teang of "The World-Wide Divine Love Radiation Service" of Penang, Malaysia we receive this answer:

Decrees of Love and Light while beamed to any area or individual do not go directly to the individual in all of its power. Most of it goes as a wave to the Heavenly Hosts who are listening and receiving and there it is amplified and returned to the place where it is decreed to. This is a triangle, so to speak, a 3-way wave which is sent in harmony and amplified. If this were not the case, your decrees would be of little effect. However, you are cognizant of the tremendous Power and Light you have within your own souls. Your powers are unlimited when you are in harmony and resonance with the Universe. It is like electronics at work, but it must be in resonance. This is so powerful it can break the hardest steel. It can do things that are unheard of.

What you project will return along the same route and bring love, harmony and peace into your heart, your family and business world. Put this to the test. Practice for one month. It will become a habit and you will always enjoy such wonderful service automatically and spontaneously like driving a car or playing the piano.

DECREERING IN GROUPS FORMING A CIRCLE

1. Hands extended forward with palms upwards, repeat 7 times aloud following a leader decreeing slowly: "We are drawing Father-Mother Light Substance into every cell of our physical bodies, etheric bodies, mental bodies and emotional bodies for the benefit of all mankind." 2. Arms extended upwards and palms facing outwards, repeat 7 times: "We are sending Father-Mother Light Substance N.S.E.W. into the distressed conditions of the peoples of the whole world."

During the No. 1 action, there is a sensation of tingling of the fingers and hands — in some cases, strong shaking vibrations of the arms and body due to the inflow of electro-magnetic Divine Current. At the end, there is a feeling of warmth and strength of body. This is a very practical demonstration of the spiritual power of Divine Love.

DO YOU AGREE that there are such things as ghosts?

Anyone who reads even superficially in the supernatural field knows that the word "ghost" is not only very misleading but that like a headache it may be due to any one of several causes. For example, a ghost may be an astral shell not yet decomposed. It may be a visible phenomenon of the subconscious. It may be a part of the emanations from a spot which is "haunted." In this case a focus for emotions is so strong it is visible, or it may be a truly materialized spirit. If the latter, it should not be called a ghost, since it probably means no harm. Why do people persist in the archaic idea of clothing supernatural appearances in a cloak of horror? This can only do harm. Most appearances of spirit are not only harmless and kindly, but actively friendly and helpful — not to say loving.

IS IT NECESSARY to give money to the church?

Yes — in the degree the church has done good for you by the way of inspiration, spiritual advancement and fellowship, it is entitled to your reimbursement by the law of karma. If you do not do this, you will have a karmic debt and must make it good in another life. To give wisely is important. Never incur a karmic retribution by giving foolishly or exorbitantly thinking you can atone.



You Ask the Limit of Love

*You ask what is the limit of Love
And I answer
There is no limit to love.
Love cannot be contained
Cannot be measured.
Love cannot be restrained,
Love can never be imprisoned.*

*Love must be free.
Free to be the essence of being.
Love is pure spirit, energy, divine desire.
Do not seek to build fences around Love
But let the heart of you
Expand to flow and breathe and soar.*

*Let your beauty expand and reach out
To the essence of beauty
That is each soul.
Let, oh beloved one, let.
Let the heart hunger
That yearns within you.
Feel and respond to that other one.*

*You are not alone, dearest beloved child,
You are companioned by the universe.
By all of beauty, truth and joy.
Feel this beauty, joy and attunement.
Let your heart stand tiptoe with angel wings
On the mountain top of your pure essence.
Feel this mounting, this flowing
into a new dimension of awareness.*

*Be free, beloved,
Be free to express the beauty
That you are.
Be radiant, be glowing.
For you are pure beauty, pure spirit.
I behold your beauty and I am awed.
I am awed by the glorious wonder of you.*

*Oh, my beloved,
You are my priceless treasure.
You are my heartbeat, my pulse.
You are my life and my breath and my joy.
Know this, beloved one.
Know this
And forevermore be free.*

Received by Norma, San Jose, California

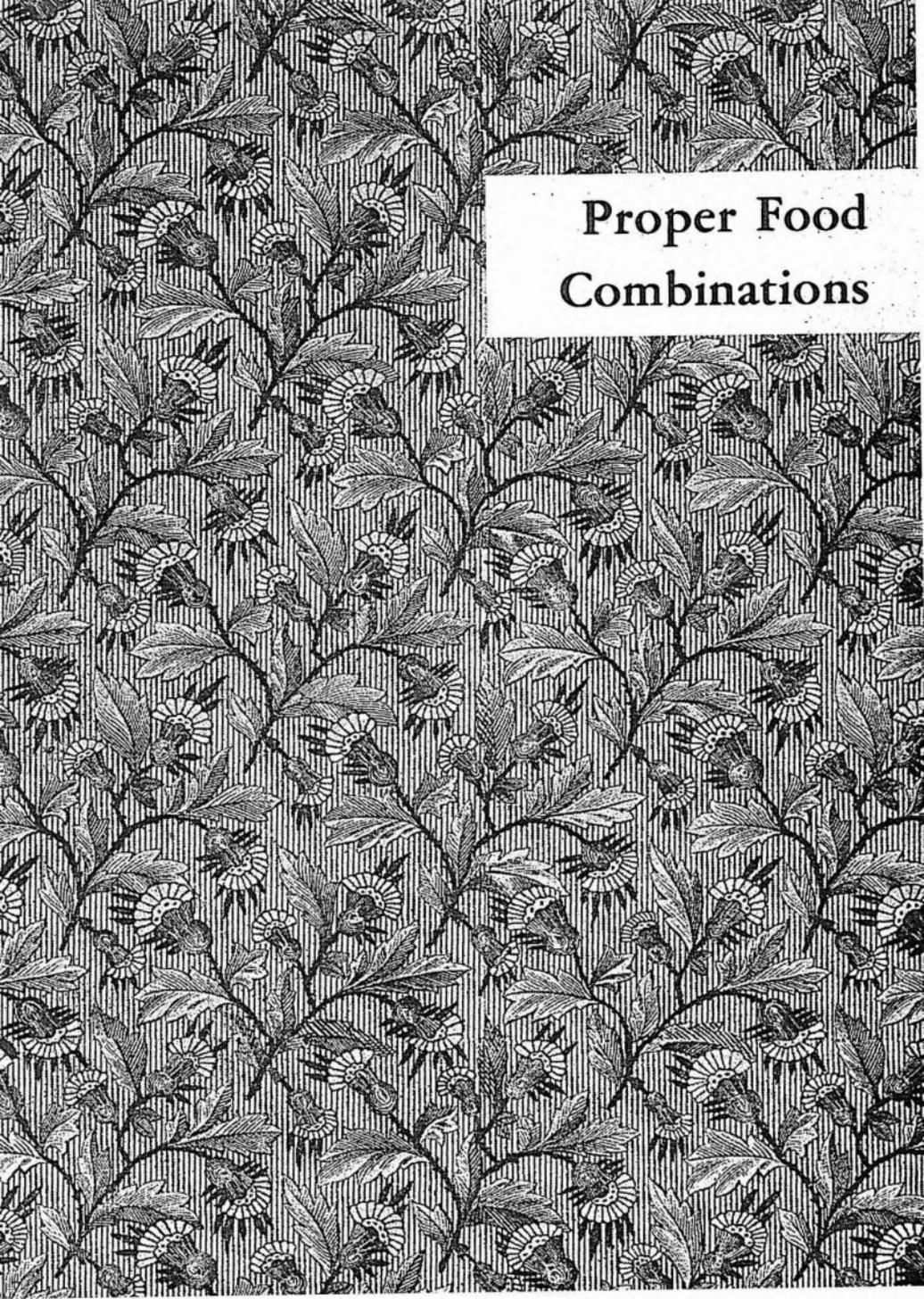
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Proper Food
Combinations

PROPER FOOD COMBINATIONS

YOUR PHYSICAL BODY is the vehicle through which you express on Earth. As an analogy, compare your body to a car. You would not use the wrong gas or oil and expect to keep your car running in top condition, for you know that the wrong fuels could damage the mechanism and thus interfere with its proper performance.

Likewise, good health means proper functioning of your various body systems. This is brought about primarily through the judicious use of foods. Because each class of food is digested at a different rate, incompatibilities can create bodily distress such as indigestion, gas, pain and other undesirable effects.

Therefore, proper food combining is the sane and tested way of eating so as best to nourish the physical vehicle without putting undue strain upon the various organs and bodily functions, and to create more wholesome and perfect temples for the spirit within to express on Earth.

The following rules and food-combination chart are offered to assist you in learning which classes of foods are best combined together or should be avoided to gain the most benefit from your meals. A few general rules follow.

1. It is better to eat only one concentrated sugar fruit at a time, such as dates, figs, prunes and raisins.
2. Use citrus fruits alone rather than combining them with other fruits, as in a salad.
3. All types of melons may be eaten together, but not in combination with other fruits except bananas, which are compatible with all fruits.

lemons, peaches, grapes.

Eat with all proteins such as eggs, meats, poultry, cereals, dried beans & peas, nuts, cheese, avocados, soybeans & products, and also with all vegetables listed above.

*CONCENTRATED FRUITS

Bananas, persimmons, raisins, dates, figs, prunes, grapes.

CONCENTRATED STARCHES

White & sweet potatoes, hubbard squash, dried peas & beans; all are best eaten with each other.

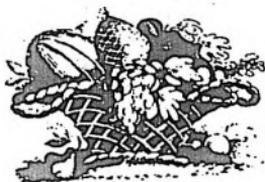
Do not mix proteins such as meats, poultry, cheese, nuts, fish, eggs, etc.

*FATS

Butter, cream, all oils, nut oils, margarine, gravies, fatty meats such as pork.

Eat with leafy green vegetables, especially raw ones, as in a salad.

Do not mix with meats, nuts, cheese or eggs.



*STARCHY VEGETABLES

White & sweet potatoes, hubbard squash, dried peas & beans, rice, pumpkin.

Eat with a leafy green salad or raw vegetables.

Should not be combined with meat, poultry, fish, cheese, eggs, milk, nuts, avocados.

*NON-STARCHY VEGETABLES

Asparagus, string beans, brussels sprouts, fresh lima beans, beets, broccoli, carrots, cauliflower, cabbage, cucumbers, fresh green peas, celery, onions, swiss chard, squash, parsnips, green peppers, radishes, turnips, turnip greens, beets, fresh corn.

Eat with all proteins such as meats, eggs, fish, poultry, nuts, cereals, dried beans & peas, soybeans & products, cheese, avocado, and also with all fruits listed above.

Do not combine with concentrated fruits such as bananas, figs, dates, prunes, raisins, grapes, persimmons.

*FRUITS

Apples, tomatoes, tangerines, rhubarb, pears, apricots, berries, cherries, plums, currants, pineapples, grapefruit, oranges,

4. Strawberries always should be eaten alone and not combined with other fruits.

5. Fruits and vegetables combine well with proteins but not with heavy starches such as potatoes.

For those who wish to follow a vegetarian diet, the following sources of protein give the largest amount present, in diminishing order: nuts, cheddar and cottage cheese, yogurt, eggs, dried beans and peas, whole-grain breads and cereals, milk, and raw and cooked vegetables such as lima beans, asparagus, brussels sprouts, broccoli, cauliflower, corn, kale, spinach, turnip greens, white and sweet potatoes, and mushrooms. All these contain appreciable amounts of protein, the body builder and energy sustainer.

The food chart is offered to aid you in proper selections of healthful diets. These combinations and compatibilities are recommended as being desirable. Adhere to them as closely as possible, bearing in mind that each one's body, although possessing a similar chemical formula, differs in various respects. There is no single formula for everyone.

Many diets are available, but only by following your inner guidance and by learning proper discernment through trial and error can you develop the best diet for your individual body needs. Your intuition, your feeling of rightness and of well-being are the best indications that you are eating the proper diets for you.

For those who are interested in further pursuing proper nutrition and various methods of fasting, the following list of publications is offered. There are many books on the market besides the ones listed here that can give you more information on these subjects. They may be found in health food stores, book shops and libraries.



The Health Department of MARK-AGE recommends for further reading about vegetarian cooking:

Diet and Salads by N. W. Walker

Food Combining Made Easy by Herbert Shelton

Food Yearbook of Agriculture by U.S. Government

Meatless Cookbook by Irma Rhodes

Rational Fasting by Arnold Ehret

Raw Vegetable Juices by N. W. Walker

Information about the foregoing books, as well as additional copies of this article, may be secured by writing to:

MARK-AGE
27 N. E. 20th Terrace
Miami, Florida 33137

FOOD COMBINATION CHART

* Foods

Combine Well With

◦ Avoid Combining With

* PROTEINS

Meat, fish, poultry, cheese, eggs, milk, nuts, cereals, avocados, dried beans, peas & soybeans & products (these also are considered concentrated starches).

ALL VEGETABLES

Asparagus, string beans, brussels sprouts, fresh lima beans, beets, broccoli, carrots, cauliflower, okra, cabbage, carrots, cucumbers, fresh green peas, celery, onions, squash, parsnips, radishes, swiss chard, turnips & greens, green peppers, fresh corn.

WITH ALL FRUITS

Tomatoes, rhubarb, nectarines, apples, apricots, berries, cherries, currants, grapes, peaches, plums, grapefruit, oranges, lemons, pears, pineapples, watermelons.

◦ STARCHES

Potatoes, bread, macaroni, cake, cookies, pie, candies, all sugars and syrups.

Avoid use of more than one type of protein at a meal. If meat is used, do not use eggs, cheese, etc. at same meal.

Here are . . .

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The Way Out

THE WAY TO PRAY, the Spirit teacher White Eagle tells us from The White Lodge in London, England, is to put yourself into complete attunement with the cosmic spirit of love, be in it, live in it, think of it; think not of yourself – of yourself you are nothing. You have no lasting power, no lasting wisdom or love; but when you dwell in the very center of that spiritual, heavenly light, you become great because you are then consciously with God, and God is with you, and all things work together for good when you are with good or with God.

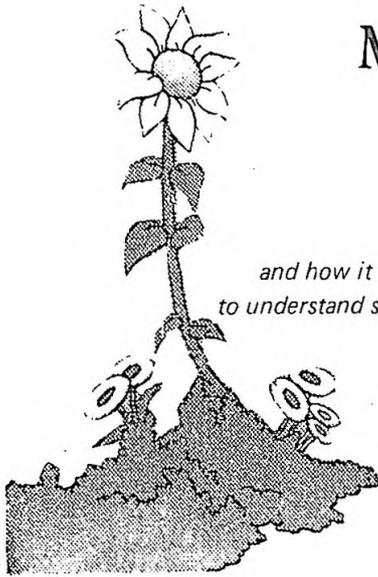
Man has the power, through his higher mind, to image or create form, to create good. But to create as God wills, you have to withdraw your consciousness into the heavenly state and there, through the higher mind, see in form, whatever you desire that is good, for *all* men. That is the secret – not what is good for one man, for the little you only, but good for *all*. Create and see the form which is good for *all*, and the spirit will take possession and that form will become a living reality.

Thought is a living thing, and it can be increased in effectiveness by the power of prayer, and faith, and hard work. You do not sit down and say, 'Dear God, provide for me.' You say, 'I have a pair of hands, here am I, Lead me to my work wherever it may lie.' You set in motion a thought, and if it is a good thought it attracts the spiritual atoms, and goes on working, not only physically, but in men's hearts and souls. We would impress on you the power of thought and the power of prayer, and the power of an opened consciousness to receive the love and guidance of God.

If circumstances cause you to feel anxious, we want you to realize that all around you are your helpers, messengers from the world of Spirit. If you take your hands off and keep your tongues quiet, be still and let God work His Will, all will be perfectly harmonious, all will be peaceful and will work together as God wills.

– Excerpt from the English bi-monthly, *Stella Polaris*

My Dog's Departure



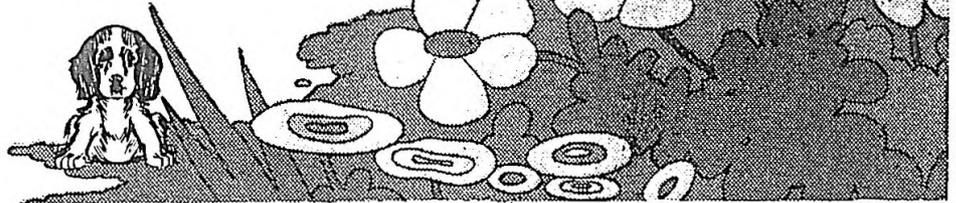
*and how it helped
to understand survival*

*By Evelyn McKeever
San Francisco, California*

IN A RECENT ISSUE of Chimes someone wrote about a "dog heaven", and although it seemed a bit far-fetched, I'll go along with at least agreeing that the spirits of domesticated animals continue to exist as do humans.

I had a dog who loved me very much and when she died I was three thousand miles away. I had been away from home for a year, much too long for a heart that longed for its mistress. Because I was young it did not bother me that I was causing my dog such unhappiness, for I had to go out and seek my adventures, if not my fortune, and could not arrange my life to suit the dog's. Besides, she had my mother who wore her fur off petting her and talking to her like a person. Still, dogs can be like people and love a certain one more than all the others regardless of how much affection the others shower upon them.

One evening I got into bed early intent upon reading for several hours before retiring. As I began to read a book I heard a very familiar sounding "whoof" close to my ear. I was sitting up in bed with large pillows behind my back. There were no dogs in the vicinity for the sound to be coming in through the window and it did seem that that woof came up close to my ear. The next thing I knew there was the feeling of a small form moving around trying to get in under the blankets. How many times had my little dog done this very thing! First there would be the little "whoof" and a lick on the ear, then she would cuddle in under the blankets with me. As I felt this form moving around to get under the blankets the realization that my own dog was



there, invisible, gave me a thrill that I can not describe. After the unseen dog got under the blankets she snuggled around my side as she usually did. This required finding the best spot and then making a circle before settling down. After the invisible dog had settled down comfortably, I felt her form against my side. I "knew" psychically that she had just passed away and that she was fulfilling a long delayed desire, that being to snuggle under the blankets with me just once more.

That little dog made me feel so humble I hardly felt worthy of the tribute she was paying me, for to come to someone immediately upon death like that certainly was a tribute. The thrill of knowing that it was possible to locate your loved ones in this big world, and in this big universe, after dying, kept me from giving vent to my sadness over the dog's dying. I dared not touch the invisible form, although I did place my arm around it. I spoke to her words of love and appreciation, thanking her for doing this for me, for showing me that life was continuous and that death was not the end.

When the form began to fade and finally there was no sensation there, I got up feeling very exultant. "To think a dog had to show me this!", I said out loud, even though I was alone.

The next day my airline stewardess sister came into town and called me up. We exchanged greetings and then she broke the news to me that our dog had passed on the night before. Allowing for the time difference of three hours, our dog's death coincided with her invisible appearance here on the West Coast. The vet said she had lived not only her entire life span but a full half span longer. "You took such good care of this dog," the vet said, "that she is living too long. She is suffering, let me give her something to put her away". My parents trusted in the doctor and went out to the waiting room where they cried uncontrollably. Little did they know that while they were grieving, the little dog was happily

snuggling in next to her mistress, just as she always used to do, and the cold lifeless body in the vet's was only the remains of her earthly body. As the body lay lifeless, the spirit traveled three thousand miles in an instant and felt the joy of being reunited with a loved one.

Let me point out several things about this experience that are significant to the understanding of survival. The dog died but her bark and the shape of her body continued to exist. I heard an audible "whoof" close to my ear, and probably if I had not been so unprepared for this I would have noticed the usual lick on the ear that went with it. Don't you need a voice box to make a sound? Or do you? Don't you need a body to create the feeling of a form shaped like a body, in this case a dog's, but what difference does that make? How can someone feel a form if there is not something there, however invisible, to make that form? All one could see with the eyes was empty space, but by touch one could perceive a definite form. There were no two ways about it, the form I felt was that of my little dog. That she could come to me across the thousands of miles, instantly, unerringly reaching her destination, does this not thrill you when you think of it, when you think of all of us being able to do this when we die, if we have the desire? It means we have a chance to get around to all of those we love and are separated from to say goodbye, to bid farewell. If we can bid farewell that means we are going SOMEWHERE. And it must be a pretty nice place if the powers that be who run it grant us this opportunity.

Sometimes when I think of death I become frightened, but then I will recall this little dog and my fears evaporate. I know that when I die the first thing that will happen will be having this little dog run up to me, with her eyes all shiny as they used to be, and she will jump up into my arms, wagging her tail furiously with happiness. When I do meet her this way, the first thing I will say will be, "Thank you" for that last visit.



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Eileen Egner, Goshen, IN

(It surely is hard for most of us to learn to put first things first... particularly when it comes to spiritual matters. Only when we hit rock bottom, as a rule, do we come to realize at last that ALL THINGS are given to us by God, that He is our Source – first, last and always. Once we make a habit of expressing our appreciation to Him by sharing our material goods with others who are in need or who do His work, we ourselves will always be cared for and in want of nothing.)



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growth, but retards the growth of the Soul of the World.

Remember, the next time the idea comes to you to put off something — to do it some other time when you feel more like it — you are hindering not only yourself, but in a less degree EVERY OTHER PERSON on Earth — for your Soul is part of the Soul of the World. Do not do so without deep consideration. *Refusal to grow* is a "sin" against the Holy Ghost, an unpardonable sin. It is an unpardonable "sin" because in procrastinating you prevent the Holy Ghost, the Divine Mother, from manifesting as it desires to manifest, and eventually MUST, in you, and through you in the world.

You cut yourself off from God as you cut yourself off from good by this act. You wander around aimlessly in circles, doing less important things which could wait, feeling you are very busy. You *think* you are so busy because the Higher Self, being prompted by the God-head, is telling you there is something else to be done. So you putter about because your energy cannot be concentrated on what you are doing when you are not engaged in the act you SHOULD BE at that time.

When Procrastination has been on the path of life for any length of time, it takes a great effort of Will to break down the old pattern of "putting off" and substituting the pattern of "DO IT NOW". You may start on your new resolve with an uncomfortable feeling of "great effort," but this soon grows into a feeling of great JOY as the Soul finds release in doing the task which the mind has been putting off because it seemed disagreeable. Yet when you set about accomplishing the task, you make a renewed contact with God through a joyous release. Then the Christ can speak to you and say: *"Well done, good and faithful servant. Ye have been faithful over a few things, I will make thee Master over many."* Herein you surely perceive the greatness of the small things in life well done and done at the FIRST prompting from within.

It may serve you well to learn the following, and use it when the desire to procrastinate rears its head.

If I seek FIRST the Kingdom of Righteousness, which is the right use of all faculties, then I will become an efficient being, and ALL THINGS will be added unto me.

You may glean many more helpful ideas such as these above from Inner Teaching lessons described on page 28 of this issue.

THE SCIENCE OF EVERYDAY LIVING

LESSON TWO

Part II

THE GLAND OF YOUTH AND IMAGINATION

THIS GLAND is situated a short distance above the heart. Quite large in childhood, it begins to atrophy as the years pass. When it first begins to function actively in a child, his imagination runs away with him. He tells fanciful tales as true happenings. Uninformed parents worry considerably at this stage for fear their child is becoming a liar and undependable.

When the little one does this, the unwise parent begins to scold or even beat him, bemoaning the fact with: "What have I done to deserve a child that tells such tales and gets me into such trouble?" Need I say more about the phonograph record engraved upon such a child's mind by these actions of his parents, which may be carried through life? Instead of stopping this telling of untruths, or even of petty thieving which takes place about this time in a child's life, the parent has engraved a definite picture upon the mind of the child as to his complete unworthiness and untruthfulness. So the youngster has a new record established and he usually does his best to live up to that until he grows older and his own common sense develops and saves him from continuing these acts.

The parent engraves the wrong impression upon the child's mind when the little one, not knowing yet what property rights are, comes in with possessions belonging to another and is instantly taken off his feet and scolded, beaten or punished without much explanation. The parent need not worry about this period in a child's life, but merely be wise and patient, reasoning with him, and letting him know that a new function is beginning to take effect,

the function of imagination. Encourage the child to tell you the beautiful stories of which he thinks. Let him know you recognize them as stories and not as lies.

A further reason for calling the Thymus the Gland of Youth is because a feeling of youth in grown-ups can be stimulated through it by the sight of the beautiful, such as through a painting or the hearing of a gorgeous symphony.

We all recognize the fact that people living in small towns grow older much sooner than those living in the large cities, care of body and rest considered. This is because the small-town dweller has seen and partaken of just about everything the small town offers by the time he is 25 or 30. There is nothing left in the way of new things to stimulate the thymus or youth gland hormones to function, so he settles down, becoming old and gray and bent, unless he has the incentive and the wherewithal to take trips to the nearby cities or beauty spots, where he meets the new and beautiful.

The Thymus is also stimulated to throw the youth hormones into the blood by admiration of the opposite sex — a splendid specimen of manhood or glorious womanhood who passes by or is in a social crowd. Sometimes the mistake is made of thinking it is only the sex gland that is stimulated, but that is not necessarily true, although the proper control of the sex gland has much to do with the retaining and regaining of youth, as we shall see later.

The Thymus individual who does not have a balanced functioning of the Thymus gland, perhaps caused by some shock in childhood as I herein explained, grows up with an inordinate love of money, luxury, or things that are stimulating to the imagination.

In physical build, the Thymus individual is long-fingered, with a slim waist and a slouchy walk. The slouchy posture, so fashionable a few years ago with the young, really was a Thymus walk. The Thymus girl with this innate and inordinate love of money and finery, swells

What is Man's Greatest Mistake?

THE GREATEST MISTAKE, the "sin against the Holy Ghost" which the Bible refers to, but does not explain, is PROCRASTINATION.

All else can pass and be expiated, but when man fails to act so that he may progress, he is stopping the evolution and unfolding of his life.

We are on Earth to learn lessons. It is only as one lesson is learned that another can be given out to man. If too many problems are given to him at one time he has a "nervous breakdown" from the effort to encompass them all. A very wise doctor once said that a "nervous breakdown" was a sign of a Soul's need to get closer to his God. Sometimes he brings this seeming catastrophe upon himself through procrastination. He puts off the things he KNOWS he should do because inner promptings should be done in order to "clear the decks" for the next lesson that Life has for him.

The Divine Urge of the Soul of the World is towards purification, towards perfection, towards evolution into a finer, more harmonious state of Being, to peace, world fellowship, beautiful buildings, magnificent cities, wider streets so that traffic (thoughts) may more readily flow through. Its Divine Urge is toward the tearing down of the old and the building of the new — always, in each Age.

When one holds on to the old, undone tasks in one's life, one does not grow but STAGNATES for a time. Then confusion comes, and opportunities must be lost while that which should have been done finally is accomplished in a hurried half-done manner so that it is put out of the way. In this way one hampers not only one's own

poised on the balls of your feet; body tense, arms tense with fingertips touching above the head. Imagine that you are a tree, and your arms are the branches, that you are standing in a wind storm that is twisting you around, even though you resist it with all your might. Twist gradually and slowly until your one arm points downward and the other upward and you are almost looking over your opposite shoulder. Keep your heels stationary on the floor. Then gradually untwist and twist the other direction, feet still stationary on the floor. Repeat this exercise at least three times, following the No. 1, given in Lesson One. This "Tree in the Wind" stretches all of the long muscles in the body and takes off superfluous weight around the waistline. Imagine that fat cells are dropping off as you do this exercise.

— oOo —

You may memorize the following, repeating it on days that you do not feel quite up to par. You will find it revitalizes you gradually:

"A mighty God-power wells up in my being, purifying, vitalizing, energizing, rebuilding, renewing, reconstructing, healing me gradually, surely and forever."

(This can be used for lack, ill-health, old age, etc.)

Read this Lesson at least three times, making mental and actual notes on paper as you go along for future self-help and reference.

the long line of women who will stop at nothing if it brings money or finery into their possession. Strange as it may seem, the Thymus man is frequently found in a bank teller's cage. He, at least, is near the love of his life, if not in possession of it.

Change of scene also stimulates this mysterious and little understood gland. The reason a vacation does one so much good and results in one looking fresher and younger, if over-playing was not indulged in — is due to the change of scene. If one cannot afford a vacation in another city, it is advisable to exchange homes with a close and trusted friend for several weeks. Getting adjusted to the new domicile will do much in stimulating this gland and will bring sparkle and vitality back to the individual who is tired and run-down because of ennui, or hard work. A good, interesting motion picture show has its effect on the Thymus, as well as a good play; games, such as football and baseball, are splendid for this same purpose. Dancing is another excellent stimulant, as are occasional social functions where one meets interesting, alive new people. Gorgeous natural beauty such as Yellowstone Park or Yosemite also can be used to bring back youth as the soul feeds upon the beauties in nature.

THE ADRENALS

THE SUCCESS GLANDS

The Adrenal glands, supra and sub-adrenal, are located above the kidneys. Known as the success glands, they send the hormones into the blood which give one a driving force. They pour forth that valuable substance known as adrenalin (a trade name). This is used to stimulate heart action.

Yet these precious hormones are wasted by unthinking people in procrastination, and in anger or bursts of temper. So few persons realize the insidious evil of

procrastination. Here is the way the wasting process goes on: When you receive an impulse to do a thing, whether to answer a letter, take care of the garden or see a client, that impulse is given you in part through the action of the driving glands, the adrenals. If you put off doing the thing you know you should do, which you have been prompted by these hormones into starting to do, you are wasting them. The person who really is successful utilizes his time in "Doing it Now." That little well-known slogan of three words is the secret of success and the hidden secret that you can use in stimulating your success glands to action.

If you keep putting off doing the thing that comes to your mind to do, merely puttering around wasting your time at something else, you soon become so overwhelmed and confused by unperformed tasks that worry starts. When worry starts it throws your entire glandular chain out of order. Then you are prey to any disease or evil thought that is headed your way. In fact, you attract them out of the mass mind of the people.

Learn to use your reasoning mind. Think through a situation. See all the possibilities you possibly can. If you feel that the new situation you are about to take into your life will over-load you, then let it go for the time being. However, make a mental resolve, if you wish, to take it up sometime in the future when you perhaps are more equal to it and not so in doubt as to whether you should or should not take it on now.

But, after you have analyzed and considered and feel that you are equal to it, then DO IT NOW. The little things you don't do but know you should do waste precious energy.

This success substance is also wasted and circumvented from its goal in your process of getting up mornings. When you retire at night and set a certain time to awaken in the morning you are not surprised to find yourself awake just exactly at that time. This is what happened: The Creative Force or energy which is a part of your subconscious mind

results, so be wise in the direction of this Life Force.

Proper education of the young with relation to these creative glands would restrain the over-indulgence which usually is part of a honeymoon and which is followed so frequently by physical and mental exhaustion, and a nausea toward the creative act on the part of the woman. So often it is a love destroyer, when indulged in on the purely physical plane. Rightly directed, it is one of God's most beautiful gifts to *His* creation.

Interesting new gland discoveries, far-reaching in their effect, are being made throughout the laboratories of the world. Complete changes in personality and prolonged youth have resulted from injections of the glandular substance from animals into humans. However, the pictures on the mind, or the phonograph records on the mind, also must be changed, or the effect of the glandular transplantation is not lasting. The glands can be planted anywhere in the body, but with some specialists the favorite place of transplantation is under the skin of the stomach.

This study course, however, deals with the *mental* and *spiritual* effect of the glands, and not the physical.

Remember, your glands can be controlled by your thoughts. Your thoughts can control your emotions, and in turn your physical life is controlled. It is all part of a cycle. When one part lets down the whole is weakened. Keep yourself thinking constructively. Put into practice these practical suggestions for stimulating your glands which have been given throughout this lesson. Soon you will find you are more vital, active, happy and harmonious.

NATURE RHYTHM EXERCISE NO. 2

"Tree in the Wind"

Take a position with the heels slightly apart, arms stretched up high and straight, entire body pulled upward,

because they do not know any better, and they cannot teach that of which they know so little. Many a mother has said to her young daughter: "If you do anything you shouldn't do, don't you darken my door again." When daughter does succumb, unwillingly perhaps, to that urge she does not understand in herself, and which mother has not known enough about scientifically to explain to her, self-condemnation sets in and causes complexes which frequently ruin a life. From the writer's court experience, there is proof sufficient to show that all too frequently one mistake leads to suicide or the streets.

With reference to self-condemnation and the sex urge, do not condemn yourself for anything that you have been instinctively driven into doing after you have resisted with all of your power. Self-condemnation is more harmful than the act itself. Psychologists, psychiatrists, and those who deal with the raw souls of human beings know that a surprisingly large percentage of men and women at some time or other during the course of a lifetime, indulge in a certain lone sex act, first out of curiosity, then — unfortunately habit sets in that is difficult to break, as habit always is. Self-condemnation of the awakening one who begins to see the ultimate harm of this act weakens the strength and resistance that, should be used to overcome this habit.

If you, my reader, indulge in this habit (and there can be no doubt as to what I refer to), instead of condemning yourself, ask forgiveness of your Creator for the wrong usage of this marvelous Creative Force, pray for strength to direct it to the channel into which it should go. Perhaps you can find inspiration to write a story, compose a selection for a musical instrument, or conceive a great painting, or bring into the world a wonderful new invention or just throw yourself body and soul into your everyday tasks. Remember the sex urge is a *CREATIVE FORCE* on the mental plane as well as on the physical. Although it is a secret act, it is not hidden in its ultimate

was by you given the task of waking you up. Your conscious mind, or the mind which usually "puts things off" is still asleep, so you are awakened at exactly the time you set. So, soon as this conscious phase of your mind awakens, it begins to think through you: "Oh, how nice it is to lie here under soft covers, and how uncomfortable to get up right away." The covers are pulled over your shoulders again and you get ready for another little nap. But you find you do not sleep soundly. You lie there half awake; something constantly pulls at your consciousness and disturbs you, endeavoring to make you get up. This is the added shot of "Adrenalin" being sent into your heart through the bloodstream in the form of hormones, endeavoring to make you keep your word to your better self and get up. Your day has been arranged by the Creative Force in your subconscious phase of mind *if* you have been living true to your better self. When you immediately get up, allowing the creative force in your subconscious mind to guide your day for you from the start, instead of allowing your conscious mind to put off the start and waste the day, you become a success. You then accomplish the things you have set out to accomplish, aided by the stimulating hormones sent into the blood by the adrenal glands.

I said a moment ago that much "adrenalin" is wasted in putting off the writing of letters. When you first open a letter from a friend it seems like a living thing, a living message. It is a direct message from that friend. The time to answer is then. The best method for writing letters is to set a certain time in the day when you open your mail, allowing time to answer them then. In that way you will not be putting them off until they become so stale and meaningless that your answer is a cut and dried group of words instead of the living, vital other half of the conversation it would have been had you answered immediately.

A person in a fit of anger causes the adrenal glands to

send tremendous amounts of adrenal hormones through the system. When these are sent out into the body in large quantities, they are poisonous. A day or two later comes a headache or a dull, depressed feeling. Since the anger is forgotten you wonder at the mysterious reason for your headache.

A student has worked out a practical solution in this way: When she forgets and allows herself to become angry, she uses up the force sent into her body by that anger by doing something active at once, either work in the garden pulling up weeds, or cleaning out closets, or other work she doesn't particularly like doing. Thus she is both chastising herself for her lapse and also working out the poisons she has thrown into her system.

Much of this success fluid is wasted waiting for a mood. Remember this: (it is another secret of success) start, put all your attention on what you are commencing, become interested, and you will be much surprised that soon you are so much in the mood it is difficult to stop. The mood to do follows the concentrated attention that is on whatever task you have to do. Don't pamper yourself. This earth phase of life has been given you to work in, in a constant and consistent attempt to make a better and finer person out of yourself. If you spend 50% of your time waiting for a mood to come before you can start to do anything you are wasting just that much of a wonderful opportunity to do things in a leisurely, carefully planned way.

Form mind patterns of DOING IT NOW. Keep your ego informed of the fact that you are master. Do not allow your ego to become egotistical or filled with self-indulgence, but insist that the better self that knows right from wrong direct your life.

The individual in whom the adrenals are the "key" glands usually has a rather square face with broader jaws than most people, and is usually stocky in appearance with a reddish tinge to the skin and reddish or sandy hair. The

upper lids of the eyes show a tendency to droop or crinkle at the outer corners. The teeth are short, square, yellowish and last longer than the teeth of any other type.

Nature in her infinite wisdom has created different glandular types and combinations of types so that all through life a "round peg" can be put into a "round hole" if intelligence is used.

THE GONADS

THE SEX OR CREATIVE GLANDS

These glands are not only used for the purpose of procreation, but also for the purpose of creative work in writing, painting, music or anything in which a higher inspiration is employed. When the impulse is thus diverted, they are being used in their fully intended capacity. Rightly directed they create youth.

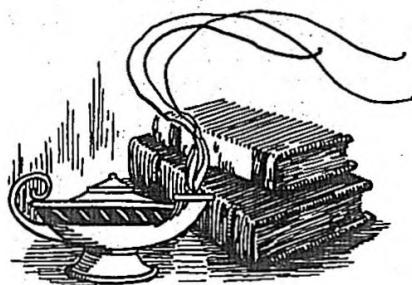
Marriage is the most ideal state for normal humans, if the couple is congenial — but marriage is not necessary to complete happiness. The energy created by the sex glands can be transmuted into creative energy that works out a purpose on an objective plane, such as work or play.

One of the reasons the youngsters in their teens are so surcharged with sex energy, which they do not understand how to direct, is because nature is endeavoring to stimulate them to create their next phase of living. This creation which nature is striving for is the creation of a future purpose, a work in which this energy may be consumed, as well as the mating instinct, or the driving of each to seek the mate.

When sex is taken from the gutter where the minds of the unenlightened have placed it, and is elevated to the place it rightfully belongs as a God-given Creative Function on the physical and the mental planes, parents should not have the difficulty they are now having with their children. Unfortunately in most cases it is the fault of the parents,

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Georgiana Tree West, for many years minister of the Unity Center of Practical Christianity in New York City, and before that, of the Louisville Unity Truth Center in Kentucky, sent notes and letters from time to time to Mary Rowe, editor of Weekly Unity, which she accumulated in her files during her years of teaching Truth. Among them were letters written to her by Charles Fillmore, founder of Unity School of Christianity, which Weekly Unity found so interesting they reproduced them for their readers and which we in turn are privileged to share in part in Chimes.

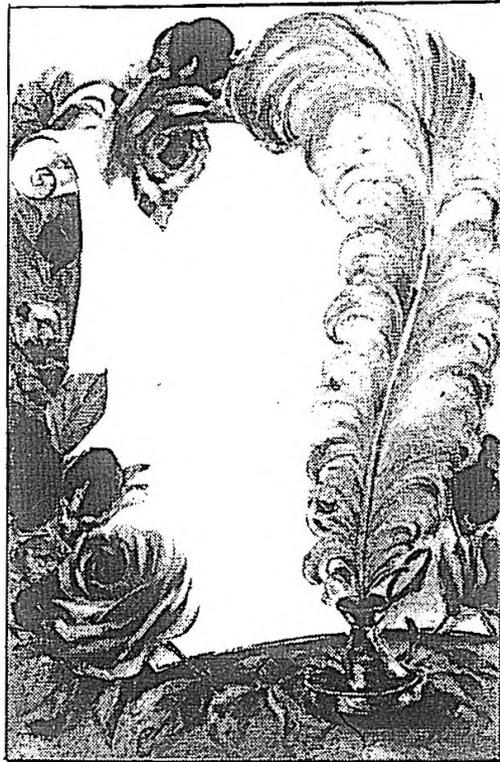
Dear Mrs. West:

Your letter asking further light on certain points in the "Health and Prosperity" comments in the May issue of Unity (1936) has been referred to me by Miss Ayers, as I wrote the article.

The relation which Jesus Christ bears to the human family on this planet is somewhat complex and involved, in even a metaphysical explanation, but when we admit that He was one step ahead of us in His race evolution we have a key that clears up many seeming contradictions.

The Soul that incarnated in Jesus had attained the glory of the Son of God consciousness aeons of ages previously in another universe evolution, in which He had attained creative power. "Glorify thou me with the glory which I had with thee before the world was." When the present universe was created, Christ was given the bringing forth of the planetary people to which we belong. As taught in the Scripture, "We are his offspring."

According to the Generic allegory, all went well with us until the soul (Eve) became involved in the pleasure of sensation (serpent) and sought other sources of guidance than the Jehovah or Christ Mind. Here began the gradual degeneration of the whole human family until they were nearly extinct. Something had to be done to save them from utter annihilation in the murky darkness of



their own sense thoughts. Christ then began a series of physical incarnations beginning prehistorically and ending with His incarnation as Jesus. To lift the race out of sense, He was compelled by the necessity of soul sympathy to become an intimate associate of the people He sought to help. As Paul says, "He was tempted in all points as ye are, but without sin."

Then, as a final and very mystical process, He diffused the units of His ascended body into our race ether, to the end that we may be inoculated in both mind and body with those propensities of Being that will restore us to our divine estate. Our medical men are with their blood transfusions physically copying this restoration of life. Before our bodies can be purified and saved from the ravages of

the corrupt sense cells we must be inoculated with Christ life and Christ substance, the "blood" and "bread" of Scripture. "For the earnest expectation of the creation waiteth for the revealing of the sons of God. For the creation was subjected to vanity, not of its own will, but by reason of him who subjected it, in hope that the creation itself also shall be delivered from the bondage of corruption into the liberty of the glory of the children of God."

This may seem a rehash of orthodoxy, and so it is, because the teaching of the church is based upon the words of Jesus, but we metaphysicians see the logic and relation of spirit, soul, and body in their practical omnipresent spiritual reality. Jesus had to endure all the evils of materiality as we endure them, but He overcame them without going down under the impact, and the glory of associating with Him is that He shows us how He did it, and how with Him, we can do the same.

Orthodoxy has interpreted the teaching of Jesus into miraculous expectancy instead of practical every day realization. Science is today telling us that space all about us is filled with unapplied forces far beyond the glories of the Orthodox heaven. Yet we are told that heaven is some far away place we shall visit when we are dead. The Christ in Jesus was and is our Father and we are joint heirs with Him to all the possibilities of Being.

Trusting this will clear up the point you mention, and remembering with joy our visit with you, I am

Yours faithfully,

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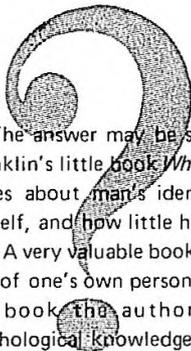
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Dear Sir:

The enclosed copy of an Easter Letter which I mailed out to all my relatives and close friends is being sent to you for possible publication. The thought was given to me very strongly the other day and I feel this is important to carry out this thought since it obviously comes from the Spirit World.

In it is a message that should give comfort to all who read it. I would like to share this message with your readers.

This may be a note of interest to you: In the letter is mentioned a Dr. Harris, who assisted my Father out of his body. This is the same Dr. Harris who experienced a "spiritual surgery" in a two-part article you published in the November and December 1966 issues. He still is a very busy doctor, now in Spirit.

Very truly yours,
(Miss) Esther H. Keller
Scottsdale, Arizona

Dear Family and Friends:

Again I will take the opportunity to share with you on this wonderful occasion thoughts and experiences I have had since my last letter to you at Christmas.

What a joyous time Easter is for all Christians. CHRIST HAS TRIUMPHED and now we have the hope of surviving death as He did!

Ever since I returned to Arizona from Mom and Dad's I have wanted to write to all of you but I thought I would wait until nearer to Easter because my message will be more meaningful.

This message deals mainly with our Dad who passed away very quietly on February 7th of cancer. As you will recall, he became ill in October — had surgery followed by thirty-two cobalt treatments. At Christmas he felt very good as I stated in my letter, but then not too many weeks after that he began to grow weaker and weaker.

The Sunday before he died I had requested a special day of prayer for him not realizing that he had been admitted back into the hospital the same time my letters were going out to all of you. It may seem to you that our prayers were not answered but they were if yours were concluded with, "Thy will be done". God was merciful in not allowing Dad to suffer more than he did and for this we are most grateful.

I was the only one with Dad when he died. Being with someone very close to me at the time of their death always seemed to me would be a very sad and

difficult experience. It wasn't. In fact, there was a joy which I cannot fully explain because I knew firstly, that Dad's suffering was over. But mainly I knew that he was only going into another realm where there would be a grand reunion with other members of his family and friends who preceded him. How do I know this? Just before he died he said his mother and father were standing by his bed and Mom's mother had just been brought in. He wasn't just seeing things. If I had spiritual eyes as he had at that moment, I could have seen them also.

Dad and I prayed the Lord's Prayer together. When he saw his parents I knew it was just a matter of time. I leaned over and told him not to be afraid then said, "We love you very much." He nodded and twelve minutes later he slipped away very quietly and peacefully.

And now, I would like to share with you another experience I had when I returned here to Phoenix. I pray this information will help you, for it is the truth. It is my experience and I want to share it with all of you.

The following questions were asked by me at our weekly prayer meeting on February 25th. The answers were given through our medium. The questions were asked in faith and God would not give me a stone when I asked for bread.

My question: I would like to ask a question, if I may? I have had so many thoughts about my father today feeling the joy the experience was for me in being with him when he passed into the spirit world. I was told there was a guide

who helped him into the spirit world and I would like very much to find out who this was.

Answer: "There were several guides who were assisting him in this change and the guide in mention, of course, was your own spiritual guide. This is the contact between the two of you in addition to, of course, Dr. Harris who is working closely with this group and who also through you was a point of contact assisting him. More important, of course, is your knowledge and spiritual awareness which indeed work very closely with you on this and which have served him well and gives him great strength to establish himself — settle himself — in spirit. It is a source of great joy for him. Many spirits would like that joy that he has found through your faith and understanding."

My question: Is he well now?

Answer: "He is adjusting very nobly to his new environment and as most spirits who find themselves in a higher state of grace they are much happier where they are than in the confines of an ill body. Again, his greater joy is this association — this contact that you have given him in love that will serve him well."

My statement: I want him to know that I love him very much.

Answer: "He is aware — very much aware of this. Even if this is difficult for you to understand, I must share it with you because it is the truth. I feel Dad wants you to know so that you will not grieve for him but be joyous that his suffering has ended. I spoke to him of these things but he was unable to accept them but he knows now that this other world is a reality."

Christ lives and our Dad lives as do all others of our loved ones who have stepped through that veil. What greater joy can there be this Easter Season than this wonderful knowledge of God's love for all His children.

God bless you each and every one. I pray that all is well with you and your families.

Love in Christ,
Esther

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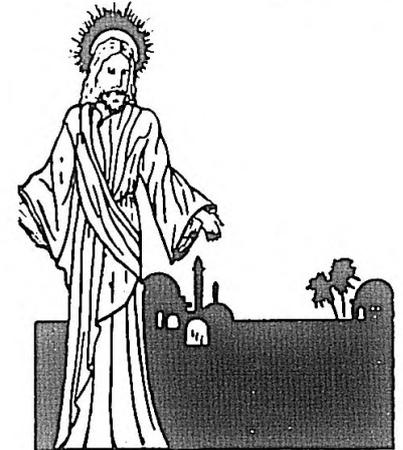
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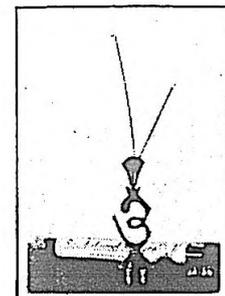
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(continued from page 2)

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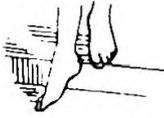
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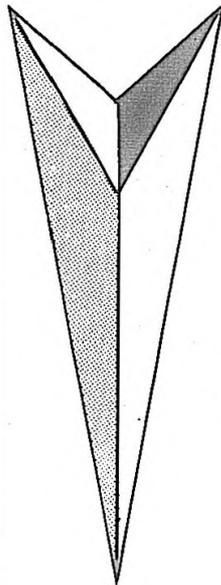
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PSYCHIC EXPERIENCES

(continued from page 9)

God." Again, Cherry interpreted, with no idea of the source of the phrases. At this point she knew nothing about a "prayer language."

Can you imagine the joy we felt? Not just because of the three specific phrases themselves — we don't believe Shirley regularly prays in Latin (why should she?) — but because our all-knowing God chose to confirm to us in this rich way that *we can communicate our deepest feelings* to Him in the Holy Spirit! She'd been magnifying God in a language she'd never learned, "as the Spirit gave utterance."

All doubt was gone. Since this incident our lives haven't been the same.

The foregoing excerpts were taken from *T.V.D.* magazine.

EVOLUTION OF MAN

When this solar system was ready for life forms, man came here to experiment, to learn, to experience and to govern. 206 million years ago man, in the higher dimensions then, began to focus attention on the Earth. In this process of evolutionary experiencing, many became enthralled with experiments concerning life forms on the physical or third dimensional plane. From 206 million until 26 million years ago this process continued. By 26 million years ago many had become so enmeshed in the physical dimension that they lost conscious awareness of their spiritual nature. This was the fall of man, or of that part of the race which became the human subrace. Thus some of the sons of God became entrapped in the third dimension of the Earth . . . and began their long struggle to regain their spiritual inheritance. Those who did not become entrapped . . . have been working ever since to help their brothers and sisters again rise into the fourth dimension and reattain consciousness of their status as sons of God. The present 206 million year cycle of evolution will end by the year 2000 A.D., after which a completely new cycle of man's eternal evolution will begin.

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WEALTH — "The time is come when you must awake to your Divine mission, to the REAL purpose of your coming into this world, into this life, into this personality, into the possession of these qualities, this ability, which entitled you to be the custodian of the Wealth I have given you."

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