

February 1972

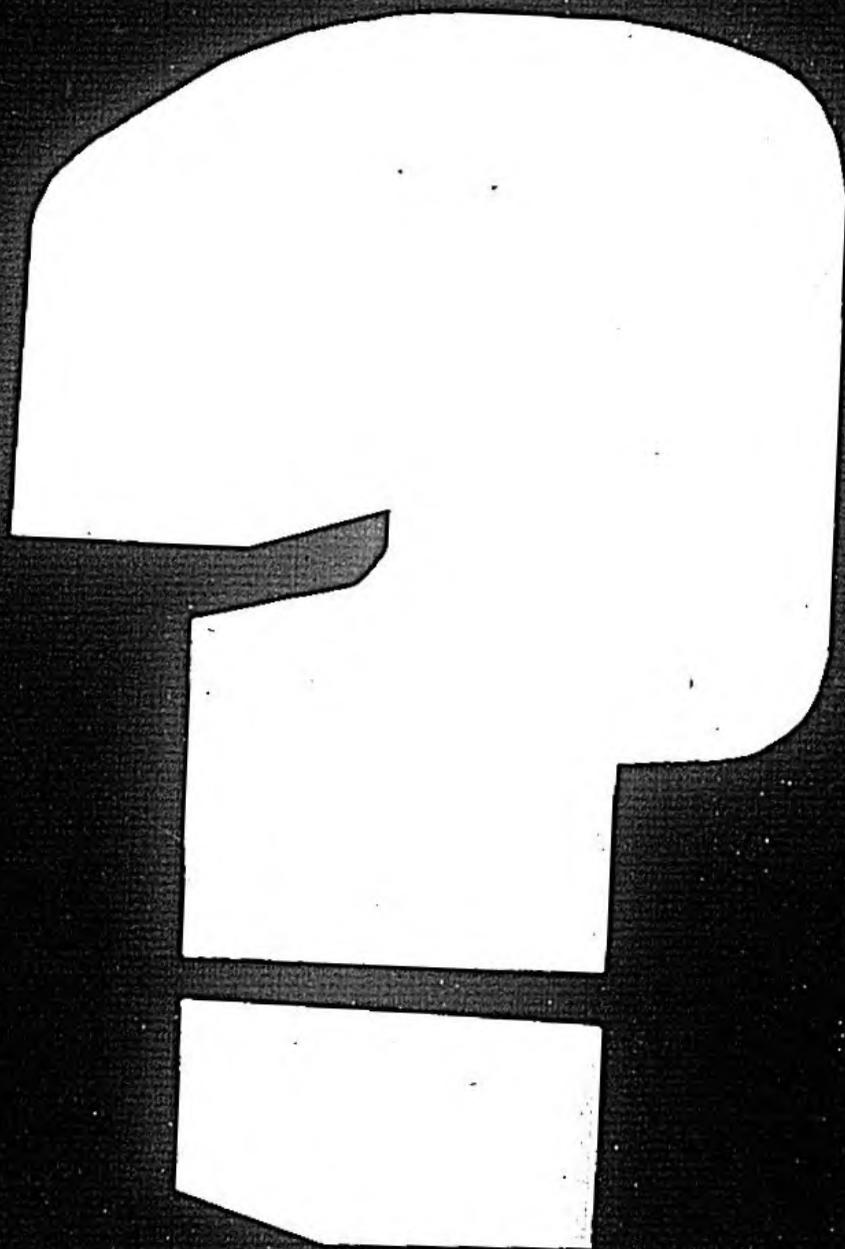
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# CHIMES

CHIMES PUBLICATIONS, INC.

*Today's answers...*

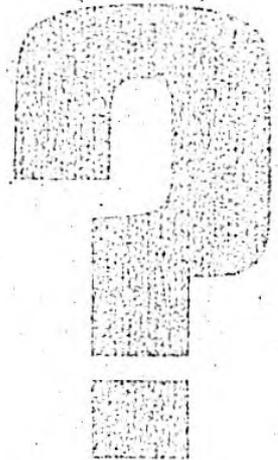


*Tomorrow's questions.*

# THE ANSWER

When for a purpose  
I had prayed and prayed and prayed  
Until my words seemed worn and bare  
    With arduous use,  
And I had knocked and asked and  
    knocked and asked again,  
And all my fervor and persistence  
    brot no hope,  
I paused to give my weary brain  
    a rest  
And ceased my anxious human cry.  
    In that still moment,  
After self had tried and failed,  
There came a glorious vision of  
    God's power,  
And, lo, my prayer was answered  
    in that hour.

— Lowell Fillmore



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31st year of continuous publication

Edited with the inspiration of Spirit

*It is the policy of Chimes to present material for students which reflects many facets of the One Truth – not only in the magazine, but also in the book catalog listings carried by Chimes. Each of us must choose for ourselves that which suits us best with each step we take along the path of life.*



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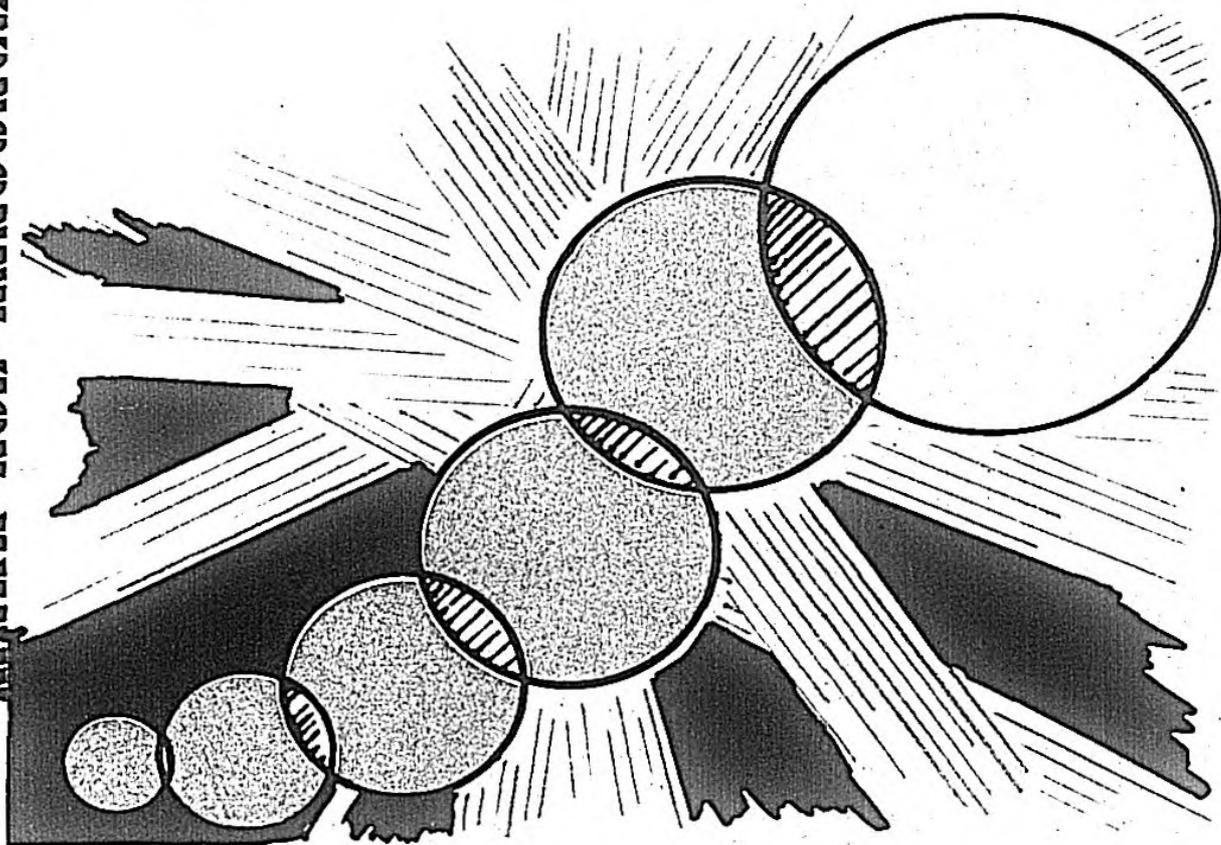
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# MARK-AGE ANNOUNCES... *The Latter Day Cycles*

MARK-AGE ANNOUNCES...



Winter 1971-1972 marks the close of the first or PREPARATION twelve-year cycle of the Mark Age or latter days period and program,\* and the inauguration of the second or EDUCATION cycle.

Mark Age is the term used by the spiritual government or Hierarchal Board of our solar system to signify the latter days, the signs of our times, the transition period between the Piscean and the Aquarian ages.

The hierarchal program for this 36 to 40 year period directly affects every soul, creature, form, and the planet itself. The specific details, purposes and progress of this program are being channeled continuously through Nada-Yolanda, primary prophetess of the Mark-Age organization, headquartered in Miami, Florida, just as they are being received through hundreds of other qualified sensitives and New Age light workers in this transitional stage.

With the basic spiritual information and instructions which have been dictated from the Hierarchal Board (ascended masters of this solar system), Mark-Age has been able to clarify, and to instruct workers, groups, and leaders regarding the overall intentions of this entire period and program which we as a race are in now.

Among the basic teachings is that the ending of the Piscean and the beginning of the Aquarian ages marks the Second Coming or the return of the Earth's Messiah. The Second Coming has a dual meaning. First, it is the second coming on Earth of man's use of his I AM consciousness or spiritual body, the light or resurrected body, while operating through the third dimensional or material frequency matter of Earth. Man of Earth forfeited this connection twenty-six million years ago.\*\*

Secondly, the Second Coming refers to the return of the Master or spiritual Prince of Earth, who is Sananda, by his Hierarchal Board name, last incarnated upon the planet as Jesus the Christ of Nazareth.

The three twelve-year cycles of the hierarchal program are: 1960-1971, PREPARATION; 1972-1983, EDUCATION; 1984-1995, DEMONSTRATION.

During the first Preparation cycle, Mark-Age has been preparing the foundation works for New Age understanding and instructions. All program workers have witnessed to one degree or another the acceptance of ESP, the occult sciences, the inner desire for, if not the full manifestation of, world unification expressing peace, love, harmony, with equal opportunities for all men, and with an ecological balance for all life forms upon the planet.

Moreover we have seen a new understanding and experience of interplanetary exchange. Man now has become aware of visitors from other planets through the explanations of various program workers about UFO sightings. Also, man has expanded his consciousness and his Earthbound bodily experiences by landing men or equipment on other bodies in this solar system through his own technological advances. All these things are part of the New Age plan inspired by the spiritual government of our solar system.

During the winter season of 1971-1972 the planet and all on it enter the second twelve-year cycle, that of mass education regarding these latter days. The entire Mark-Age family membership — consisting of full-time staff associates and volunteer part-time workers in Miami and elsewhere, members around the world, plus affiliate light centers in the United States and Canada — are gearing themselves to present a vast global educational plan which can be used by all New Age light groups, churches of every denomination, schools, universities, and libraries and all the mass media outlets during this present twelve-year period from 1972 through 1983.

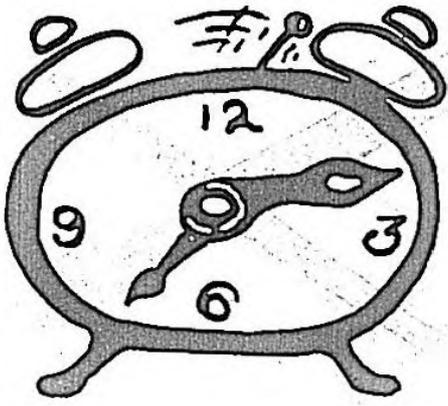
This has been designated by the spiritual government of our solar system as the time when all nations (all congregations of peoples) must be informed of this ending of an old age and the beginning of a new age, what it means to Earth and all on it, how it affects each and every soul, and the best ways to work with the spiritual forces which bring about this new and higher evolutionary step within our solar system.

The details of the mass educational program will be released officially by Mark-Age during the spring and summer of 1972. Meanwhile, progress reports, coordination plans with other groups and leaders, dictations by the Hierarchal Board, and preparatory materials are available for those who wish to cooperate and to coordinate with the one and only cosmic plan which must include the individual roles, missions, and functions of every single person on Earth today.

Those who wish further information or free introductory material may write to MARK-AGE, 327 N.E. 20th Terrace, Miami, Florida 33137.

\* Program outlined in *Mark Age Period and Program: Entrance To The Golden Age of Aquarius*, available from Chimes.

\*\*Detailed in *Evolution of Man*, a Chimes book \* \* \* \* \*



## Your Prayer Life

As I was cleaning out my briefcase some time ago I ran across this slip of paper: "Pray for Fred, one p.m." My friend's job interview had been two whole days ago and had completely slipped my mind. I was distressed because once again I had promised I would pray, and then forgotten.

Another time I was talking with a popular Christian writer who receives a dozen prayer requests a day at his California home. "I sometimes wonder if people know what they're asking," he said. "Prayer takes energy and time, it takes the very best of ourselves." He tries, I know, to hold up each need but confesses that many of these prayers are perfunctory and thus a source of guilt for him.

And at our own church in Mount Kisco, New York, where much intercession is offered, no formal prayer list is kept for an interesting reason. "When do you take someone's name off a prayer list?" our rector explained. "No one likes to think that prayer for him has stopped."

These three problems, then, are common among everyone who prays for others. We promise to pray at a particular time, but the phone rings and we forget. We wish we could pray for every need we know of, but we quickly discover our own limitations. And we wonder if it is ever permitted to lay down a concern we have lifted.

I had been struggling with these questions for some time when I ran across two concepts which, combined, have changed my intercessory prayer pattern and I think might be helpful to others.

### **Prayer on the spot**

A year or so ago I was facing a decision, which I could not resolve, about one of my sons. One day while I was fretting over this situation I had a call from a friend and book publisher, Dan Malachuk. When he asked how things were, I shared with him the problem I was facing.

"Let's pray about it right now," Dan said. And together over the phone we did pray for my son. Dan did not say, "I'll keep you in my prayers," or "Viola and I will be praying for you," or any of the other phrases which spring so glibly to our lips. But in that one moment he did join me in my concern. It meant a great deal to me and I am sure went far to help resolve the dilemma I was in.

So today I have borrowed this practice of on-the-spot prayer: When a request comes to my attention, I stop whatever I am doing and pray for the situation then and there. Sometimes the prayer is said aloud with the person participating. Sometimes, if the request comes in a letter I'm answering, I stop typing and pray, and tell the person that I have done so. In either case the point is the same: I pray, yes, but I do not promise further involvement unless the following second stage also comes about.

### **Prayer at the Spirit's prompting**

The idea for this stage came from the book *Rees Howells: Intercessor*, by Norman Grubb.\* Grubb's book is the biography of a man who gave his life to the task of praying for others with remarkable results. One of the secrets Howells learned early was this: He was not supposed to intercede in depth for every situation which came to his attention; he was to pray only for those needs which were given to him by the Holy Spirit.

I suddenly saw that this made a great deal of sense. Doubtless, in God's ecology, each Christian will be given by the Spirit just a handful of people for whom he should pray with special energy. Even Jesus, with limitless prayer resources, was selective in His intercession: The pool of Bethesda had five porches filled with disabled people, yet Jesus healed only one.

So here too I have varied my intercessory prayer pattern. Now, in addition to praying on the spot for a situation which has been brought to my attention, I also make a promise. "I will pray for this problem," I say, "as often as the Holy Spirit brings it to my mind."

I consider this a real commitment and try to be obedient. I stop whatever I am doing and pray for the needs that are given to me at any particular moment by the Spirit.

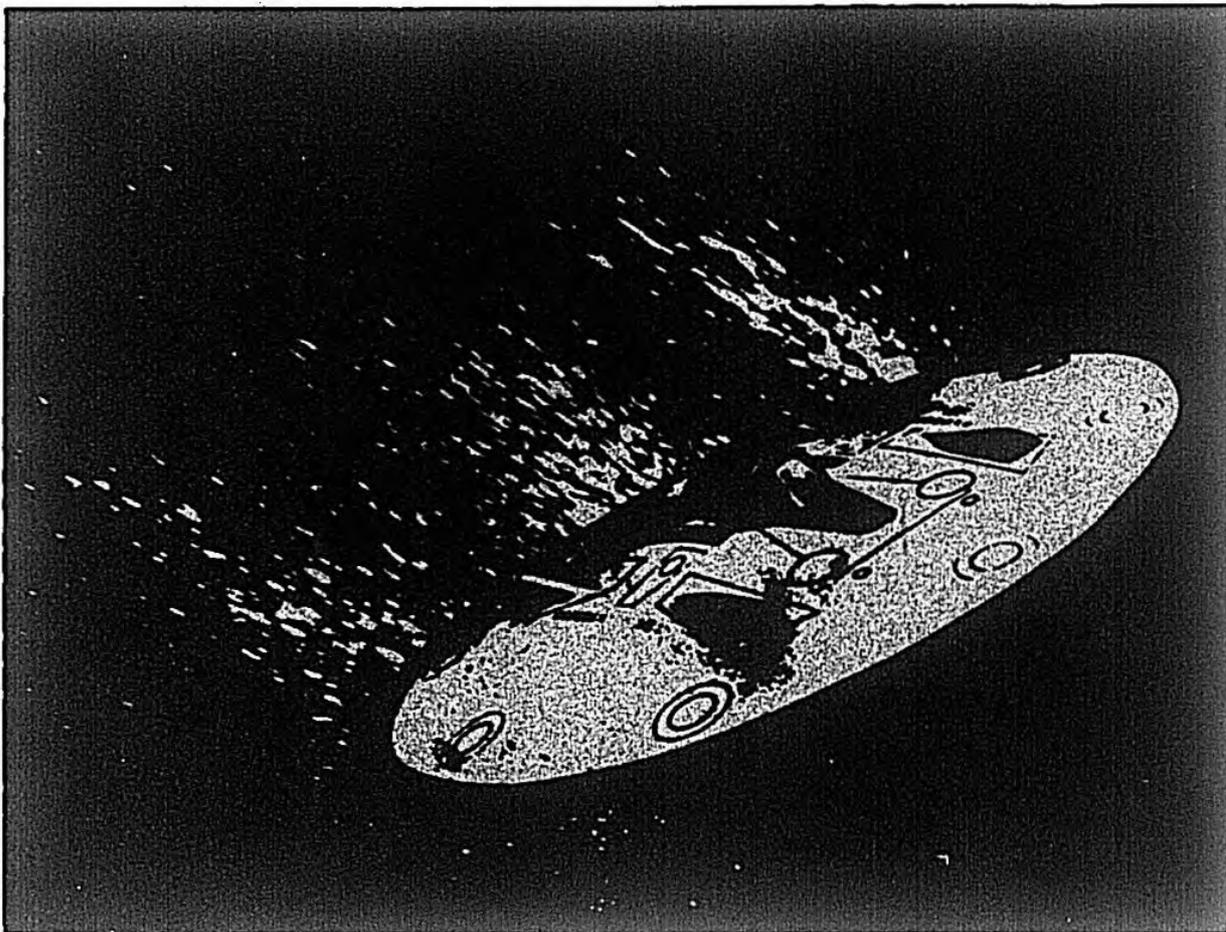
As I have explored this approach to intercessory prayer, I have found it to carry two benefits:

1. I no longer have to carry, personally, the burden of remembering a particular person at a particular time. In the process I have dropped the feeling I sometimes had before that intercessory prayer was a chore, a matter of watching the clock and fretting as though the effect of the prayers depended on *me* and upon *my* faithfulness.

2. I find that I am being used to pray a lot more often than before. Perhaps three times as often. I am astonished at how effortlessly I can stop whatever I am doing and pray for the need which has been brought to my attention. Intercessory prayer now fits into the rhythm of the day rather than into a pattern which I try to impose artificially upon the day.

I have a feeling that in some mysterious way these promptings to pray make the intercessions not my own, but Christ's. They are His prayers, offered through His Church in His timing (how often have I discovered that the timing of my Spirit-prompted prayer coincided precisely with a moment of crisis!) and for needs which only He knows.

(\* Not available from Chimes)



PART V

**RECENT SIGHTINGS ARE LOW-LEVEL CONTACTS**

Don't you believe the rumor that UFO sightings are on the wane. It is true that the mass media has diminished its interest and reports. However, it is the conviction of Mark-Age that the ebb signifies the lull before the great new flap, which hopefully may include documented landings.

To support this, the most recent around-the-world sightings, from late 1970 through early 1971, indicate clear, low-level appearances or close contact with men of Earth. Mark-Age believes this is a conditioning for very near-future forms of communication which will not be able to be discounted when they occur. Since this is part of a spiritual plan and program in progress now, such communications must happen sooner or later. These recent reports seem to indicate it is close to happening.

*Brooklyn, N.Y., September 5, 1970* — Nineteen-year-old Gene Rickard and his mother watched a huge object shaped like a hot dog about 150 feet long and 700 to 800 feet above the ground. There was a cluster of white lights on the object, with one red light at what appeared to be the front.

At least ten cars, of fifteen to twenty adults and children, watched the object bank to the left and then to the right in a twirling motion, and it seemed to go all over. At times it would stop. No noise could be heard as they watched these motions.

*AUSTRALIA – September 8, 1970.* Eight people in the Riverina claim they saw spaceships and lights in the sky for a week before one woman claimed to see a ship land in a paddock on her husband's farm.

Mrs. Shirley Ryall of Barmedman, 70 miles from Wagga, said a strange light followed her and her brother, Bevan Adams. "There was light coming from several small windows in the spaceship and it had antennas on top. It was shaped like a football but there didn't appear to be any landing gear underneath."

On the same night a Leeton woman, Mrs. Fay Bulgaris, also reported seeing an object which she said looked like a spaceship about 500 feet above ground level.

The following night a Narrandera railway employee, Kevin McClure, saw a strange object 150 to 200 feet above ground level. The same night a Yanco couple, 18 miles from Narrandera, Mr. and Mrs. Phillip Tremellen said they saw an unidentified object in the sky about 9:40 p.m.

*COLORADO – October 13, 1970.* A U.S. Army spokesman said that a UFO seen by more than a dozen people in Cortez, Dove Creek area, was not a Pershing missile.

The closest sighting was made by Diane Bard, 18, and Dale Kell, 17, who were motorcycling on an unpaved road about five miles south of Cortez.

"We were riding north," Miss Bard said, "when all at once we heard a whoosh sound off the left. A craft the shape of a jelly bean rose straight into the air. It had three lights in a row close to the top. One was small and white, another was small and orange, and the third was very big and bright. All around us it was as bright as day."

The object followed them even after they stopped at the Kell home and asked six other people to watch with them. Miss Bard said the object made a sound "like a dull thunder." It was about 20 to 30 feet long and remained relatively near the ground, although at one time it hovered immediately overhead.

*MISSOURI – October 15, 1970.* Five people watched and five people were scared, including City Marshal Bill Partin. Four were teenage girls.

Working on a float for a homecoming parade, the four girls saw a globular light about 12 inches in diameter in the sky. It moved toward them, coming close enough to scare them. They raced toward town but were closely followed by the lighted object. The City Marshal said, when he stopped their car, that the girls were hysterical in pointing to the light.

Partin watched it move closer, hovering two minutes, then it rose and moved slowly in a southwesterly direction. It came within 300 or 400 feet before moving on. There was no sound of a motor.

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# ECTOPLASM?



What is the quality that makes the Physical phenomena viewable? What enables a discarnate Spirit to appear solid and firm to the physical eye of the beholder? What permits a discarnate entity to speak in words clear to the physical ear? And what makes it possible for a discarnate entity to touch a person in-the-body and effect a physical awareness in the person so touched? It is due to a quasi-physical substance referred to as "ectoplasm".

To have an idea of the nature of ectoplasm, the following description is offered:

*Ectoplasm is not an inert substance, but a living material, analogous to protoplasm.*

*Ectoplasm is sensitive to light, like a film in a camera.*

*Ectoplasm in nature is sometimes visible or invisible, tangible or intangible, or combinations of the same.*

*Ectoplasm becomes extruded through the natural orifices of the mediumistic person's body: eye, ear, mouth, or any other of the natural openings in the body.*

*Ectoplasm, when used as rods or hands, can move articles; when draped over a so-called dead person's body, it can be temporarily seen.*

While control measures have been steadily advocated in this book, and they are important in all three of the classifications, there is no more significant area than in the Physical category of Spirit phenomena. Control patterns for a sensitive individual and for a group are a safeguard for both. Harsh accusations and unjust comments are, by the very nature of control-planning, avoided, in most instances.

—From a new Chimes selection,  
Spirit Awareness by Helene A. Gerling

# GLOBAL CONTACT

## Major Cycle Changes

Not only are you evolving from the place where you have been for twenty-six thousand years but the entire solar system is moving out of the orbit of its two hundred and six thousand (206,000) year cycle. The major cycle is being transmuted and evolved radically at this time, so you are noting various functions of your own bodies and thought powers, as well as those of all other kingdoms. This is causing the tremendous changes you are seeing in weather and in Earth crust settlements.

— From John Mark in *Mark Age Period and Program*\*

## Evolution or Revolution

The fact of change is evident today on all sides, but must it culminate in revolution, or evolution? The trouble with revolutions is that they are spontaneous and do not follow any well-considered plan.

Evolution, on the other hand, is nature's way of progress — best exemplified in the production of the great variety of forms of life — all the way from bacteria to the genus homo.

—From *Spiritual Frontiers Fellowship* by Irving F. Laucks

## Problem Solving

Man is beginning to understand himself; psychology and psychiatry have helped; hygiene and therapy have helped also; biology and physiology enlighten us; and logic helps us to see the relations of things.

—From *Orion* magazine by Edith M. Custard

## Asthma Cure

Yoga breathing is better than any drug yet invented for permanently curing bronchial asthma. The yoga cure lasts forever. It is quite simple. You breathe deeply through the left nostril for a count of four, hold your breath for a count of sixteen, exhale and pause for two minutes. Then repeat with the right nostril. Do this every morning and night and there will be no more asthma.

—From *Beyond* magazine by Robert Santone

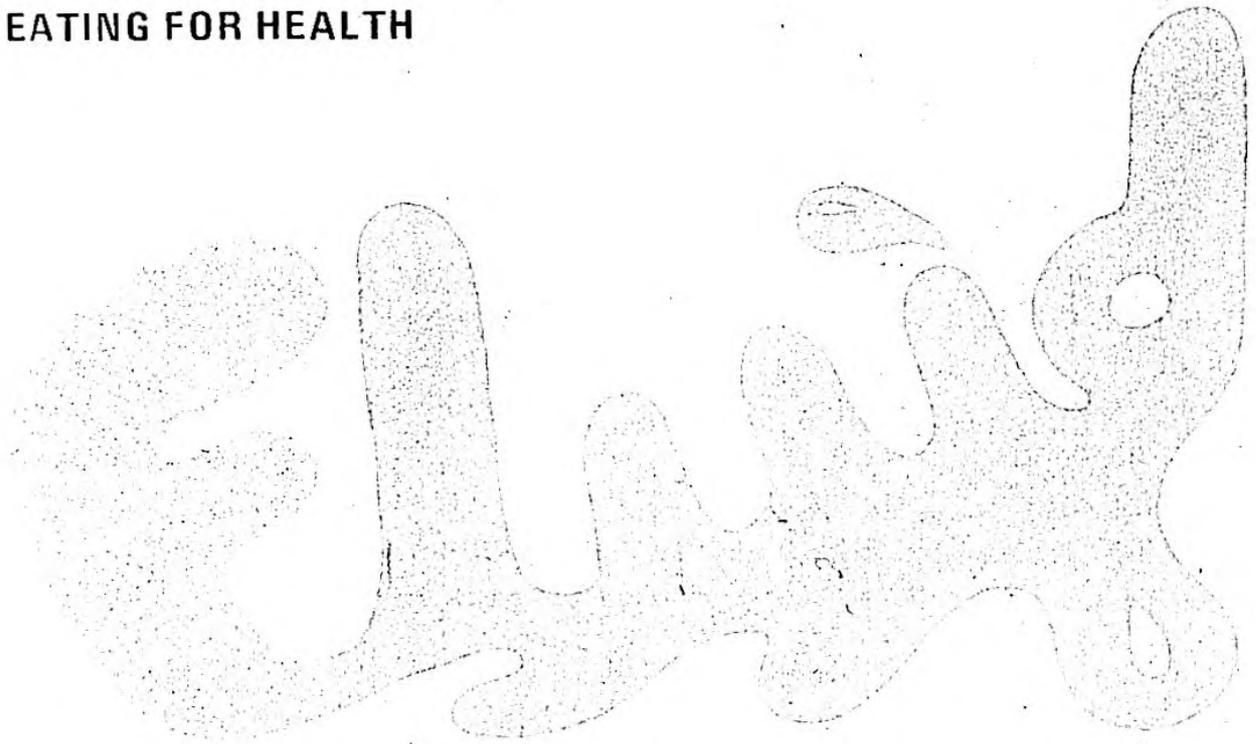
## On Being Human When You're Not a Saint

One of the mysterious aspects of spiritual awakening is the resulting falling-away of many of your shortcomings. Your worst faults, your most cherished neuroses, even some of your colorful personality traits that seem to be more "you" than anything else are shed one by one like brown leaves — and for the same reason, they have grown unnecessary.

—Editorial from *Fellowship in Prayer*

\* Available from Chimes Books, pg. ix

## EATING FOR HEALTH

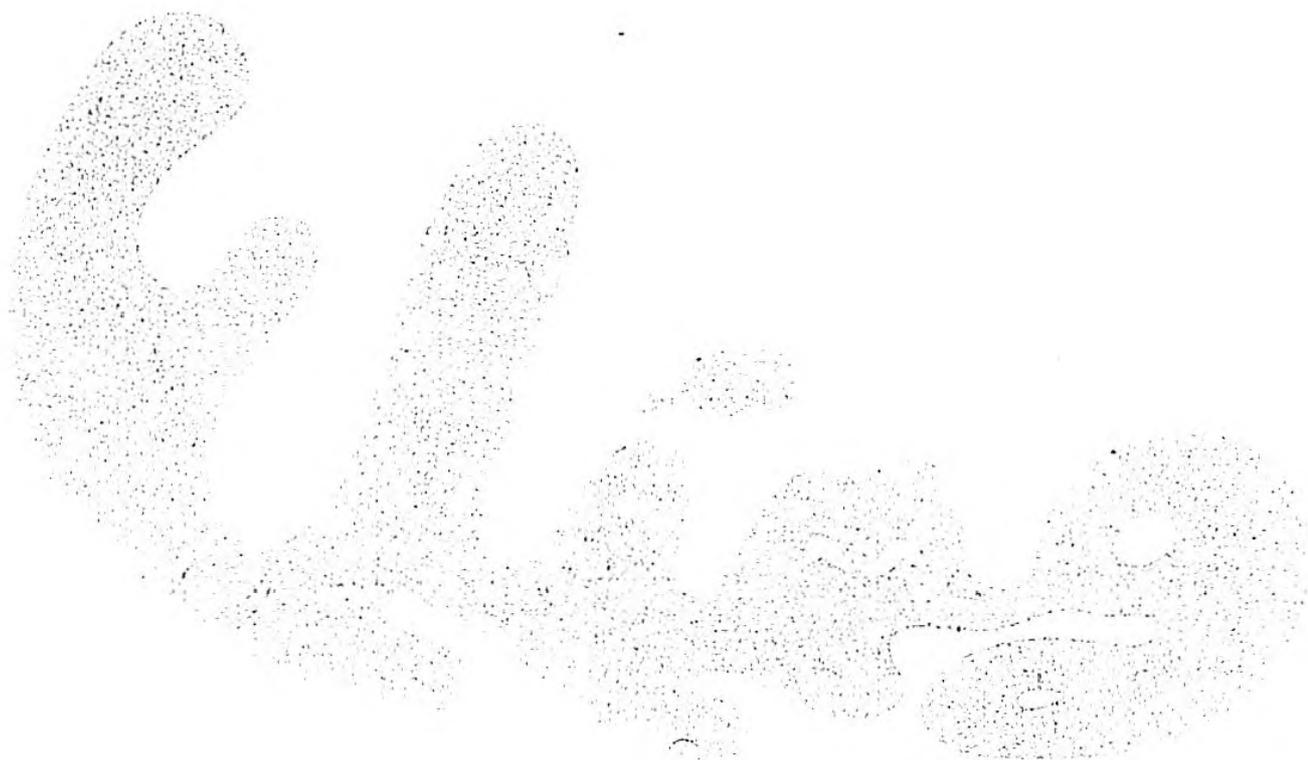


One gets rather weary of the selections offered at times in food and drink (Coffee, tea, or milk?) (Chocolate, strawberry, or vanilla?) (Ice cream, pudding, or jello?). I keep wanting to shout "Get out of the rut!" "Use some imagination" – for heavens sake, there is infinite variety, and we should be enjoying it. It's like listening to the same phonograph record day after day.

And while I am on this subject, I may as well express my disgust at the general fare in most restaurants (soup or salad, potato, vegetable, roll and butter, with your entree). The variety in the vegetable line is usually limited to peas and carrots, perhaps green beans, and not much else. One wouldn't believe that this is in a country which raises such an abundant variety of fresh vegetables. This all goes to show how many people are in the food business only to make a living along the path of least resistance, which is to follow a stereotyped formula. And this explains why I will always eat in a cafeteria if there is one available, so I can have a choice of vegetables and see what I am getting in advance – and even so, some of the cafeterias have a pretty limited choice. Other parts of the country are more fortunate than the West in this respect. (You lucky people in Dallas!)

Let's look at some fresh ideas for beverages this month: Can you get out of the coffee and tea rut for breakfast? It's good for the soul to break a longstanding habit, even if it is not particularly harmful in itself – makes one more flexible (don't be a slave to anything).

Try this in your blender. Open a can of sour pitted cherries and empty half into the blender, running it first at slow speed, then at top speed to thoroughly liquidize. For most tastes, it will be necessary to add about 2 tbsp. of sugar (we use turbinado or yellow D). Now mix this with a quart of your favorite organic unfiltered apple juice (we recommend Tree Top).



This drink is excellent with any meal or snack, or refreshing by itself. Try using honey instead of sugar to slightly sweeten the cherries — and some of you may like the tartness of the cherries without sweetening.

For another good combination, mix the same unfiltered apple juice half and half with grape juice.

Try blending an extra ripe papaya in with fresh pineapple juice, and add grapefruit juice if desired, for a potent breakfast combination. I have to make the shamefaced confession that with most of these combinations, I have to use a bit of sweetening (but always turbinado or something equivalent). It's all a matter of taste, and in view of my addiction to buttermilk, I should be able to understand the vagaries of other people's tastes.

For my money, there are very few things better than black cherry juice, if you can afford it (and if you pay the current prices for coffee and other beverages in restaurants, don't give it a second thought). The cherry is another miniature storehouse of nature's treasures. Black cherry juice can be mixed with either grape juice or apple juice for a slightly less concentrated and less expensive drink.

If you want to do something that is REALLY different, in this day and age, squeeze some fresh oranges and just drink pure orange juice right out of the orange — remember how real orange juice tastes? I still like to just cut a hole in the end of an orange, spear it in a few places inside, and squeeze the juice out, and don't forget the pulp.

You're lucky if you have one of the better juicers such as a Champion, because then you can enjoy fresh apple juice (try Golden Delicious, when you can get the apples at a favorable price — at certain seasons they are available in bags for a reasonable price — get acquainted with the local fruit stands or markets who specialize in fruits and vegetables).

## **FOR JOYFUL LIVING\***

### *THE ART OF STANDING TALL*

Every successful man is married to a constructive idea. This marriage unites the desire to do something worthwhile with the conviction that it can be done. The resulting power usually is sufficient to provide a life's work for an individual. When we choose this path and follow it with dedication, application, interest, and faith, our inner nature expands to the point where it is capable of meeting all difficulties and overcoming all obstacles. What is more, we will have fun doing it.

Accompanying a life lived with high purpose and noble ideals will be an abundance and satisfaction beyond our dreams that never existed before we started creating them. Not only will we ourselves enjoy the fruits of our labors, so will everyone else. *To the extent that God is expressed, the individual also benefits.* For those who find it, the rewards of the kingdom are great and include all things.

### **PERSONAL TREATMENT FOR GUIDANCE AND DIRECTION**

I know who I am, where I am going, and how to get there. I receive guidance and direction from the Infinite Mind within me. I am never lost, never alone. God is my compass, my guide, my director. And so it is.

### **FROM THE BIBLE**

A man's heart deviseth his way: but the Lord directeth his steps.

— *Prov. 16:9*

### **GREAT THINKERS — PAST AND PRESENT**

High aims and lofty purposes are the wings of the soul aiding it to mount to heaven.

— *Samuel Spring*

Dream manfully and nobly, and thy dreams shall be prophets.

— *Bulwer Lytton*

### **DAILY AFFIRMATIONS**

I build a larger mental equivalent today.

Inner strength flows through me at all times and in everything I do.

The healing flow of love motivates my life today and every day.

Only good can come to me because only good goes out from me.

I find new ways to be of service to God, country, and mankind.

\*Taken from the book entitled *Daily Power for Joyful Living* by Donald Curtis, a book of daily inspiration and guidance sure to bless the reader — a Chimes selection.

# Seven Sins of Failure

An analysis of failures -- the eighty percent who are caught in the grip of psychological slavery, mediocre achievement, boredom, and frustration -- an analysis of these people shows they commit day in and day out seven deadly psychological sins.

Here they are. Check each one carefully. These are the sins that explain why four out of five people spin their mental gears and end up in the land of nowhere.

*Letting other people run your life instead of managing it yourself so you can do what you want to do.* Committing this sin means you surrender to the dictates of second-class people. You let them pull you down to their level of mediocre income, mediocre achievement, and mediocre happiness.

Second-class people say, "You ought to do this," so you do it. Second-class people dictate the kind of job you should have, the way you should perform on that job, the way you should behave in your private life. Misguided husbands, domineering wives, over-bearing employers, and interfering relatives frequently are these "other people" who run your life.

One way to find out whether you are committing this sin is to analyze the most recent decision you made. Did you choose what you wanted to choose? Or did you choose it on the basis of what other people might think?

*Blaming other people for your bad "luck" and tough "break" instead of blaming yourself.* The individual with the disciplined psyche creates the circumstances that influence him.

But most people do not have a disciplined psyche. Napoleon once said, "Circumstances? I create the circumstances that affect me." So it is with successful people. This sin of finding a scapegoat is so easy it's deceptive. People you know commit this sin when they analyze why they aren't getting ahead at work, or why they are not selling, or why they make low grades, or why someone else moves up the ladder while they stay near the bottom. Sin #2 is a bad one. You'll discover, as you study this textbook of psychic management\*, the rewards that come to individuals who succeed in avoiding this psychic sin.

#### Sin = Three

*Selling your ability short – showing subconscious contempt for your own potential.* Without exception, the failures in this world think they are inadequate, think they will finish last in the race, and think the good, wonderful things in life are beyond their grasp.

It's often said, "Familiarity breeds contempt." So it is with the respect we show for our own brain power. Every day tens of thousands of people think original, creative, worthwhile ideas only to dismiss the idea because it came from their brain. It's so easy to commit this sin. In truth, we make two big mistakes about intelligence. We grossly exaggerate other people's intelligence and we grossly underestimate our own.

#### Sin = Four

*Allowing fear to dominate every phase of your life.* Fear of other people, fear of giving something a try, fear of economic disaster, fear of self – these are some of the common fears of people who commit this psychologically deadly sin.

Fear, not confidence, rules the world. Fear is behind all failure.

#### Sin = Five

*Failing to manage and direct your psychic processes – to organize your mind to achieve goals.* That great horde of second and third-class performers have this in common – they have no real purpose for being alive. They mentally drift, they do wishful thinking instead of purposeful thinking.

Only a very, very few people have bothered to write down on paper what they expect to accomplish. Only a very few have a will for living. Others drift, disorganized, not knowing where they are or worse still, where they are going. They are taking a trip through life with no map. As a result, that powerful device – the brain – fails to perform at anything near maximum output.

#### Sin = Six

*Becoming so involved in yourself and your fictional inadequacies that you cannot learn the magic secrets for winning command of others.* Success requires the ability to influence other people. But this ability can't be developed if you are completely involved in thinking only about yourself.

In today's complex society, you must be able to persuade other people to your point of view if you want to achieve at a high level. But nearly everyone commits this sin. Nearly everyone asks himself, "What's in it for me?" instead of asking, "What can I do for the other person?" Successful folks know if you want to get you've got to give.

*Failing to believe -- fully, completely believe -- that you can make your mind function the way you want it to function. Failing to believe that you can win, that you can succeed, that you can earn more money, have more influence, achieve real peace of mind is this sin in action.*

Nearly everyone has heard some version of the philosophy, "Faith will move mountains," hundreds of times. But here again, the typical person you know shows contempt for this great wisdom. He knows that faith doesn't work. The person who achieves controls his thinking. He doesn't let his thinking control him.

Today and every day roughly 5500 Americans die. In a year, our total death toll is equal to twice the population of metropolitan Atlanta. Now, death itself isn't sad because it is a natural thing that must happen to each of us. Death is just as much a part of nature's plan as birth. What is sad is the fact that most of these 5500 people who will die today never really enjoyed the trip!

Most of these people spent their precious moments fighting to survive instead of living on a big scale; most behaved like cowards afraid to speak up, afraid of criticism; most of them had dreams once but watched these dreams shrivel up and die.

Many if not most of these people were never psychologically born.

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3. The multitude of mediocre people commit seven deadly psychic sins. They are
  - a. let other people run their lives
  - b. blame luck for their bad breaks
  - c. underestimate their potential
  - d. surrender to fear instead of conquering it
  - e. fail to set clear goals
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WE COME TO LEARN that, as with people, we should not prejudge what each has to teach us, nor should we overlook the growth we may derive from such association . . . brief as it may be, sometimes even painful because of what it may bring.

THE FRIENDS, the books, with which you may have the opportunity to become acquainted through Chimes are not chance acquaintances, however, for they are sent on a mission to seek out souls who are ready for their message, those on the upward path willing to make that extra effort to lift their horizons a little higher. Many of these good friends are not one-night stands but come to remain a lifetime. One that many think of this way is the dear and treasured "Aquarian Gospel of Jesus the Christ" by Levi. Probably a good many faithful Chimes readers have seen this friend's name over and over yet, possibly because of the title, were never attracted to learn what adventure and inspiration awaited them in its pages, spelled out in the language of our times. It is the untold story of a man's life lived 2,000 years ago, the inner meaning of which is seldom revealed to us. Once it is, it is with us always, and it becomes the light to guide us to ever higher levels of consciousness.

WE SHALL SEE how this book, this friend, leads us to many others, like a treasure hunt, and as we follow the trail from one to the other we sense our nearness to the goal that is intended. We shall also learn what others have gained from the pursuit and try to follow some of the signs they point to that will help us find our way. Til soon again . . .

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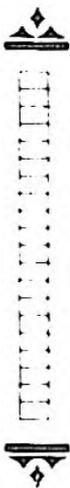
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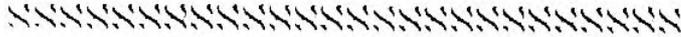
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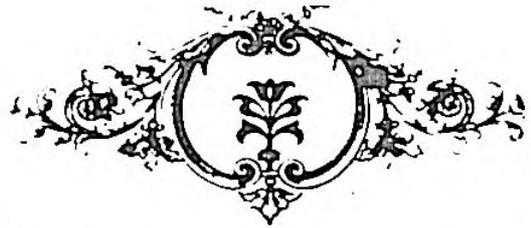
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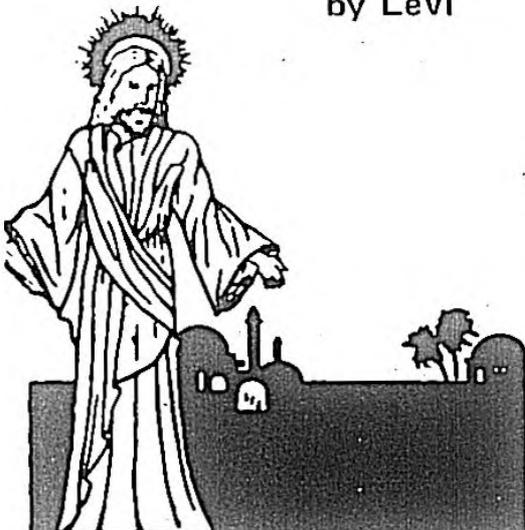
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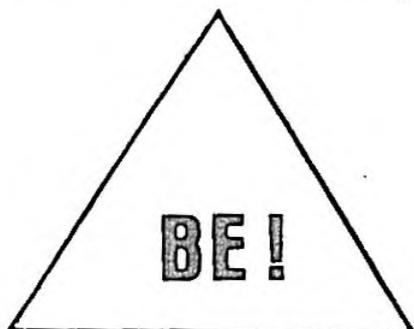
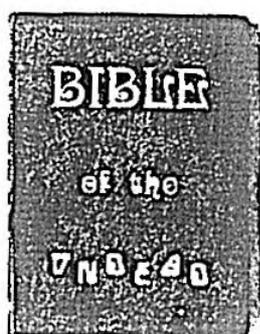
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# Health tips

THROUGH

# ESP

At last the time has come when people are beginning to use ESP in a practical way, because now there is no longer ridicule to deter us from acknowledging our silent hunches.

In her book called *Beyond the Reach of Sense* the famous English writer, Rosalind Heywood, tells of the time during her pregnancy when she was extremely tired with no apparent reason. While she gave herself time to think about it, she had a sudden vision of the chalky White Cliffs of Dover, along with the wordless explanation that her diet lacked calcium. Following this mental suggestion, she soon felt normal again.

When I read this I wrote her of a similar episode in my own experience. As explained in my forthcoming book, *Unriddle Me This*, I found myself very tired one morning and wondered how I could complete the day's agenda. When I "asked" silently for advice I became acutely aware of a word that I had at that time never before heard: riboflavin. I looked it up in the dictionary and discovered that it had to do with Vitamin B. That reminded me that I had forgotten to eat any breakfast, so I quickly repaired the damage by eating a hearty meal with the proper ingredients, and my strength was adequate for the day's work.

There was one other incident that seems to be on the same general point, health through ESP. After my little wire-haired terrier had run through the poison oak bushes I lifted her to carry her over a tidal wave — and as a result my forearms became infected from her coat. I consulted a physician, and his prescription turned out to be useless. I then "asked" in silence for instruction. Immediately inside my head, as though a voice had penetrated my brain, I "heard" the words, "Carbolic Acid." That was a chemical that had not been mentioned in my hearing since my childhood, and now I wondered how it could be acquired. Right away the penetrating thought changed to the name of a popular soap.

I thought, "Oh, yes, that soap does smell like carbolic acid," so I rubbed some of its suds upon my forearms and had quick relief. (Unfortunately the formula for that soap has been changed.)

There have been countless examples of intuitive information that led to cures of various ailments, and the memories of such reports have been accumulated as "folk medicine." A man tells me that his southern nurse kept his childhood free of injuries by her loving pat and calm declaration, "It's all right now." The rubbing of gold against a sty as a cure has often been called "nothing but superstition," and yet my mother's old-fashioned gold ring cured many a sty in the eyes of her many children as well as

children of her neighbors. The special worth of honey and lemon as nourishment and tonic has been justified by scientific dietitians, there are numerous other "common sense" remedies no longer scoffed.

Once I read a magazine article about a cancer patient who received an extrasensory impression that she ought to eat beets. She ate beets, beets, beets, for several weeks, her constitution welcoming that food to the amazement of her family. Finally her malignant tumor had disappeared. The writer of that article cautioned readers not to consider that such a prescription would have the same result on another. That is the beautiful thing about intuition: it pertains to one person at one moment, and every "revelation" (as the theologian, Martin Buber, warned in a wider concept) is for its own particular moment, its own particular situation.

It has long been recognized that a hunch to stay at home has now and then saved a man or woman from being caught in a fatal accident. In the same inexplicable way many a person has felt like refusing to eat a food that later turned out to have been harmful for him. The choice by one or another person of a certain food at a certain time may be the whispering of the constitution at the moment, and it is no doubt wiser than we know. This instinctive assistance for the inner need is canceled only after the appetite has been so glutted by greed that the secret wisdom cannot operate.

At one time there was a strong recommendation of carrots for a child's diet, and many a child suffered agonies trying to resist the parent's insistence. When I grew up I asked a friendly physician if perhaps such children are wiser than their dictating adults, and he said deliberately, "I have not been able in the laboratory to discover any good that carrots have done the guinea pigs, for there was always the same amount of carrots eliminated as originally swallowed." I find myself wishing that children might be allowed to trust themselves, for there may be more wisdom in their sixth sense than has been recorded. And if that sixth sense is suppressed they may lose a valuable guide in later life. Unfortunately there is no way to measure such a loss.

The recent wave of publicity that ESP has been receiving from many periodicals and from TV programs has encouraged the silent ones to speak out at last. Therefore we have been learning that the majority of people have long suspected that something within themselves has tried to protect them from harm — sometimes by an "instinctive" warning that a new acquaintance has less than a good influence, sometimes by the body's call for extra sleep to ward off a possible illness, sometimes by the mysterious inclination to change course and thus avoid a dangerous confrontation. In a recent assemblage of over 900 men and women, when the question was asked from the platform, "How many here have had helpful instances of ESP?" more than 75% of those present raised their hands.

Maybe as a population we shall develop enough self-confidence to reap the benefits of our deepest faculty, now that it is at last being given the respect of acknowledgement.

*The following are communications received by the author through inspiration from the Spirit entity she has reason to believe was the famous clairvoyant-healer, Edgar Cayce. The inner discrimination of each reader will be the guide as to the ring of truth these words convey.*

## “THE EVOLUTION OF TOTAL LIFE”

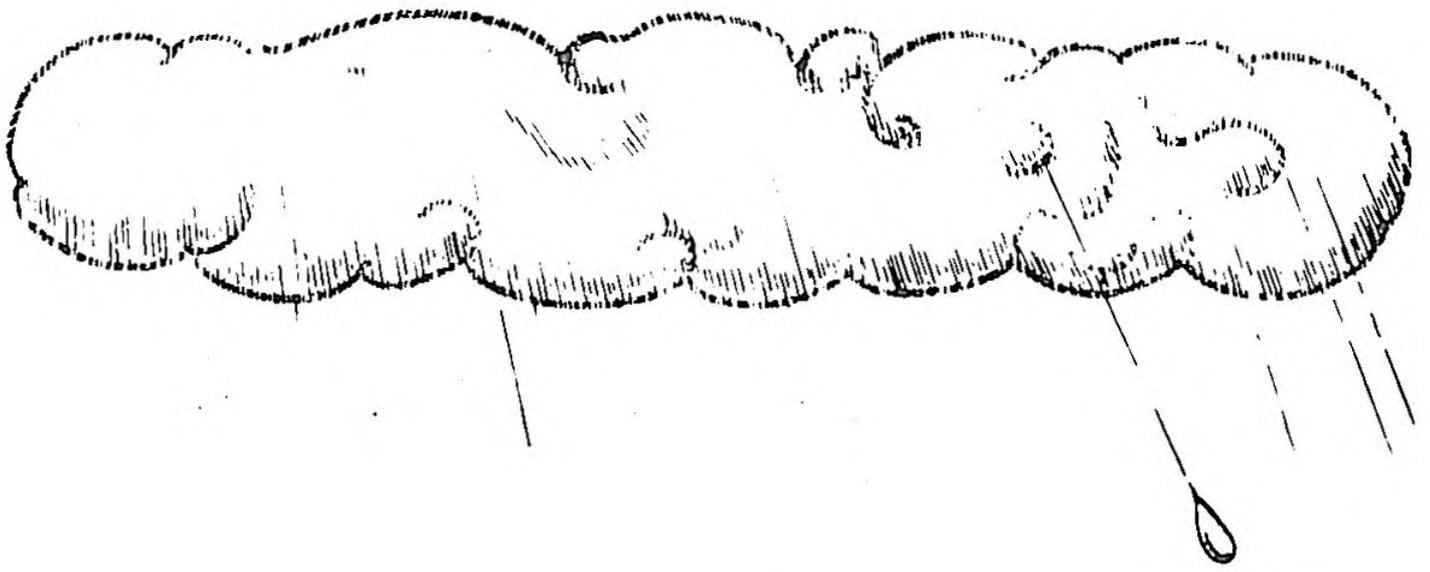
Most have heard of the much discussed ‘theory of evolution’, and one way or another, have formed their own beliefs concerning it. I will use this to illustrate the following discussion.

It was Darwin’s teaching that the human being evolved into his present status from the lowly beginning of a crawling animal, a member and participant in the world of beasts. Of course, he was speaking on a physical level, but we will be using this to form a spiritual level of understanding.

In God’s creation of life, he did not limit it to one, or even several, forms. In the expression of His great wisdom and love, He outfitted the universe with a giant diversity of light (life). Like a master craftsman building His own home, He created and outfitted each vessel for a specific purpose: some to go and teach near and far; some to be governors (remember, keep your thoughts on a *universal* level, not limiting them to your earthly awareness), some to be inhabitants of one planet, some to be inhabitants of another — all manifesting differing degrees of light.

The Father of all Life, being Love, created each individual ray of light with the inherent capability of thought and reason, and thus, out of a free heart, serve Him (Love). In the incomprehensible vastness of the universe, lay areas of darkness — regions where light did not dwell. Leaving the place of their creation, some wandered into these “nether lands”, and could not find the path of their return. The loving Father, the Eternal Shepard, looked about and saw that some of His sheep were gone astray, and had become caught in thistles and thorns of the darkness of self. Having loved them from the beginning, and not wishing to lose a one, He created a place for these, where they could learn, and grow into the degree of light necessary for permanent habitation within His heavenly kingdom; each earning then his inheritance, his right to return and forever reside at His feet in glory.

Because the darkness, self, had been the cause of their wandering, it must also be the tool, the purifying fire, of cleansing. All must, while



living in this darkness and immersed in a frail body of self lusts, overcome out of a *greater* love for his Creator and Master.

Now, we arrive at an understanding of the basic reason for our earthly sojourn in a multiplicity of personalities and physical bodies. For to accomplish His will, that each should be found and returned Home, requires *much* schooling, the discarding of many imperfections, and careful diligence to the replanting of fruit as we empty our souls of the weeds, that we not be as an empty sterile field.

Being created with intelligence and therefore free choice, this too is carried into our classroom on earth, and used as our own judge - for that which we choose is that which we shall receive! Whatever we seek, we find. This also accounts for one of the reasons for the many incarnations of some, and the few of others - some take a little longer to realize in the flesh, what they are seeking in the spirit. (As I stated above, this is but one of the reasons - there are many others.)

Throughout the ages of the earth, God has sent uncountable teachers to help show the way; none have left there that have not had the opportunity of learning. A few of these teachers have been greatly known, but most of them have lived there quietly helping the ones sent to them, and returned -- the world never knowing it had entertained another angel!

All manner of help is given unto each one - methods and means too complicated and varied to put forth here - but each *is* guided, and helped throughout his journey.

The picture now begins to take a definite form, as you realize the depth and greatness of His love, and patience toward all. Now, also, the symbolic likeness of our beastly beginning, and expected end. We may, in all truth, liken ourselves to a crawling beast as we begin our series of lives there -- intent only upon satisfying our own hunger and desires, and devouring everyone and anything that gets in our way. As the individual returns again and again, the refinement taking place becomes clearly visible, in comparison with others just starting up the path. So we see, with enlightened vision, the evolution, the development of the spirit, wending its way Homeward.

I wish to carry this thought a little further, a little deeper into your awareness: translate this knowledge also into the life of an individual soul now abiding on the earth plane. Look back upon your own present life, from your earliest memory, and view the evolution, your growth, up until this moment. You gain a closer impression of that which has been taking place, and in so doing, a better understanding of the overall progression of the spirit. Each soul *must* develop and progress into its predestined capabilities, in order to add unto the total evolvement of the spirit, for it is through the incarnations of many lives as different souls, that one's spirit becomes elevated, illuminated.

One must seek enlightenment and Godly wisdom, *adding to* that which was learned previously, while subjecting all self desires to the will of the Greater within: to arrive at the next floor, we cannot remain on one step, we must keep climbing, we must keep putting one foot in front of the other, with faith that through His Divine will and Love, we *will* reach the Upper Room!

(At this point, I sat back relaxing, and said: "Edgar, you speak so beautifully, it is pure enjoyment to hear your thoughts coming through!" In his typical humility, he replied: "God gives to each certain gifts and capabilities, and it is up to us to use them for the betterment of all.")

*Much has been said by and about Edgar Cayce. Several of these works described on page 23 are available from Chimes.*

*Two years ago we had a heavy snow in Oregon. In Eugene, where I live, half the city was without electricity.*

*That experience made us realize the ease with which man's most ingenious arrangements can come tumbling down. It also showed how enduring is human caring. A neighbor came across the street to see if we were all right. In his hand was a small transistor radio. "Take it," he said. "We have two."*

*Another neighbor called at a house that was totally dark and said, "We have a few extra candles. I'll bring you some." Another neighbor went next door and invited, "Come on over for dinner. We have a gas stove, so we can cook."*

*And so we learned that sometimes we see things clearest by candlelight.*

M.W.H.

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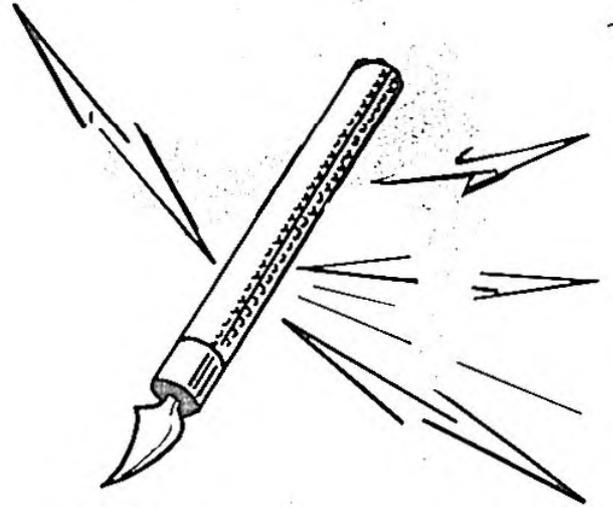
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**Lord Bacon**

The earliest antiquity lies buried in silence and oblivion, excepting the remains we have of it in Sacred Writ. This silence was succeeded by poetical fables, and these, at length, by the writings we now enjoy; so that the concealed and secret learning of the ancients seems separated from the history and knowledge of the following ages by a veil, or partition wall of fables, interposing between the things that are lost and those that remain.

**Elizabeth Sand Turner**

We do not need what belongs to another. It would not satisfy us if we had it. If we covet another's good as our own, we are asking for trouble. What belongs to another is not ours by divine right. If it were, it would have been given us in the first place. Since it is not ours by divine right, it would do us no good if we got it.

**Meister Eckhart  
13th Century Mystic**

Many persons imagine that there is creaturely being here and Divine being yonder. That is not so. A man beholds God in this life in the same perfection and is blessed in the exactly same way, as in the after life. I am confident that there can be a birth into all the fullness of the life of God here and now.

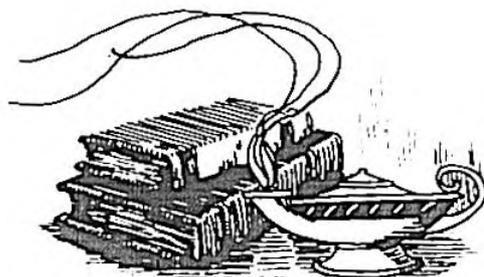
**Helen Keller**

I plunge my hands into my large braille volumes containing Swedenborg's teachings, and withdraw them full of the secrets of the spiritual world. The inner or mystic sense gives me vision of the unseen. My mystic world is lovely with trees and clouds and stars and eddying streams I have never seen. I am often conscious of beautiful flowers and birds and laughing children where to my seeing associates there is nothing. They skeptically declare that I see light that never was on sea or land. But I know their mystic sense is dormant, and that is why there are so many barren places in their lives.

**Paramahansa Yogananda**

Learning to disconnect oneself mentally from the disturbance of sensations brings peace of mind. That man who remains untouched by the sensations that come and go, being neutral to their everchanging stimuli, manifests the soul's essential changelessness; in that unchanging consciousness he becomes one with the changeless infinite.

\* Available from Chimes Books, pg. IX



The receiver should school himself not to do too much thinking when he expects a telepathic message. It is difficult to restrain the mind and it is this one factor more than any other that will give the new student the most trouble. His mental activity creates its own thoughtforms which can either block out the impulses coming to him from the sender or so scramble them that they lose all intelligibility. He must cultivate a quiescent attitude and a dispassion which desires nothing for his personal self. His thinking process must be slowed down and absolutely nothing of a violent nature be permitted to intrude.

Two compatible people working together regularly, say an hour or two twice a week, can develop a very satisfactory telepathic communion in a few months time. More than this, the sensitivity thus developed will enable them to be aware of the more obvious thoughts of other people with whom they come in contact. Don't misunderstand. It will not permit them to pry into secrets. A person who holds in his mind something he does not wish to be known, puts just as sound a guard about his mind as he does on his lips. But casual thoughts and impressions, ideas that might be spoken, may be readily discerned. Of course, a good telepath will respect the privacy of others and will not attempt to pry into their thoughts. But information intended to be imparted may be picked up instantaneously in contrast to the verbal telling which might take several minutes. Even without telepathic training many people anticipate quite accurately the statements of others. You, yourself, have probably experienced this more than once. You answer a question not yet put into words — to the amazement of the questioner. Or you start to tell something only to have your sentence completed by the person you are talking to. This is perfectly good mental telepathy. Once this endowment of psychic energy is brought under control and employed consciously it will open the doors to a great many other "gifts of the spirit," as St. Paul called them.

*To help in your own accelerated progression, it would be well for you to supplement these lessons with the instruction Joseph J. Weed gives in his excellent book, PSYCHIC ENERGY, a recommended Chimes selection.*

## Lesson Seven

To find out what you are really fitted for, chart yourself by a chart like the following; Make a list of what you really like to do. For example:

### WHAT I REALLY LIKE TO DO

*I am a stenographer. I am not happy in an office.  
I have not money enough to leave this  
and learn something else.  
I love to cook and experiment with food.  
I love to set tables and see that things are dainty.  
I am a good manager.  
My health is excellent.  
I want to be more independent,  
and work for myself.  
I like to meet people.  
I wish I were married,  
but I haven't a boy friend.*

The above list could be extended to twenty or thirty items. The lady who submitted the above chart had a problem. She was unhappy and she had no money saved.

This is what happened:

She loved to work with food. Read again the rest of the chart. She took a position as waitress in a restaurant as the first step of the working out of her five year plan, which was to be owner of a high-class tea-room and restaurant.

Because she loved people and enjoyed setting attractive tables and developed a nice manner, she received good tips and was of valuable assistance to the manager of the restaurant in which she worked. She saved, looking ahead to the future. She prayed for the opportunity. It came. A small tea-room. It grew. Before the five years were up her goal was reached and she was perfectly happy — ready to learn something new as a hobby. A good cook never lacks possible husbands — suitors became numerous.

She was willing to stoop to conquer. She took what could be called a considerable step downward before she began to go upward. She did it willingly, because she was "on her toes" and knew what she wanted to work for.

Remember that the unemotional half-expressed want is a start, but never materializes if left in that form. Enthusiasm and prayer must be put behind it. Prayer is a matter of feeling a strong emotion, then putting that prayer across definitely and strongly to the Super-conscious or God mind,

which causes it to register in your sub-conscious — then repressing that emotion. By repressing it, I mean do not take it out and toy with it in your mind; in other words, do not phantasy about it. DO something objectively, concretely, toward it. This plan cannot fail.

The more you repress or push down the feelings after you have put your prayer across, the greater is the sub-conscious power to attract. If you talk about it, you lose power. Every time you tell someone of what your plans and dreams are you lose more of the power that could help you put it into effect. Bragging or boasting about what you are going to accomplish dissipates the power. Mention it only to the one or ones that you KNOW are necessary and able to help you put it across.

It is important to accept the answers to your prayers for work when an answer comes. If you look the opportunity over and decide it isn't good enough for you, your subconscious may say: "What's the use of trying to attract answers to her prayers?" and it may be some time before another answer comes to your prayers. Use your reason and not your feelings in deciding whether it is right for you or not. Sometimes we have to disregard our feelings — "swallow your feelings" — about things for awhile until life brings us another phase.

Before you can get work, you must first WANT it, not in the abstract, but in the concrete, knowing what you want. The world really owes you nothing. Be prepared to work for what you get. God owes you nothing more, but to watch over you and guide you. He gave you hands, a brain and a body to work with, to think with and to glorify Him with, as you "do yourself proud", and glorify yourself mentally, spiritually and physically.

As you prepare yourself thoroughly for your new planned work, you cannot keep opportunities from you. Preparation is active praying. It is the most EARNEST PRAYER YOU CAN PUT OVER. It generates the most power.

Sometimes the opportunities come to try your wings in your new work before you are quite satisfied in your conscious mind that you are ready, but if they come, try it. It is the start that you have earned by your sincerity.

When the writer first studied public speaking as a hobby, opportunities to speak came long before she dreamed she was ready for them. But nature is a wise mother and does not give you tasks beyond your strength. These speaking opportunities were five to ten minute talks on various stages making introductions of other speakers. It was just what was needed to give confidence, and it soon led to much lengthier speeches, until finally they became a source of income, although nothing of that kind had been in mind when the idea to study public speaking first came. This is mentioned to encourage you to follow your inner intuition when one comes as to some new study to take up. One never knows just what Fate has in store until we do our part in getting ready for whatever may come.

That we are at the present time still in an unusual state of affairs when it comes to earning a livelihood is true, but the person who really concentrates on what he wants, selecting and choosing daily what else he is going to do with reference to preparing himself to give the finest service in that work or hobby which he has chosen, finds a way to sell that service. Running around in a circle, doing many time-consuming little things that have no bearing on our real future is one way of absorbing day after day with no results.

When you come to the point where you are really ready and willing to develop your finest and highest self, you will learn **DISCRIMINATION**. Discrimination is one of the steps that every Initiate must take when he puts his feet definitely on the **PATH** that leads to spiritual development. You inculcate this valuable faculty of discrimination as you use choice in your daily tasks. When anything comes up in which you must make a choice – and it comes up a hundred times a day – the gauge or standard to measure by is: “Is this good for my spiritual growth or will it hinder it?” When you think of the word “Spiritual” endeavor to get the realization that it means your **HIGHEST** ideal or your highest **POTENTIAL POSSIBILITY**.

**These lessons are preliminary to the advanced series of “Inner Teachings” offered by Chimes entitled “Light on the Science of Living.” For more information, see Pg. X.**

Our craft, as they lower their frequency into the third dimensional level, even though it is going into the fourth frequency, cannot begin to remain in solidified form for long periods of time because of the nature of the energy radiation that is peculiar to their manifested form ... We cannot allow you to have much contact with our solidified form until you have been raised sufficiently to satisfy your concepts and your own body forms without destroying them or damaging them to a degree that would be irreparable ... We will not do this until you are ready to be able to indulge in the higher rates of frequency that we shall bring with us by the nature of our being.

This includes the manifestation of light bodies upon the Earth as well as the frequencies of spacecraft, because they are equal in a very large degree. Those who are preparing their bodies for the light form or the fourth dimensional frequency will find they so shall upset the equilibrium of those who are of a lower density and unevolved and uncleansed that they can harm their natural progression and evolution to such a degree that the karma will be backfiring on them as souls.

**—From St. Germain in *Mark Age Period and Program*, a Chimes book**



Chimes is a point of contact for the healing and blessing of thousands who receive it and who believe that the power of Spirit is unlimited. If YOU believe that Spirit responds to the needs of all who ask for guidance, for protection, for strength, for the healing of any condition, that we DO receive as we *believe* and *accept* our good, then write your request for special prayers to Chimes, stating your need briefly. The moment you begin to write to Chimes your special prayer requests, you will be getting results. Countless blessings will flow to you, and your prayer may possibly already have been answered.

**It's no secret what God can do. What He has done for others He can do for you.**

***WRITE YOUR SPECIAL PRAYER REQUESTS HERE***

---

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- I WILL PRAY WITH CHIMES EACH NOON WHEN I AM ABLE**
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## Sermonette

### THINKING IN YOUR HEART

In the *Nautilus* magazine of March, 1917, there appears an article about a boy suffering from Pott's disease, or tuberculosis of the spine, who had a remarkable healing. His name was Frederick Elias Andrews of Indianapolis, now minister of Unity School of Christianity, Kansas City, Missouri. His physician pronounced him incurable. He began to pray, and from a crooked, twisted cripple going about on hands and knees, he became a strong, straight, well-formed man. He created his own affirmation, mentally absorbing the qualities he needed.

He affirmed over and over again many times a day, "I am whole, perfect, strong, powerful, loving, harmonious, and happy." He persevered and said that this prayer was the last utterance on his lips at night and the first in the morning. He prayed for others also by sending out thoughts of love and health. This attitude of mind and way of prayer returned to him multiplied many times. His faith and perseverance paid off with big dividends. When thoughts of fear, anger, jealousy, or envy drew his attention, he would immediately start his counteracting force of affirmation going in his mind. His subconscious mind responded according to the nature of his habitual thinking.

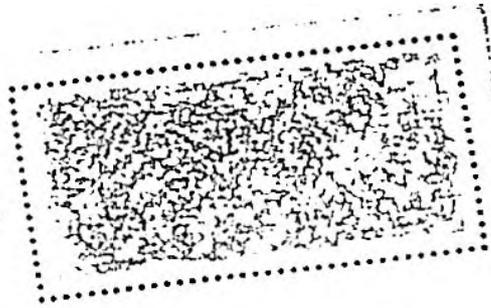
This is the meaning of the statement in the Bible, *Go thy way, thy faith hath made thee whole.* (Mark 10:52)

Dr. Joseph Murphy

Beverly Hills, California



Dr. Murphy gives many new ideas and techniques that can work miracles in your life through the power of your subconscious mind. This is described in his book, *The Power of Your Subconscious Mind*, available in both the paper and hard cover editions from Chimes.



## Letters to the Editor

A GIANT STEP FORWARD – As another year passes I see it is time for renewal and that a giant step forward has been made into the Light, thanks in great part to publications such as yours. Chimes feeds us Manna from Spirit, giving us a sensation of having been in direct contact with “teachers”. May you continue to grow and sustain us.

Mrs. Marian Azzolino, Riverside, CA

RECEIVING ANSWERS – Chimes long has been my favorite magazine from which I have derived great inspiration and spiritual substance from its contents. I have found many answers to my questions which heretofore were vague in my mind. Although I have been a student of Spiritualism for a number of years, Chimes is tops for me. Lovingly,

Phyllis M. DiDomenico, Baltimore, MD

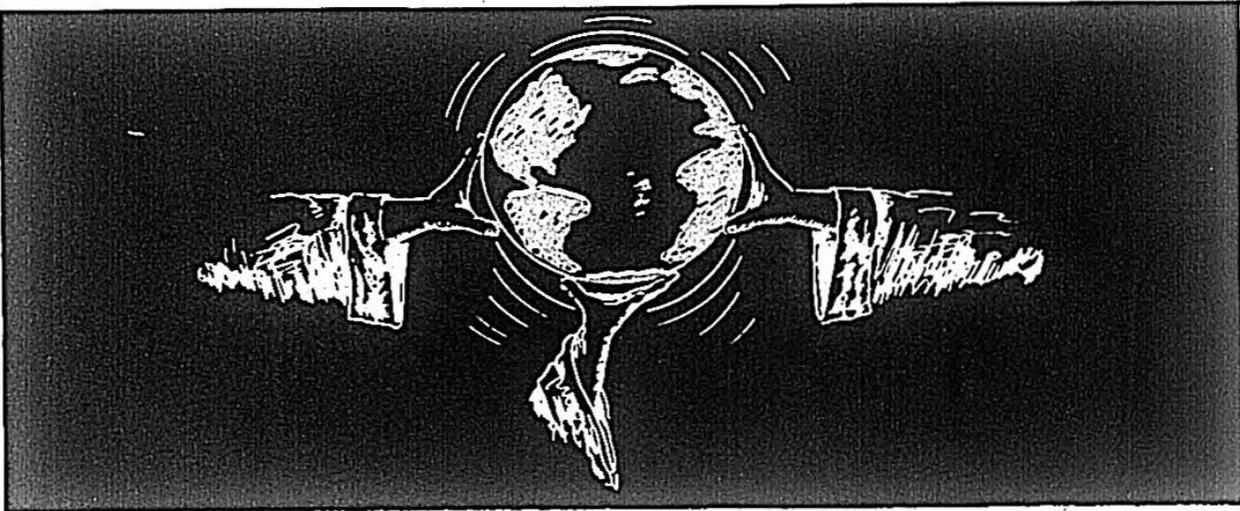
THE OPEN WAY – I am so glad the way opened for you this past year to continue with your publication. “Let go and let God” was working for all of us. I am sure the spiritual aid was very much in force.

My teacher once said, “Where He leads me I will follow.” Chimes is like a tower of spiritual strength for me. God bless you all,

Florence Ferretti, Rockport, MA

APPRECIATION – For all the wonderful lessons I have always found in Chimes I am most thrilled and thankful. And I know I will not find friends more precious to me than you who have helped me in the Prayer Ministry. Each and every one of you – seen and unseen – are so dear to my heart. I do want you to know what a great help you have been to me and my dear ones. May God bless you and keep you well each day, lovingly,

Ethel Phillips, Radford, PA



THE CHIMES FAMILY . . . THE CHIMES FAMILY IS  
a family of light bearers, each in his own way doing something constructive  
and creative to usher in the coming Golden New Age.

each and every child of light must link up his efforts with every other child  
of light to awaken the masses out-of their ignorance of God's spiritual laws  
and the spiritual realms that surround us.

by letting your light shine in the loving way in which you perform your  
daily tasks, in your quiet times of meditation, in your outreach of  
prayer — when you pray silently with and for others. Remember the  
saying — the family that prays together stays together — this is because  
much good is accomplished during those precious times... far beyond  
our present knowing.

by doing your part to guarantee its ongoing. Many have written of their  
wish to participate regularly by their *monthly donation*... and many  
already are doing so. This page, then, is the Family Participation Page  
that can serve as a reminder each month of what you wish to do to help  
keep the light shining thru Chimes. You may even have ideas on this  
subject that may be shared with others of the Chimes family. Here's  
where we do it. Here's your own special opportunity to help keep the  
family together. Do it the best way you know how!

*Here is my monthly donation for helping with the work of the Chimes  
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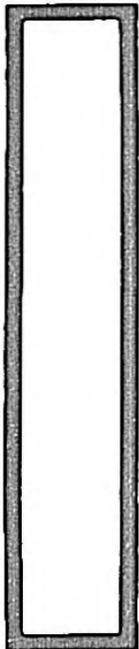
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