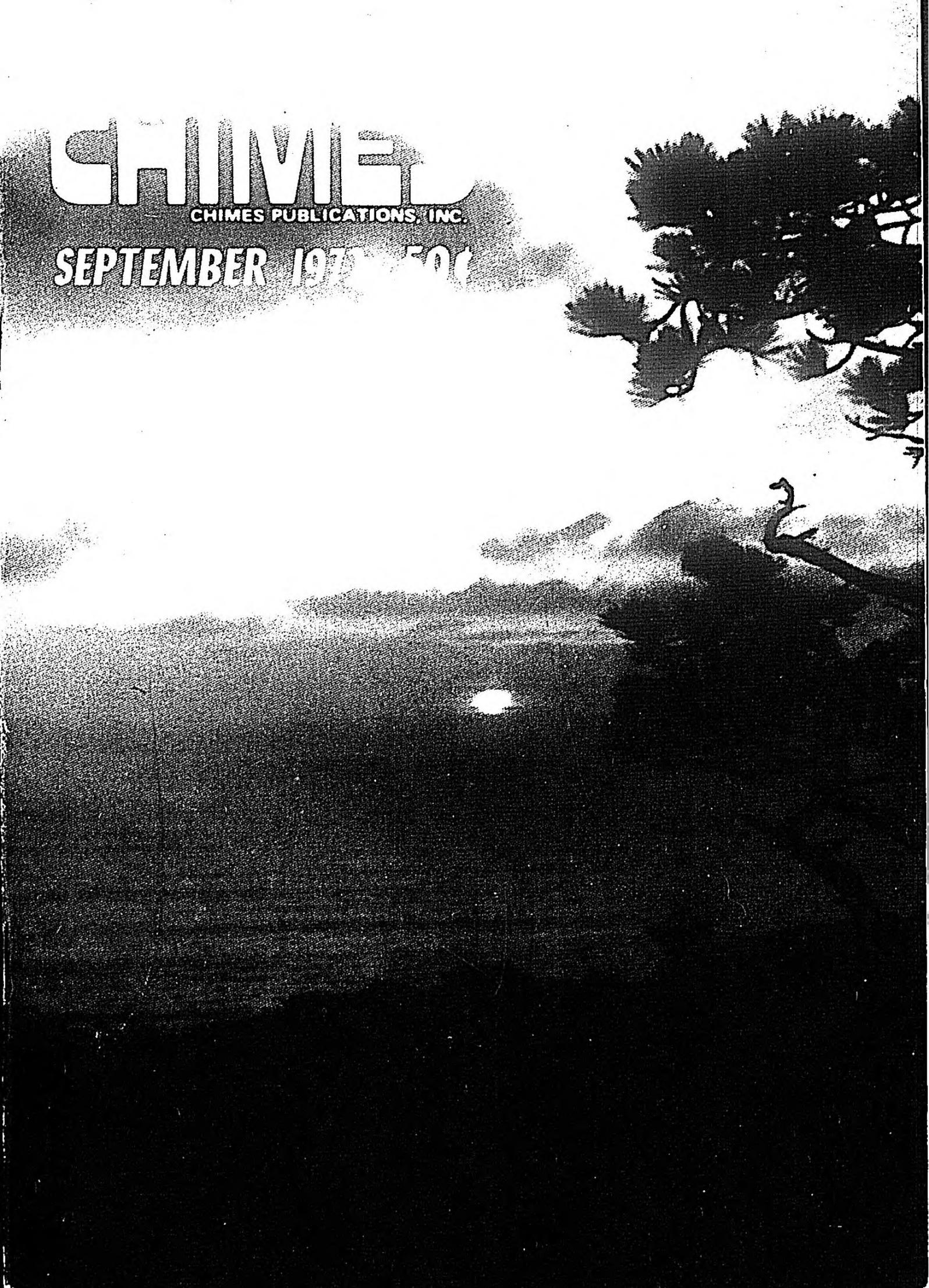


CHIMES

CHIMES PUBLICATIONS, INC.

SEPTEMBER 1971 \$50¢





THE OTHER WORLD

It lies around us like a cloud —
A world we do not see,
But the sweet closing of an eye
May bring us there to thee.

Its gentle breezes fan our cheeks
Amid our worldly cares;
Its gentle voices whisper love
And mingle with our prayers.

Sweet hearts around us throb and beat,
Sweet helping hands are stirred,
And palpitates the veil between
With breathing almost heard.

The silence — awful, sweet, and calm —
They have no power to break;
For mortal words are not for them
To utter or partake.

And in the hush of rest they bring,
'Tis easy now to see,
How lovely, and how sweet a pass,
The hour of death may be.

To close the eye, to close the ear,
Wrapt in a trance of bliss,
And gently dream in loving arms,
To swoon to that — from this.

Scarce knowing if we wake or sleep,
Scarce asking where we are,
To feel all evil sink away,
All sorrow and all care.

Sweet souls around us! Watch us still,
Press nearer to our side,
Into our thoughts, into our prayers,
With gentle helpings glide.

Let death between us be as naught,
A dried and vanished stream,
Your joy be the reality,
Our suffering like the dream.

H. B. Stowe

P.O. BOX 818, ENCINITAS, CA 92024

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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CHIMES is published monthly, except for the bi-monthly issues of June-July and November-December, by Chimes Publications, Inc., P.O. Box 818, Encinitas, CA 92024. SUBSCRIPTIONS: U.S.A. \$5.00 per year or 3 yrs. for \$13.00, .50¢ per copy; elsewhere \$6.00 per year, .60¢ per copy. ADVERTISING: Closing date, first of the month, 60 days prior to date of issue. Rate card available upon request. CHANGE OF ADDRESS: Send both old and new to Chimes four weeks before moving. MATERIAL: Not responsible for care or return of unsolicited articles or photographs. Chimes reserves the right to select, edit, or reject material and advertising according to space available and/or editorial policies. Source must be clearly indicated where material is not original. Chimes does not pay for material or photographs, but upon request will provide the contributor with free copies of the issue in which material has been published. All articles appearing in Chimes are the free good will offerings of writers who wish to help promote a better understanding of life here and hereafter. Except where rights are specifically reserved to the author, all material may be reproduced without written permission with the hope that credit will be given to Chimes as the source.

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OCT 5 1972

THERE IS JUST TODAY

There is one dominant message each and every one of us could certainly put to good use these days: to be *conscious* of our every act, controlling it to the glory of God, and to make every minute *count*.

If we can come to fully realize the brevity of our life here, automatically we will gain better use of the opportunities presented to us. To walk with Christ THIS day — to feel His compassion and understanding toward all situations and peoples — is to fulfill our destiny. In no other way can this be accomplished.

Live today as if it were the only day of your life, as if yesterday never was, and tomorrow never will be. There is just today.

There is not a one of us, if we could see clearly, that would not choose life over death, light over darkness, God over the world. Seeing clearly is the problem, and it can be solved only through faith. For now, the brief span of our total life, we can see only through the eyes of faith. Later, after God has called us Home, we will see with eyes unfogged by a carnal nature. It is now, while in this mortal body, that we must use this time as a precious tool whereby we can work with God in the perfecting of our souls.

Only in this way can we let come into bloom the full blossom of our spiritual nature.

It then is our responsibility to learn, to grow, and to help as many others as is God's will along the way. We meet no one by accident. Every encounter is by Divine will. By our actions, our attitudes, are others influenced. We can meekly water the Godly

live today . . .

"TIME IS SHORT!"

seeds planted within, as is our commission, or turn our backs. It is our free choice.

Most of us know that time is running out. Why do we sit back as if we didn't? Why do we let the days slip away from us and do nothing? Not all can preach, or even teach another by words, but we all can, through Christ, live a life that will light the way for others by example. It is not so much what we preach that will influence and inspire others, but *how* we live. Words are important, very important, but are empty without being evidenced within the daily life. Beloved St. Paul puts it so well in 1st Corinthians 9:27: "But I keep under my body, and bring it into subjection: lest by any means, when I have preached to others, I myself should be a castaway."

It is through the common every day occurrences that our true self is evident – in our tone of voice, our readiness to spare a few moments for another, and our acceptance of our lot in life. Our reactions to these will speak louder than any word.

The wise usage of our time, along with the love we feel and show to others, are the two things in which most of us fall short. We can read and become very wise concerning things spiritual, but we have not the love and patience with time we will not have learned anything.

Messages from spirit seem to ring with one common plea. "*Time is short!*" Reach out to all you can. Help! Don't be guilty of the sin of omission.

Don't lean on another's experiences with the Master that you read about in the Bible. Read, yes, and glorify God for His great blessings to others, but pray, study, and love and let Him bless you. Let Him be the light upon your path. If you are gifted with the loving hands of spirit to help guide you, then you are doubly blessed. The most important blessing, however – that from which comes the riches of the Kingdom of Heaven – is KNOWING that the Father loves *you*, and that you love Him. If we knew no other thing than this, we would be wealthy beyond words.

by Cherie L. Silva

MANY REALMS

Just before my 20th birthday when I had finished my pre-Med training at the University of Richmond and was ready to go into the medical college of Virginia my father suddenly was called into active duty to help set up storage of fuel for the D-Day invasion of Europe. I, too, decided to volunteer for active duty, and was sent to Camp Berkeley, Texas. After going through most of my basic training, I was notified that it had been decided I was to return to study medicine. Two weeks before I was due to take the train back to Richmond, I came down with a respiratory infection and was placed first in an isolation ward, and then in a recuperation ward. On the 19th of December I was pretty tense because I knew I was to leave at 3:30 on the morning of the 20th so I could arrive in Richmond to enter the medical college on the 22nd.

On the evening of December 19th I felt hot, so I asked the ward boy for some aspirin and went to bed. At 12 o'clock I awakened feeling even hotter so I took two more aspirin and went back to sleep. At 2 o'clock I woke up, and this time I was burning up so I took two more tablets and tried to go back to sleep but could not. It seemed that with each second I was feeling worse. Finally I turned on the little bedside light to see what time it was. It was 3 o'clock, and I also saw I had been spitting blood. This shook me up. I went to the ward boy and he took my temperature which was 106½. He ran to get the nurse. She went to the captain in charge of the ward for that night. He came in, put a stethoscope on my chest and said, "Get this soldier to X-Ray immediately." The last thing I remember,

excerpts from a lecture given by a psychiatrist who prefers to
remain anonymous
delivered to the Spiritual Frontiers Fellowship
an organization founded by Arthur Ford

from a human point of view, was the captain in X-Ray asking me if I felt I could stand up long enough for him to take a picture of my chest, and I kept thinking how ridiculous this was ... this man doesn't realize I have to take a train out of here in about five minutes. I remember hearing the machine click, and that's the last thing I remembered until the early morning of December 24th when a nurse came into my room and said, "Good to have you back with us, Private X."

I would like to regress to say this much. The medical records state that on the night of the 20th of December Private X's condition steadily deteriorated until early in the morning of the 21st he was pronounced dead, not on one but on two occasions that were estimated to have been nine minutes apart. Any physician knows that you cannot restore the human mind if it goes more than five minutes without oxygen. I can say that after twenty years of medical practice myself I have never seen a human being go more than five minutes without oxygen to the brain without being severely retarded or literally becoming a vegetable upon being restored.

Sometime after I remember standing in front of the X-Ray machine. I awakened and sat up on the side of my bed in a little room. There was a bed on one side and a door leading in; a bedside table, a night light, and a screen pulled in front of the bed. The only light in the room was the 15-watt bulb of the night light. I looked around to see if I could find my uniform because I knew I had to get back to Richmond, and I also knew instinctively that I had missed my train. Looking around the

— From *Parastudy, Inc., Chester Heights, PA 19017*

room, hoping to see my uniform, I glanced back and saw my body lying on the bed. This was one of the greatest shocks of my life. But I did not have time to think about this. I came out of the door. There across the hall was the ward boy's office and the doctor's and nurse's offices. I ran into the ward boy and told him to watch where he was going because we were about to walk into each other. Then he either went through me or I through him. I didn't have time to think about that because at this point there was just one thing in my mind — I HAD to get back to Richmond.

As soon as I got outside of that door at a speed which would approximate sound if not faster, I found myself traveling along over the tops of the trees, about 500 yards above them, going at a terrific rate of speed. In not too many seconds I passed a rather large river and saw a little town. I thought I had better find out where I was so I let down on the street in front of a white all-night Cafe. I saw a guy walking down the street so decided to ask him where I was. I thought immediately there must be something wrong with him. Obviously he was deaf and blind both, for when I asked him a question he didn't respond to me in any way, shape, or form. I thought I would tap him lightly on his cheek to get his attention, but either I went through his cheek or he through my hand. Then I went to lean back against the guide wire of a telephone booth to think this situation over, and at that point I went through the guide wire! Then it suddenly hit me that I had left behind something that looked like a physical body — back in bed in Texas. I thought, suppose some fool medical officer starts working on that body! I knew that in my Freshman year of medicine we worked on the cadavers, and I was afraid someone might be working on mine. The second thing that hit me was that if this ward boy had not been able to see me, and if the man here in this little town wasn't able to see me, my mother would not be able to see me, and what was the point of going any further? With that I decided I better go back to where I came from, Camp Berkeley, and pick up this body.

In no time at all I was back in Berkeley, Texas at the station hospital. But I had made one tragic mistake. When I left there I had not looked to see which ward I came out of or which room. The whole thing was confounded by the fact that all of us had on the same type pajamas. All of us were under the same type blanket, and do you know something? You think you know what you look like but you have never really seen yourself. You have seen a **reflection** of yourself in a mirror, but not actually yourself in three dimensions. I saw quite a few

fellows I thought looked something like me, but at that time I had a fraternity ring on my finger and none of them had fraternity rings on. The situation was getting more and more desperate. I could see the doctors and nurses, the ward boys and the soldiers, but I could not communicate with them. Frantically I went from room to room, from ward to ward, trying to find – ME!

Finally I got into a little isolated room and there, lying on the bed covered up, was this body. You can say this is accidental, but after being in medicine for twenty years I am beginning to believe nothing is accidental. The one part of this body that was not covered was a hand, and I recognized the fraternity ring on it. I didn't like the looks of it because the more I looked at it the more it resembled my grandfather who had died about five years before. It had the same lifeless appearance. I sat on the side of the bed looking at the body in the bed, thinking to myself, "This can't happen to me. I am too young to die!"

Now let me regress again for a moment to say this. A year-and-a-half later I was driving from Richmond back to Camp Berkeley, Texas. (I did enter Medical School, but it was a month-and-a-half late.) We were going through a little town known as Vicksburg, Mississippi. Another medical student was driving and I said to him, "This street looks familiar. If you go down one more block I believe you will find a white all-night Cafe on the corner." And he did. There was the white all-night Cafe I had been standing beside. If you think this sounds strange, get your map. Look at Abilene, Texas, Vicksburg, Mississippi, and Richmond, Virginia.

As I was saying, I was sitting on the side of the bed desperately frightened, horribly alone. I could see these humans but I could not communicate with them. I felt that my life had been cut off – that all chance of communicating with the people I had grown to know and to love – my family and friends – was gone. In short, I was having a "feel-sorry-for-me" eternity because time, as you and I know it, does not exist except in this realm.

All of a sudden I saw what I thought was the 15-watt bulb beginning to get brighter and brighter. Then I realized it was not the bulb because the intensity of light was equal I should say to about a million arc welders' lights. Out of the center of this light stepped a form of sheer light, and something said, "Stand up. You are in the presence of the Son of God."

(to be continued next issue)

Your Prayer Life

THE PRAYER OF FAITH

*God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of the day.*

*I now am wise, I now am true,
Patient, kind and loving too.
All things I am, can do and be,
Through Christ, the Truth that is in me . . .*

*God is my health, I can't be sick;
God is my strength, unfailing quick;
God is my all, I know no fear
Since God and Love and Truth are here.*

— Hannah More Kohaus

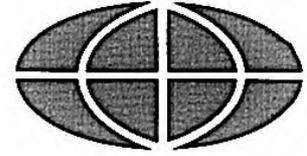


THE PRAYER FOR SERVICE

*Forgive me, O God, when I use my talents for second-rate
and unworthy purposes. Help me to use my life to the
utmost of my powers.*

*Help me to be sensitive to what I can do, and never
degrade or overlook a single ability that I can use in serving
You.*

— Anonymous



The Jesus Cult

In this changing and changed world . . . we cannot hope for too much at once. I believe that the "Jesus cult", and other examples of how a youthful generation is thinking and acting are no passing phase. I believe we are to see a greater and far more serious tendency towards the creation of a really practical religion or way of life.

— From *Psychic News* by Brother John

Second-Hand Won't Do

Life finds its ultimate meaning in the kind of God we worship, and that is why the mystic seeks to commune with his God. He wants to gain a sense of oneness with God: to experience the presence of God and to feel a part of His creation. He is not satisfied with a second-hand experience, to learn about God: he wants an intimate sense of personal fellowship with God.

— From *Spiritual Frontiers Fellowship* by Ernest O. Martin

Pyramid of Gizeh

The Pyramid of Gizeh contains for this present civilization the final answer to what has taken place prior to the Aquarian awakening or your awakening into Christ consciousness. It will total the twenty-six thousand year preparation period, for it is the house or the tomb, or the time capsule as you might say, for all that has taken place in the twelve cycles, each lasting over two thousand years.

— From *Mark Age Period and Program* by John Mark

The Practical Sermon

WHEN SPIRITUAL THINGS have been spiritually discerned, no dogma, ritual, creed or doctrine can ever again obscure truth. Example is the finest precept, and those who have seen wasted tissues restored and locked limbs freed, have been moved by a sermon as practical as it is divine. They understand then why Christ coupled healing with His ministry.

— From F. Terry Newman, editor of *The Spiritual Healer*, English monthly

A HEALING MEDITATION

Here is a healing meditation given by the well-known English healer, Gordon Turner, at a Parapsychology Foundation lecture/workshop in August, 1972, at San Diego, California . . . one that many may come to prize highly as it is put to work:

I am going to give you here some basic symbols and ideas, then I want you to use your imagination, let yourself relax, and try to make some of the mental images as I give them to you.

This isn't a classic method, but it is a good way to handle meditation in a group.

At a certain point I would ask you to project anyone you know who is sick, or in need, into the meditation and, at that moment, if you wish to do so, speak aloud the person's name. Do not mention what is wrong with the person and do not think of that person with all the known complaints, but think of the personality, of the person as known to you. Alright? . . . now close your eyes.

Take two or three deep breaths and relax completely all over. In your mind's eye, make the image of a lake . . . a lake of still water. See the blueness of it. Mentally reach out your hand and touch the water. The lake is a symbol of peace. Hold it in your mind. Behind the lake build some mountains. See the mountains reflected in the lake. The mountains symbolize grandeur and majesty.

Above the mountains is a sun. The sun is shining down into the blueness of your lake, turning it to golden light. Look into the golden light. It won't hurt your eyes. The golden light of the sun symbolizes cosmic unity, the source of all our energy, the supreme mind. You are projecting peace and aspiration into the high mind.

From the center of the lake a ladder stretches up. Look at the ladder. See it go as high as it can into the sky. Move across the water to the ladder, then climb it right to the top and look into the golden light. Look to the supreme light. The light won't hurt your eyes. Let yourself be bathed in it. Then dissolve the ladder which symbolized reaching through yourself for your highest aspirations, and look into the center of the golden light which is your lake. Ask in your mind for healing for those who have need of it. Think of persons whom you know who may need help and project their images into the golden light and, as you do so, speak their names. If you need healing yourself, project yourself into the center of the golden light. Fill your being with light and warmth. Let the energy flow through you. Then, silently, give thanks, and hold the light inside your being.

Dissolve your images. Be conscious of your surroundings, of the place where you are seated. Take two or three deep breaths, then be sure you relax after this meditation. God bless you!



What exactly is the power of prayer? How exactly would it work in one's life? Is it just for others, or can we use it to our own advantage?



These are questions I have asked myself many times . . . and for a long time found no answer.

What exactly is the power of prayer? The power of prayer, to me, is one night finding a friend close to death with cancer and pneumonia and the next morning — after a lot of prayer — finding him completely healed. The power of prayer is calling a friend one morning and, for the first time in the entire time of knowing him, learning that he no longer stutters . . . in fact, his voice is so much stronger that you nearly

WHY PRAY?

leap out of your chair in astonishment and fright.

This, to me, is the power of prayer.

How exactly would it work in one's life? A year ago I was down and out. I had no job and no place to go. I went on relief in September, 1971. I started going to a Spiritualist church and started to take classes in healing and mediumship. Then I started to help Le Roy Weiss* with his healing of alcoholics. Through my own prayers, as well as those of my classmates, I found a job. Now I am happier than I have ever been. Prayer brought me to where I am now. I also have one the very first persons who taught me to pray as one of my Spirit

by Rosemary Myerchin

Guides.

Finally, is it just for others, or can we use it to our own advantage? I think I have proved already that it is for our own use as well as for that of others. Miracles do happen – usually when we least expect them . . . but they happen through the power of prayer.

I am honored to be working with someone like Le Roy Weiss, someone most willing to give his time and energy for others. Every night I pray for those who have become addicted to alcohol and drugs. My every prayer has not been answered YET, but I know that in God's time He does answer each and every one.



Le Roy Weiss may be reached by writing to him at: Rt. 1 Box 125, Maitland, FL, 32751. Please DO NOT SEND DONATIONS as it means money out of Mr. Weiss' own pocket to return them. You may, however, send him a self-addressed stamped envelope if you wish a reply.

There are those who say that in this day there can be no miraculous healing through prayer and faith. They give as their reason that we live in a new dispensation. Can we dispense with prayer for healing when there are thousands of men, women and children mentally and physically incapacitated in the huge hospitals that spread, and keep spreading, across the land? If science and medicine were meeting the situation, would we not see the number diminishing rather than increasing? Surely "something" is lacking.

— By Rebecca Beard

SPIRITUAL MIND TREATMENTS

These handy Spiritual Mind Treatments by Jack and Cornelia Addington are specific Truth for specific needs. Each treatment can open a door of healing for you or someone you know.

Read these Spiritual Mind Treatments over several times slowly. Meditate on them until they are assimilated and you have made them your own. In the Silence that follows the Spirit of Truth will speak to you and bring a healing.



I RELEASE THE ONE I LOVE

“For this is life eternal . . .” John, 17:3

Life on earth is changing continually. We cannot stop change any more than we can stop the clock; yet there is that within us which never changes. It is eternal in the heavens. It knows no beginning, nor end. It is the same within each one of us — yesterday, today and forever.

The one I love never can be destroyed and never is taken from me, yet must be freed to God’s eternal experience. I release the one I love to the life that never dies. I bless the one I love on an ever onward journey. I know this beloved one never is far from me, and that nothing ever can separate us in the eternal plan.

And so it is.



*The foregoing is based on Jack and Cornelia Addington’s helpful little book, **Your Needs Met**, designed for keeping close at hand to guide you in resolving every daily problem. Available from Chimes, see page ix to order.*

IMPRESSIONS OF A SOUL AFTER DEATH

What is it like . . . BREAKING THROUGH THE VEIL?

Part V

VERIFICATIONS AIDING IN PROVING THE LAW OF GOD SURROUNDING DEATH

As a product of an interblending of the Western and Eastern teachings, Paul Brunton* is unique. Without a doubt, this is a Soul which has received Illumination, and the wisdom attendant thereon, whilst in the body state. His words on the concepts of death and rebirth, of life after death, are well worth inserting here. These are some excerpts from his instruction to a private group:

"Before we can understand what death is, we must try first to understand who it is and what it is that dies. Man is made up of the body, the mind, and the Overself. What is it that dies? Is it the body alone, or the mind alone, or both? Now, ordinarily man has been thought of as a combination of mind and body. These two combined make the personality, yet in one sense you cannot separate the personality from the Overself, because the personal being could not exist, could not continue to live unless it were fed from its secret source, that is the Eternal Life Current of the Overself. The personality cannot live without the Overself, hence it is bound together with the Overself of man. What does happen when death arrives? Obviously the body goes; everybody knows that. What is left? The mind and the Overself. Does the mind die with the body? The personality is nothing more or less than the SUM TOTAL OF MAN'S THOUGHTS. Although the body dies, you still have to account for that sum total of thoughts.

Thought and Mind comprise the REAL PERSONALITY.

“In my ‘after-death’ experience, I know that which left the body lying behind on the bed was my true personality, the sum total of my thoughts, that which had served to mold the body into the outer form, the form through which it made contact with the Earth plane, its people and objects. The real and true me went over the borderline into the next state of existence.”

Mr. Brunton continues: “Now, at the moment of the mind’s desertion of the body, at the moment that the mind no longer functions through the brain, the effect of this change, this novelty, this disorder into which it is thrown temporarily, induces a swoon, so that the mind itself falls into what you would call a faint or a swoon. For some period after the death, the mind is actually as unconscious as it is during deep sleep, and that period may last a few minutes, a few hours, or a few days. But that is an abnormal condition. Mind is electrical energy, and it has to begin its movements once again, so the mind awakens out of this swoon. To what does it awaken? It is tied no longer to the physical brain which it entered at birth. It is now alone.

Mr. Brunton goes on to say that the mind awakens in this new place of residence, just as we often awaken into a very substantial looking home in our dream life. Yet now it is no longer a dream to the mind, but a reality through which it must go until it finds the TRUE REALITY which is behind the manifestation of form seen by the eyes of the mind. The Spirit lives, free from its body, a mind-being in the world of the Overmind, consciously or unconsciously still seeking the Overself, or the Oversoul – still seeking the meaning of life.

May I say that since “breaking through the veil” between life on Earth and life in the “next state”, the expansion of consciousness which has resulted naturally colors all I think, do, or say. It is impossible for me to think as I once thought, to fear as I once feared, or to doubt as I once doubted. It is impossible for me to live as I once lived. Something higher, more transcendent, more glorious has its roots anchored in my mind and heart, and if the environments of Earth approach too closely, this Transcendent Presence instantly lifts me again so that my eyes are cast upward, remembering what I was privileged to see. As the years pass, I seem to be living ABOVE the Earth, yet my physical body walks on the Earth.

The foregoing article is based on INNER TEACHINGS given by the White Brotherhood, as described on page x of this issue.

Those interested in current writings of the White Brotherhood as given in the monthly “RAYSO F WISDOM” may send a self-addressed stamped envelop (or donation) to **THE WHITE LODGE, P. O. Box 909, Del Mar, California 92014.**

Ode to Spirit

THE WELL-SPENT DAY

"If we sit down at set of sun
And count the acts that we have done,
And, counting find
One self-denying act, one word
That eased the heart of him who heard,
One glance most kind,
That fell like sunshine where it went,
Then we may count that day well-spent."

ONLY

Only a touch, a whisper,
I said would banish unrest;
Only a glance from the eyes I love
Will make my life so blest.
And I heeded not there that the sun shone fair
And the wind came out of the west.

LIFE

"To be, or not to be," is not "the question."
There is no chance of Life. Ay, mark it well! —
For Death is but another name for change.
The weary shuffle off their mortal coil,
And think to slumber in eternal night;
But, lo the man, though dead, is living still;
Unclothed, is clothed upon, and his Mortality
Is swallowed up in Life.

BOOK TALK

WE'VE TALKED ABOUT a lot of books in the last ten years since commencing a mail order book department of Chimes. Not only has there been a changing cycle to greater interest in psychic and spiritual matters, but it is quite evident there is and has been an evolving consciousness . . . a reaching for the higher rungs of the spiritual ladder.

Phenomena and gloom prophecies have not been of interest to Chimes readers, or even some ghost-like or psychic experiences of one type or another. Spiritual teachings, healing, and greater enlightenment have been and remain the deeper interest. Thus we can see why the teachings of the White Brotherhood and Masters of Attainment have had great appeal, and those who sought them have been ahead of the times. The mass consciousness now is beginning to catch up with these universal ideas, probably due to the interest of the young people . . . those souls who have incarnated to bring them forth during this end time of the Piscean Age.

C. W. Leadbeater was one of the early writers, along with Madam Blavatsky and Annie Besant, who brought us word of the existence of Masters — of ancient time and of now — and explained what their work is for humanity, how any one of us may follow the path that leads to the enlightenment they have achieved. We learn that all our life, or lives, is but a preparation for the true life of the Spirit . . . which begins only when man becomes *more than man*. "*The Masters and the Path*" by Leadbeater is one of the few books that describes the work of the Adepts, the Masters, and, of course, what we the pupils are to do. There no longer need to be a vagueness and uncertainty about the Masters, what they look like, how they can be recognized, what their karma is, and who and what a disciple of theirs is and should be.

This is one of the books that provides many enlightening hours of study for the student who is ready. Much spiritual guidance is available. All one needs to do is write and ask for it . . .
ASK CHIMES!

CLASSIFIED

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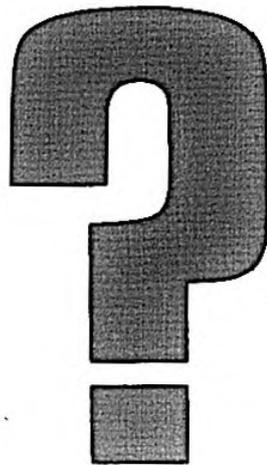
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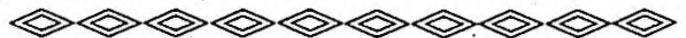
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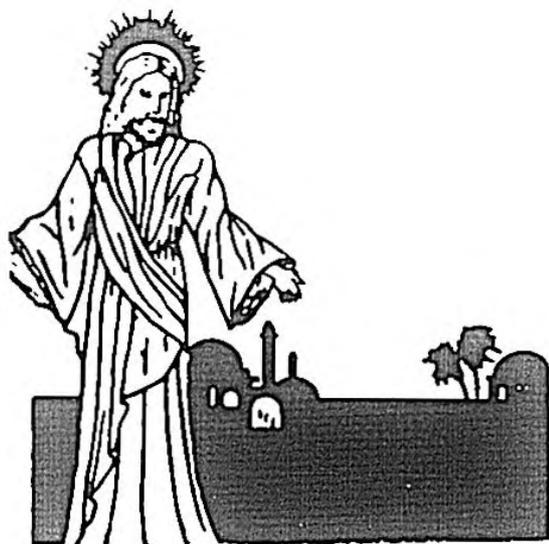


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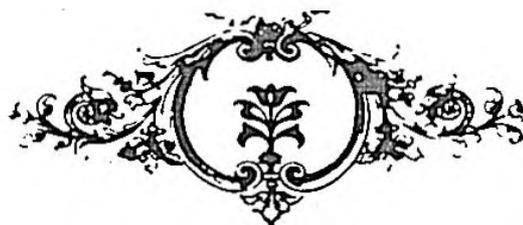
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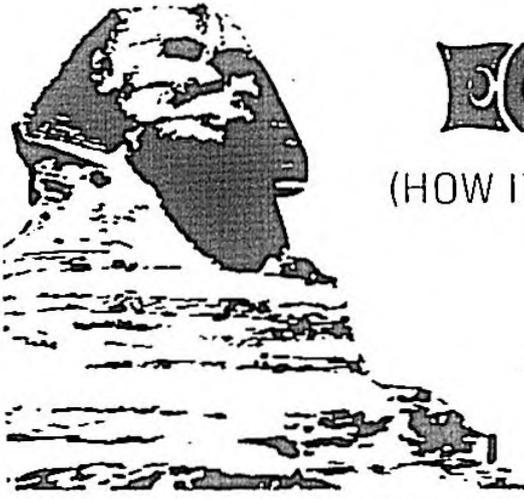
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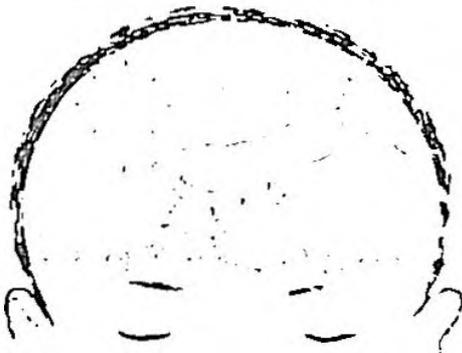
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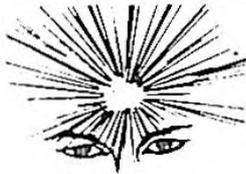
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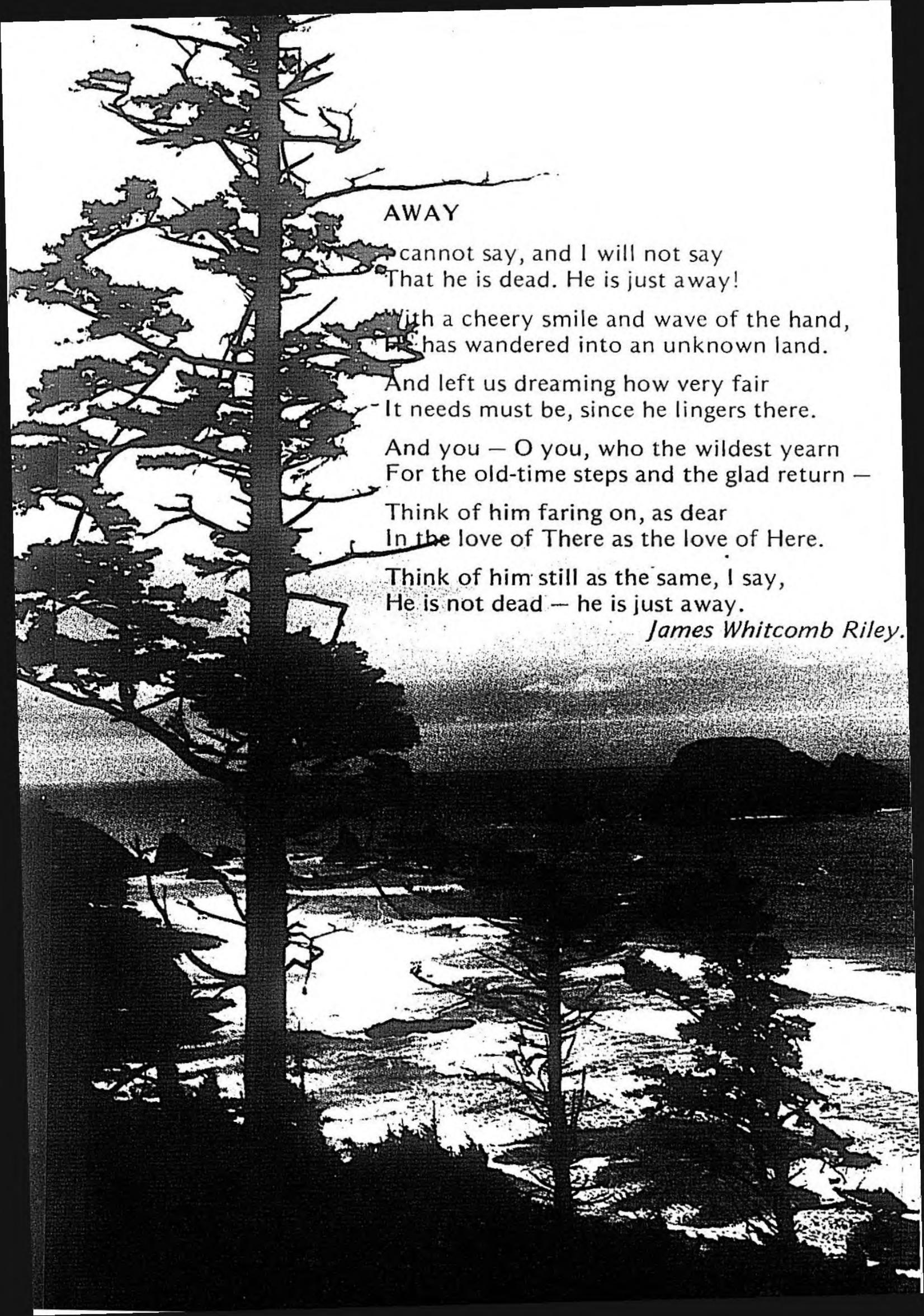
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AWAY

cannot say, and I will not say
That he is dead. He is just away!

With a cheery smile and wave of the hand,
He has wandered into an unknown land.

And left us dreaming how very fair
It needs must be, since he lingers there.

And you — O you, who the wildest yearn
For the old-time steps and the glad return —

Think of him faring on, as dear
In the love of There as the love of Here.

Think of him still as the same, I say,
He is not dead — he is just away.

James Whitcomb Riley.

EVERY SOUL BORN into the world has a mission; that mission does not consist in "doing this or that", since then it would be at the mercy of circumstances. It consists of being true to the highest aspect of the self. This can be achieved in whatever circumstances you are placed.

— From teachings of the Great White Brotherhood in the *Fourth Book of Azrael* — a Chimes book



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With many meditation seems to be quite a problem. Some deem it a task and approach it with hesitancy and some reluctance, because of strain in previous attempts, or of not getting any apparent results.

Others think they cannot find the time for regular meditation. It is not so difficult to find the time; meditation can be made part of a well ordered life as easily as can any other factor. System, that manifestation of the harmony and rhythm of the universe in the affairs of men, will provide the time and the way, if given the opportunity by your earnestly desiring it.

why is it so difficult for most of us to do?

True meditation is the simplest and most natural thing in the world, because it is but a retiring into the quiet of the soul, a letting go in the mind of all outer things and relapsing into a peace and a rest in which the Spirit can come forth and speak to the mind. If you only know it, many times a day do you meditate—when your mind dwells upon things in which the

Why Is Meditation

personal self is interested. When that part of you is really concerned about a thing, your mind automatically obeys and dwells upon and ponders over that thing until its interest is appeased (worrying, being anxious, grieving, and such are all negative, *unconscious* meditation).

Thus you can see that meditation is natural and in no way difficult. It only appears difficult because *the human mind*, which has been accustomed to having its own way and to thinking of only the personal things in which it is interested, rebels against restraint, particularly when required to think of impersonal and abstract things that *you* are interested in and wish light upon (purposeful thinking is positive and *conscious* meditation). We will try to indicate more clearly what we mean.

In "*The Impersonal Life*" you are shown that it is really God who is living in your body and is your Real Self, and that you are of no importance whatsoever, either to yourself or to the world at large, until you recognize this great truth in a more or less conscious and intelligent way. This of course is not easy to grasp by a mind that considers you and itself separate and apart from God.

Now consider that the life that grew you and is *living* you is the same life that is growing the grass, the flowers, the trees, the animals and all humanity, and is so wise and powerful a life that

despite every obstacle it develops all to the maturity of that which it is their destiny to be. Did you or anyone of these others have any conscious part in the direction of or actual process of such growing? You know that you did not, and you know that this life and intelligence and will doing it all is God—Who is All in all.



Now try to realize that this life that is growing you, this mind that is intelligently directing all, and this will whose power is accomplishing all, is actually God and cannot be you or anyone else. Try to perceive the great truth of this by imagining how it must be.

To do this you must lift your mind away from this page and meditate upon what has been stated, and if you are greatly interested, you will find your attention fixed upon this life within you, *imagining it as God* living in your body, a very wise and loving Consciousness filling and possessing it, moving it and causing it to do what He wants it to do. And it will gradually

Such a Problem?

dawn upon you that the part of you that is considering all this *is only your mind*, and then in a wondrously illuminating way it may flash into your consciousness that therefore you are not at all what you before thought was the you living in your body, but that it is a much bigger and more wonderful you—*that it is God! that God is the Real You!!* and that the other you is but a part of His Mind—a center of His Consciousness that before had thought itself separate from Him.

If you have truly followed this and actually caused your mind to consider and do everything suggested, some illumination must have resulted, for the God of you would surely respond to a heart earnestly desiring to know Him.

The above would be real meditation, and real *inner* work, as you will by this time have realized.

learn to redirect your attention

All meditation is nothing more or less than a pondering over or reflecting upon any subject to which you direct your mind's attention. The reason we urge the use of meditation is two-fold: that you can cultivate the power and ability to require your mind to consider thoroughly any subject you wish it to understand fully, realizing that as you hold the subject firmly

before your mind's eye, light will pour in, enabling you to see it from many angles. Also that your mind may gradually learn *who* you are—learn of your inner self—and that it, the mind, is your child, your instrument that you are teaching, training and disciplining so that it will serve you selflessly and efficiently.

Until you have disciplined your mind, you cannot control your thoughts, and as by being able to control your thoughts you can control your emotions, you can then bring your body into harmony; for its health is largely controlled by the emotions or feelings harbored in the heart.

When you become more or less master of your mind and dedicate it to the service of the Christ—your God-Self, your *real* work begins; for all such earnest ones are accepted and put to that work for which they have been fitted and prepared.

But not until the mind is thoroughly under control can *real* work be given. *Real* work awaits, but it will be mental work—in the Silence and at night, when the brain minds of those who seek and need help are still, so their souls can hear and accept. *Such Real Work will be given when you are ready.*

why not do it in groups?

Wherever it is possible we urge that groups be formed for study and service, for our Master has promised "*Where two or three are gathered together in My Name, there am I in the midst of them.*"

Aspirants who put service first, and in whom the personality has been submerged, always accomplish more and unfold more rapidly while working and studying in a group, for there they quickly become aware of the one Power and Presence and individually feel the results in their daily meditation and work.

It is suggested that all who feel so led watch for others of their acquaintance who they think may be ready for these teachings—those who are not seeking for self, but who are longing to serve the Master within in some definite way. The first lesson, "*Seek Ye First the Kingdom,*" will be sent to any of such, if their names are forwarded to the publisher.

In groups real ways of service will open up to all in due season—when the unfoldment awaiting is able to manifest. This does not imply that only in groups can one unfold in consciousness so that the Master can accomplish His Will through you, but only that in them He can make known His Presence more easily as He indicates above.

Many are so situated that meeting with others regularly is difficult and often impossible. Such will be shown that their

present opportunity for service is in the very condition where they are now placed, but all such should be just that much more faithful in their regular communion with Him through meditation.

— From “The Way to the Kingdom”, a new Chimes book.

See page ix to order.

A SECOND IN ETERNITY

An hour is an eternity when you are a child impatient of waiting. A day can be an unbearable length of time when doing something you dislike. A week's time, a month's passing, a year's parade of encounters throughout each of its seasons are all forgotten when a man looks back on the past ten year span of his life, and its memory can be as swift as the duration of a falling star.

At the end of life, then, cannot all this be likened to a lowly second or to a day in the Divine Masterplan which must eternally pass into darkness and unfaillingly into daylight once more, as our soul receives infinitely more opportunities for growth toward a goal of perfection. For all things, however small or large, have their counterparts in this Great Existence which can only be found by the eye seeking wisdom.

Great truths can only be heard by the ear willing to hear without letting doubt or insecurity drag that mind back to its present level of knowledge to satiate its false sense of surity from which it first ventured!

— Edward Ostack

Once we become Truth students we know that our first loyalty in life is to ourselves . . . to develop spiritually so that we harm fewer people by passing on our confusions and negations.

“One of the things that keeps people from growing is that they are so busy helping other people they never do anything for themselves,” according to Nancy Seybert of the Inner Peace Movement of Washington, D. C.

this applies to your psychic unfoldment

as well as to your spiritual progression!

Nancy Seybert and Dorothy Englert, both from Osceola, Iowa, have been speaking nationally and assisting in a program for the Inner Peace Movement designed to develop the psychic abilities we are born with and to evolve group techniques and personal consultation methods for unfolding man's innate potentials.



With no dogma or theology in the Movement, including people of many different kinds of beliefs, from the ranks of all religions, the focus of the program is to “help people find their own way.”

The IPM disciples believe in four basic types of perception — Visual: Clairvoyance; Prophetic: Trance Abilities; Intuition: Clairaudience; Feeling: Vibrations, as in a hunch.

The Inner Peace Movement works to help balance the intellectual and the feeling side of our nature. We must all have time to be still inside for introspection and guidance, then take it and unfold it for the benefit of humanity.

According to Nancy Seybert, “The reason we don’t find our niche in life is that we are unwilling to take opportunities and make the most of them. Or we have fears — we need a job with a retirement plan and hospital benefits, we have to support a family, and we get into a rut. We are either on a glory binge in which we think we can just sit down and it will happen.”

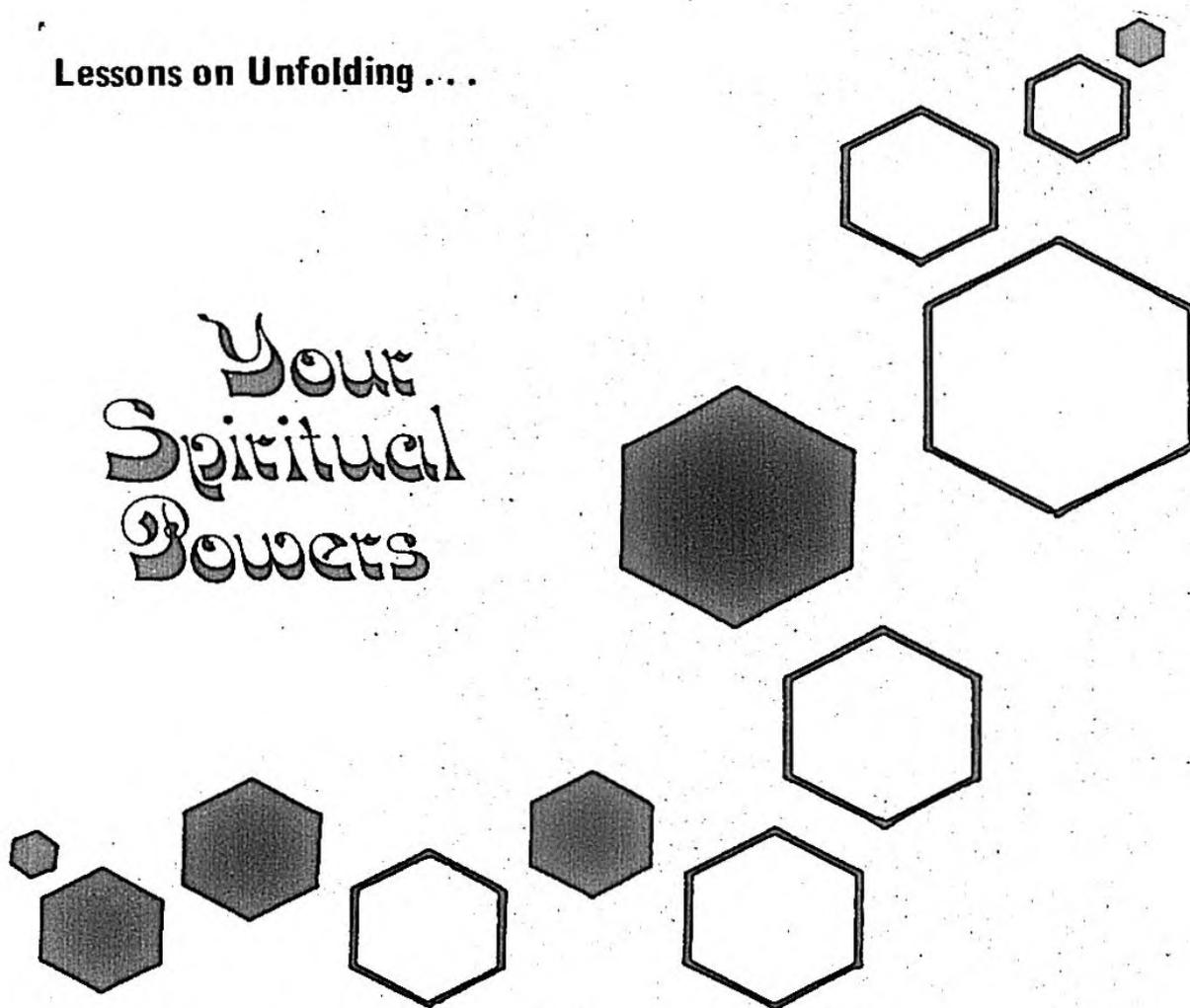
Various techniques are used in the IPM program to develop these abilities, one of which is meditation — “practical meditation”. As Miss Seybert sees it, there is no need to have a blank mind to do this for the intuition brings in wisdom through thoughts. The visionary gets pictures and symbols in meditation, and the feeling type gets strong feelings that have to be interpreted. The prophetic type, of course, gets all of them, so that in meditation the idea is to be still in order that these gifts may open.

Orientation lectures, workshops, discovery groups, perception counseling, counseling letters, national conferences, and a lend-by-mail library and book service are available through the Inner Peace Movement. Through March of this year, over 50,000 people have participated in this leadership program.

As the Inner Peace Movement claims . . . they are helping man to build *bridges* instead of walls so each day becomes a creative opportunity to share with others and develop into a more successful and happy individual.

(For information concerning the Inner Peace Movement, write: 5103 Connecticut Ave., N.W., Washington, D.C. 20008.)

Your Spiritual Powers



THE IMPORTANCE OF DEVELOPING YOURSELF WITH PSYCHIC ENERGY

In the previous issue, nine points were given of an exercise designed to enhance one's psychic/spiritual powers.

The exercise, concluded here, could encourage you, the reader, to seek other worthwhile ways to find out more about your intrinsic spiritual powers.

10. When your breath is expelled and your lungs are empty hold your breath out for the count of twelve and at the same time maintain the visualization of the bright blue aura enveloping your head and upper body.
11. Now, center your consciousness in your pituitary gland. This is in the skull right above the bridge of the nose and between the eyebrows about one-half inch back of the forehead. As you do, visualize a brilliant white light around your head and count six while your breathe in.
12. Hold your breath for a count of twelve and raise the white aura to a point about three inches above the top of your head.
13. Release your breath to the count of eight and as you do so feel the pituitary center join with the center above your head so that

they become as one while the light created by this fusion lights up the whole room.

14. When your breath is expelled hold your lungs empty for the count of twelve and see that brilliant sun-like aura expand so that it includes your head and the entire upper part of your body above the waist.
15. Relax and sit in quiet meditation for about three minutes. During this period petition for what you need. If it is worthy petition it will be granted. Before you rise say to yourself "Let good befall the world."

Psychic energy should be studied in schools and the pupils taught how to apply it. Scientists should devote as much time, energy and money to understanding psychic energy as is currently being poured into exploration of space. When this energy is better understood, space exploration will become simple. The future is vast and wonderful beyond vivid imagining. For those who plant its seeds, the rewards are great.



*The foregoing is based on excerpts from **PSYCHIC ENERGY** by Joseph J. Weed, a Chimes recommendation for guidance in unfolding one's spiritual powers. See page ix to order.*

WHAT IS TRUE EDUCATION?

To learn to know or realize God would be to undergo the training necessary to know anything at all in its reality, for nothing can be more real than the 'selfhood' of a thing. This would be the *true education* of man, since no other system of study would give us a greater meaning of life. In fact, every other system of education should be regarded as a mere play with unrealities, for these themes do not touch the self of any thing or object, while they are busy with the forms and shapes it takes in space and time. The world we live in is one of general mortality everywhere, because all that we know, including our own bodies, is a form in space and time, and, thus, bereft of 'selfhood', which is neither a thing nor an object in the space-time manifold. God-realization would become, thus, the only goal of all being. Instead of doubting the existence of God, we have really to doubt if anything else exists at all.

— From *The Divine Life* by Swami Krishnananda

Lesson Thirteen

PSYCHOLOGY OF A HAPPY MARRIAGE

Now, let us assume that you have found your mate and are married. It is not all over now, but it has really just begun. You may know some of the suggestions for keeping a husband happy and yourself more contented, which are given here, but it will refresh your memory if they are again enumerated.

A wife can have that intangible something called ALLURE; nothing, not even plain features, can keep her from expressing that when she learns the secret.

Allure means a pleasant appeal to the five senses of man.

To appeal to the *sense of smell and touch*, happy wives tell me they never retire without secretly scenting the bed, and delicately powdering their bodies with talcum that has a faint odor — not a loud odor, heaven forbid! The husband unconsciously senses his wife as a breath of spring and flowers. Romance remains in the air. The ancients knew the art of love, and they employed their unguents and their oils to beautify the body for the holy rites of love.

With further reference to the sense of smell, halitosis is an evil that so often acts as the subconscious wedge which drives people apart. Cleanliness of body inside and out, care of teeth and tonsils, proper elimination and plenty of water will obviate this cause that leads to matrimonial disaster.

The successful wife also appeals to a husband's *sense of sight*, on all occasions by keeping herself clean and properly gowned, within the means of the family, of course. The eye is further appealed to from a romantic angle by little notes left under the breakfast plate, or under the pillow slip, or tucked into the coat pocket at frequent intervals, to be discovered after the office is reached. (Husbands should do likewise, of course.) In a certain marriage, a second marriage for both parties, each in their early thirties, the romantic love was kept alive for years by the husband writing a page in a "love diary" each night before retiring, then reading it to his wife. Some days it was with reference to her loveliness, then again praising her house-wifely qualities. One night it might be about his happiness at their happiness, or another night about some little unexpected lovely thing she had done for him. When the attention is centered on finding something appreciative to write about, many things come up that are fitting.

Love is something that must be fed. The husband and wife *must* give it something to feed on, or it soon dies. It takes an effort to keep it tingling and alive until finally it becomes a subconscious pattern. The mating then becomes more than just a mating of bodies and lives, it becomes a true

mating of Souls.

The *sense of taste* must also be appealed to. Food tastily prepared, home tastefully decorated and kept, books and magazines about that appeal to his finer tastes. The true wife finds her happiness in keeping her husband happy; if he is a true husband he responds by finding his happiness in thinking of things to make her happy. He takes an interest in her interests, and she in his.

The *sense of feeling* must also be appealed to. Hands can be kept smooth with one of the many lotions on the market, face well-cared for and creamed (when he is not present); smooth and appealing to the touch. His *inner feelings* must also be appealed to. He must be made to understand that he is looked up to as the head of the house, the one on whose shoulders the responsibility rests, shared by the wife. The wife's responsibility is providing inspiration.

Then the very important *sense of hearing!* This naturally means NO NAGGING, no hurt sounds in the voice, no self-pitying, no scoldings, no fits of anger, no loud and raucous voice. It means refinement and a well modulated, controlled voice which his ear loves to hear. Fortunate the wife who plays and sings, or who is a violinist and can keep her loved one (and later her family) home by her personal charm and accomplishments, *instead of saving them just for strangers and friends, as is so often done.* An artist with the beauty hunger of a true artist, married a girl just because she played the violin so beautifully. After the marriage the violin soon became mute. Since the divorce, the husband is himself learning to play the violin, because of his love for that music.

Men love the personal attentions of their wives, — the whispered words of "I *do* love you," the friendly pats and touches as they are driving down town in the family car. Stay close by his side, make yourself attractive always, and you will not find him straying to the company of others.

The evenings should be planned ahead, some evenings for social contacts, some for home study and outside on self-improvement study courses, some for bridge, some for movies, but above all, some evenings home alone in friendly companionship, where the honeymoon can be renewed. A well-planned life is never monotonous.

One of life's little irritations for you may be a "bad speech habit." Some meek wives have a habit of repeating everything after their husbands. This is annoying to say the least. Others have the habit of interspersing every other phrase with "You know," or "You understand," or beginning every sentence with "Now, listen," or "Do you see what I mean?" Watch yourself, not only with your mate, but with your friends.



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 page x.

WORTHY WORDS

Paramahansa Yogananda

The only difference between a Master and anyone else is the amount of work done within themselves and for others. "I made the effort."

—from *Autobiography of a Yogi**

Oscar Wilde

He who can look on the loveliness of the world and share its sorrow, and realize something of the wonder of both, is in immediate contact with divine things, and has got as near to God's secret as any one can get.

Ralph Waldo Emerson

A man is a bundle of relations, a knot of roots, whose flower and fruitage is the world. His faculties refer to natures out of him and predict the world he is to inhabit, as the fins of the fish foreshow that water exists, or the wings of an eagle in the egg presuppose air. He cannot live without a world.

—from *Sunrise Magazine*

Dag Hammarskjold

Never look down to test the ground before taking your next step. Only he who keeps his eyes fixed on the far horizon will find the right road.

—from *The Science of Mind Magazine*

Thomas Jefferson

It is neither wealth nor splendor, but tranquillity and occupation, which give happiness.

Dorothy Thompson

When we see the possibility of universal destruction it's useless to wring our hands in panic. Instead, we think: Law, Control, Peace. When we see cruelty, slavery, injustice we think: Love, Freedom, Mercy. When a newborn child is laid in our arms, we do not contemplate its eventual death, but think: Miracle, Life, Nurture, Growth. And when we face death we think: Mystery, Change, God.

—from *The Ladies Home Journal*

Kahlil Gibran

He to whom worshipping is a window to open but also to shut, has not yet visited the house of his soul whose windows are from dawn to dawn.

—from *The Prophet**

*See page ix to order.

Prayer



Ministry

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.

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HEALING IS NEEDED FOR (CONDITION)

I WISH TO HELP THE CHIMES HEALING MINISTRY . . .

- I WILL PRAY WITH CHIMES EACH NOON WHEN I AM ABLE
- I WISH TO RECEIVE INSPIRATIONAL PRAYER CARDS FROM CHIMES
- I AM ENCLOSING MY LOVE OFFERING TO HELP

HEALING REQUEST MADE BY

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Send your prayer requests to CHIMES, P. O. Box 818, Encinitas, CA 92024.



Sermonette

HOW TO PRAY WHEN YOU ARE SICK

†††

By Dr. Joseph Murphy
Beverly Hills, California

Glorify God in your body (1 Corinthians 6:20)

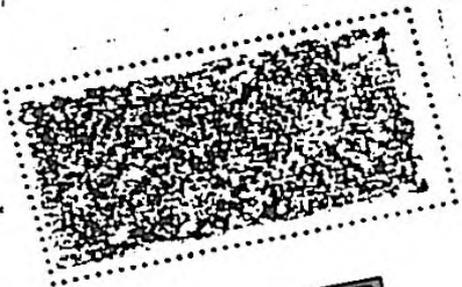
Turn to the indwelling God and remind yourself of His peace, harmony, wholeness, beauty, boundless love, and limitless power. Know that God loves you and cares for you. As you pray this way, fear will gradually fade away.

If you pray about a heart condition, do not think of the organ as diseased, as this would not be spiritual thinking. *Thoughts are things*. Your spiritual thought takes the form of cells, tissues, nerves, and organs. To think of a damaged heart or high blood pressure tends to suggest more of what you already have. Cease dwelling on symptoms, organs, or any part of the body.

Turn your mind to God and His love. Feel and know that there is only one Healing Presence and Power, and to its corollary: *There is no power to challenge the action of God*. Quietly and lovingly affirm that the uplifting, healing, strengthening power of the Healing Presence is flowing through you, making you every whit whole. Know and feel that the harmony, beauty, and life of God manifest in you as strength, peace, vitality, beauty, wholeness, and right action. Get a clear realization of this, and the damaged heart or other diseased condition will dissolve in the Light of God's love.



Dr. Joseph Murphy is one of the most prolific authors in the psychic/metaphysical field. His books on "prayer" are marvelous and so worthwhile to have handy to be a reminder of how we may vary our prayers, what they can mean to us when we know HOW to talk to our Father and be heard. Do read . . . "Lord Teach Us to Pray" for a starter in the handy paperback edition. It can HELP YOU!



Letters to the Editor

PRAYERS FOR ALL OCCASIONS – In the April issue of Chimes, page 5, "Your Prayer Life", when the magazine arrives I read it through from cover to cover and every one of the prayers. I have been using them for quite some time.

The Prayer for Protection I have used for many, many years now. I believe it is one of the Unity protection prayers. I never retire at night until I use this prayer. I also have been using the Healing Prayer and was very glad to find it is used by the Chimes Prayer Ministry . . . and I am writing you now for your prayerful assistance. I shall pray with you as I usually do – first thing in the morning, at noon, and again at night. I am expecting a complete healing. God bless you all at Chimes.

Idella Corbin, Clarksburg, W. Va.

(When will we realize that it is not we but GOD that lives in our bodies? "Every movement that you make, realize that He is doing it. Every word that you speak, let Him say it. Every thought that comes, let Him handle it, point out its meaning and purpose, and direct its use . . . Just KNOW that God and God alone will do all - IS DOING ALL. He must be doing it – for He is ALL in ALL – for there is no one else.

"If there is pain, inharmony, or disease in any part of the body, just KNOW that GOD'S life, HIS consciousness, HIS love is there – not what you had previously thought was there. Just KNOW this truth – and watch the pain, inharmony, or disease disappear."

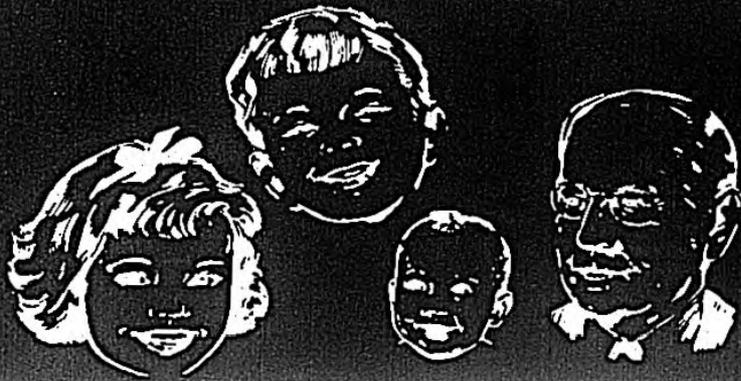
Pretty good guidance, we thought, when we read it in "The Way to the Kingdom" by the anonymous author of "The Impersonal Life"* a long time favorite of sincere Truth students. It could help at all times to have a copy of these two wonderful little books handy.)*

THE IMPORTANCE OF 1972 – There are striking clues about the importance of the year 1972 in many of the cosmic messages and writings now available. I wonder if you are familiar with those of Mark-Age in their book, "Mark Age Period and Program"* predicting Operation Landing Light no later than 1972, given on February 14, 1968? Also, there are the Cosmic Awareness Messages from Seattle, Washington suggesting there will be a gathering of forces in anticipation of that which is to occur in October of this year . . . suggesting that the nature of the movements and expressions which are to occur following the shift in October of this year are such that there will be many new actions.

Fred Anthony Warren, Detroit, MI

(We know now there is good reason why Light Workers are needed.)

* see page ix to order



PART OF THE WORLD 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.

NOW . . . in 1972

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.

HOW CAN YOU HELP? . . .

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.

LET YOUR LIGHT SHINE MORE BRIGHTLY THRU CHIMES . . .

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 Family and to widen the linking of lights to bring spiritual guidance in these Latter Days:

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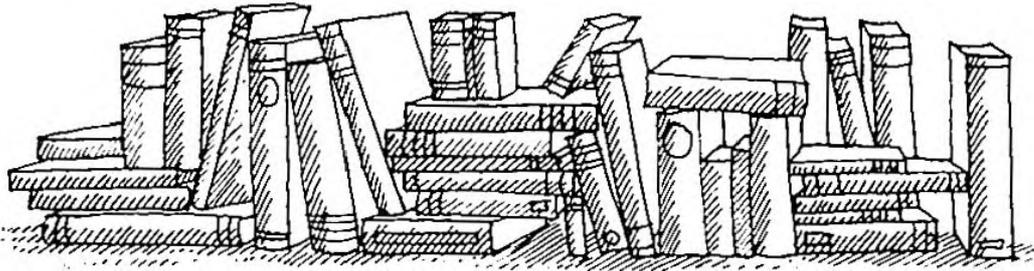
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While they last...

Thank you, our Chimes family, for your interest in securing back issues of Chimes magazines. Nearly every copy has been purchased, so we hope those who secured them will be assisted and enlightened in some way.

Perhaps you would also like to secure a few books no longer carried in the Chimes Book Catalog for one reason or another . . . wonderful books, of which we have just a few copies left, books you may have no other way of knowing about or securing elsewhere. Here they are, 11 of them:

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FLYING SAUCERS - Serious Business - Frank Edwards	6.20	<input type="checkbox"/>	_____
	(P) 1.00	<input type="checkbox"/>	_____
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MEDITATION - Grace Cooke	3.25	<input type="checkbox"/>	_____
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STRANGE WORLD - Frank Edwards	5.20	<input type="checkbox"/>	_____
WHAT ARE YOU? - Imelda Shanklin	2.25	<input type="checkbox"/>	_____
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