

THE FATHER'S HOUSE

QUARTERLY

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THE WORLD MOTHER

By Kathleen Fleming

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THE COVER

Some of you will recognize The "World Mother" as having been used two years ago. It is one of the many symbolic paintings by our lovely mutual friend, Kathleen Fleming of St. Annes, England, long associated with the Universal Link movement. A year or so ago its name was changed to the Universal World Harmony movement which was publicized in the last two issues of this publication.

Under a directive from the Master through Richard Graves, - Kathleen and Rev. Francis Cuzon of Switzerland, came to the U. S. last August on a special mission to ground the Light and concept of Universal World Harmony. Eventually they reached California where Kathleen became extremely ill. She was finally taken back to England around New Years and shortly thereafter made her transition into the Realms of Light on January 23rd. I had the privilege of visiting her on a number of occasions when passing through St. Annes during both of my trips to England & Scotland in 1968 and 1969. She still lives!!

THE EDITOR'S PAGE

First of all we apologize for being about two weeks late in getting out this issue of the Father's House. You will note that there has been a move of quite a distance since the last issue. As in the case of all our moves, it was at the direction of the "Big Boss" whom we choose to call the ALL KNOWING ONE. A preliminary alert concerning this move was received several months ago and we knew that it would be somewhere in this general area, - in or near San Jose. For more than a year we have been very closely associated with a wonderful group of metaphysical people in Long Beach, California, - the Universal Mind Science Center founded by the Rev. Damien Simpson. There is a branch of that Center up here in nearby Los Altos, so it was quite natural for me to drive up and attend one of their public meetings the middle of November in order to get oriented to this locality and for the help they might be able to give in locating suitable living quarters and a new headquarters for the Father's House. Initially arrangements were made to share a large house in Los Altos with one of their members, and so I returned to Santa Monica and started sorting and packing my belongings. The actual move was made the 14th of December, - but subsequent unforeseen developments made another move necessary, and though much of the material for this issue was already typed, it was necessary to have a permanent address before going to press.

We cannot always understand the ways of the Infinite Intelligence that guides our destiny or we allow the static of earthly things to interfere with our inner hearing of the "Still Small Voice". So then we become impatient and waste precious time and energy threshing around but accomplishing little or nothing. Eventually during the last week of January I was able to become still enough so that He could take over and lead me out of the wilderness into the 'promised land' - this lovely deluxe two bedroom apartment, - the finest I have ever occupied. The cost? - Less than I had been paying for very ordinary quarters with much smaller rooms and other disadvantages. On top of everything else I was given a months free rent! Yes, I've become accustomed to expecting so-called miracles, - but not on the scale that was manifesting here. "He's got the whole world in His Hands!"

Before I run out of space I want to express my deepest appreciation and love to the many wonderful members of my Spiritual family of the Father's House who sent beautiful Christmas Greetings with all their love and blessings, though in the majority of cases we have never met personally. The long weary hours and the occasional "lumps" that I have to take along the way, suddenly evaporate and are forgotten. Divine Universal Law decrees that as we sow, - so shall we reap! In this there is no respecter of persons high or low. The 'bread' cast upon the waters with love and unselfish devotion perhaps years ago, will inexorably return with a bountiful harvest beyond comprehension! With Infinite Light and Limitless LOVE of the ALL KNOWING ONE!

Brother Francis

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Brother Francis

"HAIL TO THEE, BLITHE SPIRIT!"

A Joyous Eulogy -
By Merta Mary Parkinson

So many of us loved - and love - Kathleen Fleming very deeply. We rejoice in what she shared with us, while she moved around us in her physical body for nearly 80 years, - and especially during the past decade wherein she was totally dedicated to cooperating in every possible way with Liebie Pugh and that which came to be known as the Universal Link, or "Limitless Love and Truth" from their joint Centre at St. Annes-On-Sea in England. Marvelous and very high Spiritual Energies spread out encompassing the entire Earth and all the Universe in a wonderful Operation leading to Universal World Harmony on all planes.

Many of her links and friends in many parts of the world have been given glimpses of Kathleen's great freedom and joy on inner planes, - now that she has broken free of all remaining earth bond and restrictions. One of these friends, - Armored Joy Lloyd of England, shares her radiant experiences with us in the following brief notes that she wrote to me in recent weeks. Just prior to Kathleen's transition, she wrote, -

"Kathleen I see surrounded in Light, - so bright and full of joy! She creates Joy! Great vibrations of it I sense as I link with her. Also she seems to be walking on and surrounded by lovely glistening rainbows; she's floating in their midst, and she is radiant! I do not know whether I am seeing her earthly body or her etheric, - I only know that I feel happy and want to sing with her. The Light around her gets brighter and brighter, and she is floating upwards. Her eyes are streaming with the tears caused by brightness and ecstasy."

On Saturday the 22nd of January, - this note: "Ever since last Sunday I have felt Kathleen around, full of joy, and I keep that picture before my eyes. It is as she would have wished I know. I like to picture her once again with Liebie. What a joyous reunion it will be! I only wish she didn't have to have these days of helpless waiting in between."

The next day, Sunday the 23rd of January, there followed this joyous finale: - "In the night I was at St. Annes on the beach. I walked on the Sea, which was blue, clear and smooth. Then I travelled on a magnetic ray of music to a Summit only reached by levitation, to greet the Dawn. There were many Light Beings there. All of our beings blended as one and focussed on the golden glory of the rising Sun. As it came into full glory, we were absorbed at one with the rays and gradually drawn into the very heart of the Sun. The chorus beforehand, - the Silence, and then the becoming One was marvelous. Great joy and rejoicing! When I came to myself it seemed

(Concluded on page 6)

THE LORD OF NATURE

By Amsala'

Man, this strange creature, - Godlike in some ways, but mostly of an animal nature due to his inordination, and a victim of his illusory self-inflicted imaginations and non-controlled thought patterns. He crashes around the terrestrial universe creating chaos and devastation, and other illusory universes of his own imagining, - thus deviating from the Real and True Universe of our Supreme Creator's One Idea.

The Real Universe is true, beautiful and Holy, as only the Supreme Creator could possibly make it. Man's many illusory universes are a figment of the mind and disordered imagination, containing it is true, many positive ideas culled from certain true and beautiful concepts already contained within the ideal Universe, - but mixed with negative and anti-cosmic ideas which destroy and negate the splendor, unity and dignity of the true Creation of our Lord.

Man is in very truth the Lord of Nature as intended by the Almighty, - but having accepted other powers than the One, he has cast himself out from his high Estate. Although man frequently perceives the havoc and misery and nothingness of his creating, he sometimes tends to be pessimistic and follows on in a half-light of truth without finding out where he erred in his reasoning, his discrimination, his lack of the essential data necessary for the elucidation of his problems.

Because man inherently follows the love of truth, beauty, goodness and love in his essential nature, and these attributes get mixed up with the ideas of Godless Nature or man's self-created universes which are hideous, false, evil and misery producing, - he loses his serenity and inner peace in a sea of doubt and perplexity which seems impossible of solution. Yet, he has only to look at Nature, (of which he is the potential lord), - which although lower than man, is an object lesson direct from the Creator Himself. Nature is a Divine Revelation, and symbolically revealed in its venerability, can show mankind the way to inner peace and progress.

Symbolically of the Creator we have the Sun, the Moon and the stars, which by their very stability and changelessness, majestically maintain their orbits for hundreds of years hence as to their course and motion. The sea with its vastness and power, and the mighty mountains where even now I am sitting gazing at the Himalayan symbols of the Supreme One, with their splendid trees reaching up to the Almighty in a prayer of thanksgiving for the life and power of just Being, - all this reveals a power beyond comprehension, and an unconscious reverence by Nature for its Creator.

When man penetrates the deep mysteries of Nature, not only from the exterior, scientific point of view, but more essentially from the esoteric scientific viewpoint, - it will become really intelligible by revealing the ideal idea and soul which it contains. This will be true discovery. Greater awe and veneration for true Nature will satisfy the Soul of Man who is bewitched by inordinate thought patterns and self-made universes of the mind which can lead only to further unhappiness.

Man's happiness is contained in just being, - adoring God in all His spheres of Creation whether visible or not. Any seeming disorder is only apparent and ultimately for the good of the whole, - not just a part which may apply to you personally. The wise man sits in splendor upon high vantage ground, - looking down as it were at the manifestations of all things, either so-called good or so-called bad. He keeps his spiritual nature above the chaos around him, and knows with an unwavering certitude that all that happens is in the Eternal Plan; that nothing is allowed to happen by the Creator, or His servants the Celestial Intelligences or Higher Powers that is not for the ultimate good of all.

The Wise Man lives in the world but is not of it, and while he is necessarily apart, - still keeps a watchful eye upon the human scene. With his spiritual vision he implements God's Will and is a direct instrument of an All-Loving Father whose delight is to see His Children free from the inordination and misery self-created by man in his struggle on the many paths up the Sacred Mountain and back to the Kingdom.

Let us not forget that the SEAT of POWER lies in the Realm of the Imperceptible!

Love and Blessings be upon you! "Namaskaji" to you,

- Amsala'

3A Dhakpatti,
Rajpur, Dt. Dehra Dun,
Himalayas, U.P., India

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"Blithe Spirit" - Continued from page 4.

as if I was a Pillar of Light, until I really became fully awake. It struck 6 A.M. soon after. So maybe the great joy was welcoming Kathleen to her Happy Home! Later Hugh phoned the 'Glad News' of Kathleen's passing at 4:45 A.M. today." - Armored Lloyd.

Bless you Kathleen! All of us wish you joy now and always, in all your travels and adventures, and we'll be "seeing you around!"

All Love, - Merta Mary Parkinson.

MESSENGERS, MENTORS, ASCENDED MASTERS
And COSMIC BEINGS

By The Mentor - Through [Mary Myneta](#)

Feel yourselves clothed in spiritual garments of Light which are now apparent to your conscious minds. Give your gratitude for these garments of Light even though your eyes may not behold them. As you give your acknowledgement for them, they will become a reality to you. You are raised into the periphery of the expression or projection of the Divine essence of your Christ Self, and as you stand within the emanation of that glory, you become garmented befitting your place in that sphere of Light. Accept it, raise your consciousness and abide within it.

It has been stated again and again that your Ascended Masters have been your teachers. Those with whom you are familiar, the Ascended Masters as the Chohans of the Rays, have indeed been your teachers. But the question arises in the minds of some, whether the Chohans are the only Ascended Beings, and why are the Chohans your only Ascended Master teachers if there are other ascended Masters. Beloved ones, century upon century all knowledge of spiritual realms of activity has been hidden from the consciousness of the mass mind. Here and there individuals have pierced through the veil and have been drawn into Temples of Light, either upon this earth or within the etheric realms. They have received spiritual training but their minds have been locked by a promise to reveal nothing. Occasionally an overzealous student would, thinking it would benefit some other individual, - divulge certain esoteric knowledge which he had gained. Immediately that individual was cut off from the Temple, and the memory of that which he had gained was withdrawn from his memory. The authority for the dissemination of the great spiritual truths remains within the wisdom of the Hierarchy, and for a chela to take upon himself the authority for dissemination of any part of that wisdom is an infraction of the law. The penalty is great. Obedience is one of the first laws which the human must learn.

Much has been said about the free-will of man. Having what man assumed to be free-will, he has exercised the privilege to do just as he humanly desires to do, and therefore disobedience was the first sin. You have the story of Adam and Eve. Their first sin was disobedience to a spiritual command. For centuries there have been upon the planet physical retreats hidden in wilderness or mountain areas where no man could locate them. These are places where both Ascended and unascended Masters alike served the earth, and into these foci were drawn certain individuals still in physical embodiment who had earned the right to rise above the mass conscious mind and enter into the Christ mind. These individuals were drawn into these retreats in devious ways, and remained there until they had either mastered the organic structure of the physical body and ascended, - or returned

to earth to carry out some mission. This has taken place upon your planet for many thousands of years. Even in Egypt you have read the records of the spiritual knowledge vested in the priests. Then you also have some knowledge of the initiation of conditions by which individuals in the outer world were and still are drawn into certain temples, illumined and then sent forth to utilize their knowledge for the benefit of mankind, but without giving up the secrets that were revealed to them. Those inner temples of Egypt were amongst the last remnants of the practice of drawing individuals from the outer world into the retreat. By the time of the fall from the one faith, - the true faith in Egypt, - the door has been closed. The retreats still exist, but mankind's knowledge of them has been cut off.

For centuries of time mankind has struggled to create for himself a God image and certain religious observances which satisfy his longing for his God. Later the knowledge concerning the Ascended Masters was released to mankind through the Theosophical Lodge and through other esoteric sources. World teachers came to the earth, - the great Lord Buddha, the mighty Confucius, Laotse and among the foremost, the great Being Jesus-Sananda, - all establishing spiritual laws for man. But none of the secret or mystic activities of the inner temples were ever revealed to the masses. At the time of the coming of the Ascended Masters into the outer world consciousness, there began to be released certain spiritual illumination for those who were prepared to accept it. The veil began to thin at that period of your evolution. There was released a certain amount of the mystic knowledge of the inner retreats. What has been released to mankind is but a fragmentary, simple outline of great truth and knowledge of the beauty which exists in spheres of Light beyond your remembrance or even your understanding. The door is open now and the veil is rent. The temple veil was rent at the moment of the crucifixion of the great Master Jesus. All may enter who desire, and are prepared.

Few were those who dared to seek or to pass into the secret portal to find truth at that time. From time to time there were mystics and seers, or wise men as they were called in those days, who understood some of the truths and had knowledge of the beauty of the world as it existed beyond the veil of appearances. Now as you have entered into the twentieth century and come to the close of a cosmic cycle, the whole curtain is being lifted. There are many rents in the curtain of mystery. The mortal veil is being dissolved.

What is this veil? The veil is a state of consciousness. When it was deemed advisable by the Ascended and Cosmic Beings to close the mind of man to the spiritual truths which had previously existed in their minds, a projection from the mind of the Masters caused what appeared to be a fog. This condensed into a veil. The veil oftentimes is only symbolic, but in the Ascended Masters realms it is a material substance of conscious thoughts projected over mass minds. You can visualize it thus: If you have in your home a window which looks out upon a scene which you do not care to see, or if you wish to

have your privacy so that no one can see in, - you put a curtain or a veil across that window and obscure all view. Thus you cannot see the undesirable scene on the outside, and those on the outside cannot see in. Depending on the density of your curtain, the light can penetrate or not. Like this curtain, a veil of thought substance can be projected into, around or over mass consciousness or an individual mind consciousness, to seal off any knowledge of the inner realms of activity which mankind could seize upon and use in a destructive way. I shall not go into the ways and means by which these truths could be used destructively, but if you care to meditate upon it, you will discover that any good can be harmful in the hands and use of an ignorant or vicious individual, even though of itself it may be good.

So it was that the great veil of consciousness fell over mankind. Now as you enter into the New Age it is necessary that all mankind be freed from the ignorance and from the lack of opportunity which came upon them as a result of the malpractice of certain powers learned within the temples of the dark forces in the outer world long, long ago. The veil dropped long before the Master Jesus came, leaving man in spiritual darkness. Jesus came to bring a new Light, - the Light of Love, - but few men have kindled their torch from that Flame. Even though mankind is not yet spiritually prepared to light the torch of true Love and understand God's Truth, - still with the closing of the Age it is required that the veil be lifted, even as it was rent long ago. You now have knowledge of certain truths which are sufficient unto your present needs.

The Hierarchal Beings were made known to many seekers through the Theosophical Lodge many years ago and mankind became acquainted with their names and purpose for being on the planet. When you entered into spiritual activity and began to advance upon the spiral of spiritual illumination, you became acquainted with the names of these Ascended Master Beings. In their great power, great love and great eagerness to raise mankind, they became your Ascended Master guardians and teachers. As you advanced upon the pathway, some of their more advanced pupils became their messengers and spoke to you. They speak to you even now, as I am speaking, in the names of the great Hierarchal Masters. It would be impossible for an Ascended Master to attend personally to the spiritually expanding needs of all the students of the Light, - since their numbers are increasing so rapidly. Therefore they are utilizing the love, knowledge and experience of other advanced beings as messengers. These messengers are often your Mentors, and they too are Ascended Masters. Some are messengers of great Cosmic Beings.

Now let me draw a line of demarcation between a chela of a Master, Cosmic or Hierarchal Being, and a messenger or mentor. You yourselves are chelas of the Masters, but you are unascended. There are millions of individuals upon this planet who are chelas of the Ascended Masters and the Hierarchal Beings. They are still unascended.

They are often students under the radiation of the Ascended and Hierarchal Beings even though for the most part the outer conscious mind has no awareness of it. You, yourselves have been under the radiation of Cosmic or Hierarchal Beings or their messengers for many lifetimes though you were usually unaware of it. Each of the Hierarchal Beings represent a specific activity of the Godhead. Each individual, as he comes forth into physical embodiment, chooses to express his energy upon one or two particular Rays, or to express those specific spiritual qualities. Therefore as he begins to express those God qualities in his outer life as a human being, he attracts the attention of that particular Chohan of the Ray, who appoints Angelic Beings or spiritual Guardians as the case may indicate, - to assist, to guide, to guard, to instruct you and others like you who are moving on the path of spiritual evolution even though you may be outwardly unconscious of it. There are millions of individuals in embodiment upon your planet today, who have in the outer mind never heard of an Ascended Master, - yet they are under the direct radiation of an Ascended Master Teacher or a Mentor. They will move on to heavenly spheres, and they will, many of them, indeed eventually become Ascended Beings at the close of this embodiment, or before the close of this Cosmic Cycle, - even as you may, - for they too are under the radiation of these Beings who are the Messengers of the great Cosmic and Hierarchal Beings.

Cosmic Beings and Hierarchal Beings are gradations of Ascended Beings. Hierarchal Beings have to do with this planet, while Cosmic Beings have greater activities of a universal nature. You are then under the radiation of one or more of these Hierarchal Beings who reach you oftentimes through the ministration of some of their chelas or messengers or Angelic Beings, - either embodied or disembodied. These Beings who are under the direct radiation of a Hierarchal Being are not astral entities, even though they may be unascended.

There are also many degrees of astral entities. You are accustomed to thinking of astral entities as disembodied spirits of the dead. I do not wish for you to classify all ascended and disembodied beings as astral beings. Outside the physical body, many abide within the etheric form and they live and have their being in the etheric realms within the heights or even beyond the astral realms. They are subject to re-embodiment, and yet they are not truly astral beings. There are many good and wonderful souls in the astral realms. I do not mean to discredit all of the astral realms. The higher astral realm is the home or heaven of hundreds, - perhaps millions of discarnate individuals who rest there a time before moving forward into higher realms, or return into physical embodiment. It is only in the lower astral realm where you find the dregs of discarnate mankind who abide in what we sometimes call hell or purgatory.

The chelas of the Hierarchal Beings are those who are either within the etheric realms or are in physical embodiment. Your Mentors

are already Ascended Beings, but usually they are not Hierarchal Beings. When an individual on your earth graduates from high school or some form of higher education, he is still young and somewhat inexperienced even though he is filled with a great deal of book learning. His learning is intellectual. He then sets out to utilize his learning or his knowledge. He is not all-knowing at the moment he graduates from his school of learning because he lacks experience. An Ascended Being can become a sage or a wise man just as a Hierarchal Being has become a sage or a wise man.

As an individual moves into the Ascended Master realm of activity, he acquires the overall accumulation of all of his life stream. He may be spiritually endowed with great power, or he may be as a young individual just fresh from a school of learning. Those who have a great accumulation of knowledge and power move on into their perfect realm. Those who have not accumulated so much spiritual knowledge, or acquired such a backlog of Divine energy, continue as chelas of the Ascended Masters. The Mentors are usually the Ascended Beings who are under the radiation and direction of the Hierarchal Beings and Ascended Masters in the great realms beyond.

There is law and order in all things, even as there is supposed to be in your government. Certain individuals bear certain responsibilities in your government. Your government is a material aspect of the true inner spiritual government when it is carried out in its purest form. Your Mentors who have come to instruct you, are all Ascended Beings, but they have not yet attained the experience of full mastery or become Hierarchal Beings. These Mentors may have many, many chelas. You are chelas of Mentors who serve you, who illumine and bless you in the name of their spiritual Mentor who is usually a Hierarchal Being. There also may be intermediate Beings between the Mentor and the Hierarchal Being, but all are under the direction of the Hierarchal Beings.

In your army you have a general, and under the general are other classifications of officers. The common soldier is under the direction of the general, but primarily he is under the jurisdiction of the lesser officers such as a captain or lieutenant. Thus it is with yourselves and with your Mentors. You are always, no matter where you find yourselves on earth or in the heavenly realms, under the jurisdiction of some Being of a higher classification than your own. This does not mean that any other Being will ever impose upon you. It merely means that you are under the jurisdiction or the protection, guidance and illumination of a Being of a higher realm than the one you currently enjoy. When an individual such as yourself, makes his way through the veil, dropping off the physical body or raising it as the case may be, he finds himself in a new set of circumstances - in a new world. He remains within that world under the jurisdiction of those who guard, protect and illumine him, until he moves to another realm of being.

As you prepare to pass through the initiation of the Ascension, you are under the jurisdiction of those Beings who govern the activities of the Ascension Flame. You move from that jurisdiction into other jurisdictions under other great Beings as you advance from within. Time is of no essence! You could be in the Ascended Master realm for a million years and never advance unless you WILL to do so, for even in the ascended realms there is free-will. You must have the will to move forward in whatever sphere or realm of activity you may be in. You carry some responsibility to life no matter what realm you enter. I wish to reiterate these truths to you for sometimes there is a misunderstanding. Individuals have come to believe that if they could possibly attain the ascension, that their troubles and responsibilities would end and they would have no further responsibility to life. They think they could fly about at will, going places, doing things, understanding everything and know all things. This is possible except for the fact that unless an individual accepts the responsibility for all of this, it cannot be.

An individual only gains freedom as he can, with dignity, safety and security, control all matter, substance and energy. You have seen individuals in physical embodiment upon your planet, - perhaps in your own city or group, who lack all control of the power of free-will that is within them, and they manifest the human will in a most disorganized manner. They find their freedom limited sooner or later when their discrimination fails, and they move out too far in the expression of their personal freedom.

As you enter into the realms beyond the veil, whether you move into them permanently, or whether you are there for an indefinite stay or training, - you move along very much as you are moving now. In that realm you are free of the responsibility of the heavy flesh form, the limitations of the density of the flesh, and therefore you seem to move freely and at will. But you still bear a responsibility for your acts and thoughts just as you do now. If you create an aura about yourselves which is undesirable, you do not proceed into higher realms of Light, but either remain at status quo or recede into a lower state. No man has the power to say where he will go, but he finds his own level. Even upon your earth man finds his own level of expression. It has been said that "birds of a feather flock together." It is so both in heaven and in hell. This is to say that individuals of similar vibrations can be found together or in like conditions.

I come to you hoping that I have simplified and outlined to you the powers and designations of authority of those Beings to whom you look in your every day life for spiritual illumination, protection and guidance. There are also classifications of Angelic Beings who serve mankind. It is well that you give some recognition to them, for they too aid you, bless you and guide you. They too protect you when you are unaware. As a rule the Angelic Beings do not take upon themselves a flesh form. They evolve within their own order just as the

nature beings and other orders do. I want to express to you the gratitude of your Mentors for your courtesy, your consideration and most of all your acceptance.

There are amongst you many who would like to hear the spoken words of the Hierarchal and the Cosmic Beings of whom you know and who have brought you into the Light, and who guard and direct you, even though indirectly. It is necessary in the present scheme of things that authority and power shall be delegated to those who have prepared themselves and proved themselves worthy of the service which they wish to render. Your Mentors are serving you admirably. I am one of them but I speak for all of us at the request of my Mentor who is one of the great Hierarchal Beings. He is the Chohan of the Third Ray. Other Mentors who come to you may be under the direct radiation of one of the other Rays. Each of the Mentors have come to you to bring the spiritual knowledge which he himself has gained and over which he has control. There are two prerequisites: to gain the knowledge and to exert wise control over that knowledge. The downfall of spiritual activities on the earth thousands of years ago came about because the knowledge was there but God control was lacking. Disobedience was born and the door was closed. It has happened again and again over long centuries of time. The door has been opened and then closed again.

It is the prayer of the Hierarchal and Cosmic Beings that never again will it be necessary to close the door. As you move into the New Age Cycle, those who cannot be trusted to sustain truth and control their minds, their bodies or their feelings, will be removed to some other classroom, while those who can be trusted and who have evolved and can accept responsibility will be ushered into the New Great Golden Age. Centuries ago it was recorded in your scriptures that the weeds would be separated from the tares, and the sheep would be separated from the wolves. The time is coming when those of the Light shall be separated from those of darkness, and the criterion for that separation is obedience. Those who go in darkness are those who refuse to give obedience to the Laws of Life. You are upon the pathway of Spiritual Illumination. Light your Lamp from the Torch of Truth and carry that Flame high. Protect that Light and let it guide you. Guard it with your very life if need be. Do not let it go! Obey the Laws of Light which have been laid before you by your Ascended Master Teachers, especially by your great Master Jesus-Sanda who is responsible for the incoming Golden Age. In the end you are responsible to that great One who is the King. I bless you, and in His name I thank you, - for I too kneel in reverence at His feet."

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ACCEPTANCE: Beloved Mentor, we are grateful to you for this instruction. We are grateful for the simplification of these laws of the spiritual realms which we are bound to obey. We now invoke the

radiant Presence of our own Christ Selves to take control and guard over our individual beings and worlds, our human physical minds and bodies. Use whatever means possible or which may be required to direct us and to impel us forward upon the pathway towards liberation. Help us to understand the words which the great Master Jesus gave to His disciples, and make our earth to be as it is in heaven. Help us to understand that our thoughts, our feelings, our activities may be on earth as they are in heaven, and help us to give the spiritual obedience which is required to carry us forward into the Ascended Master realm of reality. For your guidance, for your love, for your radiant Presence and blessings we are grateful, and we thank Thee!

We thank every one of the Mentors who have ministered unto us these many years; and each and every one of the Chohans of the Rays and to all who have come into the atmosphere of the earth to guide, guard, illumine, bless and direct the children of earth. Help us now, that we may be worthy to step forth into the Kingdom to come. Help us that we may be worthy to give a hand, to speak a word, to send a thought to bless, to raise and to uplift our fellow-man. Help us to hold in reverence these truths which we hold dear. Help us to be true and help us to become that in which we believe and know we truly are. For Thy Presence amongst us, we thank Thee!

The Mentor blesses you, - and now will you feel the Flame within your heart expand, externalize and become a radiant aura of Opalescent Light Substance around you, within which your consciousness becomes the outer expression of the Christ Consciousness within you. As you enter into that sphere of Christ feeling and desire, you will begin to be able to communicate directly with your own Mentor, - with your own Angel Presence, with your own God Self, and with the Ascended Masters and Teachers and friends in the higher etheric realms. Only in the silence, in the quiet, in the purity and beauty of your own God Self can this communion take place. The veil is rent, - it remains only for you to pass through. God is with you in your endeavor.

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Editor's Note: Mary Myneta publishes the Bi-monthly Mentor Magazine filled with excellent material along the same line as the above article. Her address is: - 2 Lakin Road, Scarsdale, N. Y., 10583.

USING COLOR HARMONY And DYNAMICS
IN YOUR DAILY LIFE

By Roxine Cutright

When I was asked by Brother Francis to write an article on "Color" for the Father's House, my first thought was, - how shall I begin? Then I did what I always do to bring my family and friends into my consciousness. I closed my physical eyes and visualized the face of Brother Francis. He was smiling, beaming love and encouragement, and he was surrounded by a golden glow intermingled with a rosy cloud. What do these colors signify in the aura of this gentle soul? - To me they reflect the wisdom in the gold, and the brotherly love in the rose. Since our auras are the weather vanes of our innermost moods, thoughts and feelings, my spirits were transported through this visualization of him.

There are countless books and articles written on color. It has a language all its own, - definite and unmistakable. As we raise our consciousness, all the colors of the spectrum become visible. Each of us possesses a dominant threefold color scheme composed of the colors denoting our evolutionary status. We give off colors that reflect our thoughts, words and deeds. Colors are the spiritual forces that can help to heal our physical, mental and emotional illnesses.

I can only tell you how I feel with colors and how I use them in my daily life. From earliest childhood I saw people as colors. A certain person was sparkling green-gold like a spring morning. Another one was dark reddish brown; this one was the local butcher. I shrank inwardly when I had to go into the market, for those colors surrounding him told me that his vibrations were dark red with physical feelings, and brown with earthy materialization. Of course I never mentioned that I saw colors to anyone. At that time I either thought that everyone saw the same as I did, or else I was afraid to be laughed at or scorned. I believe that this happens to many "clear vision" children. So many of them have this sensitivity squelched in early life and suffer for years from lack of understanding.

Anyone can see an aura! Those that are not gifted can have the desire, then concentrate and practice and they will be rewarded. In one of my classes in Color Harmony there was a young woman who very much wanted to see auras and so we practiced aura perception over and over. She finally succeeded and was most joyous. She went home and related this to her eight year old daughter, and much to her surprise the child said, "oh, I see colors around people all the time".

An important use of color to me is to send it out and encircle a person to bring healing, protection and harmony. When we use our mental processes in this way we are projecting a beam of light more

powerful than a Laser beam, and we are using our God given power of Love, Light and Life. Light is the substance and matter of our thoughts, therefore we can attune our thought vibrations to send out this stream of energy. This must be done only in love, and it is returned to us threefold. It matters not if the person to whom we are projecting our Laser beam may be ill in body, mind or emotions, - rest assured that it will go where it is needed. Always see the person in the light of perfection. I do not need photographs of my loved ones around my home. All I need do is to use my "image maker" and visualize each one in perfection, having them with me no matter where they are at the moment.

With colors one can calm a chaotic situation without knowing the persons involved. Recently I walked into a store where I overheard a dissatisfied customer complaining loudly about something recently purchased. The clerk was trying to tell the customer that the manager had to take care of the exchange, - but neither was getting through to the other one. Above them was a dark red cloud of negativity. I stood still and beamed a cloud of intense blue, tranquil as the sky on a June day. It began to disperse the dark cloud and both stopped talking, almost in mid-air. The customer said "I'm sorry"; the clerk smiled in relief, and all became calm about them.

Try using your Laser beam of color on your family, friends and even your pets. A case in point involves a beagle hound that lives near our school in Denver, - the Astro-Consciousness Institute. Many times during the day or evening I have heard him give out with a hoarse bark or two, as if to say, - "here I am" or "beware" to a passer-by. On this particular day I heard him baying mournfully all day long, as much as fifteen minutes at a time. I thought to myself, poor dog, his family have gone away and left him! That evening in our class in Modern Metaphysics, taught by my husband, - as we were going into meditation for healing, the beagle began his mournful cry again. I could not relax it was so insistant on my inner ear, and I had great empathy for this dog that I had never seen. I visualized myself, really projected my beam to the dog. I saw myself petting and soothing him, and I surrounded him with a golden light, warm as sunshine, then I added a little rsoy red for good measure. He was not heard again that evening, nor did I hear him the next day. For a little while I became worried that I might have "killed him off"- but I knew that I had projected to him in love. Then I heard his happy bark and knew that all was well.

I never start a day without putting a "circle of fire" around myself, my home, my car and my loved ones. Fire is light; it is warmth, and it is purifying and protective. The three primary colors are encompassed within the flame. Red is the energy principle manifested from Holy Spirit. Blue is God the Father-Will principle, and yellow is the wisdom principle. As I visualize the fire circled around me I see the colors in the flames and know and feel that I am protected.

(Concluded on page 28)

SEEK PEACE FROM WITHIN
Through Holy Meditation

By Illiana

"Brethren of planet Earth, the Peace of the Christ abides with you! The Peace given you by the Christ is not of the Earth, but rather an inner calm, - an inner peace. When He spoke to His disciples these many centuries ago, and said that He did not bring peace to the Earth but rather a sword, it was in a parabolic sense. My beloved of course He could not bring a false peace to the world torn with negativities! He did indeed bring a sword, (a symbol of a divider), where a separation could be attained where those who follow the Path suggested by the Christ would be divided from those following a path of materialism. There indeed is discord between parents and their children and many times between husband and wife when one chooses the Christ Way is opposed by the other, yet continues to follow the Way of Truth! My beloved there is no peace then, yet you know that ultimately a great inner peace will be achieved which is not of the world but is of the higher Realms. Dwell on this my beloved Earth brethren, and if you truly seek the peace that comes from spiritual fulfillment, then you will accept the 'sword of Truth' which separates the wheat from the chaff.

Jesus spoke much wisdom when He dwelt upon the Earth plane, - much wisdom which is often misunderstood. How easy it would have been for Him to go along with the Pharisees and others of his day, - for then an outer peace would have been achieved for Himself and his followers, but the story would have been so different! No, my beloved, He made the utmost sacrifice and retained His hold on Cosmic Truth, teaching His disciples to do the same in order that you who were reborn in later centuries might have a strong armor to wear!

No, He did not bring peace as you think of peace, - He truly brought a sword that you might divide truth from falsity. Yet He was declared the Prince of Peace, and indeed He was the Prince of Inner Peace. Do you understand the difference?

Children of Light, you will be faced with many tumultuous conditions. Outer peace for you is as rare as it was for the disciples, for those of the world look at you and laugh; they scorn you and figuratively spit on you for your beliefs. With your Sword of Truth you must cut down the barriers, hates and the prejudices. You must destroy the anxieties from your being, be calm and unafraid, always clasping the hand of the Beloved until at last you will know that Inner Peace is yours. You will then be an instrument that will assist others who are yet living in darkness. To find this Peace that goes beyond all understanding you must enter the Silent Chambers. As you enter these Silent Chambers in the Place of Cosmic Bliss you are meeting

the Masters and Saints who will bring to you illumination! Listen to them as they speak to you, - each one with a special message that will aid you on your course upward into Blessed Eternity.

We your Teachers, your Messengers, have a task to perform of general value. Our lessons and messages can aid many of you, - however EACH OF YOU require the aid of the Inner Teacher who is assigned to you because of your individual spiritual needs! It is this Inner Instruction which brings your life into perfect Union. Listen, my Earth Brethren, - Listen to the Voice of the Internal Teacher!

As you enter your own Silent Chamber, see before you at the Altar the Holy One as He awaits you. Bring to Him your devotion, your love, your complete concentration. Go before Him, - sit at His Holy Feet and do obeisance to Him! Accept His Gifts! He will give you the Pearls of Pricelessness, - the Pearls that give you wisdom. Gather all He will give you and when He bids you farewell for that time, give thanks and silently depart from the Chamber of Silence. Go out into your world of activity and practice the lessons you have learned at His Holy Feet! These lessons are for each of you the most valuable lessons you will ever learn, - they are your singular needs being supplied.

In these days of stress, blessed Earthlings, it is vastly important that you visit this Chamber of Silence daily, - often many times in your day and for long periods, for superior guidance. You who are in daily contact with other brethren must be ever prepared to meet them to express wisdom to them, - therefore you must absorb and practice the Wisdom of the Holy Ones. Learn thoroughly to meditate, thus making your sojourn in the Silent Chambers truly fruitful. I will talk to you now about MEDITATION.

To you in the Western sectors of Earth who have not from childhood practiced this discipline, - it seems a strange practice and in a short time you become discouraged. To aid you let me explain in the beginning WHY you should meditate. In a world such as you must dwell in, there are many tensions, many worries, and without some method of escape, Earthlings would become utterly despondent and need to be institutionalized! Many therefore resort to Medical men's couches, pills and various drugs to "escape". These methods are proving disastrous in many, many instances, for truly my beloved such methods are not natural. Many in their desperation have found this out, and turn at last to the study of Eastern methods, one of which is Meditation. Yes, meditation, when PROPERLY studied and practiced, relieves all these tensions and aches of Western civilization. Through this Holy Discipline one sheds these cares and dwells in the Presence of the One Holy Being, - thus realizing that all else is illusion and should not possess one's life. Properly practiced meditation brings rest and relaxation to the body as well as to the spirit. It refreshes the mind, making it more clear and able to cope with

life on planet Earth, making the disciple capable of handling difficult situations, - helping him cope with any tumultuous, explosive situation.

The most important reason why you of Earth should immerse yourselves in meditation is that your desire to feel the ONENESS between you and the Cosmic Beloved predominates all else! Some of you think prayer does this, but prayer is not enough. That is limited to 'conversation' with God, where you speak to Him and "listen" for His words of love and comfort to you. Meditation goes BEYOND AND ABOVE THIS. That is why we advocate your praying first. In Meditation the goal is for you to merge with God, the Cosmic Beloved; merge INTO Him, feeling ONE WITH HIM! Only when this Reality has been accomplished can one truly say, 'I and my Father are One! A true devotee MUST reach this state before he can terminate the reincarnation process! Once this Reality, this goal has been reached, you will no longer separate yourself from your brother for ANY REASON, for the realization of Self will guide you to know that in Pure Holy Truth there is no separateness! We cannot explain this in mere words. YOU must experience this through MEDITATION.

We would advise our Earth brethren to seek the aid of one who has achieved some success in this practice, that they may guide you. There are some good schools who work slowly and carefully with their students, - many of these through correspondence lessons, and also groups who practice excellent methods which can assist you in developing. Seek that which is better for YOU, My beloved. However I will give you a few general suggestions:

1. Do not strain or expect "overnight" success. Remember that in most cases you have been many years without knowing anything about this Holy Science, so you should expect that some time, perhaps years will be required to perfect the Discipline.
2. Seek help. Those who help you should guide you gradually by first teaching you to relax, then into concentration, next deep concentration and at last meditation in its several steps.
3. It is always important that you devote time twice each day, (early morning and before retiring) to the practice of your exercises.
4. It is good to meet together with others who are at your level of meditation growth at least once each week in order to work together, exchange experiences, etc.
5. While studying this Holy Discipline avoid unnecessary contact with those of negative attitudes, or with those who delve into psychism of a lower nature.
6. Readjust your dietary habits, - also your dress habits. Avoid tight, confining clothes and avoid eating an excess of flesh foods. You must keep the Temple free and pure for best results. Learn to absorb much fruit and its juices, for that is the food or meat of a developing spirit.

7. If you are guardians of little children, train them in this discipline at the earliest age possible. Thus they will be advanced spiritual beings early in life with beautiful results for your Western society and for the whole planet.

I will not outline any methods here. In other lessons this has been done in part, and you who seek to learn diligently, will be led to a teacher who will guide you. We advise that you seek this guidance soon and be diligent, faithful and minus any anxiety about hasty results. Accept each new experience that will come to you calmly. Realize also that each one progresses at his own rate of speed; this is not important. **DO NOT** make this a competition in any sense, for if any such attitude crowds your mind, you will achieve **NO** results! Concern yourself with Self-achievement and Self-realization. That is all that you should think about. Be completely relaxed and at peace with your surroundings, and with the Cosmic Lord and His Helpers. Practice faithfully and regularly the techniques that you are being taught; this is very important!

In this new cycle of Earth's history, many, many Earthlings will practice this discipline. This Discipline will be taught to the members of many of your Temples. Many have come to you from the East and many more will come who will aid your people to develop this balance between spiritual and physical. The West has made remarkable material progress, - but at the expense of its spiritual growth! Now you must balance the scales. On a planet such as Earth, it is important to have some material progress, **PROVIDING** your peoples become illumined to the realization that their knowledge and wealth must be shared with their brothers at home and across the seas. This realization will come only when they have become immersed in the Sea of Spiritual Oneness! In time your planet can again achieve the balance it must have in order to make it a perfect planet, - one worthy of the New Golden Age to come. As each one through the discipline of Meditation, enters the Silent Holy Chamber that is within, he will reach that ecstatic state of Being, of Oneness with all, and restore the necessary balance to himself, and thus to the planet!

Be assured again, My beloved Brethren, that we encompass your planet with our love and Cosmic Energy! - Peace! Ban-Dhu.

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This material was received by Illiana, of NEW AGE TEACHINGS, (N. A. T.) - 37 Maple Street, Brookfield, Mass., 01506.

ETERNITY HERE AND NOW

By Dr. K. M. P. Mohamed Cassim, PhD.

Part Two: - (Continued from the November issue.)

To enjoy life one must master the lower tendencies and emotional weaknesses, as otherwise one's life will be filled with miseries and frustration. Happiness is really an inner experience one has to find when all evil desires cease. The cessation of desires is the real basis for pure happiness. In an agitated state of mind one cannot comprehend the fullness of happiness, which blooms only in the state of meditation alone. Meditation is not focussing one's mind on an object, but one requires tremendous power of self observation and the ability to be aware of the thought process before one can proceed on the right path of self-discovery.

In the height of profound meditation we feel that sweet state of Cosmic Consciousness which transcends the limitation of mental obstructions. Spiritual life consists in the constant supply of divine energy. Meditation is not an escape from the responsibilities nor an avenue of worldly isolation. Meditation is really a state of mind in which we are capable of realizing the reality of life without deception. Even in worldly activities, the meditative mind can observe various complications in a detached manner without involving psychological like and dislike.

A man of meditation in a subtle way directly operates in the relative plane by generating tremendous spiritual vibrations which bring a favorable atmosphere in transforming humanity towards divinity. All living organisms are inter-related, and therefore any development in any sphere will ultimately affect and improve the other. We must create the most suitable climate for the manifestation of divine consciousness, so that a radical change of spiritual integration can be introduced in the physical plane.

Truth cannot be conceived by the mind which is in a disturbed state. A pure heart is the right instrument for experiencing the Truth. The dynamic aspects of Truth can be experimented with when we are in deep meditation with mystical silence. The beauty of Truth can be appreciated when we transcend the relative plane of mental processes. The magnetic radiation of Truth can be contacted when the mind is absolutely calm and serene.

Love is purely a state of divinity which cannot be captured by the mind, because in the actual realization of unity, one transcends the mental realm of duality. Mere emotional attraction of physical objects cannot be classified as an aspect of Love. The quality of Love can be experienced in the actual detachment in which the Reality alone is

realized in deep meditative awareness. The beauty of Love consists in dissolving the egoistic 'I' by the elevation of the Supreme Super Consciousness of the Absolute. There is nothing to unite, because in the Oneness of Reality the pure Consciousness alone shines silently. The question of union with the higher divine self does not exist in the realization of Reality.

The most difficult task in life is the maintenance of mental equilibrium all the time. The disturbing elements of distractions should be eliminated. We must have the ability to raise our minds to that level of meditation in which alone we can be aware of every mental activity dispassionately. The art of living is to understand all situations in a state of serenity. It is to be noted that our own mind is the chief cause for creating complications in our relationship with people, ideas and things. To watch everything quietly without involving ourselves in it, is important in developing meditation. Deteriorating factors come into one's life when one is not capable of facing challenge of life calmly. A healthy sign of the mind is to receive every impact and situation without emotional disturbance.

The beauty and the purity of the divine life can be understood only when one improves in the art of meditation. The ability to understand the mind is prevented if one becomes a slave to one's own desires. An important aspect in the path of Reality is the discovery of the inner workings of our minds in the mirror of relationship. Needless to say, the spiritual life is not separated from daily practical problems, but on the contrary, the spiritual life must be tested in the day to day life. We aspire for inner freedom, but real liberation can be had only in the spiritual palace, and that spiritual plane or state is a direct experience that comes as a result of intensive meditation.

The sacredness of cultivating the wisdom consists in assessing the relative world as it is without the deception of attraction or repulsion. An intellect which is not properly governed by intuitive awareness is useless in the discovery of Reality, and therefore it is necessary that one should train the intellectual faculty to be an instrument for the expression of divinity. Intuitive awareness can be achieved by the purification of the mind through self-contemplation.

The aim of human life is to aspire to something higher than mere sensual gratifications. All experiences in life amply prove the urgency of transcending the mental plane to the divine plane of intuition. In meditation alone we are elevated to the height of bliss as material comforts will never bring happiness and contentment. The impacts of worldly enjoyments are transitory and they will not provide us with the peace of mind or the ability to live in the world without mental disturbance. Freedom is really a state of mind in which we observe all the activities in a manner not to be attached and contaminated by them psychologically.

The mysterious force of divine magnetism alone will purify the polluted atmosphere of mechanized materialism, and our sacred task is to create the harmony of understanding by facing all the difficulties and obstacles calmly without deviating from our central aim of self-realization. The sweetness of divine link and the perfume of perfect peace can be fostered only in an atmosphere of purity and profound meditation. No one can change the attitude of others quickly, and we elevate humanity to the extent that we communicate with the Reality.

If we observe our minds we will find that we are never free from the corruption of desires. The cravings are given much importance by repeated gratifications, and we cannot expect the blessing of divine manifestation if our minds are distracted by the impacts of material pleasure and mental confusion. In life we must have the ability to move in this world fearlessly with the meditative magnetism of spiritual serenity, so that the grace of divine power can be radiated for the betterment of humanity.

Man is all the time deceived by his projections of the mind and it is apparent that the cause for suffering is due to the various attachments that he has in the material world. The nature of the mind is to cling to innumerable sensations and therefore it is very necessary that one must observe the activities of the mind in a detached manner dispassionately. We give importance to many things and if we watch closely, we will find that nothing in the world will give us happiness and liberation. Real freedom consists in keeping our minds undisturbed under all circumstances, and needless to say, that in meditative awareness alone we can attain to that state of liberation from the conditioning factors of emotional complications.

The beauty and sweetness of meditation can be experienced directly when we elevate our minds to the height of Super-Consciousness. Perfect Peace is really a state of mind one has to realize through deep meditation, and thus only can we establish true freedom and tranquility in the manifested world. Meditation consists in understanding our minds in the mirror of relationship as this kind of self-observation is very essential for the development of spiritual integration. The capacity to be aware of everything including the function of the mind is the correct method for the attainment of Absolute Reality.

Do not react to anything violently; take that which comes to you in an attitude of utter dispassion. Let nothing worry you, as your business is to do your allotted job silently with a smiling face and leave the rest to Universal Law without bothering about the result. Be restful always in a relaxed mood. Mental excitements and sensational irritations should be avoided by adopting right concentration and clean conduct.

It is very important to impart the knowledge of spiritual hygiene, which means the conservation of sex energy for utilization for intel-

lectual work, emotional refinement and spiritual service to humanity. In the past the Eastern tradition emphasized through various methods of self-discipline that the householder life was only a stepping stone for the moral advancement in the direction of spiritual emancipation. The householder's life was a center for undertaking various kinds of mental adaptability and emotional adjustment. But nowadays very few people realize the utter necessity of preserving the sex energy for spiritual development. The defects that prevail in family life can be eradicated by showing the strength of spirituality through meditation. Married life must be based on divine understanding for the harmonious development of physical body, emotion, mind and soul. Silent communion and the delight of purity is the deciding factor in experiencing the perfume of love. The reason for keeping the body and mind strong is purely for the sake of receiving the spiritual energy, and in this connection, the conversion of sex energy into brain power will help the manifestation of divine dynamic force.

The nature of the mind is such that it takes all impressions into the subconscious mind. Through self-observation one can eradicate the impressions provided if one can delve deeply into that dark region without emotional entanglement. The ability to perceive the actuality in all is the virtue one must practice in the art of self-mastery. One cannot have freedom by obeying the blind forces of desires. It is very necessary that one must dwell in the Higher Consciousness so as to function freely without the limitation of mental agitation.

Realization of Reality is HERE and NOW, - and not in the future! Needless to say, that this dynamic aspect of living in the ETERNAL NOW all the time is the most fundamental factor to elevate the man from the mess of mental distraction. We can attain divinity only when we know the art of meditation and the correct approach to the realization of divinity is the self-observation of the mind, and through meditation we can lead a life of detachment and dispassion. The beautiful aspect of Divinity can be seen only when we experience an inner state of spiritual upliftment. Beauty is a quality of devotion which can be comprehended by the stillness of the mind. The bliss of silence is an attribute that can be enjoyed in the alertness of the mind. To commune with Reality we have to eradicate psychological impressions through mental discipline. It is very necessary to lead a pure life so that we can be free from the complications of mental disturbances.

The metaphysical approach of solving the psychological problems does not mean the control of the physical body and mind, - but the unfoldment of intuitive awareness and the harmonious development for the attainment of the Absolute. There is nothing in the world to either to reject or accept as in the higher realms of Super Consciousness we are able to observe everything calmly in a detached manner. It does not matter whether we live in the East or in the West, - our souls must inwardly attune to Reality.

The fact is that one is unable to present the inner mystical experience in terms of logic so as to be convinced and understood by ordinary people. The Reality cannot be comprehended by the mind which is caught in the whirlpool of worldly agitations. The highest wisdom cannot be revealed through words. Hence we have to keep silent, and we also feel anything that comes to the verbal level is not the essence of that which can be contacted by meditation and contemplation.

The happiest period in life is when we are in meditation. Let us then utilize our energy in developing our spiritual capacity. Concentration provides an opportunity to train one's mind properly and efficiently. One should not neglect the importance of spiritual training because the meditative atmosphere gives us an avenue to purify the emotional expressions in a dignified manner. Purity can be achieved by the practice of meditation. We are all influenced and conditioned by the sensual pressures of the mind, since the mind is all the time in movement chasing desires. Therefore we must observe the subtle activities of the mind with alertness in a detached manner, so that there is the possibility of freeing the mind from the clutches of the cravings to which it is blindly attached. If we observe our minds deeply, we will discover the very nature of the mind is such that it always creates problems, - as the mind cannot exist without producing imaginations and worries.

What is important is not the outer activities, but the vital interest in watching the reactions of our minds and this self-observation is very helpful to free ourselves from mental complexes and psychological complications. The basic approach to Reality cannot be understood by the mind, and hence we have to find out whether there is the possibility of transcending the mind. The question is how to dissolve the mind, as otherwise the Supreme Consciousness or Reality will be a matter of mere hallucination. If we observe the mind attentively, we will see or rather be aware that the mind functions by dividing into 'thinker' and 'thought'. Our common knowledge suggests that the thinker as well as the process of thinking are inter-related in their operation. But the Reality can be realized only when the mind is silent, - which means something unknown to the mind alone can bring liberation. And that unknown factor is not conditioned by time, space and causation. In meditative awareness there is no physical-relative world, and therefore we can say boldly, the world seems to exist because of the mind.

The attainment of absolute Reality cannot be achieved by the mind because it is a bundle of impressions. The mind is limited by its very function, because the experiences of the mind are nothing but false images which have been gathered and stored in our subconscious mind. It seems that the very foundation of the mind is made by wrong notions which erect barriers in paying attention to an object. To observe our minds in the wakeful state seems to be easy, but to watch the activities

of our minds while we are in sleep is very difficult, and because of this difficulty we dream various images. The mysterious nature of dream aspects must also be detected by meditative awareness. The conflict of emotions and the suppression of desires are factors for dreams. To have the capacity to realize the dream as a dream, we need a lot of training and the faculty to observe reactions in a detached manner without involving ourselves in the play of the dream. The more we go into the deeper layers of our minds, the more we feel the difficulties in watching the operation of our minds because of the sensitiveness we have developed in the course of self-observation. This sensitiveness seems to be a higher form of activity, - however the capacity to observe everything with full attention comes as a result of silent contemplation.

The physical world we see, as well as its diverse manifestations are mere projections of unreal appearance. When the mind is dissolved in blissful trance, the relative world is negated and then it can be proved, or rather directly realized that Supreme Consciousness alone is real. We attain real happiness and satisfaction only when the mind is quiet without being disturbed by distractions. The physical world seems to be real only in relation to our mind. If the mind, instead of seeing the world, sees the seer or the observer, - then there is the possibility of transcending the mind and thus establish a divine link with the higher consciousness. Meditative awareness and self-contemplation is the royal road to discover Divinity. Our physical eyes see only outward appearance, but to contact the unmanifest secret realm of Cosmic Consciousness, we have to train our minds efficiently by cultivating mental discipline and dispassion.

We can experience the beauty of perfect peace only when the mind is silent. It is very essential that the seeker should realize the importance of controlling the mind, as otherwise he will be easily deceived by temptations. The mind is a bundle of contradictory desires. It is always clinging to sensual pleasures because the mind itself is a collection of sensations. Therefore the mind is not the proper instrument for the discovery of Reality.

Pure contemplation is a state of mind in which there are no distractions of thoughts, and only in this level of meditation can we observe everything clearly. When we are in deep meditation, we are extremely sensitive to external influences, but the mind is not disturbed by outward attraction and repulsion because of spiritual ecstasy; any pressure from outside has not the power to irritate the seeker who is in meditation because of the fact that when the mind is fully concentrated it has the capacity to face all situations unemotionally.

Meditation is the assurance of a new and free life. It is a wisdom born of a new revelation by which the world and life are seen and encountered in freedom and serenity. In meditation we do not feel the weight of the physical body and mental reactions. We do not feel the

time factor or environmental pressure, but rather we are transported to a peaceful atmosphere where beauty and wisdom alone shine in the inspiring meditative mood,- then we can do our ordinary daily work most happily.

To reach that level of meditation we have to watch our mind function constantly. Any experience which brings painful sensation or irritating excitement is a disturbing element to be avoided immediately by the process of self-observation. To get to the root of the problem one must stop the disturbing factors of mental agitations by watching the function of mind in a detached manner through meditative awareness, and then there is the possibility of discovering the Divinity.

In understanding our minds, it is very necessary that we study our dreams, because our dreams symbolize the actuality of our inner urges as well as our compulsive strong desires which are hidden, or rather deliberately suppressed in the dark corner of our subconscious minds. The real problem is not only to have the ability to penetrate into the deeper aspects of unconscious mind, but also to free ourselves from our dreams by alert self-observation.

An aspirant who is well attuned to the Infinite is a source of inspiration to all, because in the height of contemplation he generates spiritual magnetism for the betterment of humanity. Prayer is a method of contemplation which provides facilities to commune with the Omnipotent Spiritual Power, and this magnetic grace transforms and uplifts to the height of bliss and perfection.

Man is essentially divine in nature, which is fundamentally based on deathlessness and immortality. Hence man cannot be destroyed by the impacts of dark phenomena of physical death. Let us strive to eliminate all impurities and thus prepare physically and spiritually to receive the grace of Divine Energy. Therefore let us all attain to the state of spiritual liberation. This physical world is only a temporary abode for us to prepare and equip ourselves with the spiritual powers and potentialities so as to undertake the long sacred journey towards eternity. Therefore, let us make every effort to cultivate the divine attributes of silent contemplation, internal purity and intuitive awareness.

Nowadays people are extremely alert only in scientific discovery,- but in experiencing the inner freedom of Reality they are not enthusiastic, and this lack of interest is purely due to too much of mental activities. We need a peculiar state of mind to observe the process of thinking in a contemplative attitude. We must also have the ability to be aware of the emotional conflicts in a detached manner so that bliss of the Supreme can be attained. The determination to lead a pure spiritual life is an important qualification, because the spiritual life consists in discovering the Reality which is beyond the senses. By sheer ignorance we have identified ourselves with desires, and thereby we have lost the capacity to live in the more profound state

of divinity. The cause for much suffering is due to attachment to sensual gratification. When we attune our heart to eternal silence of Divine Light, we develop the faculties of intuition and the serenity of meditation.

Whatever job one may be pursuing, there must be the yearning towards the attainment of inner freedom. It is to be realized that the world phenomena is nothing but the expansion of the mind, therefore to identify ourselves with any emotional attachment is futile, because the secret of self-reliance lies in discarding all desires and to rest in perfect peace. The most important problem that we are facing today is to free ourselves from the confusion of psychological complications. It is very essential that we must understand the activities of our minds all the time correctly and completely, - or otherwise there is the possibility of erecting false projections and complexes by the mind.

End

Editors Note: - Those of our readers who may be interested in obtaining additional copies of the pamphlet, "Eternity Here and Now" by Dr. Cassim, may write to him in care of The Perfect Peace Lodge, P. O. Box 11, Veyangoda, Ceylon. Other excellent pamphlets are also available. We suggest the enclosure of a suitable donation.

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"Color Harmony" continued from page 16.

We are Light, - it is with us all the days of our lives, it is the Spirit Eternal. Another way to protect yourself from undesirable influences and negative emotions that can bombard us is to visualize a transparent, iridescent sheath like a soap bubble surrounding you about an arms length from your body. It must be strong and elastic, formed of your thoughts. No doubt or fear can be involved in it, else all the power will be taken away.

This sheath is a great protection. Anyone walking alone on a dark street, especially a lone woman, - would do well to place the protection around them. There are many forces of evil on this earth plane. Protect yourself from those who would siphon off your energy. Even friends can be "blood suckers"! This is an awful thought, but how many times have you left a friend or a party entirely drained physically, mentally and emotionally?

Namaskara! (I salute the Divinity in you) and 'see' you in the Christ Light of Perfection! Blessings and Light!

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Editor's Note: Roxine and husband Paul Cutright are founders of the ASTRO-CONSCIOUSNESS INSTITUTE for Self-Enlightenment & Peace. Address: 1627 S. Emerson St., Denver, Colo., 80210.

THE BODY BEAUTIFUL

By Be Leonard

The BODY BEAUTIFUL is fearfully and wonderfully made, - as is all of God's creation. It may be likened to a beautiful timepiece, in that we see only the outside, or case, but we know without taking it apart that the inside is constructed to give service to the owner. We have faith that the Creator has done His best, and that it is good.

In the Bible we are told that "faith is the substance of things hoped for, the evidence of things not seen." (Hebrews 11:1). We hope that it will give us good service and be pleasing to look upon, by ourselves as well as others.

Concerning the word 'evidence' - Webster defines the word as "that which furnishes proof." The fact that our body does that which it was designed to do, is proof that it was made by an Intelligence that knew what it was creating. Can we deny there is an intelligence which made our body and keeps it going even under extreme abuses too much of the time with many people?

If we give our "timepiece" proper care and attention, it serves us perfectly for as long as we expect it to. I believe the word 'expect' plays a great part in the functioning of our Body Beautiful, and that we should think of our body as beautiful. Tell it so! Stand before the mirror and say, - "I love you, - you are beautiful and I thank you for serving me beautifully and perfectly, today and always." I believe if we do this faithfully, believing, - it will respond accordingly. It is my belief that if one practices this procedure, it is not likely they will allow the body to become excessively corpulent, unshapely, unattractive or unhealthy.

If you feel ashamed to look at the unsightly appearance you have made of the Body Beautiful, that should create a special urge to do something about it. It is never too late to do something, regardless of age, weight or whatever, if you have the WILL! Giving thanks, praise and love is a powerful Key for winding up the Body Beautiful and keeping it in perfect running condition. The Intelligence or Energy which is unseen by human eye, hears and appreciates our thanks and praise, if sincerely given, and acts to give us the "substance" of things hoped for. But if we take no special care of our body and assume a 'dont care' attitude, it will respond accordingly.

If we think positively and give this wonderful mechanism the loving care it deserves, it will never wear out! We have been programmed to think that our bodies should grow old at a certain age, so we get like results and accept it as natural or God's plan for us. God sees nothing ugly, old or unbeautiful. His eyes are too pure to behold anything except perfection and eternization.

My friend, Dr. Maxwell Maltz, M.D., one of the world's most widely known and highly regarded plastic surgeons, lecturer and author of a best-seller, Psycho-Cybernetics, - says to stand before the mirror each morning and ask yourself, - not what is my "I. Q." today, but what is my "S.I." or self image?

TV's Jack LaLanne, the famous health educator who has the largest daily class of students of any teacher in recorded history, reminds us constantly of the universal law of cause and effect, - use or lose, - that our body is constructed to move back and forth, side to side, up and down, etc., not to be inactive, taking unacceptable food and drink into it, and doing all the things contrary to which our body was created. Jack has people over "100 years young"! He stresses the importance of THINKING PERFECTION into each part of the body.

Another famous friend, Dr. Carey Carpenter of the High Foundation, (Holy Institute of God and Health), aerospace scientist, writer, lecturer, world traveller and minister, - a gentleman past middle age, drove 2500 miles recently in two and a half days, - yet was fresh for the job of Emceeding a Convention. Much of his work is in giving of his knowledge, wisdom and understanding to our younger people. Such work is a great aid to agelessness. He is also engaged in building a Retreat for spiritual people of all ages. GIVING is another key to unlock many hearts and doors to success!

I have practiced much of the above most of my life. I am young and active in mind and body, - a retired person, (senior citizen) never sick, live a happy, joyous life. I have travelled over a large part of this wonderful planet on which we are permitted to live, move and have our being, - and still travelling! I climbed the Great Pyramid of Giza in Egypt a few years ago, and inside as far as the Queens Chamber before returning to my hotel while with a church group on tour of the Holy Land, - without fatigue!

My desire is to be an inspiration, spreading Love and goodwill everywhere I go, believing the more we take God into every phase of life the more successful we become. It is very important to keep a good GOAL in mind, - always with enthusiasm! This is the perfect prescription for keeping the Body Beautiful in condition!

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THE NEW ZEALAND SUPPLEMENT

MY FATHER AND I ARE ONE

By Lency Dawson

"My Father and I are One"! These words spoken by our Dear Jesus, - so simple, so plain and yet do we understand them? Do we even try to understand? We are One with our Divine Creator! Do we comprehend this? We are not at any time separate from Him; He who created all; He who is the Mighty Power of all, over and above all else.

There is the perfect example of Himself in action even within the tiniest insect, the sweetest song of any bird and yet we determinedly try to put up every known barrier against this simple truth. He is there to guide us always, - no other but our Divine Creator Himself! He offers himself to us and all He asks in return is that we surrender ourselves, our souls, our wills entirely to Him. Would this be just too awful to even anticipate?

So many of us who are on the Path lose ourselves in the mists of truths and half-truths. We think that to venture forth into the "Realms of the Unseen" is truly the be all of all. Fascinating as it is, we are missing the point - at the crucial time! The going within to find OUR FATHER is not a series of psychic experiences which benefit no one but those who participate. It means the penetrating of the Self, - that hard-bitten outer shell which protects us from the eyes of the physical world; that fluctuating mass that hides our real selves, just in case someone may see a flaw in this self, - a weakness or a gullibility. They may even see into the soft wonders of our ever embracing love of all, - this would be just too much! For no matter what the other fellow does, - we must never be seen for what we are, - for what is seen may be interpreted as weakness and this could never be!

We can never be seen as passive, love warmed souls, beating with anticipation and joy at the thought of that long awaited communion with our Creator. Do you recognize what has been said? This is the opportunity being offered by God our Father to each individual soul to awaken to Him and to respond to his call within. This call is not the call of some outer being, no matter how wondrous or how beautiful, or how knowledgeable this being may be. It is the call of God our Father and it is being made now! We wont find this within any other sphere, - not our own individual call. We wont find this within Beings, seen nor unseen upon far distant planets, for this is OUR CALL!

The path of our own souls can be cleared and made straight, - but only when we are truthful with ourselves; only when we are brave enough to look at ourselves, - to see ourselves as other people see us. Other people are able to discern our weaknesses. We all have them and what a blessing they are, for in these weaknesses we are able to

grow. Why can't we acknowledge these weaknesses? Talk them over one with another and then with the given understanding begin to eradicate them. Eradicate them proudly, - not hide them away and sit on them. This is not progress.

Do not forget that our every thought is seen by the worlds which surround us. Even our half-formed thoughts are detected, - so don't let us kid ourselves. Let's get on with the business of cleansing our souls. "Polishing" as the late Ogamisama, that great Eastern teacher used to say. Her usage of such a word was so very apt. Polishing any part of ourselves would be a painful experience and it is particularly so when we use the abrasive of life itself. Can we not see that psychic experiences, telepathic contact, astral travelling, etc., are all very wonderful, but before we entered our bodies we lived in these fields, and when we leave our bodies we will do so once more, - so let us concentrate on SELF!

Do we fully understand what is meant by Self? It is our every reaction to our everyday lives; how we respond, how we benefit. Did we burn the scones (cookies)-? Did we hit our thumb with the hammer? Did the children nearly send us silly with their arguments? Did a dear one pass? Was our attack of pain worse than before? Did our monthly check fail to arrive? All of these things of life are there for our learning and our progress. How did we measure up? Well, never mind if we did fall down in our immediate reactions, for tomorrow we shall try harder. There is always tomorrow but we must always learn to forgive ourselves for our omissions, otherwise this too prevents our progress.

When we are really and truly on the Spiritual Path we are given such encouragements deep from within that we find everything else pales into insignificance. We do not have to force things in any way. Our dear Father responds within us, for He is after all the only One who knows what is best for our particular souls. None other knows. We understand that 'HE' is indeed Father-Mother-Brother-Sister-Friend-Comrade and Lover! Our every need rolled into one. In this way He sustains us and leads us forward, - no longer by our own strength, but by HIS MIGHTY STRENGTH! A strength that is quiet and subtle in its calm and gentleness, for this strength is Love!

Our dear Jesus came to open the hearts of mankind, and the door now opens for us to pass through to combine this Love with the true wisdom of the Spirit. That Path that can only be walked to the full by those who will really lay themselves open and be willing to fight and eradicate that very sham which is self, - that self which does everything within its power to trip us and bring us down. This is a full time venture and can keep us so busy that we just have not the time to lift our eyes to see the faults in those around us. We are much too busy trying to prepare ourselves sufficiently so that our Father God will be able to use us to the full at all times. We become ONE WITH HIM - HE IN US, WE IN HIM!

End

THE COSMIC BLUE-PRINT

By Jacqueline Parkhurst

"For I have created for you a place unto which you will return. Therefore have you been before, and are but returning home."

The Divine Spark which is the real you, - has within it a "homing target" to help it ferret out the path towards its "original home"- for it came from within the boundary of the Completed Universe, from within the boundary where the Absolute dwells.

It also has a small 'geiger-counter' which shows the balance and level within the Soul, so that the nearer it gets to the Truth (or radio-active substance), the faster goes the geiger. The further away you go the slower is the response of this symbolic machine. What does this mean? It means the faster you evolve, the faster you will evolve, - for the more you can keep the geiger-counter over the radio-active 'spot', the more you are on the right track until you are evolving and expanding every moment or second that you exist. Mankind has had countless long ages of development up to now, - but the nearer he gets to the higher state of life, the faster his rate of progress speeds up. This is because his mental powers are more developed and so he can make more use of what information he is given for his spiritual progression.

The Absolute Creator laid out His Plan for Creation, - a blueprint and guideline. This showed the Path He pioneered and which others could follow merely by reading the blueprint correctly. He gave us several things to help us through this maze of evolvment. One is our "homing" mechanism which is set direct for the center of the Universe. The second is our geiger-counter which tells us "now you are near, now you're not. Now you are going down the right part of the maze, or now you have reached a deadend." In other words the blueprint has a bright, silvery, radio-active sort of substance lining its path which immediately starts our geiger-counters flickering and jumping as soon as we come around the right corner or onto the right path. But beware of hearing your geiger-counter click and think you are on the right path, - when in reality all you have done is walk across the right path, over the silver road and off into another dark turning. The geiger clicked alright, but only as you crossed the silver path. Is it still responding with regard to the road you are on now? You do not have to be good at map-reading, because the wrong paths are not lit properly, but 'The Path' is vibrating with silverish blue light like a neon sign.

The third aid He gave us for our "Saving Road" was the Way-showers. These are the Great Teachers, Ascended ones, Prophets and the like, who having found the Path, agreed to show the way for others. In fact they became radio-active too, and began to shine with a phosphorescent glow which soon became a strong light. There was

no mistaking it, - they really shone! Therefore they too added their light to the Path, making it an upward spiralling path filled with moving figures of light. One had only to look along the path to see those fireflies striding out in front, - for they are the untiring ceaseless souls who return time and time again to the slowly evolving worlds. They are the wanderers, - the continually moving ones who tread the Pathway in the Sky which links Universe after Universe, - Galaxy after Galaxy in the One Truth. They are also the ones whom earth has scorned and reviled down through the ages. Great was their suffering, but death had no hold over them, - for they dwell above - not of the worlds beneath.

For it is written, "I have given them Thy Word and the world hath hated them because they are not of the world, even as I am not of the world." I pray not that Thou shouldst take them out of the world, but that Thou shouldst keep them from the evil." Thus it is stated in your Bible.

"And I would say to you, - to him that overcometh will I give to eat of the Tree of Life which is in the midst of the Paradise of God." And where is this Paradise you ask? Where else, other than at the center of this Completed Universe! Therefore are you returned home. Therefore your "homing target" has brought you back to the beginning words of this lesson.

"From whence ye came will ye return, - for all I sent out will I eventually call forth again; so is My Creation evolved."

End

Editor's Note:

The above article courtesy of Open Mind Publications,
Phillips Road P. O., Mahogany Creek, West Australia, 6072.

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"THE THREE DAYS SCENE"

I am impelled to again mention and recommend this book about which there was a story and very comprehensive review in our issue of May 1970. An Austrian by the name of Jacob Lorber, under divine command in the year 1840 was told to take up his pen and write! It is quite apparent that the overshadowing Presence was none other than the Master Jesus Himself, - as it is written in the first person, concerning the events and interchange with the Priests and Rabbis in the Temple at Jerusalem when He was 12 years old. So many of you have joined the Father's House Family since the first review was published and therefore do not know about this fantastic book. The English translation was published in 1932, but apparently was not widely distributed in the U.S. I have had to reorder five times from the publishers in Germany. A new supply is now on hand. See bottom next page.

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WHEN MAN SHALL KNOW THE TRUTH;
WHEN LOVE WILL PROVE THE ONLY POWER
TO GUIDE OLD AGE AND YOUTH;

FOR OUT OF DARKNESS WILL COME LIGHT;
FROM DEATH WILL COME NEW LIFE,
AND LOVE WILL LIFT THE WEARY SOUL
ABOVE ALL EARTHLY STRIFE.

LOOK UP! REJOICE! THE TIME IS NOW!
DRIVE OUT ALL DOUBT AND FEAR.
LET EVERY HEART SING SONGS OF PRAISE;
GOD'S KINGDOM IS HERE!

- Harrie Vernett Rhodes