

THE FATHER'S HOUSE

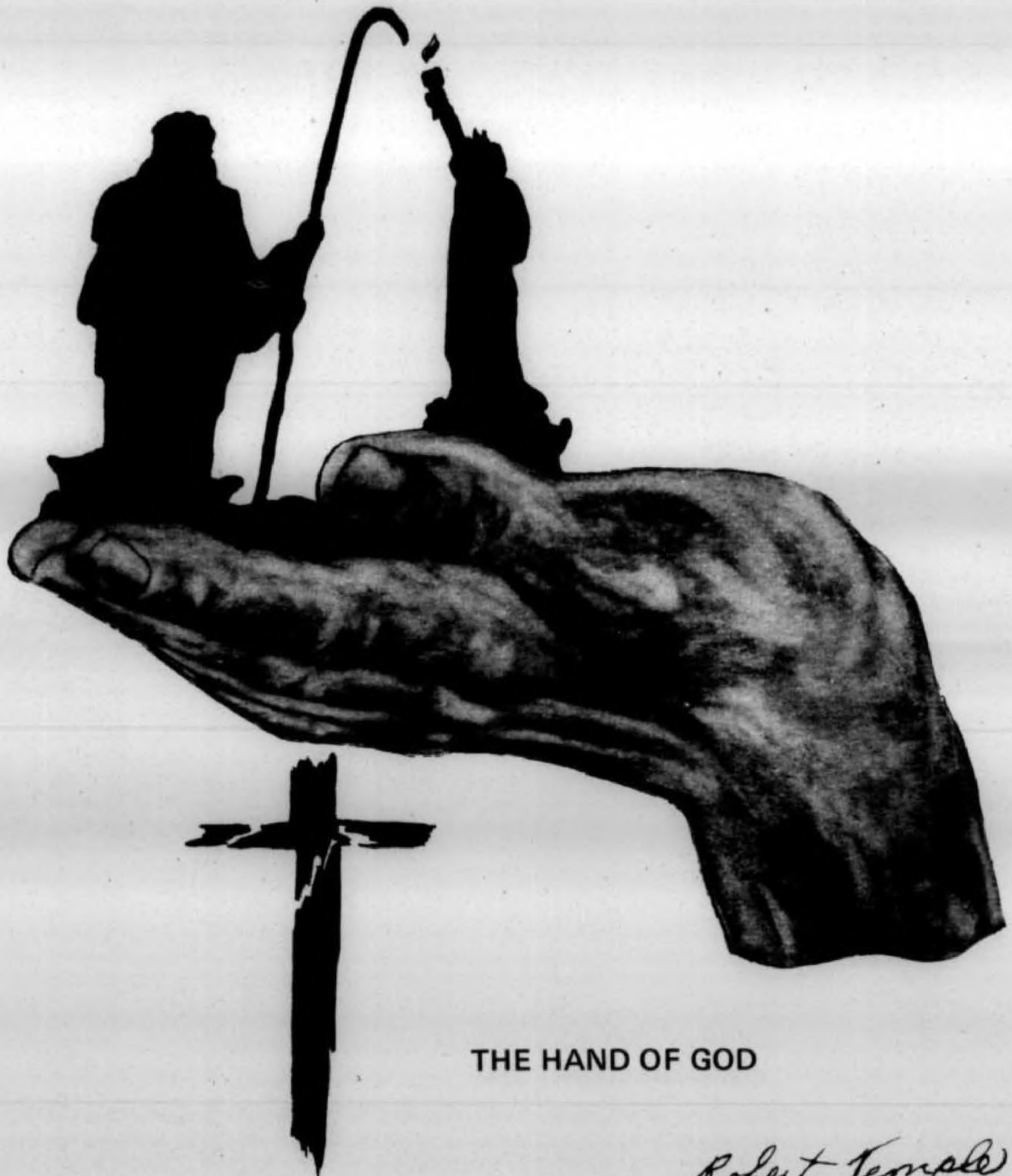
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WINTER EDITION

FEBRUARY 1975



THE HAND OF GOD

Robert Temple

THE FATHER'S HOUSE

Editor - Publisher

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THE COVER

The "HAND OF GOD" used on the May 1974 issue is the most appropriate design for this particular time and issue, and it is therefore repeated without apology.

The great longing within man's soul is freedom from the cross he is carrying. His supreme goal is to throw off the cross and accept his freedom through The Triumphant Living Christ! The Statue of Liberty represents freedom on this Earth Plane. The other figure represents man risen into full Christ Awareness while yet in the flesh. The Artist is Robert Temple.

THE EDITOR'S PAGE

First, I want to express my deep appreciation for all the many beautiful cards and letters, as well as your financial gifts that were received during the 'Holy Day Season' just past. As I write this page it is the first Sunday of January, and everything else for this issue has been completed, ready to go to press. It is a quiet, peaceful day here and I feel in a contemplative mood. The matter of making New Years resolutions is largely passe' these days, - but there is one that I would like to propose for all of us if I may? Will you join me?

Let's RESOLVE first of all to FORGIVE OURSELVES, and then to forgive others for all the mistakes, errors and shortcomings that we made or experienced in the past year of 1974!

Secondly, - now that we've pushed that 'monkey' off our back, let's resolve to PROFIT by those mistakes beginning right now by using the words of a very old song that was popular when many of you were mere children, - "ACCENTUATE THE POSITIVE, and ELIMINATE the NEGATIVE!" - in all that we do, say and think! Human nature being what it is, this will naturally involve quite a bit of self-discipline, - but I can't think of anything more worthwhile, no matter from what angle you view it, right? So let's get on with it, - this job of mental, emotional and spiritual GROWTH! Better yet, - spread the word to all your meditation groups, (and there are thousands of them) and perhaps we can start a new kind of 'epidemic'! What do you say?

The Father's House is now engaged in a new activity that I'm sure will be of very great interest. Perhaps it will be as much of a surprise to most of you, as it was to me, to learn that among the many thousands of inmates of our penal institutions, there are small groups of prisoners who are eager for spiritual and inspirational literature. They are also grateful to those who 'care enough' to take time and effort to write to them and take a personal interest in them. Back in November I received several names and addresses, mostly of prison chaplains or librarians. I sent each a package of back issues of the Fathers House, and shortly thereafter I received letters from some of the inmates, - beautiful letters expressing their appreciation. Since then I have received many more addresses of institutions in both the U.S. Canada and Mexico. I can see that this is going to develop into quite an extensive program. Many of these men have little or no outside contacts of either a spiritual/metaphysical or personal nature.

The overall Sponsors of this Prison Project is the "Spiritual Community", Box 1080, San Rafael, California, 94902, Attn: 'Dana'. If you want to be a Pen Pal to a prisoner(s), they will give you the names of individual inmates who want to receive letters, and their special interests, if any. One is interested in Eastern religion, Yoga, poetry, etc. Others are more general in their interests.

(The Editor's page is continued on page 34.)

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AN EVENT OF MAJOR IMPORTANCE

A Christmas Fable

By James Dillet Freeman

Note: - (Reprinted from Unity magazine by permission of the author).

The story I am about to relate is only the beginning of a story. It's about the birth of a child, and you can't get much more at the beginning than that. For thousands of years human beings are going to be talking and writing about this birth and this child. I believe that this birth occurred now because we are at the beginning of a new age, - the Age of Aquarius, and this child has a special role to play in this age. When you hear the details, I think you will believe this too.

I don't imagine anyone will ever have all the details. I have tried to find everyone who was connected with the event, and to put down what they had to say about what happened so that we can get as complete a picture as possible.

Most events like this go unrecorded until long after they have occurred. Then usually all we have is someone's unsubstantiated, often sketchy, often fanciful tale. That's why I don't want this to be just my story. I want it to be the story of all those who had any part in the event; I don't care how small a part. For instance, I called upon the director of the hospital. In our time every child is born in a hospital, - and since this child wasn't, and there was a hospital nearby, I wanted to find out why.

The hospital was one of those little community hospitals you find in rural areas, - the kind several towns go together to build. I called the director on the telephone. He said he didn't know anything about a mother-to-be being turned away, but finally he reluctantly agreed to an interview. "After you called me" he said when I came, - "I naturally made inquiries. We are here to serve everyone. I talked to the girl who was on the reception desk the night this fellow you describe came in and asked if he could bring in his wife. The hospital was full, and that's what she told the man."

When I asked the director if it really was that full, he snapped angrily, - "Certainly it was! I've checked myself! Every room was occupied. That's not an unusual condition. We're the only hospital in this area, and we're not a big city facility. And this fellow was a stranger here. When the girl asked him where he lived, he said he was just traveling through. You have to admit that wasn't much of an answer. She asked him if he had hospital insurance, and of course he didn't." When I asked whether you had to have insurance to get in the hospital, he snapped again, - "No, of course you don't!

The girl was just following instructions when she asked him that. We ask everyone that, - that's natural isn't it?"

"Isn't there always room in the hospital in an emergency?" I asked. "If we know it's an emergency" said the director. "We didn't know that. The man didn't bring his wife in. So the girl on the desk had no chance to see how far along she was. For all she knew, the woman might not be having the baby for a week!" No, he said, he had made a full investigation, and the girl on the desk had done exactly the right thing. There was no room in the hospital, and she had told him that. I thanked the director and asked if it was all right for me to talk to the girl who had been on the desk. He was irritated, but said it would be all right.

Her story was much like his. This young man had come in, dressed in blue jeans. He had long hair and a beard, but she'd rather liked him. He was clean. No, he hadn't talked rough or threatened her, or anything. In fact, he was soft-spoken and seemed rather shy. As she had said, - he seemed nice enough, but there was simply nothing she could do. She hadn't liked turning him away. She had been uneasy enough to follow him to the door and look out when he left. He'd climbed into an old beat-up Volkswagen van with shabby curtains at the windows. "You know," she said, "the kind all these young hippies live in. You see them on the roads every day."

Why was I asking about it, she wanted to know. Was he a friend of mine? Had something bad happened? Were they suing the hospital or something? I told her no, - nothing bad had happened. They had had their baby, and everything was fine. "I'm glad to hear that" she said. "I'm sorry I had to turn them away, - but there was nothing else I could do. You can see that." I said, "Yes, I can see."

You probably want to know how I got involved in this. It was the star that aroused my interest. I say star, - though the astronomers said it was a comet. That is typical of this whole affair. Was it a star, was it a comet, was it anything? Maybe you remember, - it was in the papers briefly; a kind of 'nine-day wonder'! A French astronomer named Bertrand discovered the comet, and the papers announced that astronomers were predicting that it was going to be the most glorious sight the heavens had produced in centuries! But instead of growing brighter, as was predicted, - the heavenly visitor seemed to fade, - at least as far as most people were concerned. Because when I asked people whether they had seen it, they would look at me surprised and say, "What comet?" or, - "Is there a comet up there?" or, "Where is it supposed to be?" The papers finally announced that the comet was a fizzle, and gave a long scientific explanation of how this had happened.

But the strange thing is that it was NOT a fizzle, - not, that is, for me! I saw it! And instead of fading, - night by night it got brighter

and brighter. Not only did it get brighter, - I had the strange feeling it was drawing nearer! Yes, the light was slowly moving across the sky, and every night it was moving nearer to me than the night before. The phenomenon fascinated me, - so much so that I wrote to Bertrand.

How come, I asked Bertrand, that he had discovered a comet that was supposed to be the most glorious sight in the heavens, and there it was as glorious as he had said it would be, - except that nobody saw it except me? (though I didn't think it looked like a comet). What's more, whatever it was, I was absolutely certain its light was moving across the sky and every night was coming nearer to where I was.

To my pleasant surprise, Bertrand fired a letter back immediately. He was very much interested that I could see his comet because he continued to see it too. One of his fellow astronomers had written to him that he saw it, - but apparently we three were the only ones who could see it. Why this was, he had no idea. As to whether it was a comet, - he had reluctantly concluded it was not, at least in the ordinary sense of comets. A heavenly visitor, to be sure, but not just a chance wanderer from outer space.

"You probably think I am crazy," I wrote, "but the idea has grown in me that the light is a kind of celestial beacon in a giant hand, - beckoning those who see it to follow it. It is not only a light sent to shine on Earth, - it is shining in one particular spot on Earth. What is more, unless my powers of observation are very distorted, that spot is not far from where I live."

Bertrand wrote back that he did not think I was crazy. He and his astronomer friend had slowly come to the same conclusion. They had been independently tracking the motion of the light and computing its course. If their computations were correct, - when in a few days the light was closest to the Earth, it would be shining on some point on the Earth's surface that was within a hundred miles of the city where I lived. To find the exact spot on which the light was falling would require a ground search. He and his colleague were so sure of what they had discovered, and so sure that an event of major importance in the history of the globe was occurring, that the two of them were flying into my city and hoped I would be available to lead them in their search.

I immediately wired back that I was eagerly awaiting their coming, and since I had a large house, I expected them to be my guests. So in a few days the three of us were driving out into the country, searching for an object on which a strange light was falling that only we could see.

I wish I could give you here all our conversations. They were profoundly interesting, but they would unnecessarily prolong this tale. I have, however, carefully written them down and am preserving them.

There is no question in my mind that a drama has unfolded here of paramount importance to humankind, and future generations will be probing for every morsel of information connected with it.

Our search turned out to be more difficult than I imagined it would be. For one thing, it had to be conducted by night when the light was visible. My two friends were expert at observing heavenly bodies and computing directions and distances. But the light was up in the sky and the point we were searching for was down on the ground, and to reach it we had no direct route. By night we had to follow country roads that wound through many miles of woods and fields, up and down hills and over streams. And of course a part of what made it hard was that we didn't have the slightest idea of what we were looking for. Even when we found it, we could hardly believe that was what we had been looking for, - a newborn child in a Volkswagen van!

Who could dream that such an ordinary event could be so momentous as to call for such an extraordinary celestial phenomenon! But there could be no doubt, when at last we located it! The star was directly overhead, and the light was shining straight down enveloping the van like a mantle.

I had thought that my friends and I were probably the only ones to know about the event, - but the father of the child told me that on the night the child was born, several people who lived on farms in the vicinity had come to the van. Naturally I went looking for them. At the fourth farm where I stopped, as I questioned the man, he became very excited and called his wife into the room, - and between them they blurted out quite a story.

They had gone to bed early, but about three in the morning they awoke, for their room was full of light. They arose and looked out the window. The whole sky was aglow. They had never seen anything like it before. The man nodded his head. "We heard the music and the voices," she said. "There were voices?" I said. "Music and voices," said the Man.

The music, they said, was as hard to describe as the light. But it was the most beautiful music they had ever listened to. They went to the Methodist church, and sometimes when the organ was playing and the whole congregation was singing, it sounded pretty good. But that was nothing compared to this. It wasn't gospel music, and it wasn't country music, - but somehow it made them feel like praying and praising and leaping up and dancing at the same time. Then they began to hear the words. Over and through and above that music came words.

The woman went out of the room and came back with a scrap of paper that she held out to me. "I wrote the words down," she said, "so we wouldn't forget." I asked the woman if she would give me the

paper. I have it put away with my conversations with my astronomer friends for a future publication.

These were the words on the scrap of paper: "God has lit His candle in the night, and His candle is the Spirit in man. God IS, and He is GOOD! And His will is Life and Peace and Joy. This day He has given out of His Love a child who will be a blessing to all the World."

"Do not be afraid, but rise and seek, and you will find nearby a man and a woman, - and in the arms of the woman a newborn child, and when you look upon the child, you will behold God, and you will kneel down and lift up your heart in praises."

"We were afraid," said the man, - "but not too afraid. We went across our yard, out the gate and down the road until we came to that van. The moment we saw it, we knew that's where the lights and music and voices wanted us to go. And sure enough, there were the father and mother and newborn child. And when we saw the child we knew we beheld God, and we fell down on our knees and gave praises."

I talked to the father and mother of the child. Or was he the father? I suppose it depends on how you look at it. They were slow to talk to me, - but with the story they had to tell, I guess they had to pour it out to somebody, and they could see I was their friend and believed their incredible story. (The two astronomers and I had pitched in and given them a gift. "The baby is going to need some things," we said.)

So the young man finally told me how they had come from a little town in another part of the country, where they had known each other all their life. They had been sweethearts since they were in the fourth grade. He had decided then she was the most beautiful girl he had ever seen, - and he had never changed his mind. He couldn't remember the time when he hadn't taken for granted that they were going to get married. You can imagine then what he felt like when one day she came to him and said, "I'm going to have a baby." "For God's sake, whose?" he asked her. She just shook her head.

"I had never touched her," he told me. "I had just taken it for granted that someday she would be my wife, - and then..." "I love you," she said. "I have never loved anyone else, and I never will." "Whose baby is it?" he said. When she just shook her head again, he turned and left her. He felt there was only one course he could take, and that was to get out of town. He couldn't bear the humiliation that would be his when his girl, - the only girl he'd ever had, - had a baby by somebody else! He had this Volkswagen van, so he packed his things to leave. But as he tried to drive away, he realized how much he was in love. She was his girl, - the only girl he had ever loved, - the only girl he could even imagine wanting for

his wife. The longer he thought about it, the more certain he became that he loved her just as much as he ever had, and would never love anybody else. So he turned around and went back. "You say you love me and have never loved anybody else," he said to her. "I love you, and have never loved anybody else, and never will," she said. "Then marry me" he said. "I love you and will never love anybody else, and that's all that matters. I don't care whose baby it is!" "No, wait" she said. "I have to tell you something. You'll think I'm crazy, - but you've got to believe what I have to tell you, or I can't marry you; I just can't!"

What she told him was that months ago she had a dream. In the dream something came to her. She couldn't say what it was. It was just a - a 'presence!' But it was an overwhelming sense of a presence. And it filled her with itself in a way she couldn't describe. It just made her its own! And she heard voices that told her, - "You have been filled with Life, and you have conceived and will bear the child of Life. You are blessed above all women, and through the child you have conceived, all human beings will be blessed!"

I know it all sounds crazy the young father told me. "But that's what happened. It was past my power to understand, - but she said she had had no man, and if she said that, - I knew it had to be true. Yet, there she was, - pregnant! It was hard to believe it could just be a dream. But I said to her, - 'We are going to be married' and we were. I knew the best thing for us would be to get out of town. So we took off in this van, and here we are! I still don't know what it's all about; and it's still hard to believe. But obviously something has happened, - something that isn't just a dream! There's this light in the sky that's followed us, - you say that's how you found us. And the night the baby was born, there were all those - do you believe they could be angels?" He shook his head incredulously. "I believe!" I said.

I'm not sure how to describe the young mother except to say I liked her. The night I talked to her, she was dressed in a plain dark dress that looked like it had had a lot of wear. She had dark hair and dark eyes. Her eyes were the most outstanding thing about her. They were very large, very soft, very gentle, very deep. Have you ever looked into anyone's eyes and thought you were looking into a very deep well? Her eyes were like that.

"I don't know what to tell you," she said to me. "What can I say? It would be easier, more understandable for me to say that the baby was someone's other than my husband's, - except that it ISN'T! It still sounds unbelievable, even to me! But the way he told you, - that's the way it happened. I realized I was going to have a baby, but I had never been with a man, - not even with my husband whom I love. Yet, I was going to have a child. I had all those dreams or visions, or whatever they were. There were lots of them. I would

wake, or at least I thought I was awake, - and I would lie there in my bed, more afraid than anything else, because I had the sense that I was not alone. Yet, I never saw anything, and I'm not sure I heard anything either. At least, I'm not sure I ever heard a real voice speaking out; but it was like a voice, just as it was like a presence. And the voice said, 'You are with child, but don't be afraid, for your child is meant for great things and is the offspring of Life itself!

"Oh, I felt all sorts of things in those nights, - fear, pride, pain, shame, ecstasy! But slowly I came to feel that whatever it was, it was GOOD. Was it God? Was it the Holy Spirit? Was it an Angel? It never gave itself a name. I wish I could remember now all the things I thought I experienced, all the things I thought I heard, all the things I thought I felt. But very shortly it gets hard to remember exactly. It's so real when it occurs, and afterward it's like a dream or something you read. That's the way it is now.

But I have a child, and the child is REAL! Sometimes I think I've gone out of my mind; this can't have happened, - but it HAS happened! I don't know why, but I KNOW! I know in the depths of my being that I've been chosen in a very special way to be the mother of a very special child, who is going to bring a blessing to all the world."

I've tried to put down here just what the mother said. That has not been easy, because it wasn't so much what she said, as it was the way she said it. While I was listening to her, there was no doubt in my mind that she was telling the truth. She had had an unbelievable soul-exalting experience. This young girl was no longer just a young girl. She had encountered something beyond her power or mine to understand, - and she had been transformed and transfigured.

I have met a number of very creative people who have had great creative moments. But as I stood before this mother, I knew that I was in the presence of someone who had had a creative experience on the very highest level of being. There was no more doubt in my mind than in hers that the child she had borne had a meaning for all of us, - and a role to play beyond anything any of us could even imagine. As I stood there in the presence of that young woman, I knew that I was privileged to have a small part in an historical occurrence of the first magnitude!

"I have brought forth a baby" she said. "My baby, - my baby! - is going to be a blessing to all the world!" Then she held the baby out to me. As to the full meaning to this strange event, - as to the exact significance this birth has for mankind, this of course only the passing years will reveal.

What is my belief about the child? All I know is that when her mother held her out to me, and I looked into her eyes, - I fell down and worshipped her!

- - - (See 'Epilogue' on page 13)

CHRIST - KRISHNA EXPLAINED

Channel, - Illiana

We are your Cosmic Teachers, who through countless incarnations have evolved to our present ordained rank, - now dwelling eternally in Cosmic Realms. We are formless as you know form, but composed of strong Energy Forms which can penetrate the material Earth layer to bring Rays of Divine Energy along with Holy Thought Forms that will aid you, if you are receptive and comprehend what we say. Yes, Beloved, We once were as you are, - earthbound material beings, rising and falling spiritually and physically until Our growth and evolvment was completed through many rebirths.

Do not mistake Us for the Astral souls who dwell much in your own dimension (earthbound, that is), - those souls of your lost loved ones and friends so recently released from their bodies. We have evolved way beyond this level and are now part of the Cosmic Corps of the Angelic Host. Some among Us, - Angels as you think of them, NEVER were Earth beings because they wisely chose to remain on the Higher Level. But We, who like you, chose Earth to dwell upon eons ago, are best suited now to be your Teachers for the practical lessons you must learn in order to arrive at a better understanding of Cosmic Truth and thus evolve also to this illumined state of the Higher Conscious-Dimensional Level known as the Cosmic Realm.

As We observe your planet and its people, we see confusion among many who are perplexed over the use and meaning of certain words used by Us and by our Light students. One such word is 'CHRIST' - and today We will talk of this.

Centuries ago after the great Master Jesus left the Earth, many of His followers banded together forming an organization in His name. Originally they had correctly interpreted the full meaning of "Jesus The Christ" but each generation following employed new ideas and concepts until they finally referred to Him as 'Jesus Christ' thus intoning that 'Christ' was also a part of His name rather than His title. Thus was formed what you now call the "Christian Church". As generations went by and new ones appeared, more emphasis was placed on CHRIST as the man Jesus, giving much mystery to this concept. Now most of your planet accepts this and so there is a great confusion, and many of different ethnic and philosophical groups feel somewhat embittered.

We, as your Teachers, and our Light Bearer students make many references to "The CHRIST" and still there are those who do not comprehend Our meaning, in spite of the many lessons We have given to explain this. Let Us try to clarify it once again, and this time we will be even more specific. To begin with the English word

CHRIST, (Greek 'Kristos') is a derivation of the ORIGINAL word used by the earliest recorded religion (at least 8000 years old) called HINDUISM. The word was 'KRISHNA' and means "The Anointed One, He Who brings Truth to the People". It is a title given to One, who through discipline, many incarnations and firm dedication, - has purposefully fulfilled a life of Love and Service for those who would listen and follow the Teachings as dispensed by Him.

Thus the One in very ancient times known as KRISHNA (CHRIST) and the One 2,000 years ago known as CHRIST (KRISHNA) both were Anointed Ones! And there were, and are, many others! For instance The Buddha (Enlightened One) We lovingly refer to as 'Buddha-Krishna' for He too was an Anointed One. Do you better understand this now? Oh Beloved, do not let years of habit form your thoughts! Let Truth express itself to you without being pressured by organized dogmas which manipulate Truth for its own gain. KNOW the Truth and IT will make you FREE! Yes, free to understand, as your soul strives to understand.

We have more to say about CHRIST, - so listen attentively! Since We have established that CHRIST means "The Anointed One" it is now necessary to explain WHO and WHEN Anointed Ones are chosen. Again, due to man's limited vision, only certain ones as Jesus Christ to the Christians and Krishna to the Hindus, have been considered as 'Christs'. If this were so then it would be impossible for earth beings to become what these particular Anointed Ones advocated that you become! Both of these Holy men (and many others we might add) repeatedly admonished their followers to FOLLOW ME! That is, follow their example, live like them, be one with them, with God and all of Life. They emphasized over and over that they were setting an example of what YOU are to become, - a Christ or Krishna, an Anointed Son or Daughter of God!

There is no mystery, My beloved, - all who have achieved Christ-Consciousness (the Highest Principle of Truth Within) are aware of their own Anointment, of their own Christhood. Ponder this whole concept meditatively, for much Light will be given you if you truly seek to understand. This is the preparatory period of the New Age when such knowledge is to be imparted to the prepared ones.

Look not any longer for ONE man or ONE woman to become incarnated as The Christ (The Anointed One) for the "Second Coming of Christ" does not mean this at all! The "Second Coming" is the AWAKENING WITHIN, - THE REBIRTH OF TRUTH WITHIN THE SOUL, - that which preambles the Anointing of the being, making him or her a Christ Being! So do not look here or there for a new baby that will be the physical manifestation of the 'Second Coming' - the new Saviour, but look INSIDE yourself, - for YOU are 'pregnant' with the Christ right now, and it is up to you whether this Holy 'Child' - the Holy Principle from Father-Mother God, is born to you

or whether you have a 'miscarriage'! ALL of you can be saviours of mankind if you so choose!

Some few have seemed offended by the use in certain lessons of the word "Christ". We understand in part your confusion, - but we remind you again that when this expression is used by Cosmic Teachers or their students, the reference is made, - NOT to any one 'man-saint who carried this title, but rather the STATE of BEING that this expression describes within ALL beings. It is a universal word, - (KRISHNA-CHRIST-ENLIGHTENED ONE) with deep vibrations. Remove yourself from early dogmas and ethnic ideas, and be immersed in the Principles of Truth which "Christliness IS!

The battle over words and intellectualization will only delay the process of evolvment and freedom, - so do not be slaves to these man-made inventions! Oh that We could communicate to each of you in the silent chambers of your own Selves, but most of you are not yet ready, so We must use your 'words'. See ye the Truth Within, beloved, - and be permeated by the Light of Understanding which ALONE can enlighten you!

- End -

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EPILOGUE to "Event of Major Importance" (from page 10.)

Editor's Note: Even though the subtitle of the foregoing story labels it as a "Christmas Fable" nevertheless it is so realistically written that a great many have mentally bypassed the subtitle and accepted the story as actual fact. In a letter giving permission to reprint this story, the author added the following explanation which I feel is vitally important to be included as an epilogue.

"The story is, as it is labeled, - a fable. I wrote it because I wanted people to think of the birth of the Christ-child more vividly. Often we think of it but casually, and so I asked myself, - what might it be like if it should occur today?

"I strongly feel that there is a divinity within each one of us, and the principal purpose of life is to find and express this divinity more fully. I feel that the great story is not important as the description of an historical event occurring two thousand years ago in a remote province of the Roman Empire. What IS important is that it tells us of the divine potentiality within us all. As I wrote the story, I wanted it to say that the appearance of God was not limited to the birth of a boy in a stable long ago, - but Christ is born again and again. I believe that the last sentence of the story emphasizes the truth that the Infinite One has an infinite potential to appear at all times and in all places, - in EVERY ONE OF US!"

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(Dr. Freeman is Vice-President of UNITY,
and Director of 'Silent Unity'.)

MEDITATION

Part II

BAN-DHU Through Illiana

MANY PATHS

When meditating in a group, use invocations, prayers and unison chants. Following a period of fifteen to thirty minutes, close the meditation period. Unless a channel has received a lesson of GROUP value which should be shared, - no comments should be made about each one's personal experiences.

To clarify an important point: Our channels are used by the Cosmic Teachers for the transmission of lessons only after they have entered a state of meditation. The channelled material is NOT the meditation! It is only after they have achieved a state of Peace and Oneness that We can speak through them. Some lessons may be personal, while most of them are for general upliftment of Earthlings everywhere.

Only beings who have prepared their vehicle and self are ordained as channels for the Cosmic Teachers. This is not an earthly ordination, - but one performed from the Higher Realms. Others may receive inspirational thoughts for their own self-growth, but they are not ordained by the Cosmic Hierarchy as channels. Many years of pure preparation are required, just as in your Earth schools.

Use discrimination in your group meditations and in the after-talk. Of course if one has a period of trouble, they may desire suggestions and assistance from the group. Then they should voice their concern and others can offer vocal assistance. Otherwise there is no real value in discussing each personal experience. Meditation, even when done in a group is a very private and personal act. Your feelings, your bliss are between you and the Cosmic Lover!

To be truly effective, - meditation must be a natural act, a part of one's daily living and being. Many so-called techniques are quite suitable and reliable, and we highly applaud the method used by the great Master Yogananda. Meditation in its truest form never changes from age to age. Always it is designed to lead one inward to the Source of all Truth. It is intended to aid one in understanding his karmic pattern, and most important, it brings one into the fullness of knowledge that he is ONE with all else! Certain methods properly understood and practiced, aid one to achieve these results more quickly and peacefully.

Remember that there are divers paths one can follow and it is up to each one to seek the path that is best for him to travel. This

is true in any age! There are some meditative paths and none are truly to be criticized, - for to SOMEONE a path is the Blessed One! All depends upon the soul evolvment of the being. The more advanced paths, (such as Yogananda's) lead one slowly and gradually to a full awareness of Oneness, until in time and with patience, that devoted being dwells in a perpetual state of meditation while still doing his assigned earthly tasks. This is truly a New Age meditator, one who can dwell always in Cosmic Bliss and yet carry the divers responsibilities assigned to him. Such ones are blest with energy beyond measure!

'TUNING IN' is a form of meditation. As we interpret this, it means going within to solve both mundane and spiritual problems and awaiting for instruction from the Voice within. It is not pure meditation, - but a very important function to be observed by man. PURE MEDITATION is a total "giving in" to Pure Love, Pure Spirit known to you as God the Cosmic Beloved. Do you understand the difference?

GROUP MEDITATION

Now we will explain other facets of this most important discipline, MEDITATION. I will talk a short time on meditating in groups. For Earth people this is perhaps the more difficult way, but in many ways it offers unusually good results if practiced correctly. As We observe the Earth, too often an unplanned program is allowed to be followed, thereby producing little or no success for the participators. If you will follow My suggestions better results will be achieved.

First, - only sincere believers in this practice should participate. Those who do not wish to join a meditative group should retire when the group they are with begins its practice. Those who have not studied sufficiently this practice should also retire, and We suggest that they practice as I have outlined in my other talks on meditation, - (unless the participating group is aimed at serving its members in the way of teaching and practice.)

Secondly, - the time set aside for group meditation should be at the convenience of all participants, and should be two or three hours following the meal if it is in the later hours of the day. The room chosen should be comfortable and arranged for all to sit in circular fashion with chairs and pads that offer good posture possibilities and comfort. No light other than candle light should be used, and incense may be burning unless it is disturbing to some members. Use gently scented incense but not that which is scented like food.

Third, - the participants should stand and inhale deeply and exhale several times, preferably in the open air. Then, completely relaxed, - they should seat themselves in their favorite positions for meditation. Now beloved, this is very important, - ONE Divine Reality should be the center for all minds to meditate upon at one sitting.

Before going on let me explain something. For a meditative group to be effective they must come together 'as one mind'. That is why non-believers should not be included, and that is also why one Reality only should be used at a sitting. When many single units meet together and become as one, it increases the possibility say ten-fold if ten are participating, or 50 times if 50 are participating in strengthening the energy of the group. Think of what can be accomplished in this way, - but do not think it is easy, - it is not. If only one removes himself from the central thought, the complete circle is adversely affected.

Now going on, - let us assume that "Brotherhood" has been chosen as the Reality for centering the meditation upon; then a leader reads words of wisdom about brotherhood. An affirmation is repeated on Brotherhood and the candles are lit, the incense is burning and all meditate for fifteen to thirty minutes on this Reality, BROTHERHOOD. Each member of the circle must be determined to allow no other thought to enter the thinking. A help to focus a picture in the third eye of many people from different races and religious backgrounds, of political backgrounds from all nations of your Earth, etc., mentally see these brothers and sisters clasping hands and being joyous together. Envision them walking together, speaking each other's languages; see them loving each other with no malice for anyone. Do you know, My dearly beloved, that meditation such as this done on a worldwide scope could produce Universal Brotherhood much more rapidly than is now being achieved?

This type of meditation should be performed by groups as well as individually, using all the Divine Realities, - Love, Peace, Harmony, Contentment, Happiness, Acceptance, Holiness and all the rest. When the meditation period is over take a few deep breaths and resume normal activity.

To further help your progress in meditation it is advisable that the students practice a rigid health program as outlined in other lessons by your teachers of health. I, Ban-dhu, believe the most important health suggestion I can emphasize is that you DO NOT OVEREAT! This is a most deplorable habit on your Earth. It is best not to eat flesh food, - but do eat many fruits and grains. Abstain anything that becomes a desire to you! Moderation in all things should be the standard form for all children of Light. Do not partake of anything known to be harmful to body and soul. Do not listen to the so-called shortcut meditation methods preached by some on your planet. There are no short cuts! I am making reference to drugs and any other chemical or mechanical method.

DESIRABLE OCCUPATIONS

Now for a few moments I will talk to you about desirable occupations for Truth Seekers. Any work that requires you to assist in any way the breaking of Universal Law should be cast aside. This

would include work in war-making machines, chemicals for destroying living beings and even certain businesses which require the type of competition which injures another being's spirit, or professions which require dishonesty in any form.

Do work in wholesome, progressive industry, in natural sciences which respect the lower creatures. Work in religious organizations providing you are determined to stand by YOUR good ideals and not cater to the wants of the people just to stay on the payroll. Work in all the arts, for all these can be very effective for the progress of Truth. However, be warned that even these good professions can be used incorrectly if the worker does not put foremost in his thinking, - SERVICE TO THE COSMIC FATHER-MOTHER, AND SERVICE TO MAN! The monetary gain should never be the primary reason for working, but that is too often the case even among gifted Truth-Seekers. This materialistic attitude must be erased from the thought waves if spiritual progress is to be made. We do realize, beloved, - that you must have money for life on Earth in the present age, but do not make it your primary concern. The Cosmic Father-Mother will see that you are well protected and provided for if you seek Him first, and serve your brethren.

Several hours of your week should be devoted to free service to others, utilizing your particular talents. As an example, - if you are an artist, begin a school for young people who have no financial way of learning. If you are a nurse or doctor, - give free time to the needy ill and elderly. If you are a printer, a florist, musician, carpenter, cook, laborer or a neighbor, - can you not think of the innumerable services you can perform? Do your service with no thought of self, or of publicity. Do it with JOY and LOVE, - never as a task but as a joyous opportunity to make others happy, therefore bringing them closer to the Divine Source of all Good. In this way the opportunities are unlimited for linking together the family of man on your impoverished Earth.

Children of Light, fill your homes and hearts with the sick souls around you. Teach them and elevate them in spirit. Of course you must be strong (of spirit) for this, - but if you meditate daily, and often participate in groups with like-minded children of Light, you will have this needed strength and will find great opportunities for raising plebeian souls to a higher standard of spiritual life. Remember, once in another lifetime, or perhaps in this one, - you too needed help and received it, - therefore do not refuse to help another, My beloved.

Further Group Study: REFLECTIVE MEDITATION

We would suggest now that you begin a program which is divided into two sections. It is not wise, as We observe, that a group intermingle a meditation and a discussion period. Each has its place and

purpose. Meditation is SILENT communion with the Cosmic Beloved while discussion is an exchange of ideas not truly necessary, yet for most Eartheans a helpful outlet.

For those groups who have advanced sufficiently in their discipline we would advise the following:

1. At the designated hour those in attendance will practice silence. Lighting of the candles will indicate the beginning of silence. Prior to this small talk can be indulged in in another room but not in the meditation room.

2. After a few moments of silence and relaxation you will recite whatever invocation you choose, or use the ritual of the Flame which was given to Illiana for this purpose. This practice will assist in tuning in the mind and Higher Self with Cosmic Reality and increase the Peace and Love vibrations of your planet.

3. This should be followed by a few moments of silence and contemplation.

4. Then the meditation topic for the meeting will be given. It can be prepared in advance on individual pieces of paper for each participant, or given verbally while each participant writes it in his or her own notebook. Use topics of deep spiritual significance.

5. Give more time to this portion than the time previously allotted to meditation. At least thirty minutes to one hour is advised while the participants contemplate deeply and meditate on the spiritual topic, and record on paper what is received. This is also the method of meditation used to assist in developing Channels.

6. When the time has come to end the session, begin chanting AUMMM and the others will follow.

7. Then proceed with the healing service. Record the names of those requesting healing and place in a Healing Receptacle. Consider healing of soul-mind-body always and spiritual balance being restored to the total being.

This should complete the Meditation Service and should be conducted in an orderly, reverent fashion with no rotation of leaders. On occasion at an appropriate time of year, a communion service can be observed in memory of the Great Master.

Following this quiet service of meditation you can turn on the lights with more intensity and proceed to a discussion meeting. Here a rotation of leaders IS advisable. The first thing would be to read the impressions received during meditation if that is desired. Then the topic for the evening can be introduced with the leader for

that night as the orator. (Or a guest speaker may be supplied who will talk on a spiritual subject of value to the group.) Following the talk there can be discussion, or a question and answer period, and exchange of ideas on the subject spoken. Also during this discussion period of your evening is the proper time to learn new meditation techniques, new breathing exercises, etc. These lessons should be retained in the memory and practiced diligently in the privacy of each members' home. Your meetings should be calm; there should be the avoidance of raised voices in argument.

An important point must be made here. During this portion of your meetings, concerns should be shared. It is now that each can share their problems and offer help to one another, thus lessening the burden of these Earthy difficulties.

When the group is a large one, it is advisable to have the Meditation Service together, - but following this disperse into smaller groups of no more than seven members to each group for the discussion period following the evening talk. Much more can be accomplished in this way. The total period of time that should be allotted for the COMPLETE meeting, (meditation, healing and discussion) should be no more than two hours.

If you adhere to such a program, you will set up rich vibrations that will permeate much of the area around you, and if you will realize that this, added to the many other bands of Light Workers doing similar services, is truly radiating tremendous Light to your planet. You will also be blest, My beloved!

SOME POINTS OF EMPHASIS

We must emphasize the purpose of Group Meditation Meetings. All meetings which are sponsored for the purpose of finding Inner Unity, Inner Peace, Inner Wisdom, - should exclude argumentative subjects. If there are those in the group who wish to discuss points they do not agree on, - they must do so OUT of the Sanctuary. These disturbing elements (arguments) cause a negative vibrational pattern to exist which can undo the quietness created by the meditation. Words and opinions differ and in the course of discussion much energy is expended which could be used more profitably than through argumentation. Remember, beloved ones, that Wisdom is WITHIN, and each being must seek the Source for HIMSELF or HERSELF, - NOT from an Earth school or teacher, but through the Higher Voice of Truth that speaks to EACH ONE according to their understanding!

We repeat, - conduct the meditation meetings very reverently. Do not let them get out of hand. Here is an added suggestion that will assist you. Have satisfying music playing as the meditators arrive. Avoid too much small talk that may get too mundane, and it is good to avoid all talk if this is feasible to the group. Provide

each one with a copy of an inspirational message, poem, or an excerpt from a Holy Script which you, as leader, have prepared earlier.

Let us add this further observation regarding discussions. These confrontations are usually of an intellectual nature, and since all beings differ in their concepts of Truth or any other matter, - there is inevitable misunderstanding. This cannot be helped on a planet which depends on words for communication. If you must supplement your Inner education with outer education, (which all schools are whether spiritual or material), - then do so, but do not impose your opinions on others! This does not promote good-will. It is another more subtle form of dogmatism!

You who are coordinators of these gatherings are responsible to abruptly (if necessary) end such discussions which cause dissention and DO NOT permit them to go on in the SANCTUARY! If someone must continue to argue, - then let them be dismissed and retire to a room far from the Sanctuary. This may seem harsh but certain courtesies must be observed in a room dedicated to Peace and Inner fulfillment. The purpose of those entering a place of meditation is to find Holy Silence and quiet communion with the Masters. This cannot be done amid turmoil. The Holy Ones remove themselves from a place of confusion.

Seek Truth WITHIN, - and dwell in Holy Silence knowing that in this state ONLY can the Ascended Masters provide you with the insight in the matters that perplex you. My beloved, keep silent and meditate on the ONE whose Being impregnates your whole being!

End of Part II

Editor's Note: The third and final part of this series on Meditation will appear in the May issue.

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PURIFICATION Of The THOUGHTS

It is not enough to do and say right things, - you must also think right things. Positive thoughts can be a powerful influence for good. Negative thoughts can make you physically ill. Be sure there is no unpeaceful situation between yourself and any other human being, - for ONLY when you have ceased to harbor unkind thoughts, can you attain inner harmony!

'Peace Pilgrim'.

YOUR GOD-SELF CONSCIOUSNESS

(Excerpts From the Diary of Phoenecia)

By Frances B. McKay

Do you remember when you were a child and stood beside the platform at the Century of Progress Exposition to watch the great star, Arcturus actually illuminate the 1933 Chicago World's Fair? This was hailed as a magnificent electronic accomplishment, and the crowd stood hushed, - waiting expectantly for the perfect moment when conditions were just right, and the brilliance above had reached a certain spot and degree of intensity. Then, a seeming miracle happened as lights came on in building after building, - a gigantic and awe inspiring display that celebrated man's scientific progress over the years in harnessing electricity.

You though you stood at the base of that platform through sheer accident, - having wandered there through curiosity. In fact you were quite unaware that your being in that exact spot at that particular moment had been previously arranged at the inner levels of your consciousness, - nor did you know that round about you in Soldiers Field were a great congregation of Ascended Masters, dedicated to helping your planet Earth. Many of them came in their electronic bodies, though some were in the flesh, - and with them stood hosts of Devas, Higher Elementals and other mighty Beings, as well as members of the White Brotherhood still in physical life, and which of course, included yourself, - young as you were and unaware of your future work.

All of this delegation of Great Ones and Light Workers had come to lend their own individual Radiance to the ceremony, - for Earth had become a dark star, and though some of you knew exactly what you were doing, - many, like yourself, carried no remembrance of volunteering their Lighted Presence, nor did they realize that the illuminating of the Great Fair that day in Chicago, was a tremendous esoteric event. Attended by the Angelic Hosts and Ascended Masters as well as their incarnate volunteers, - this impressive ceremony actually ushered in the long awaited Aquarian Age of The Christ in America!

It came forth to your land in that borrowed stream of Light from above, for your world had to have a boost of brilliance because of the materialistic darkness and Karmic shadows on her surface (and below) that had been keeping her from the spiritual progress she must make. Yes, - the Golden Age was established that night, anchored in the aura of America, thanks to the help of the Great Ones and the Light from beautiful Arcturus, as well as the aspirants like yourself, who work to bring Light to your wonderful country. That was forty years ago, and still the radiance grows brighter, yet

all kinds of evils continue to surface and flag the attention of the newspapers and the general population. There are depressions and wars, and "rumors of wars" - yet little does man know, as he suffers today, - that this imperfection has only come into view because it is on its way out of existence. Discord always screams, growls and threshes in its death throes because it has reached its lowest point of vibration on Earth, and from there will simply decay and be dissolved forever.

REJOICE, all you Precious Ones! Be GLAD that you are embodied in these crucial times to witness and help in the establishment of this Golden Era, which is not just an 'age of the intellect' as the Piscean Period has been, - but the great shining 'Age of the Christ' when ALL human souls on your planet MUST reach the perfected state of Self-awareness that Jesus reached two thousand years ago.

The birth of an era destined to last for ten centuries, - like any other "borning" is usually accompanied by pain, - but this will soon be gone, and only the goodness, the progress, the spiritual unfoldment and the wonder of Life will remain. As I said, - all of you Earthlings must reach your individual Christhood and make your Ascension from the physical plane during the next two thousand years or be removed to another "schoolroom" of development in order that other souls may come to work and experience Life on Earth. This will fulfill the prophecy of the Master from Nazareth, when He said, "Ye are Gods," and also, "All these things that I do, ye shall do, - and more!" "Behold now is the accepted time!" The time for what? The time for man to step upward from mere self-consciousness to "God-Self Consciousness" - that your race may be ready to ascend into a higher plane of awareness among the Masters who have already reached this stage.

Do you know, all you Precious Ones, - what and who you really are? Are you personally acquainted with the real individualized YOU, the true Source of your existence? Have you met the Presence that projected you and by which you still identify yourself when you say, "I Am" - the Presence that works through your personal self and physical body, that it may experience life in your world? This is the REAL YOU! It's absolutely eternal, - so it can never die, and you ARE THAT YOU at heart. Therefore if you would like to become better acquainted with YOURSELF, - your true Higher Self, - in fact if you want to actually BECOME that Self, and start projecting its unlimited Perfection as perfect harmony, radiant health and limitless supply in your outer world, - you must meet it face to face!

HOW? Well, thoughts become things, and every thought materializes somewhere. In fact the first materialized state of a mental idea ALWAYS appears as an emotional picture in the mind's eye of the thinker who conceived it. Imagination is rightly named, for this primary image is actually the first stage that any form MUST take,

and since you have been given the power to visualize whatever you want to experience, you have but to make a clear thought image of your Higher Self, - holding your attention upon it AS YOURSELF, and you will soon find you cannot escape BECOMING that Self in manifest form.

Herein lies the secret of your individual creativity as a focus of Life or God, - for you create your body and outer environment from your own Divine Qualities of Power, Wisdom and Love. In other words, the Love aspect of your life is the actual substance from which the blueprints of your thoughts take form, and the first stage in which they appear as a part of your world is the vision you make of them via your imagination. You make your body and circumstances which surround you from your own Life Qualities, - projecting an actual part of yourself into these visible and tangible forms, yet after you create them, you quickly forget that it's only 'yourself' that you're meeting "out there!"

Now would you like to meet (and grow aware of BEING) the Master you really are? A man always BECOMES that on which he focusses his attention, and by picturing your God Self, the Christ in YOU, - your "hope of glory" - you can materialize this Real You as a working, manifesting identity of your own, merged into full oneness with the personality you now think of as yourself by your given name in daily life.

Of course, I can hear you say, - "Well that's all right, but how do I know what my God Self looks like?" To which I reply, "You're familiar with your physical appearance, aren't you?" After all, your body was projected by the 'Real You' as its earthly instrument, and thus it's made in the "image and likeness" of that God Self, - just as the things in your world are the mirrors showing the state of the personality that puts them forth. Of course, a mere reflection in matter cannot hope to express the full magnificence and beauty of its Life Source until it almost reaches the Ascended state, - for the vibrations of the world are too gross for such perfect duplication before physical eyes until matter is fully controlled by the soul.

Nevertheless you ARE the image of your God Self, as perfectly mirrored as you have allowed yourself to become. So picture a lovely, youthful, strong and healthy Being, - every feature radiant with angelic perfection; a form resembling your own if yours were also perfect, yet far more exquisite, (or perhaps if you are a man, I would say, more handsome) than the image that looks back at you from the bathroom mirror. 'See this form as lithe, graceful, symmetrical and whole, every cell ablaze with radiance, - for that's how your God Self appears. Close your eyes when you meditate and picture this glorious YOU, - standing there in its dazzling pure white Light-Body, surrounded by a refulgent pyramidal aura of blazing gold from which Rays of flame flash forth in all directions.

When the ancients symbolized man's personality as a triangle, point downward, and his God-Self as the Pyramid above it, - they were correct. The Jewish Magi pictured these two pyramids, - one upright and one reflected below it in reverse as coming together to form the six-pointed Star of David, which also represents the Incarnate Christ.

The symbol for the 'Ascended Christ' is seven-pointed, - the seventh point being projected outward from the middle of the six-pointed star. Of course the original idea of the God-Self has been depicted with its mirror image reflected downward, - but man, even before he reaches Mastery, projects his world in the form of materialized ideas and feelings DIRECT from the Heart Center, - and that is why the seventh point is shown as arising from there. Because one's thoughts and feelings become ensouled, a man need never feel that he will fail to meet his Master, - for in truth, the disciple himself is a past-life projection of that great Being. He is an ensouled collection of living thoughts and interests, created and actually 'lived' by his true Guru as a working personality long ago. When he, - who was human then, withdrew the focus of his own God-Self to enter a subsequent phase of existence, - the first ensoulment whom he had left, but with whom he was still connected, - continued to progress on its own, evolving into the "I Am" identity who would someday become that Master's "chela". In fact there is no end to such creative relationships, - for every Master has HIS Master in turn, and all of you 'potential Gods' of Earth will eventually become the Spiritual Teachers (or at least arrange for the guidance) of the "past life" projections you also have created from your deepest thoughts and interests.

As I said, the pyramid has long been known as a Power Center of Love and Wisdom. It appears in the cone-shaped steeples of your churches which represent the upper triangle or trinity of man's God-Self. You also form it when you pyramid your hands in prayer to help invoke your Deity. In the middle ages, if a student had trouble with his lessons, the headmaster put him in a corner alone to think, and placed a pointed hat on his head to aid his intelligent resources. This wasn't done to mark him as stupid, but to strengthen his mental abilities. Later on the original meaning of the pointed hat was lost and it came to be called a "dunce cap" to signify a dolt.

Your Master, St. Germain-Eolia, incarnated in King Arthur's court as Merlin the magician, who always came to be pictured in a pointed hat as he performed his mystic miracles. Witches are traditionally shown in peaked caps, black in color, to signify perhaps that some of them were not very spiritual in their aims.

Right now, I recommend that you meditate beneath a little cone shaped hat which you may visualize as a pyramid of Light from your Presence above. You can make it of paper, plastic, net or stiffened lace, (as these materials are light and their weight wont distract you) and you will soon see how such an aid increases your concentration of Light and awareness of Power from your God-Self.

Meanwhile, picture your Higher Nature as a wonderful, glorified YOU, - radiantly beautiful, eternally young and perfect in every way. See the dazzling white presence of your own Light Body within its pyramidal dome of radiating gold as it flashes forth flames and surrounds you with its golden cone of brilliance.

The seat of your imagination is between and slightly above your physical eyes. Here at the peak of this little triangle thus formed, your "Third Eye" is focussed. In fact, your right eye represents the Wisdom of your life, while your left eye stands for Love. When these are fully attuned to Perfection, the power of the third one opens, completing the triad of your God-Self as It manifests in your outer world.

You may picture the scintillating rays that gleam from the dazzling golden pyramid around the Light Body of your God-Self as they are tinged with the beautiful soft rose of a lovely sunset in their normal state. However, you may want to use them to solve a particular problem, and thus if you want to project help to another, or to a place where there seems to be discord, - you may visualize these great emanating flames of energy in the Ray color you need to use.

Perhaps you may have encountered emotions that should be transmuted into Love. Maybe hate, fear or prejudice is reflected in a locality or situation, or within the closed mind of some frightened soul who asks for your help. Simply picture these flashing rays in a beautiful clear violet color, cleansing and restoring harmony. If some lack seems to be apparent, - see the bright flames glowing green like an emerald. It's no accident that money in America happens to be that shade and it also has a calming effect on the inhabitants of your planet, - hence the color of your trees, grasses and foliage. Green helps strengthen the individualized consciousness so it can stand more firmly as a focus of Life, and all such conditions are helped by picturing your Presence as radiating the green of scientific creativity just as the Masters do.

Now a word to the wise. Green should never be seen in its darker shades, - while red, beyond the deep rose of a pigeon blood ruby can be downright dangerous. However blue, which represents Power needs the most careful handling of all. This is especially so if one has the slightest tendency toward selfish, vengeful or over-zealous aims in using it, - and therefore should be pictured only in the palest of hues, blended with the tempering presence of a delicate rose plus the soft gold of Wisdom. This tones down its potency, - for Love (pink) and Wisdom (yellow) equal enough power to do ANYTHING, even alone by themselves. Rest assured that there will be plenty accomplished if you picture blue at all, even though it is pale. The Power of Life can boomerang, and there's no strength like the lighted blue rays of your Presence in Action! Therefore, - take it easy, as you humans say, - and don't go throwing your weight around, even when you are

tempted to do so by seeming injustice, overboard zeal or righteous indignation. "Vengeance is Mine!" sayeth the Lord, - advice that is well to remember. A man can bring some painful Karma upon himself if he forgets to dilute the power he wields with plenty of Wisdom and Love.

Gold or yellow will often help the misguided, while rose or the violet of forgiveness can soothe the unruly feelings of those who long for love or have lost their emotional control. When you shine your Light to others, and into conditions or places in need, you are adding the brilliance of your Christ to theirs. This illumines the way for both sender and receiver, - and the one whose view of his Divinity was dim, often finds the spark within himself which he couldn't see before because of the darkness clouding his aura. This is true even though he seems to have sunk in a deep mire of materiality, selfishness, dishonest ideas or greed. After all, why leave him there to cause more 'trouble' and why hold him down with the added weight of your criticism or by dwelling on his evil deeds, when this only increases and prolongs their reality? Instead bless him as a focus of Life however misguided, and send him the wonderful rejuvenating Substance of your Love plus the Light from your God Source to augment his own, and by which he can see a better road to follow. This is particularly important in the case of public officials whose lives can be so darkened by the critical thoughts of those whom they serve, that they sometimes lose track of whatever light they may have had in the first place.

Beloved, I repeat, - get to know your own God-Self! Know it as well as you know your own face. Love It and put It completely in charge of your life. You are Its projection. In fact, you ARE IT! And It is YOU experiencing your world. Image this Divine You, - your REAL SELF! See Its (your) dazzling white Light Body glowing with Its encompassing cone of golden luminance from which it flashes forth rays of unlimited Power, Love, Wisdom, Purity, Peace, forgiveness, abundance and helpfulness to others like all-pervading colorful flames. By persistently focussing your attention on your God-Self, you will actually BECOME Its perfected mirror in earthly form, a Christed Reflection of the Divine YOU, working 'out there'. Thus, like Jesus, YOU too will be a Christ Incarnate! This is the goal which all of you striving humans MUST achieve during the Golden Age of Aquarius! So be it!

In Love, I Am the Christos Vardis

Rev. Frances B. McKay,
5527 West River Drive,
Comstock Park, Michigan, 49321

(Copyright Pending)

AWARENESS And ACCEPTANCE Of HEALING

Through Mary Myneta

Blessed are those whose consciousness is receptive to the outpouring of their God-Presence! Millions of good people on this planet do not believe they can reach the Godhead without some Being, like Jesus perhaps, as an intermediary. They pray, invoking blessings upon themselves or their loved ones through the intercession of some other Being. Blessed are you who can contact the Divine Godhead, - the great Solar Lords, the mighty Hierarchies of Heaven, and the Solar Beings of the Great Central Sun beyond our Sun. You are privileged indeed to reach directly into the vibratory aura of these magnificent Beings of Light, if you so choose.

However to call upon a great Cosmic Being without recognizing the assistance that is forthcoming, is impudent! It is like the boy who cried, "Wolf! Wolf!" Finally when the wolf came, and he again cried "Wolf!" - nobody paid any attention. You may repeatedly call forth the blessings of the Hierarchal Beings or one of the Mentors or Messengers of Light, - but if you do not acknowledge the receipt of His blessing as it returns to you, the time will come when the blessing will not bring to you the benefit that you truly desire.

Thousands are the individuals who decree continuously for healing. The 'Healing Chalice' is filled with the names of those who consistently request, - "Please put my name in your Healing Chalice". Their request is always the same! It is impossible for them to understand that having made the call, - the call is answered! But the manifestation must be accepted in the human sense consciousness. Did not the great Master Jesus say, in awareness of the need, "Before the call goes forth, I have answered?"

The trouble, dear ones, - is that individuals have considered themselves as SEPARATE from the great God-Presence. They say, "How can God be manifesting when there are wars, famine, pestilence here and abroad?" The very fact, beloved ones, that there is life is a manifestation of God! The famine, war and pestilence are man's doing through his usurping of the energy of the great Creative Presence. Man believes that God is a thing apart to whom he must pray before some shrine. Hopefully you will now begin to understand that God is a part of your individual flesh being! As soon as you can feel and acknowledge the truth of this fact, you will begin to pulsate along the vibratory quality of the God-Presence.

The Flame of Life is anchored within the heart of every individual. It is the Fire Breath of God and neither you nor your parents put it there. The Divine Creative Presence of all being is responsible for establishing that flame within each newborn form.

It comes into being as a result of the expansion of the individual's energy. The Essence of God is the ability to speak, to move and to feel. Even though a dead body remains temporarily intact, it cannot do this. The God Essence in you is the Presence of God! You are as much a part of God as the cellular structure of your body is a part of the physical structure of your parents.

The human law governs the material aspect of being. The Divine Law governs the spiritual. You are a SPIRITUAL being! However, - you crowd out the feeling of your Divinity when you qualify your God Energies with emotions of fear, hate, resentment, jealousy, anxiety and all the other human qualities which God does not feel. They are distinctly human, - but you as an individual can impose them upon this beautiful, fragrant God-Energy which activates your being. It will not take you long to discover that if you continuously control your thinking, feeling and desiring, - the vibrations of the physical, human body will rise into those of Christ Consciousness. Then you will begin to radiate the qualities of love, beauty, youthfulness, wisdom and all the other qualities of the Christ nature.

When an individual falls ill, it is because he has not adhered to the law of his own spiritual identity. He has yielded instead to the human. Man has moved upon this precarious pathway for century upon century. In most instances it seems to require a considerable length of time to alter the pattern.

As students of the Light, I commend you that you have so conscientiously endeavored to adhere to the spiritual laws of your being! Oh, you may refute this and say that you have just had a severe illness, a devastating experience and such terrible things have befallen you! How then, can you be acknowledging your spiritual identity? You are not, of course, insofar as you have digressed from the path, - but everything we consider in the human octave of light impinges upon some other fact of human life. All things are in relation to other things. You oftentimes say, "It could have been worse!" You could have fallen into into a deeper, darker, more consuming pit! But you are HERE! I am addressing you! You have come forth from the pit of your misadventures, - and you seek once more to claim your spiritual identity, free from all limitations and all distress.

It is one thing to free yourselves in this way, but this is not your complete service to life. Your first service is to raise the consciousness of your own being, and then spread it amongst your fellowmen. The great Masters came into physical embodiment and attained their Ascension. The great Master Jesus, the Christ, - left the Divine pattern of a perfect life for men to follow. The more one adheres to that Divine pattern, the more perfect his life will be. Unfortunately there are two forces acting in this particular universe to which the Earth belongs, - the forces of God and the forces of destruction or

evil, which some call the Devil, Satan or Lucifer. There is a force which endeavors to draw mankind's attention away from his spiritual identity. Anyone who yields to it, suffers lack and limitation. To deny it, like the great Master Jesus did, is to go forward in the expansion of your spiritual identity in full faith, expressing the pure Light and Love of the Godhead. This is your one purpose in being, - to express the Love, the Light, the Beauty and the Perfection of your great Creative Presence!

Beloved ones, I address you with pleasure, for it has been some time since I have had this privilege. Know this, - that a sanctified place remains a 'sanctified place' even when conditions in the outer make it impossible for you to gather as a group. Changes of which you are little aware are going on within the lifestreams of each one of you individually. I speak of a spiritual expansion which has taken place within each one, even as you have been apart. You are often separated so that a specific activity can take place within your individual beings and worlds at the time. The vibratory qualities of your individualized natures are vibrating differently now than they did the last time you were drawn together. You have qualities of insight and acceptance which you did not have before. Do not ignore them or refuse to accept them. You are individually altered in the inner aspect, which will manifest in the outer as the biological changes take place.

All that happens in this world of form in which you live has already taken place in the etheric realms, in the spiritual spheres of Light. It takes place there first and then manifests slowly according to the acceptance and the circumstances in the material world. The wars being fought upon the planet have already been fought. The material results are only now taking place. The powers of Light are victorious over the powers of darkness. Never doubt it, even while war, pestilence, starvation and all that goes with it, stalk mankind. Light will manifest, - though it yields its perfection in material manifestation more slowly than in the spiritual realms. Beloved ones, know indeed that you are each a child of the Father! As you endeavor to manifest that perfection which is within your nature, and accept it, - it will materialize rapidly; but without your persistence, it will manifest very slowly.

I speak to you but a short time on this occasion. I bless you for the effort that it may have taken for you to have assembled here. It has been beneficial for each of you. I desire to release the radiant Light of the great Master Jesus, which is streaming through me as His gift to you upon this occasion. May it flow into each of your individual bodies, brains and feeling worlds to reestablish and reaffirm the Presence of the God nature within each one of you. As it expand and expresses through you, so does physical, mental and spiritual healing take place within you.

(Concluded on page 32)

MORE ABOUT SPACE PEOPLE

By Tarna L. Halsey

One of my Space friends by the name of "Deska" has given us some wonderful information on 'Healing' that is recorded at his Center, Blaau. This is in the Fourth Density in which Deska is a Master Instructor. He informs me that this research has been conducted by the department headed by one named "Shir". Their term for healing is "Resistance Assistance". Healing of one person by another is a scientifically proven fact, and has been established as such for many, many years.

Deska has given us an example, such as a common headache, as follows: "You approach the person from their right and place your right hand on their forehead, and your left hand on the back of the neck. After a minimum of three minutes this application, stand away from the person and shake both of your hands as if you were shaking water from them.

If the headache persists after a period of three hours, you then know that your polarity is the same as the patient. So you then reverse the procedure and approach the patient from the left side and place the left hand on the forehead, and the right hand on the back of the neck. Within a period of three hours or less the headache will be gone. Once you have treated a person in this manner, you will thereafter know which side to approach and which hand to place upon the forehead. In all instances, however, immediately upon removing your hands, you should shake them as if you were shaking off water, or you, yourself are liable to acquire the headache you have removed from the other person. This type of healing treatment has not been applied to any known extent upon our planet Earth.

Another good example Deska gave us was that if one of our children had a 'stomach ache' you would place both your hands on the child's stomach with the fingers extended toward the child's head; the right hand on the left side of the child, and the left hand on the right side. Again, should the ache persist, you should reverse the position of your hands. Once you have found the right combination to relieve the child's condition, or any individual, especially within the family, - you can always use the same positioning of the hands. Each person may be different though. What applies to one, will not necessarily apply to another. So when you are treating someone for the first time, and the first positioning of the hands doesn't give relief, merely reverse as stated above.

Deska goes on to say that pain is caused by a potential of the light lines of force, passing through the area of the body which is affected that the area cannot assimilate, - so the pain is the result

of an overcharge of the lines of force in any given area. If the area is small, - place one hand on the affected area and your other hand on top of the first hand. After an application for a minimum of seven minutes of treating in this way, relief should be felt by the patient. If the pain persists, - have the patient lie down, - then you lie across the patient at right angles, covering the area of pain with your own body. The combination of additional resistance of your body with his will ease the pain caused by the overcharged lines of force in this area.

This additional resistance principle can be applied to any type of pain. However when you remove yourself from contact with the one you are healing, - in all cases, **SHAKE YOUR HANDS!** This is required in order that you will not acquire the pain from the patient.

May I personally add here, that over a long period of time, I have given this information to many doctors all over the country, and many of them applied this technique, and reports came back to me that it worked and they were pleased. Also another way, as I spoke to these doctors, - I told them my Space friends taught me that each time we had physical contact with sick people, - whether it be a friendly handshake or a pat on the back, - that if at all possible we should immediately go to a wash room and turn the cool water on rapidly, and rub both hands briskly for a moment, then shake your hands hard three times and towel dry. Now what this does is this, - the water, and shaking the hands breaks all contact with you and the person that you physically touched.

We can carry people's sicknesses and negativity right into our own auric field, and feel what they feel for the most part, especially if you are a very sensitive individual. So it is always wise to shake your hands hard, (if you are in a position where you do not have access to a wash basin), then wash your hands as soon as possible thereafter, and shake your hands once again.

The doctors I've met appreciate this type of information and have stated that until they heard of this method, they would go home from their office at night physically drained, carrying all the vibrations of their patients home with them. Now, this is no longer the case, thanks to the Space friends.

Healing is a controversial subject upon the surface of this world where we live, because for the most part our medical science is not concerned with **CAUSES!** It is only concerned with treating **EFFECTS!** The science of causes is beyond their understanding. They accuse microbes, virus, germs and other material things that can be seen under a microscope of being the cause. This is not the case. Any "dis-ease" that can be acquired by a physical body is already there in the body, dormant. The disease is only active when the lines of force exceed the capacity of any given area of the body. Information

about protecting yourself from assimilating 'disease' from others has already been mentioned in this article.

Another condition that we were given information on several years ago is also a condition for "resistance assistance". That of removing an obsession or an entity attached to another person. This is the forming of a triangle of three people, - for as our Bible says, "where two or more are gathered together". The power is here projected thru the right hand, and by constant mind control brings about a resistance that the obsessing entity cannot stand, and it must therefore LEAVE! You have had successful trials of this condition.

Resistance Assistance is the act of setting up resistance to the lines of force BETWEEN the patient and the lines of force, using yourself as an additional body. In order to determine where the lines of force are coming from, you have your chart of the four cycles of the day. To lie on the East of a person in the morning will reduce the Positive lines of force to that person. To stand between another person and the lines of force in the cycle from six P.M. until midnight, will reduce the Negative lines of force. The person's individual polarity enters into each of these cases, and with each individual you will have to conduct a few tests, perhaps over a period of several hours. This has worked for my family and many others across the world, and it can work for you and yours.

In closing, - I want to wish one and all of you dear readers of the Father's House, and to ALL MANKIND a VERY HAPPY NEW YEAR, and may God richly bless every one, is my sincere prayer. The Space People send their love and blessings along with mine!

In Light and Love

Tarna L. Halsey,
Box 24, Logan Utah, 84321.

* * * * *

"Awareness & Acceptance of Healing" - continued from page 29.

When you arrive at the place where your physical body manifests the perfection of your spiritual body, you can in turn call forth the same blessing for those by whom you are surrounded. I now release that same power of Light and Love into your Healing Chalice, and into the beings and worlds of those beloved ones that are scattered over the face of the earth who have written to ask for this assistance and consolation.

Mighty I Am Presence, project the radiant silvery essence of your Pure Light into the beings and worlds of each and every one. May it be sustained and ever-expanding until the moment of their complete resurrection and attainment of the Ascension!

- End -

Mary Myneta, 2 Lakin Road, Scarsdale, N. Y., 10583.

THE NEW YEAR

Received by John Fredric Wise, of The Guadalupe Foundation

We are now in the New Year of 1975, - a year heralded by many as the turning point towards the 'New Age' - the Age of Aquarius. What will it be like, - this New Year? Although thousands of words have been written and spoken concerning the "New Age", the question remains essentially unanswered. What is there to expect in the coming months? We have been told that the last quarter of every century sees a renewed effort and an outpouring of energy from that band of Elder Brothers in whose hands rests the evolutionary development of this planet. What glorious changes will be wrought? What great strides will we be enabled to take along the path of evolutionary development?

We see around us currently, the destruction of many old thought forms and systems. Governments, economies, social structures, mores, organized religion, psychology, science and the environment, - all of these things are in a state of flux and many old ways are dying. What will replace them in the Age of Aquarius? We are all excited about the prospects, are we not? There is so much of promise to look forward to, is there not? Surely during the next few months and years we will indeed bring the Fatherhood of God and the Brotherhood of Man to a closer physical reality, and renew the earth to where it will once again be a garden for the Spirit, - where Man will walk hand in hand with his Creator. Or will we?

There is a Yankee adage that goes, - "Watch your pennies and the dollars will take care of themselves." In a sense, this adage is applicable to each of us in our own spiritual development. Are we watching our "Spiritual Pennies? Or do we concern ourselves with how we are going to spend our "Spiritual Dollars?" We daily run into brothers who have great plans for the New Age. There has been an enormous exertion of energy in planning communities, schools, governments, industries, recreations, educations, sciences and economies that will people the New Age. But NONE of these will reach fruition unless we begin to concern ourselves with "Pennies!"

In our individual daily lives, how much do each of us try to reflect the truths of the Spirit? How much do we really try to live our lives according to the guidelines given by the Christ and by Buddha before Him? Do we watch our every thought and action to bring them closer to Christ Reality? Do we give of ourselves every day without thought of reward or even acknowledgment?

You know, each day is filled with thousands of opportunities for service, and thousands of chances to reflect the love and compassion of the Creator. Are we taking advantage of these opportunities? Are we even seeing these opportunities? Or have we, perhaps, in our

zeal for the advent of the New Age, for the glories of tomorrow, - been a little blind to these daily opportunities? They are not so exciting or as fascinating as the prospects of the future, - but they are, you see, the building blocks of that future. The Christ said that "many are called, but few chosen." To this we would add that all are called, - but not in the same fashion. There are many of you who would seek to serve your fellowmen in ways grand and glorious, - but only a few are called for that purpose. All are called, however, to serve daily with each individual they meet, in each circumstance of their life. Such service may go unheralded, but such service is the key to the return of the Kingdom of Heaven on Earth.

The New Year bodes great change! It may indeed be the turning point towards the return of the "Garden". The key to this is YOU, - your thoughts and your actions in the quiet moments of your life. Fill those moments with light and the "Garden" is yours for the tilling.

Signed: - A Disciple on the First Ray Path.

Address: * * *
The Guadalupe Foundation,
1377 Virginia Avenue, Campbell, CA., 95008.

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Editor's Page continued from page 3, -

Re the matter of 'Communication' (or lack of it), and other matters.

There is an increasingly urgent need to clarify some of these problems as my workload here increases, and as yet there is no one to share a part of the load of work involved in this Spiritual Activity.

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Gratefully yours in His Limitless LOVE & LIGHT!

P. S. - I Love YOU!

Brother Francis

BRITISH ISLES REPRESENTATIVE:

Mr. Charles Andrews, - 6 Slade Lane, Homer,
Much Wenlock, Salop, TF-13 6ND, England.

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GOD IS WITHIN!

I sat in the dawn and waited,
I had prayed and wanted to hear
The Voice of God replying,
That this child need shed no tear.

But though I kept silent vigil,
And felt calm and freed from sin,
God answered me not that morning,
For I had sought Him not within.

But then as I prayed one evening,
I turned inward and heard His Voice;
I saw His smile as He whispered,
"Find your temple within and rejoice!"

And now I am never seeking
For God far away in the skies;
I enter my closet; I close the door,
And immediately look in God's eyes!

And sometimes I see the tears,
When this child has strayed from Grace;
But as I forgive my own person,
I see glory shine forth from His face.

For God never leaves His children,
As we wallow in turmoil and strife;
He knows we make our own sorrows,
As we practise to live through each life.

Now once we have learned the great lesson,
Of forgiving ourselves, and with Love,
Then God shines forth through our bodies,
And we join with the Angels above.

- Ann R. Burton