

THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

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THE STELLAR ENERGIES - 1982

With the coming of the alignment, mankind now has the opportunity for which many have chosen to be incarnate at this time. 1982 unlocks the door to the hidden mysteries which be within each and everyone of earth's children. Now as never before, will the Soul contact be made and felt. Those who are able to survive the fiery destiny of 1982 will be tempered as steel is, in a fiery furnace of initiation.

The world enters a period of graveness as the planet begins its initiation into higher realms. As has been foretold, the planet will eventually reach the degree of vibration associated with the fourth dimension and all those who are to travel with the planet must undergo the primary cleansing period which begins in earnest in April of 1982.

Tremendous stellar energies will be let loose upon the planet affecting its magnetic lines of force. Strange happenings will occur along the "ley lines"; events that can be charted by the wise ones. The planetary energies will go haywire and not only affect the planet's surface, but necessarily all those upon its surface. Again, the testing and cleansing comes as each one must react to the torrents of energies let loose by the stellar lineup itself, and also the seven eclipses which will open a regular Pandora's Box.

The world should be forewarned to be on the lookout for diseases that have been suppressed for years, suddenly rearing their ugly heads and decimating populations already on the verge of starvation in the Third World Nations. Although these peoples will eventually be replaced by the new root race about to make its appearance in a newly cleansed world, nevertheless, this becomes an unbearable situation. Not only must the guardians of world health guard the populace against rare diseases which will travel quickly around the world by airborne traffic, but the population should also be on the lookout for manipulation of their minds by psychotronic warfare. In 1982, this awful weapon of the mind will become even more of a concern to the aware populace than it has been, as more and more agitation and warfare is stirred up with these weapons in conjunction with the energies let loose upon the planet by the lineup and eclipses.

But, there is Light and Hope also to unfold for those who are truly on the Path. A year to touch the inner Soul and to become the Christ as the Christic Energies begin to be lowered closer to the third dimensional plane to help those whose long journey towards the Light has been thwarted by the dark forces and the darkness

of the times. Therefore, with the eclipses and the stellar lineup causing great stresses upon the earth and the body of peoples upon the earth, expect greatness. Great changes beginning in the principalities upon the earth and extending into its peoples; much more warlike, and on the reverse, more spiritual. The extremes will become even more extreme as the separating of the wheat from the chaff is speeded up.

If it becomes necessary to evacuate certain peoples during 1982, that will be accomplished with great expediency. The Space Commands hover ever near in a protective canopy of Light to protect the Light Bearers during these critical times coming. Those of you who are aware, may begin to notice a change beginning in late November, early December of 1981 to be increased in the powerful energies all during 1982. The changes are more subtle during 1981, building up into 1982.

Due to the tremendous activity in the heavens above influencing the magnetic vibrations, the energies released from this stellar alignment will only be the opening chords of the symphony of earth changes. These energies will continue to peak, increase again, peak again, all through 1982 and into the beginning of 1983. It is in this manner that the cleansing can truly begin. The energy must be sustained long enough to filter through every layer of affluvia that surrounds the earth and its people.

No one can run and hide. All must stand fast in their Light - that Light which they have been able to generate for themselves through service to mankind throughout the eons of time that they have served the planet earth. All that is false will now be exposed and washed away. The Christic Light must shine once more upon the planet earth as it takes its rightful place in the galaxy.

I bid thee adieux. Peace and comfort to each and everyone of you who reads my words. Ponder them. Seek wisely and the meaning will be revealed.

I AM MICAH

Channeled by Lucy Colson, P.C. Box 74, Cjai, Ca. 93023

June 2, 1981

FATHER FORGIVE.

Heavenly Father, forgive
My trifling with words;
These powerful thought forms
Which my world disturb.

These are not unimportant,
But dynamic creations
Which retard spiritual growth,
Lower my vibrations.

mjs

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A COMMUNICATION OF WARDIS (copyright) THE NATURE OF LOVE. PART 2 (CONCLUSION)

As a high initiate, you'll soon see every deed and past happening from your present incarnation begin to play back to you within this lifetime, after which they'll be eliminated from your experience for good. Not a bit of your active-reactive creations may be avoided, though they may be forever disarmed and discharged from your soul, and you can even tell what you were at the time of your last death, by the circumstances of your present birth.

Your karma today may be instantaneous. If it is not, almost everything will reflect itself back to you in this earthly sojourn, or early in the next, should you decide to return to the physical plane. You broadcast the program called YOU by your deeds and motives, and like a recording, your environment replays what you gave forth. If you hurt someone's feelings - someone will hurt yours. If you neglect a duty, the same will be done unto you. If you restrain a friend or dear one from self expression, even though you claim to have done it out of love, you'll be thwarted also - accurately and frustratingly down to the last detail.

These experiences aren't punishment. They are just the results of your creative mind, concentrating on the ideas that make up your soul. You mold the plastic space of your existence - keeping it full of unmanifested thought-forms, which eventually externalize into precise mirrored replicas of all your acts and desires, which then commence to react on you in turn.

If you want to be happy - help someone else achieve happiness. Serve your mate the best apple, the prettiest plate, the biggest piece of pie. See that those you love receive only the best you can give them, whether they realize it or not, and the malleable mental world you create, will reflect it back in someone's treatment of you.

Be indifferent, and you'll meet indifference. Be loving to all with NO ONE excluded, and you'll be loved by the world. Hate your "enemy" and someone will hate you. The better you treat others, the better YOU WILL be treated. You'll miss nothing of what you give forth, because you're making your reality with your every thought and deed, and the "tape" MUST replay.

This constant repetition is called inertia. It's the same law that governs the ball that bounces on and on - the falling pebble which sends ripples endlessly from shore to shore. If you don't like the melody, don't start the record spinning. You'll hear it from start to finish, unless you change your tune.

He "who takes the sword, shall perish by the sword" - not by the gun, or in an automobile accident, UNLESS two or more of his deeds combine their forces to compound his fate. When you do the "right thing" - react in kindness for the good of another - you aren't making a sacrifice, you are saving yourself from suffering a similar kind of unhappiness! To think of your neighbors' good when you act, is to insure your own, no matter how you've rationalized your less than kindly deeds in the past. If you take advantage of someone in a business deal, you'll be cheated too. If you sneer at ignorance or infirmity, you'll also be scorned. Because of your present state of Spiritual unfoldment, the punishment you inflict on yourself probably won't be too dire. You are pretty unselfish by now in the long run, but watch out for those little indignities - those putdowns, those small cruelties and snubs. Stress words of praise and support, pats on the back and a show of affection. Everything plays back again and again, to make you miserable

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or happy - downtrodden or free to express yourself - going without or well provided for. ~~ENTER DEATH OF ANOTHER~~. You're a God and Spirit radiates. That is why you must GIVE from your Source thru every open chakra, and as you learn to pour out what you are, the plastic space around you will return what you've extruded, in kind.

Give without Love and you'll receive without enjoyment. The circumstances will be exact. If you feel put-upon as you do your good works, they'll give you no happiness, for the deeds you resent weren't your duty as a Christ in the first place. Giving Love and seeing perfection in all people, conditions and things, regardless of the present appearance, IS WHAT YOU ARE HERE FOR. So be it! So Do It! Amen.

As Vardis, I speak in the Consciousness of Solia-St. Germain.

You cannot stress the idea of "your space" strongly enough. Your space is really a part of your soul. It is unmanifested thought-forms you created around you and it fits you, as was said earlier, like a glove. It is the exact mirror image of you, waiting to manifest. SPACE IS YOUR MIRROR. It builds the things that you need in your world and it builds your body. You are in charge of your space and nothing can come into the space that YOU DO NOT PUT THERE.

If you see things in the news that are frightening, and think about them, worry about them and put your attention upon them, you are going to allow them to manifest to that extent, in your space. Instead, when you see or hear anything disturbing, bless it. Don't think, "Oh, that's terrible." For you it not need be terrible. There is a reason that it happened - that it is there. It is teaching people something. See the Perfect Source instead. Think about the God of You, in charge of your world and that only good can come to you. Know that you are safe and that in your space, it will not come nigh thee, tho 10,000 fall at thy right hand, for THAT SPACE IS YOUR SPACE and you are responsible for what you see out there.

If you look for good, you will see only good. If you look for evil, evil will become real to you. Never mind what the newspapers and the newscasters say. Bless the world. See the perfection in every soul in it. See only good and only good can manifest in your space. You are Gods creating that space in your image and likeness, and it shall be as you see it and as you decree it.

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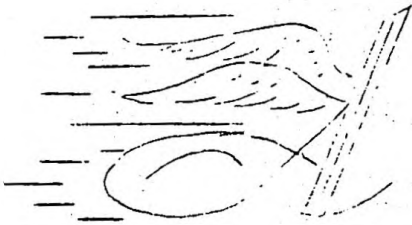
PRAYER:

That which I am, Father, that which I have, my gifts, my time, my all I freely give to Thy service asking naught for myself but that I may be worthy, and ever more worthy of having been called into Thy service. Hereafter I will not ask, "Who is my friend?" Rather I will, deep within myself, inquire "Am I being a friend to each and every man, the sick, the sad, the sinful, the lonely and the misunderstood?"

Our Father, I give myself unto Thee to do with according to Thy perfect Will, knowing with sincere trust, that Thy guidance and only Thy guidance merits my consideration. I desire to follow only where Thou dost lead. Help me this now moment in deep sincerity to re-dedicate myself to Thy service.

Amen.

From the Teacher Crion.



STAR COMMAND COMMUNIQUE

The forcefield of your planet is crossed and inter-crossed in a meshing of lines of force which react and interact with one another. To one who sees them, they appear to be an indiscriminate array of wires upon wires. Nevertheless, there is order and direct purpose in every line of force.

They become ribbons of Light upon which telepathy operates, and also in the propulsion of the forces which guide and maneuver our ships through space. We follow the gridwork of magnetic lines in accordance with our destination and approach. We have many ships which are propelled along these lines through mental energies, or what might be termed telepathic means. These are energy paths which accelerate the motion of the object which is propelled along its path.

This is that same energy which awakens those areas of the brain otherwise considered to be out of use by most individuals. It is our knowledge of this Other Force or Energy which enable us of outer space to activate every area of the brain, thus rendering us a mental capability unknown or unaccepted as reality in your octave. It is the object of growth and mental expansion to find those areas of development that will enable the human brain to accelerate and expand its abilities in paths hitherto unknown in your philosophies. Vast areas of the human brain lie idle and unused for want of use in the physical world. The full mental capacity of man is beyond description. The ability of sight is present without the use of the physical eye, through these certain areas of the brain which operate through the pineal gland. The capacity to hear beyond the range of the physical ear is hidden within the network of unused and inoperative cranium areas. The ability to know beyond the scope of acquired knowledge comes from the hidden textures of the human brain that was long ago programmed to intuitive and sensitive thought, creative thought and the projection of mental images in the vastness of the cosmos which in turn manifest to physical form through the power of thought made manifest.

All of these great abilities within the inner world of mind lie waiting to be tapped and released to that one who can assimilate the great energy fields that lead into these inner sections of the mind. All of this is but a portion of the manifestation of the great planetary grids of energy paths that surround every living being with a forcefield peculiarly all their own, bearing the stamp of their own lesser or greater mental activities. Thus all men are created equal but they are not equal. They differ in tremendous ways, according to that portion of the surrounding energies that are absorbed and put to use.

Man can do all things according to his ability to understand his potential. As one seeks to awaken these hidden paths of electrical energy that ever pulsate around himself to achieve the so-called impossible, and to function in another dimension or forcefield unknown to most of humanity. Thus it may be said that one is His Own Master, the creator of his own pathway, and the designer of his destiny.

As his potential is expanded and put into practice, he becomes a Man of the Higher Order. We are like yourselves, with that exception that in most cases we are functioning in the full mental capacity that is available to you all. There are exercises and helps that may be shared with you which are designed to assist in the awakening of that sleeping side of the brain, and to open it for the entering of electrical impulses from Universal Energy which will activate its function in fullness.

One of these exercises is the ability to place oneself in an attitude of absolute mental stillness. This has often been that point which none can pass. It is not an easy thing for the untutored mind to still itself. The physical stillness of the body may be achieved quite readily, but the stilling of the ever busy mind is another matter. Yet this can be done with practice as one concentrates upon one pleasant picture, one pleasant thought, one object of beauty, shutting out all other mental interference. A few moments daily in this practice will prepare the mind for further discipline. When this stillness is achieved, then answers to your problems or questions or perplexities from the active moments, will begin to filter through that quiet, greater part of the brain, allowing the mind to grasp vistas of solutions and decisions that the lower mind could not achieve. In this stillness of the active mind, the impulses from the higher mind are geared into action with the eye and ear and sensing of the higher mind free to exercise innate ability. In this manner, slowly over a great period of time, the hidden centers of the brain become activated, and with consistent practice will finally come into full action revealing man to be the divine creature that he truly is.

All is Mind. Mind is the gateway to Universal existence and spiritual compatibility with those of other worlds. Mind is the voice that calls a loved one from danger, that brings the manifestation of things hoped for into the life. It produces the evidence of things not seen, the substance of all creation. Learn to expand the mental gift endowed by the creator, into the fullness of the stature of Spiritual Man. This is the call of the Universe to mankind.

I am ASHTAR, a teacher, and friend from other worlds.



RIPE SEED

Life begins when dark descends
Upon the seed so ripe to grow,
Into its wondrous pattern
To fulfill a need;
To feel the light upon its soul.

Outer crusts of hardened matter
Long held there by firm command
Break away so readily
Under guidance of the soul's demand.

For light comes through the solid mass
As prismatic value through a glass
Breaking up darkness, shedding its glow,
Awakening powers to move and know.
Itself, this creation of eternity
Ever unfolding and revealing
All of God's great mystery.

Eileen Schoen

SECOND PART (CONCLUSION) OF UNPUBLISHED LETTER OF ANNALIS SMARIN:

OVERCOMING DARKNESS.

Oh, yes, I do know how you felt. I know how literal this battle with darkness is - and how terribly important. I know that each individual who catches this divine vision and begins to battle against darkness, is battling not for himself, but for every individual upon the earth, for Christ, for freedom, for truth, and to help rend the very veil of darkness over the minds of men. Therefore, no one is fighting just for himself in this work, but is standing shoulder to shoulder to help overcome darkness. If one fails, his place in the ranks stands open, and then others have to carry a double burden to hold against the enemy of man and God. It is just that important.

You have learned a very great and important lesson. You say that you will never try to force the spirit again, or to be too anxious. That is so wonderful. You were like a very eager little boy who wanted to free the butterfly from its cocoon, but in seeking to free it before its time, robbed it of the power of flight. Unless it is freed from within, by its own power, it can never soar above the shrubs and fields. Or it is like an eager child wishing to see the color of the rose in its bud and strips off those protecting, enfolding green coverings to find only colorless, unglorified substance huddled in a weak little massy pulp. Such is man as he begins to reach, to desire, to fulfill. It cannot be rushed. It cannot be hurried. Every little cell and fibre of one's being must be carefully trained and prepared to hold and carry light. The old tissues of darkness must be renewed in the unfolding light which grows even as a child grows within the mother. That is what Christ meant when He said, "You must love this kingdom of heaven as a little child, or you can never enter it." You must truly love it as though it were a divine, holy child maturing within your own soul. Force it into visibility before its time and you will destroy it. This is that Light of Christ within you which must be brought forth through a conscious awareness of it, through a deep reverence, and the perfection of love. And then as it matures, it GRADUALLY fills your being, and you become filled with light, or are "Anointed with light" and will be given power to comprehend all things. Remember, always, patience must have her perfect work. The very developing of patience is a part of the perfection which one progresses into.

Eternity is the ever present NOW. The past and the future are mortal concepts of time. You wanted it fulfilled soon - next week - within a month. As you grabbed on to this element of time, you could not possibly take hold of the elements of eternity where time is not. Forget the time element. Live every moment in the great glory of this perfect love, this Holy Spirit of Light maturing within you. Learn to listen to its voice, and none other. Believe nothing I tell you unless that voice within bears witness of it. Believe nothing anyone else says unless that same Spirit bears witness of it. And know that the way to first recognize that divine voice is through its whisperings of peace. This is the first gift of the Spirit. You must learn to listen to that inner voice of peace. Whenever there is one disturbing thought, or vibration, or word, or idea that troubles or distresses you, turn instantly into that inner depth of your own soul, and let this Light of Christ whisper its eternal divine message of peace. Then you will be prepared to hear its voice in other things, and at all times, and thus you will grow to understand the divine language of God. It may be first only that inner peace, that joy that grows into a song of eternal praise, a vibration, a thought and so on until you will learn to listen to that divine voice at all times, and thus only

is it possible to grow into perfection. And again let me say, it is not done by straining, but by training - by training your physical mind to be still and know, I Am God." Quiet the outer activities of the mind in order that the soul may hear.

Just know that whenever there is a moment of worry, anxiety, strain, unhappiness, impatience or distress it is not of God. Then stop striving, and let every little cell and fibre of your being relax - growing calm and still. Then and then only can the Spirit take over. As long as the mortal mind is taking the lead and running off with the show there is only great distress in store.

When you mentioned that you had rid yourself of all self-pity and all hurts, I realized that you have traveled much farther than you yourself could possibly realize. The hurts that cling to one, through the days, the weeks - and on down the years are the powers of darkness - the very mud of earth that blind the mind and seal the heart to the light and joy of the Spirit of Almighty God.

The very finest and most sincere ones may gain strength and courage and deeper understanding through contacting each other. Everyone will have to realize that he is treading on holy ground. With perfect love, true humility and constant prayer tread this highway of eternal Light until the doors to the Kingdom of Light will be opened wide to all who will walk therein.

But I realize also that there will be opposition from the powers of darkness, and only the perfect love, deep humility and constant prayer can give one the power to walk safely. IF ONLY ONE SHOULD FAIL there could be such deep distress follow for all. The greatest persecution that has been predicted will be among the Saints themselves. That can hurt so much more than anything else. It is only as we tread on holy ground, holding always to His Spirit that we can travel at all. As you send forth love with all your power, and there are those who determinedly resist it - and the spirit of Love and Light that bears it forth, they will destroy themselves unless they change.

I believe in every promise of God. I believe that life was meant to be a glorious experience of achievement and progress, not a drab, ugly thing of sickness, heartache and failure. I believe that all things are possible to those who believe on the Name of Jesus Christ, just because He said so. It has been with that faith I have found the literal fulfillment of all His promises. How truly Christ spoke when He said, "Come unto me all ye who labor and are heavy laden and I will give you rest." And according to the D.C. 34:44-7, that rest is the "fullness" of His glory." But the problem is learning to find Him - learning how to make that divine contact that is so necessary to receive a fulfillment of the promises.

I can understand so clearly just how you feel - the great load of darkness that is trying to destroy you - and I know how terribly difficult it is to bear - and I know how easy it is to overcome, and the great glory of the Light beyond the darkness that is weighing upon you. Come travel this divine Highway of Light with us.

ATTALIE SHARIN

"The Lord has done great things for us; whereof we are glad."

Have you remembered the City of the Sun in your will?

THE FLOWERING
is in The 23rd Psalm.

THE LORD IS MY SHEPHERD;
I shall not want.
HE maketh me to lie down in green pastures;
HE leadeth me beside the still waters.
HE restoreth my soul.
HE leadeth me in the Paths of righteousness for His Name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil; for Thou art with me;
Thy Rod and Thy Staff they comfort me.
THOU preparest a table before me in the presence of mine enemies;
THOU anointest my head with oil;
My cup runneth over.
Surely goodness and mercy shall follow me all the days of my life;
And I shall dwell in the House of the Lord Forever.

S E E D O F T H E P S A L M
Enunciated by a Divine Teacher to Sister Hope.

"GOD is my Protector-Director.
I have no other needs than those
Which are anticipated and supplied by HIM
To hide my mortal views and extend the Divine.

HE CAUSES me to relax in the Earth-Consciousness.
HE draws me toward the serene Spiritual Life.

HE RETURNS me to that quality of Divine Power
With which HE endowed me when HE Created my Soul.

HE DIRECTS me in the Opportunities of Right-useness,
that I may enhance HIS Divine Purpose.

YES, even though I move in the low consciousness of a dense
mortal nature, I will fear no unworthiness, nor
forsake worthiness.

HIS LAWS and His Heavenly Host of Watchers
with great Spiritual Beings,
show me Protection and Guidance.

THOU dost establish within my reach
all that which is necessary to my Day, from which
there is more benefit than I am wont to Accept.

I recognize that Thy Supreme moulding of my Being in Justice
and in Love, shall continue to steer my Life,

And I therefore determine to Live in this STATE of DIVINE
CONTROL FOREVER."

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REALIZATION

This is El Morya speaking. I would like to talk to you about Realization. Realization intensifies one's spiritual desire. Thinking becomes more profound and the activity of spiritual elements becomes greater. Realization is not an overnight process. It is a gradual understanding and approach to the real truth of any matter. One acquires Realization thru meditation. It does not mean that one has to sit for hours and meditate. But it does mean that one goes deep within frequently and ponders about the questions one would like to have more knowledge about. The important thing is that you contact the Inner Self. Realization is the key to true knowledge for the individual. It is his awareness, the expansion of his consciousness. It is when he knows that he knows and does not have to explain why he knows. Once he has realized a truth, it is so deep within him that nothing can disturb him. This is what we mean by Self-Realization.

It is only as you acquire this Self Realization that you are able to progress into higher realms. Know the truth and the truth shall set you free. Thru Realization you have vision, an inner knowing that nothing else can take the place of. In time this brings a healing - a healing to the physical body as well as to the inner bodies. But this first starts within, before it works outward. Once you have acquired Self Realization you need not study or seek out teachers, because once you are Self realized of the Inner Presence, you have your teacher and the knowledge contained in all books is opened to you. There is one thing in Realization that is important, and that is the equipoise that is essential. Without that there is nothing. You call it balance. The balance comes between the outer mind and the inner spiritual knowing. The outer mind knows it should go along with the Inner Presence. But the mind, like a young horse is eager to take the reins into its mouth and head out into its own world. Very often this mind will lead one into erroneous thinking and incorrect knowledge. That does not mean it is always the fault of the individual, but it does indicate that the mind has to be checked. Once checked, it goes along with the Inner Spirit. The idea of the Inner Presence should take over entirely and this is what must govern the individual. Once the Inner Presence takes over, then the individual lives what we call the real God life.

In your Self Realization you have illumination, and your life becomes a unified circuit. It becomes cosmically expansive and vital in its knowledge and wisdom. One then attains a serenity, a contentment and a balance that nothing can shake.. In Self Realization the mind expands because it is now controlled by the Inner Presence. The mind can then seek and have opened up to it the knowledge it needs. The heart works along with the mind and the Spirit, so you have a triumverate within you that governs you in all ways. Then there is no need to wonder if you are doing the right or the wrong things, because there is a great light that goes ahead of you and automatically illumines the darkness, so your path is clearly revealed.

In Self Realization, whatever you know to be true, whatever you know will happen, will take place. But it is the knowing of a thing so definitely that nothing can shake you from that knowing. When you are positive from your Inner Self then you have Self Realization. You have the God knowledge within you. Today that is most important.

So I say, go within. Man spends much time today worrying over his material problems. If he would give just a little thought to turning within and acquiring Self Realization, he would not have all these problems to face. O man, go within and open up your doors. All good awaits you. It is there for the asking. Spend time with that beautiful Presence within you. The Light is there; the Love is there and the Wisdom and knowledge is there, all within, waiting for you.

I am EL MORYA.

Channel: Bettina Kramer

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AT THE CITY OF THE SUN:

Ask almost any resident here and you'll find this is THE BUSY GARDENING SEASON! Planting, cultivating and watering take much energy and time! We do appreciate the fresh fruit and vegetables!

Some of the visitors come by for just an hour or two even when they come from Arizona and such. Others stay for several days. Californians have been very prominent in the visitors at this time of year. They have come from Sacramento and even June Lake in the north, to the desert in Southern California.

Roy and Judy Pearson were here from Bishop, California. Roy had studied in the Hope Truxel School since 1969. This School of Thought is located at June Lake. They conducted two worthwhile meetings and we were pleased to have them with us for several days. This was their initial trip to become acquainted and present their special material.

Mike and Helen Webber Family and friends were here several days. A wonderful sharing was had with the inspirational Annalee Skarin material as a common interest for many.

Another worthwhile new friend was Louis Jacaruso of as far away as Newtown, Connecticut. His writings and artistic presentations come under the title The Sempiternals.

One day was surely "Deming Day" with several groups and individuals here in swift succession. The Noels were so pleased to have a visit from Althea's granddaughter and her family.

Clie Mae Hale has a brand new greenhouse of which she is very proud. Other community members have new sheds, or are in the process of having such built.

We just concluded a series of four sumptuous meals which directly preceded our Monthly Members' Meetings. Unknown chefs were discovered, new dishes successfully tried, talents for making home made ice cream uncovered. Each affair was enhanced by colorful, clever table decorations. They were thoroughly enjoyed by all.

Dr. Austin Love and wife, Ruth, have attended two District meetings of Eckankar. One was as far distant as Albuquerque, N.M.

----- GREEN, VIBRANT, REFRESHING, HEALING GREEN!!!

The balancing point of the spectrum - Hilarion Green is the predominant ray manifesting the City of the Sun. In the present time on earth, due to the disbalancing effects of planetary alignment, there is a distinct need for the harmonizing effects of the Green Ray to be brought into focus.

Keeping our bodily temples healthy, and raising our vibratory levels in the midst of this disbalancing is not an easy task. One of the greatest helpmates to the Light Worker is nature's most concentrated form of solar energy, the juice of the young wheat plant, commonly called wheatgrass juice. This juice, extracted by chewing or mechanical means from wheat grass 7-14 inches tall, is approximately 70% CHLOROPHYLL - nature's finest cleanser and rejuvenator. Wheatgrass also

contains all the essential Vitamins, Amino Acids, Carbohydrates, Trace Elements and Enzymes. This makes it a complete food, as well as a cleanser. Wheatgrass juice is sold in many nutritionally oriented food stores, both plain and mixed in various combinations with other fresh juices. Grown at home, wheatgrass is an easy and economical food crop with very high returns in food value.

Complete instructions for growing Wheatgrass and Wheatgrass Juice therapy are found in "Survival Into the 21st Century" by Viktoras Kulvinskas. Other authors spreading the light about Wheatgrass Juice are Dr. Ann Wigmore, 25 Exeter St., Boston, Mass. 02116., and Edie Max Hunsberger. I urge you Brothers and Sisters to explore the possibilities of adding Wheatgrass, with the Light it contains, to your life.

Gordon Stapper

CORRECTION: Hans Lauritzen who contributed "The Power of Thoughts" on page 3 of Golden Dawn 60 lives in "Denmark" - not Norway.

Let me rejoice in each new day
Striving to make it uniquely divine;
To search and seek for inner fulfillment.
What blessed treasure can be mine! mjs



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Columbus, New Mexico, 88029

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