



THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

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VIBRATION AND CHANGE ON PLANET EARTH

Greetings in the "Light" of Our Radiant One, I am Korton.

In these waning days of your year 1984, you, people of Earth, are experiencing daily instances of change overcoming your planet. As you are aware, change is of itself a challenging factor to encounter in life. It requires rather constant adaptation in order to maintain one's equilibrium and sense of well being in one's daily life. Change is not necessarily good or bad in itself. It just is. It is one's perception of change which labels it as either good or bad. Hence, events currently going on on your planet may be perceived as good by one faction and bad by another. So much for the perception of change.

Let us look at change from another viewpoint. Think of life, existence if you will, as one continually flowing stream. When one flows with the stream one is conscious of continually passing scenes which touch one's life. An analogy can be made to the scenes which flash by as you view the landscape from the window of a railroad train. Somewhat like the frames of a motion picture film, there is a slightly different scene occurring within each frame as your life continues down its track, so to speak. Your motion picture process is based upon so many frames per second passing by your field of vision in order to result in a smooth, flowing pictorial. When regulated at this given rate, the motion picture affords the viewer an acceptable and comfortable perception of events as they move from one scene to another. What happens when you slow down the number of frames per second? You get what you call "slow motion." When you speed up, or increase, the number of frames per second, you get a rather comelic situation which movie makers have exploited as a means of entertainment - Charles Chaplin, for example.

The point to be made here is this. If you perceive your life traveling at a slow motion rate of speed, it may well be considered as rather boring and perhaps even frustrating. Frustrating here refers to a perceived condition where satisfaction with given situations or challenges cannot seem to be found. This results in a very unsettling feeling within one's emotional make-up. When life seems to be passing at the correct number of frames per second on the other hand, a relatively high degree of satisfaction is derived by the given person. He or she derives emotional security from this satisfaction. If one increases the number of frames per second beyond what is usually perceived as the normal flow of life, a very unsettling feeling results within the given being. You would call it abnormal. Life doesn't normally occur at such speeds.

What does all this have to do with vibration and change on planet Earth? At

this point we need to examine the nature of vibration itself. Vibration is difficult to describe in words, partly because it is difficult to visualize. Different vibrations are perceived with different senses - seeing, hearing, touching, and even tasting and smelling. Given the limitations of the five human senses, vibration refers to motion of objects as sequential and repetitive. As a given vibration is initiated, it creates a pattern of movement which displays both sequential and repetitive characteristics as it moves through a given space. All vibration has a source, whatever that source may be. The source may be sedentary, or it may be mobile. Behind all vibration is an energy which activates it. The energy may be perceived to originate from numerous sources, however, when one examines its roots, it basically stems from the same point of origin. The energy topic is one which needs a fuller explanation than can be handled here in a discussion of vibration.

Let us call energy the catalyst of all vibration regardless of its volume, force or origin. It is fundamental to this discussion to note that every bit of mass in the universe has been found to have its own vibrational frequency. Its frequency can be changed by outside stimuli as well. We refer here to manifestations in the physical. What about those aspects of existence which some would describe as beyond the physical? We hasten to add that all reference made here shall be related to their perception as made from an earth-oriented point of view. Whether men of Earth know it or not, there are other perceptions of existence being made from different realms of what you would call consciousness. The term life, as you use it, is truly a rather limited one, for it refers to the living existence in some sort of physical body, be it animal or plant, upon your planet. The opposite of life is death. At least it is as it is used on Earth.

We would encourage you to expand your thinking with the term life to include the possibility of what has been described as eternal life, or never-ending life, in the kingdom of God, which for our purposes may include the entire universe. For heaven, you see, may truly be much more far-reaching in both concept and actuality than given basis by your religious teachings. References to the possibility of very far-reaching frontiers of heaven have been hinted at in scripture with such phrases as "seventh heaven" and "in my Father's house are many mansions."

Perhaps more inclusive than the word life to the description of all that is would be the word consciousness. Over simplified for these purposes, the word consciousness refers to a perception of one's being in existence. This perception of one's existence, then, can be described as awareness. Do not limit your thinking to the extent that the word "one" only refers to human existence, for the point we have been leading up to is that all manifestations in God's creation have awareness, whether extremely rudimentary or very complex in nature. There are in existence levels upon levels of differing manifestations representing myriads of what you would call lifeforms, just as there are countless numbers of manifestations to which you would attribute no life characteristics. For each and every manifestation there is a corresponding awareness level potential. That is to say, each and every manifestation in the known universe has an awareness capability as well as the chance to increase its awareness level. Likewise, each and every manifestation has a vibratory level all its own which differentiates it from every other manifestation.

Here again I refer to all manifestation whether they be perceived as "alive" or not. For you see, my friends, all existence is vibratory in nature. All that is, is in one way or another linked together by vibration. The spectrum of vibratory levels is most wide in scope and not totally capable of being perceived by the human senses. In this regard it can be likened to the light spectrum or the sound spectrum, both of which can only partially be perceived by the human eye and ear. Have

I made my point here? All manifestations have their own unique vibration, from the most simple elements to the most complex in what you refer to as nature. As with the vibration of a string in a string instrument, each and every manifestation's vibration can be changed through what you might call tuning.

This brings us down to Earth at this time. As you are well aware, Earth is a quite small planet out on the fringe of a relatively small solar system in a likewise not overwhelmingly large galaxy of stars and space matter. The universe as we know it is in a state of constant motion. Its components rotate and revolve in elliptical orbits in well defined patterns through the "heavens." Galaxies upon galaxies wind their way through what seems to be endless space in an orderly fashion, never colliding, never out of synchronization with each other. There truly does seem to be a master plan to guide them. We are quite convinced that there is.

At this time in what you call history, there is an interesting phenomenon occurring within your sector of space. The motion of spatial objects is increasing its tempo. An ever so subtle, yet constant, change is occurring. This change is not yet perceivable by those who inhabit your planet, however, it is occurring. Things are "picking up", as you would say. The totality of life functions and measures is increasing. Time truly is passing faster, although your clocks would not seem to bear witness to this fact, so subtle is the increase. With this change is occurring a change in the vibratory rate of all manifestations associated with Earth. The total existence and pattern of Earth's characteristics is changing. In short, Earth's environmental vibratory rate is increasing and with it the vibratory rate of all objects on Earth, living and non-living. These changes are most gradual and have been occurring for thousands of years. They shall culminate in a new and transformed planet.

Earth shall not be the same in time to come. With the coming of the New Age, vibrations on the planet shall be of such a nature that a new and distinctly different aura shall surround that sphere - an aura of love and harmony presently unknown there. In a sense then, it shall be the end of the world - the end of a world as you presently know it, and the beginning of a world where peace and true brotherhood will be the way of life, not just a desired goal. The raising of Earth's vibratory field is the catalyst which is bringing all this to pass. There are many other facets to the plan, however, all interwoven in such a way as to bring harmony to a most unharmonious planet. It shall occur. There is a new order for planet Earth about to come into existence, and it shall come into being within the next quarter century. Certain sections of your planet are experiencing small pockets of vibratory change at this very moment. Vibrations are picking up and elevating the consciousness of all manifestations within these areas.

These raising vibratory levels have been described by some as the Fourth Dimension, or a love dimension. For you see, love, true love, means harmony. Harmony among all facets of existence is occurring. Is it not a most beautiful thought to imagine, an Earth where all disharmony is gone? There are upon your planet many manifestations which shall not survive to see the coming New Age. As the vibratory levels increase, these manifestations cannot adapt to the change, and they shall exit the planet. The trauma, the "negativity" you perceive upon the planet these days serves as evidence that all unenlightened behavior of a low vibrational nature must be brought out and dissipated from Earth in order to make way for the new. Earth, then, in a sense is purging itself of all that is not loving and harmonious - all that is not of the "Light" or does not represent enlightened thinking and behavior.

This little discourse on vibration is a very simplified explanation of what we perceive to be happening upon that planet, but perhaps it shall give you food for thought, so to speak, about aspects of change you may perceive happening, and change that is yet to occur. Know that the central force of existence, God, or whatever you wish to call it (we call it The Radiant One), has things well in control for planet Earth. There IS rhyme and reason for all that goes on there. It's called enlightenment.

May all your thoughts be positive and loving. In the "Light" of Our Radiant One, I am Korton. Adonai.

Rec'd by Robert McCampbell, Palo Alto, California

Dec. 12, 1984

DYING TO SELF

- Mr. Jim Bielby

When you are forgotten, or neglected, or purposely set at naught, and you don't sting and hurt with the insult or the oversight, but your heart is happy, being counted worthy to suffer for Christ, THAT IS DYING TO SELF.

When your good is evil spoken of, when your wishes are crossed, your advice disregarded, your opinions ridiculed, and you refuse to let anger rise in your heart, or even defend yourself, but take it all in patient loving silence, THAT IS DYING TO SELF.

When you lovingly and patiently bear any disorder, any irregularity, any impunctuality, or any annoyance; when you can stand face-to-face with waste, folly, extravagance, spiritual insensibility, and endure it as Jesus endured it, THAT IS DYING TO SELF.

When you are content with any food, any offering, any raiment, any climate, any society, any solitude, any interruption by the will of God, THAT IS DYING TO SELF.

When you never care to refer to yourself in conversation, or to record your own good works, or itch after commendation, when you can truly love to be unknown, THAT IS DYING TO SELF.

When you can see your brother prosper and have his needs met, and can honestly rejoice with him in spirit and feel no envy nor question God, while your own needs are far greater and in desperate circumstances, THAT IS DYING TO SELF.

When you can receive correction and reproof from one of less stature than yourself, and can humbly submit inwardly as well as outwardly, finding no rebellion or resentment rising up within your heart, THAT IS DYING TO SELF.

Are you dead yet? In these last days the Spirit would bring us to the Cross - "That I may know Him - being made conformable in His death" Phil. 3:10

Sent by Olie Mae Hale

LORD MICHAEL:

My beloved, often does it seem that the grass is greener on the other side of the pasture fence, so rather than making the most of present opportunities, you yearn for a different set of circumstances. Learn to utilize the present circumstances for Soul growth, to enhance your own abilities to deal with others, to recognize the Soul and Its workings within yourself and others. This is truly the Goal for all of mankind, to embrace their brothers, accepting each, no matter where they are on the ladder. This is the True Love which We are leading you into, and this is true obedience to the Higher Self, to the Lighted Way, a Way which can never fail you, for the way of God can never fail. (3X) And the Beloved Mighty I Am Presence is that way. AMEN (9X)

Univesarius, P.O. Box 890, Taylor, AZ 85939

Channel: Vulandael

HEALING

Today we want to talk about healing. It is a subject that fires the imagination of everyone. If I could heal others, how great that would be. Yet, the starting point can only be with "self". 'Physician, heal thyself' said the ancient sages, and what a profound truth that was.

Udraka in the "Aguarian Gospel of Jesus the Christ" explains:

"The Laws of Nature are the laws of health, and he who lives according to these laws is never sick.

"Harmony is health, discord is disease.

"The body is a harpsichord, and when its strings are too relaxed, or too tense, the instrument is out of tune, the man is sick."

He goes on to say that 'man's will' is the supreme remedy. Man, through his will, may tense a chord that's too relaxed, and relax one that's too tense.

Man, he says, must have faith in God, in nature and himself. He knows the Word of Power; man's word is balm for every wound, is cure for all the ills of life.

We agree with Udraka, still where does this Word of Power come from? But from man's mind, from which he sends forth mantras, decrees, and perfection to free the body from dis-ease.

If you would be a healer, you must be able to inspire faith, for until the patient believes in you, you can do nothing.

If you would be a healer, you must be able to inspire hope, for until soul speaks to soul you will accomplish nothing.

There is not only one remedy for a disharmony in the body - what may heal one instantly, may have no affect on another.

The Master of this age used various methods to heal. He knew the person's conscious level and treated the patient accordingly.

Some he cured with visible means (the blind man with the mud packs on his eyes), others he knew how great their faith was in God's ability to heal, and through thought harmonized the harpsichord of the soul.

Thought, says Udraka, reinforced by love is God's great sovereign balm.

The unseen world is rampant with healing angels that can be called upon anytime. If an illness is caused by the mass consciousness (called spirits of the air), the healing forces all around man are helpers that can drive these demons out of the body that are let in by a lowering of the consciousness. For as long as man's mark on the path of life is the Christ, nothing can invade his space or disturb his body.

Someone says (power of suggestion) "there's a flu bug going around, and pretty soon everyone catches the flu bug. Messemmer used the same "power of suggestion" when he put an iron stick in water and told his patients that the water was magnetized to heal them. Those that had faith in what he was saying were cured!

Germs then go from one person to another through "thought pollution!" Keep immune from this by shining the pure White Christ light radiance all around you - twenty-four hours a day.

See yourself everyday as God's perfect child, sending forth perfection from yourself to others. Don't add to the false picture others suffer from - set them free by calling forth the truth, that in reality they are whole and perfect. Free the energy in your friend by sending it back to its source. The law says that when you do this, you leave a vacuum, and since there cannot be a vacuum in the body, it will immediately heal itself with the right kind of energy. This was the secret of Jesus' healing - He called forth the negative energy - knowing the body would immediately respond to perfection!

UNITY: "I behold the Christ in you,
There the love of God I see.
I can see a great peace too,
I can see you whole and free."

Messenger: Noree Iaing Pope, 2312 Heidi Pl. #3, Santa Rosa, CA 95401

The SECOND PART of an "Unpublished" Letter of ANNALEE SKARIN.
(D & C is "Doctrine and Covenants" of Mormon faith.)

YOU SHALL COMPREHEND EVEN GOD

In the early history of the Mormon Church by Joseph Smith (Vol II, pages 195-6) is given the following admonition to the original apostles as they were set apart by Joseph Smith and his counsellors. "Never cease striving until you have seen God." Your ordination is not complete till God has laid His hand upon you." This is the promise of the Second Comforter. It is when one's calling and election is made sure. It is when one receives the "Fullness of the Father as promised in D & C sec. 93. It is the open promise to every individual who will only believe and who will seek Him diligently and seek Him early. For everyone who seeketh findeth - and to him who knocketh the very doors of heaven will be opened. This is the very promise given in the D & C 50:24-29 to those who have cast out all darkness and are ORDAINED OF GOD - that all things should be forever more subject unto them, both in heaven and on earth... These promises are for this life. We have lived under the preparatory Gospel, as explained so minutely in D & C 84:22-27.

You ask about the scripture in the Book of Mormon concerning Christ and the Father being one, or Christ being the very Eternal Father of Heaven and Earth. It involves so very much that we have never been taught, and which is so far beyond anything we have been permitted to believe, that unless one is fully prepared to receive such information, it just completely floors him. First, let me say that the scripture is true. Every word of it. Read and pray for understanding of all scriptures. This complete understanding can only be revealed to you as you are led to the Father by Christ, or that Spirit or Light of Christ, right within yourself, as given below:

"All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out... This is the Father's will which hath sent me, that of all which He hath given me I should lose nothing. But should raise it up again at the last day." John 6:37,39.

"No man can come to Me, except the Father which hath sent Me draw him, and I will raise him up at the last day (of his purification). It is written in the prophets, and they shall all be taught of God. Every man therefore that hath learned of the Father, cometh unto me." John 6:44-5.

"My sheep hear My voice, and I know them, and they follow Me. I give unto them eternal life, and they shall never perish, neither shall any man pluck them out of My hand. My Father which gave them to Me, is greater than all; and no man is able to pluck them out of My Father's hand. I and My Father are one." John 10:27-30.

"I am the WAY, the TRUTH and the LIGHT. NO ONE COMETH TO THE FATHER EXCEPT BY ME." John 14:6.

"For you shall live by every word that proceedeth forth from the mouth of God. For the word of the Lord is Truth, and whatsoever is Truth is Light, and whatsoever is Light is Spirit, even the Spirit of Jesus Christ - and everyone that harkeneth to the voice of the Spirit cometh unto God, even the Father, D & C 84:44-7.

It is true that only this Light of Christ within can reveal the Father. It is

as you are filled with this Light that it is possible to "COMPREHEND EVEN GOD". For it is truly a matter of comprehending, by being quickened in Him and by Him, and then it is not with the carnal, neither with the natural mind, but with the Spiritual mind. I stand so completely awed by the glory and the wonder of it, and I wonder how we could have possibly ignored the numerous passages of scripture and been so far astray. In the D. & C. 112:25-6, in speaking of the destructions, it states: "And upon my house shall it begin, and from my house shall it go forth, saith the Lord; First among those among you, saith the Lord, who have professed to know My Name and have not known Me, and have blasphemed against Me in the midst of My house, saith the Lord." These words mean so much more than anyone realizes.

Now listen carefully to the following: "Thou wilt shew me the path of life; in Thy presence is fulness of joy; at Thy right hand there are pleasures forevermore." Psalms 16:11.

"And I John bear record that He received a fulness of the glory of the Father; and He received all power, both in heaven and on earth, and the glory of the Father was with Him, for He dwelt in Him. I give unto you these sayings that you may understand and know how to worship, and know what you worship, that you may come unto the Father in my name and in due time receive of His fulness. For if you keep my commandments you shall receive of His fulness, and be glorified in me as I am in the Father." D & C 93: 16-17, 19-20. The same pattern is ours to fulfill according to D & C 50:24-9.

I'm enclosing scriptures for you to study. As you study, remember it is not I who spoke these things, but they were given under the power and inspiration of Almighty God. So it is up to you to pray about these things until you find that knowledge, for from here on no one can take you. This is the point where you have to be led to the Father through that Light of Christ within your own soul, that you might comprehend even God. It takes a tremendous amount of courage, for few can stand the test of KNOWING GOD. These great dynamic truths that have been hidden from our eyes because of the traditions of our fathers are so breathtaking in their glory when one begins to open his soul and mind to hear and comprehend. We have become so sealed that we want to prove only those things we have been taught, and these seals must be broken. In searching for the great truth, the truth that will make us free, it is almost necessary to forget all we have been taught, and go direct to the original source of all truth - first the scriptures (all of them) and then to God Himself. This is the only possible way to KNOW Him. In the book, "Ye are Gods" this subject is not discussed, for I know that only Christ can reveal the Father to you - that I do not have the power. But I can help you to unseal yourself so that Christ can reveal all the magnificent wonder of truths that have been lost from the beginning of the Catholic Church, and have not been revealed because of the hardness of our hearts. When you receive this knowledge you will know what Joseph Smith meant when he gave out the following: "Would to God, brethren, I could tell you who I am. Would to God I could tell you what I know, but you would call it blasphemy and want to take my life."

As soon as you can get yourself completely unsealed so that you can lift your heart to God in pure worship, desiring only to comprehend Him, no matter how different He seems to be from what you have been taught to believe, then you will be prepared to KNOW God. You have asked for the greatest knowledge ever given to man when at last your eyes beheld those passages in the Book of Mormon, and you desired to know their meaning. If this is upsetting and painful to you (which it will be) - I can only whisper, "Just have courage, and give God a chance to reveal Himself in all His unspeakable glory as Omnipotent, Omnipresent, Omniscient." These three words alone can possibly describe God, plus the information in the D & C 88:47 that anyone

who has beheld any of the least of His creations, or the stars, or the firmament, has beheld God moving in His majesty and glory. He is so far beyond anything that we have been taught that it is overwhelming. "But few can stand the test of actually knowing God." Eventually His Spirit will cover the earth as the waters cover the sea - and a knowledge of God - and the power of God will be contained in it.

Now about the two seemingly contradictory statements you mentioned. They are both so true and so perfect. "There are none who can come to Christ except the Father draw them", and "It is through the Christ that the Father is revealed". No one can find that Christ Light within except the Father draws them to it, first through sensing it does exist, then gradually unfolding to one its definite reality, and giving them the power and faith to develop it and bring it forth. So it is definitely the mercy and love and goodness of the Father that draws one to this Light, and perfects this contact, and fulfills the KNOWING. Then it is stated so definitely in the scripture that Christ is the DOOR. He, or this Light of Christ within us is definitely the door, which we ourselves must open. "Behold, I stand at the door and knock; if any hear My voice, AND OPEN THE DOOR, I will come in and feast with him, and he with Me." When we open that door we also open the door into the fold, as He so beautifully taught in parable, we again enter into the realm of the Kingdom of Heaven, and the Father will be revealed to us. For it is only through following this Light within that we can possibly be prepared to comprehend even God. 3 Nephi 20:35 "... the Father and I are One."

ANNALEE SKARIN

(This Letter will be continued.)

TO ALL OF YOU WHO HAVE BEEN EAGER FOLLOWERS OF THE J. J. HURTAK MATERIAL:

If you send us a small self-addressed and stamped envelope we will send you a copy of a recent letter which Dr. Hurtak has written about his "present work and needs". We did not have room in the Golden Dawn to print it, but can share it in this way with those of you particularly interested.

PYRAMID MINDED FELLOW TRAVELERS:

I recommend that you read books written by Professor Dee Jay Nelson, Egyptologist, Explorer, 719 Highland Park Drive, Billings, Montana, 59102.

After many years of studying Pyramid related information, I find Professor Nelson most informative. One example, is the evidence he presents of the incompatibility of the electrical brain pattern with the negative ion energy in the Pyramid over prolonged periods during the down cycle of the biorhythm's cycle.

We wish to thank each person who has donated toward the building of the Pyramid at City of the Sun Foundation, which we like to refer to as the Father's House as it was referred to being built in the midst of the land of Egypt in the Old Testament. We also thank each person who has corresponded with us, as well as the City of the Sun, telling of their experiences with Pyramid and Crystal Energy - one from as far away as France. We still welcome contributions.

ON JANUARY 31, 1985 THE FOUR DIAGONALS WERE PUT IN PLACE ON THE PYRAMID'S FOUNDATION! (Then immediately snowflakes began to come down!)

Ralph and Bertha Snyder, on behalf of the City of the Sun Fd.

Needing prayer? Address City of the Sun Fd., P. O. Box 370, Columbus, N.M. 88029.

A PERSONAL UPDATE

Change comes not only to the physical planet but to every inhabitant upon it as well, whether it be a member of the human, animal, vegetable or mineral kingdoms. The change has grave consequences, and because of the graveness of the situation great maturity and good common sense must prevail, if the human kingdom is to make a safe transition through the rocky shoals ahead.

The return of Karma, both personal and planetary, in 1985 brings heavy responsibilities to those who are in the Light to remain and to maintain the balance for the rest of humanity.

While we are concerned for the Children of Light, our primary concern lies with those who are not in the Light. With Neptune entering Capricorn and Pluto sliding into Scorpio, by the end of 1984 you will begin to see indications of the vast changes ahead for mankind. These changes can be kind, or they can be terrible; it depends on the amount of Light you have been able to generate.

Psychological factors enter into the concern as stress builds up to intolerable limits causing a rash of mental illness, erratic behavior among the terrorist groups of the world. There will be more frequent mental breakdowns and correspondingly, more breakdowns of earthly communication systems. The damage that may be done through erratic behavior patterns both personally and nationally needs to be watched and averted. Nations must be on the alert that the populace is not swayed by impassioned oratory of those who do not have the welfare of the people at heart. Subterfuge and subterranean problems arise as Pluto makes its energy felt in the war god Scorpio.

Our concern is also felt for the Children of Light whose very safety may be in question as those who are possessed by demonic forces in the name of "religion" rise up to strike down those who are not of their same philosophy. This would be terrible if it should come to pass, but religious warfare among the various aspects of the same truth is not impossible. Therefore, those who are mentally disturbed are to be watched carefully as the planetary stress places more strain on their psychological system than they can bear.

We are not here to mince words. We are here to give you facts, not fiction. We are here to speak truth that you will understand the seriousness of the problem.

As you, dear Children of Light, draw ever closer to the Divine Within, we have given you an added increment of Light to help make this possible. The added increment of Light is a two-edged sword, however, as it also brings about a return of personal karma, due to the increased vibrations of the Light. It will attract into your forcefield that which needs to be realigned. You are being tested and encouraged to handle your individual problems on a responsible level. The problems which surface must be faced with a calmness and a courage to be transformed, transmuted. Take the problems you encounter and change them from a weakness (problem area) into a strength by simply turning them around and making them work for you rather than against you.

Keep to your center when all else around you is going through a period of stress. It is very important that you learn to immediately seek your own center. Family problems will invariably arise as various members go through a period of "internal housecleaning." Stress will be placed on marriages, but the relationship need not break apart. In fact, it can be a gratifying period for partners, if they have the courage to look clearly within themselves and within the union to erase the stress and strain.

This increment of Light will cause a greater conscious awareness of your role in the outer world. Your perceptions change. Your inner world of spirit deepens and teachers appear to those who are ready. Become a true student of Light - use this blessed increment of Light for illumination. You were never meant to sink so low into the material world that you lost sight of your spiritual goals. Therefore,

rediscover your "spiritual roots" and quickly ascend out of the matter world into the truer spiritual realms where you belong. You can, if you will but TRY!

As anger and frustration become a way of life for the masses, the Children of Light should be on guard to protect themselves from negative influences. We would hearteningly recommend that you begin the practice of the following exercises.

You have been given much information on the use of the "White Light" which repels anything of a lesser vibration. At this time, it is not enough to simply envision yourself surrounded in the White Light. We suggest a technique that will enliven all the cells of your body with White Light as well.

In your visualization, manufacture a pair of coveralls out of a white, cloud-like substance - a suit of spun White Light. Pull on the suit over your feet making certain that the feet are thoroughly encased in the White Light. Draw that suit of light up over your total body, encasing it, and then draw it closed over the top of your head. Feel this spun White Light fitting snugly over all parts of the body, invigorating each cell as it also protects. Then, make another white cloud and submerge your self in the middle of it. Now, you have a seamless garment of White Light plus a Cloud of White Light surrounding your magnetic field. This Cloud is not a "skinny" Cloud, but a magnificent cloud of White Light. Think BIG. While you are in the Cloud of White Light, no earthly magnetism can penetrate your auric field. This means that the negative thought forms which others spray from their field of consciousness will not be absorbed into your forcefield, even if you walk through the negativity.

You see, Dear Ones, as people go through this period of catharsis, they will become more dissatisfied with their lives, and the thought forms produced from the mental and emotional dissatisfaction will become quite potent.

As the earth passes through a state of change, it will absorb more of this human negativity, the potency increasing beyond limits. Up until now, the earth's magnetism absorbed into your body has been relatively harmless and easily disposed of without conscious effort. That is not the case now. Therefore, we would like to talk about the beneficial nature of the ocean for those who live near one.

The mixture of chemicals in the sea water and the sand draws out bodily magnetism. While visiting a beach, spend time walking along the water's edge where the foaming water hits the sand. Work your feet into the wet sand to above your ankles at first, and allow the foaming water to swirl around your feet and ankles. After a few minutes go deeper into the water until the action of the waves swirls the water around the knees. There is an area in the back of the knees which discharges magnetism in the sea water. Then reach down with your hands and plunge them into the healing waters to above the wrists. Once your body has become adjusted to the cleansing vibration of the water, then plunge into the waves and have a wonderful, refreshing swim. Upon the sand once more, lie face down placing your solar plexus close to the sand, with the palms of your hands outstretched in the sand. Visualize the remaining magnetism being drawn out from the solar plexus and the palms of your hands. You are returning the magnetism to the earth.

The Violet Transmuting Flame is one of the most potent, reliable forms of transmutation, not only for earth magnetism but for anything that is less than God Energy in thought, feeling, or body. If you do not live near an ocean, then be certain that cleansing with the Violet Transmuting Flame is part of your daily routine. It should be regardless. You are becoming Gods; therefore, use these exercises that are meant to speed up your transmutation. And remember, it is through service to others, and the understanding of your own Beingness that you will eventually be released from the constant rounds of Karma.

As you work for that mastery over the plane of cause and effect (your earth world) the results will make all the anguish of 1985 onward, worthwhile!

We salute the God within.

JOSHUA

July 15, 1984

The article on the two preceding pages "A Personal Update" was copied by permission from the new book (\$4.50) "Update 1985" from Lucy Colson, P.O. Box 74, Ojai, California 93023

FIRED ADOBE BRICK HOUSE FOR SALE AT CITY OF THE SUN FOUNDATION -

		Columbus, New Mexico
House remodeled last year.	Price \$24,900.00.	Low Down Payment
	Liberal terms	10% interest
2 bedrooms	Tool shed	
2 baths - 10 closets custom built	Passive solar green house	
16 x 16 ft. large living room	Sewer and all utilities	
Gold carpeting in living room	Metal chain link fence	
Custom built kitchen and new sink	UHF Antenna \$100.00	
Electric stove	Pitched new roof	
Propane heat, stove and tank	Trees and landscaping	
17.6 cu. ft. new Whirlpool frost free refrigerator	Swamp cooler	
Call or write - Owner	Dorothy Rayburn Zawick	
	1201 Madeira Dr. SE - #207 North	
	Albuquerque, N.M. 87108	
	Phone 1 (505) 255-1634	

NOTICE: It is necessary that the purchaser of this home become a Member of the City of the Sun Foundation. FOR INFORMATION - write P.O. Box 370, Columbus, N.M. 88029

AT THE CITY OF THE SUN:

Rev. Wayne Taylor thoroughly enjoyed a visit from his friends, Dr. & Mrs. Wm. Peavy of Anthony, New Mexico.

New Year's afternoon was the date of a delightful Open House for the City of the Sun Community given by our newest member, Rowena Armstrong.

Lucille Craver and Gene LeBarron returned here from an extended stay in Mexico where they had been studying.

On January 26th the January Members' Meeting was held, as well as the Annual Meeting of the City of the Sun Foundation. Constance Arnot conducted both business sessions. Maurice Hastings gave a detailed Treasurer's Report for the year. Reports were given of the Work carried out on the Foundation property for 1984, as well as a report of the Golden Dawn and other publications of the Foundation.

The following Officers were elected for 1985:

Trustees: Constance Arnot, Chairperson; Dr. Jim Barton, Vice Chairman; William Switzler, Rowena Armstrong, Dr. Verlie Barton, Mary Jane Switzler and Andrew Webber. Foundation Treasurer: Dr. Verlie Barton; Foundation Secretary, Mary Jane Switzler; Membership Meeting Chairman, Rowena Armstrong; Vice-Chairperson, Carol Ely; Membership Meeting Secretary, Faun Homman.

Another important part of the meeting was the presenting of Applications for Membership into the City of the Sun Foundation. Jim and Barbara Hill of Hendersonville, North Carolina have been visiting here for some time and becoming acquainted with the possibilities. They applied for membership. Lorill Maxwell and Lance Maxwell of Van Nuys, California - friends of the Drs. Barton, also applied for membership. We were glad to become acquainted and welcome these talented people into the Foundation.

AVAILABLE:

Our multi-colored booklet "HEALING THOUGHTS FOR YOUR COMPLETE BALANCING AND PERFECTION" Order from City of the Sun Fd., P.O.Box 370, Columbus, N.M. 88029 Postage and Handling \$1.25 (Love Gifts always appreciated.)

THE HOLY SPIRIT IS AT WORK

It's a great day to feel the Spirit
Thrusting Itself through my affairs,
Bringing to light misqualified energies,
Careless words and uneasy cares.

I let It do Its work cleanly
Withholding no secret yesterdays.
All is to be placed in the Christ Light.
All must be cleansed in the holiest way.
The Spirit is as sharp and cunning
As Lord Michael's flaming sword.
It can sever tenacious bygones,
Lasting attachments I can ill afford.
I praise and thank the Holy Spirit.
How I bless Its penetrating ways,
That I may be found more loving
To the Lord of Life this day.

mjs
City of the Sun

CONCERNING THIS GOLDEN DAWN:

You, our Golden Dawn Readers, know we publish this little paper in the most in-
expensive way. This enables us to continue to send it "With Freewill Offerings"
instead of asking a certain price. In line with our policy, this issue is being
sent out about 10 days early so we may take advantage of the lower postal rate.
After this, we will be back to our schedule.

WE HAVE A NEW POST OFFICE BOX NUMBER: 370!!!!



CITY OF THE SUN FOUNDATION

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