



THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

NUMBER 92
(Sept.-Oct. 1986)

THE THRONE ROOM

My child, at the very center of your being there is a golden throne where Divinity dwells. Here you can come and meet your Lord in the quietness of your own soul. Come each day, my child set apart some special time; come, knock on that door of your heart and it shall swing open and you shall come in and hold sweet communion with the Lord of your Life.

I know, My child, it is often hard to steal away alone, the cares and duties of life press so closely and bind so surely; but if you will but try, if you will but make the effort, all these cares and duties shall fall into their proper relationship and you shall find such renewal of strength and beauty and calmness of spirit that as you leave that sacred spot and go again about the daily tasks you shall find every care lightened and the path of every duty made plain.

But, you say, how shall I find this throne room of my heart, how can I come close to this Divine Presence? And I say unto you, it is only by becoming very still that you can find the path, and when you find it the door shall open and flood your whole being with a glory of which you have never dreamed before. This being still does not mean a blank stillness, but rather a constant sense of inner quiet which you shall achieve when you have the firm knowledge that your God is in His Throne, not in some far off sky, but at the center of your own being.

And so you shall come to that Great Stillness, and there shall awaken in you the realization that you stand before a door that has long been closed and as you knock the door surely opens and you shall kneel before your Christ, sitting on the throne therein.

And so, day by day, I shall talk with you as we meet face to face. Each day shall a time be set apart to meet Me. I shall also be able to speak to you at other times and in many places if you will but tune your ear to the music of My voice; in the early morning when the world awakens to its loveliness; during the heat of the day when work must stop and you rest awhile by the roadside from life's activities; during the hour of sunset when shadows fall quietly over the land and the colors change and soften and the very air becomes calm and sweet with My Presence, and often again during the quiet darkness of the night you shall awaken, not in restless turning but to lie quietly and talk with Me.

So My words shall fit every need as you journey on the path of peace, and you shall have a sense of fellowship and know that the hand of the loving Master of men holds your hand and leads you on and up, every step of the way.

BRING YOUR BURDENS

This day I would bring you a new message which contains a key to many things. I have told you how you must learn to talk to Me. As you come each morning in quiet humbleness to the door of the golden throne room of your heart, the door swings wide for you and you enter as a weary pilgrim, carrying your dust-covered burdens that you have gathered along life's highway. As you kneel before My Presence on the throne take from your heart, one by one, these burdens. Some shall seem almost too small and trivial to have made so large a bundle, and so recently acquired that you wonder at its weight upon you. Others you may have carried long, and these will be bound by the very fibers of your heart. But never fear, My child, they are all burdens in My sight.

Anything, no matter how small, that fetters the soul, must be taken from your shoulders. So give them all to Me. Talk them over with Me. Say, "My Lord and King, this may seem small, but it bothers and hinders me. Take it, that I may be free." And then as these burdens whether great or small (and the "small" shall always by far exceed the "great" in number) are given over into My Keeping, they shall immediately be consumed by the Holy Fire on My Altar, and you shall stand straight and free in My Presence.

You entered the throne room through a wide open door as a mortal carrying a heavy burden. When you leave, the door remains closed and you go out as a free spirit. No burden can go through that closed door into the outer again, and the fragrant incense of My Altar Fires will cling to your garments and you shall all the day walk among your fellowmen with the Signs of My Presence upon you.

"The Throne Room" and "Bring Your Burdens" are taken with permission from
"Quiet Talks With the Master" - Eva Bell Werber
Publishers: DeVorss & Co., P.O.Box 550, Marina Del Ray, CA 90291

(Of Special Interest: This was one of the favorite books
which Annalee Skarin loved.)

EARTH, OH DEAR EARTH

Earth, Oh dear Earth, I feel your pain;
The wanton neglect, the stinging acid rain.

We've allowed your surface to be so scarred -
Polluted, poisoned, war torn and marred.

Forgive wastefulness; our lack of care;
Forgetting to love, beauty to share.

Convict our hearts and help us see
We've made Earth what its come to be.

May scars be allowed to mend and heal;
Waters purified, pollutants revealed.

As in the Bible, it does still say:
"Dominion is ours." Let God have His way!

mjs

THE CONSCIOUSNESS OF EARTHPEOPLE IS RAISING

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

It is truly lovely to behold the changes that are coming over the thinking of more and more persons on your planet these days. It is as though all the hopes and dreams of those of us you would describe as extraterrestrials are coming to pass. There is no way we can bring to your understanding the length of time that has elapsed since "Lighted" beings from realms of enlightenment first decided to apply their energies to the task of transforming a rather darkly shrouded little planet into a planet of love and "Light."

It was known from the outset that the task of bringing enlightenment to planet Earth would require a perseverance of effort over many millennia. Those of us who are dedicated to the spread of enlightenment throughout the universe accepted the challenge, knowing full well the commitment to which we were agreeing. To "Light-bearers" of Our Radiant One, to Sons and Daughters of the "Light" the presence of planet Earth (Saras - planet of sorrows) in the universe, represented a rather enigmatic situation which demanded our attention.

Thanks go to the Galactic Survey which first discovered your planet with its strange mores of life eons ago. It was the discovery of this most physically beautiful sphere which focused attention to it in the first place. Further visits in our spacecraft brought to the attention puzzling aspects of life there quite unlike that which we had encountered anywhere else in the known universe. I refer to such concepts as what you call "survival of the fittest," lifeforms depending upon each other for nutritional sustenance, the desire to accumulate great quantities of physical matter to which was attributed inordinate value, and the seemingly ever present need to attain and exercise power over one's like kind.

Thus it was that physical MAN in the universe, beings not unlike yourselves in many respects, was given the privilege of bringing Saras to the attention of all levels of life existence. Seemingly countless probes into your atmosphere brought to us an apparently unending number of intriguing conditions upon which to focus our attention. Saras became the object of great curiosity and interest. As I say, no other planet ever found offered such unique and different environmental situations.

Various hypotheses were formulated as to the direction to take with this new discovery. It seemed necessary to those committed to the spread of enlightenment throughout the universe that they should take an active part in bringing about change on that little planet. Many scientific expeditions were sent to Saras to collect information on life there. This is one of the prime roles of the Galactic Survey.

I might add that the name Saras was not applied to the planet at the outset. It was not until after numerous traumatic instances of survival there were perceived (shall I call them challenges?) that the connotation of sorrow was applied. When it was established by the Galactic Survey that the planet would indeed sustain the basic needs of spaceman on its surface, various intergalactic organizations became interested in studying it. Among the most notable were The Solar Cross and The Order of the Golden Robe, two groups which had successfully survived previous intergalactic wars to go on to furthering their missions of spreading enlightenment for mankind.

It was during these times that Saras also attracted attention of physical man who does not base his principles of existence upon the use of what we describe as

love and "Light". These beings are sometimes referred to in your parts as "the dark forces" or "those beings from the other side of Orion." While MAN, by the way, derives his life-sustaining energies from the love and "Light" of Our Radiant One, those whom we can describe as less-than-"Lighted" derive their powers from other natural sources of Our Radiant One's creation. I would like to remind you to steer your thinking away from judgmentalism as regards enlightened or unenlightened aspects of mankind. Because one chooses to accept or reject the "Light" as one's basis of existence does not make one either good or bad. What is good in one's own belief system isn't necessarily good for all. It seems that The Creator has offered mankind a diverse assortment of experiences from which to choose in order to learn and progress. What is good for you at the moment is that which you have chosen to experience at the moment.

Yes, MAN amongst the stars is on a "Lighted" path, and for us, and for many of you, that is what is good. Earth is being brought into "Lighted" existence via the Divine Plan, and that is good according to our beliefs of what is good. The fact remains, however, that you and I are in no position to judge the righteousness of paths others have taken for their life experiences. Each being must judge for oneself what is right or wrong.

At this point I point out that the conditions the Galactic Survey encountered on planet Earth were not brought into being by mankind, "Lighted" or unenlightened. To the best of our knowledge, based on eons of investigation and exploration, the conditions found on Earth came about as a result of factors of manifestation of The Creator's will. As physical life procreated on Earth all sorts of interesting happenings and lifeforms resulted due to the unique vibratory levels of the planet, but these were the result of the planet itself and not influences brought to the planet by its visitors.

Saras has been visited by representatives of "Lighted" as well as unenlightened realms. For periods of time there was a struggle for possession of the planet between the two. The last confrontation of the opposing forces took place during times recalled as Atlantean and Lemurian. It was after these times that the forces of the "Light" took over jurisdiction of the planet.

There are those upon your planet who feel the dark forces are still active there. Indeed, when one perceives all that goes on there, it would seem to appear so. In actuality, all that is perceived as less-than-"lighted" is the result of less-than-"Lighted" thought forms which manifested over Earth's history because of the presence of dark forces there. Remnants of these thought forms still exist today, and they still influence the behavior of given beings.

Forces of "Light" are in control of Earth from many realms, and the mission which is bringing in The New Age is truly a "Lighted" mission. Fear ye not! The last vestiges of negative, or unenlightened, thought forms are being purged from the Earth environment, and that is what you are perceiving today as rather catastrophic and violent events. Until all negativity is purged from Earth, the advent of the New Age cannot fully take place. However, it is happening. It is happening this very day step by step.

As more and more power of the "Light" is directed to Earth, more and more negativity is exiting. With this influx of enlightenment comes increasing "Lighted" thinking on the parts of the inhabitants. This is what I mean when I say the consciousness of Earthpeople is raising. It is truly a sight to behold! Most beautiful!

I am Korton

Channel: Robert McCampbell, P.O. Box 51114, Palo Alto, CA 94303-0688

6/14/86

The light from within shines outward to others
To prove to the world and the seekers of knowledge
That under the skin we truly are brothers.

O look, thee seekers of knowledge so fair
The answers to questions are truly there.
Just look within with an open heart,
And the love that thy seekest will give you a start.

Praise yourself, praise that which has brought you through
To this time and place which you know to be true.
That which is dwells in each and every one
The true being shines thru before love is done.

You seek for an answer, yet to listen you must
Very quietly, you see, or it passes to dust.
You answer again, it will come when you're ready
But you must still the anxieties and just be steady.

See you there, that glimmer, that glow of light
It shines from within with quite a might.
To dwell in the light, - that is white as a dove,
Feel the peace that's within and the outpourings of love.

So be seekers of wisdom, that come from afar
Look no farther than that which is but a star.
The star of peace, the star of love,
Let yourself be and you'll be as the dove.

Feel the brightness within as it pushes out gloom
As the Almighty Love extends out of the room.

It comes - it is there - it is within reach
Just look to the others that you have yet to teach.

One gives to another and so by this doing,
They give to themselves, can you hear the doves cooing?

So, let yourself be, and in this way expand,
And follow the light, though it be but a strand.
It'll help you to feel and to know and to see,
Love is all there is - and you can just - be!

Smell the flowers - hear the tree as it grows to the sky
Just feel the divine love as it helps you to fly -
Outward from the restraints that you create for thee
Let love nourish and sustain you as sap to a tree.

You are one with the Almighty, hold yourself in your hand
The whole world is yours, the lap of the land.
Believe in thyself, give you a pat on your back
When you truly have love, there's nothing you lack.

Thou art with thee always -
To thine own self - inner self - be true!

----- Jeannine -----

WORLD HEALING MEDITATION (Suggested Planetary Prayer for

In the beginning - In the beginning God. December 31, 1986)
In the beginning God created the heaven and the earth.
And God said Let there be light, and there was light.

Now is the time of the new beginning:

I am a co-creator with God, and it is a New Heaven that comes, as the Good Will of God is expressed on Earth through me. It is the Kingdom of Light, Love, Peace and Understanding. And I am doing my part to reveal its Reality.

I begin with me. I am a living Soul and the Spirit of God dwells in me, as me. I and the Father are one, and all that the Father has is mine.
In Truth, I am the Christ of God.

What is true of me is true of everyone, for God is all and all is God.
I see only the Spirit of God in every Soul. And to every man, woman and child on Earth I say: I love you, for you are me. You are my Holy Self.

I now open my heart and let the pure essence of Unconditional Love pour out.
I see it as a Golden Light radiating from the center of my being, and I feel its Divine Vibration in and through me, above and below me.

I am one with the Light. I am filled with the Light.
I am illumined by the Light. I am the Light of the world.

With purpose of mind, I send forth the Light. I let the radiance go before me to join the other Lights. I know this is happening all over the world at this moment.
I see the merging Lights. ~~There is now one Light.~~ We are the Light of the world.

The one Light of Love, Peace and Understanding is moving. It flows across the face of the Earth, touching and illuminating every soul in the shadow of the illusion. And where there was darkness, there is now Light of Reality.

And the Radiance grows, permeating, saturating every form of life.
There is only the vibration of one Perfect Life now.
All the kingdoms of the Earth respond, and the Planet is alive with Light and Love.

There is total Oneness, and in this Oneness we speak the Word.
Let the sense of separation be dissolved. Let mankind be returned to Godkind.

Let peace come forth in every mind. Let Love flow forth from every heart.
Let forgiveness reign in every Soul. Let understanding be the common bond.

And now from the Light of the world, the One Presence and Power of the Universe responds. The activity of God is healing and harmonizing Planet Earth.
Omnipotence is made manifest.

I am seeing the salvation of the planet before my very eyes, as all false beliefs and error are dissolved. The sense of separation is no more; the healing has taken place, and the world is restored to sanity.

This is the beginning of Peace on Earth and Good Will toward all, as Love flows forth from every heart, forgiveness reigns in every soul, and all hearts and minds are one in perfect understanding.

It is done. And it is so.

Planetary Commission Prayer Time:

This is set for noon Greenwich Time Dec. 31, 1986, and so each of us will have to figure out what time it will be where we are living. Please keep this Time Chart handy.

Other Cities of the World:

Berlin	1:00 P.M.
Buenas Aires	9:00 A.M.
Cairo	2:00 P.M.
Copenhagen	1:00 P.M.
Glasgow	Noon
London	Noon
Madrid	1:00 P.M.
Mexico City	6:00 A.M.
Moscow	3:00 P.M.
Naples	1:00 P.M.
Paris	1:00 P.M.
Rome	1:00 P.M.
Sydney	10:00 P.M.
Tokyo	9:00 P.M.
Vienna	1:00 P.M.

Greenwich noon in United States:

Pacific Standard Time	4:00 A.M.
Mountain " "	5:00 A.M.
Central " "	6:00 A.M.
Eastern " "	7:00 A.M.
Alaska - Fairbanks	2:00 A.M.
Nome	1:00 A.M.
Honolulu, Hawaii	2:00 A.M.

Canada:

Vancouver	4:00 A.M.
Edmonton	5:00 A.M.
Montreal	7:00 A.M.
Ottawa	7:00 A.M.

(Our Golden Dawn Readers in Nigeria and Ghana are particularly interested in noon Greenwich Time in their countries. Your atlas maps should show this. It "seems" that it might be noon in Ghana and 1:00 P.M. in Nigeria. If you students in either country find out differently, please let us know.)

WEANING

In order for your plants, vegetables and fruit trees to survive when the time comes. wean them off chemical fertilizers, feed them only natural composites - manures and composts - and wean them off these too, eventually. Feed them on LOVE. And as the great drought approaches, teach the plants to use less water, so that they learn to survive in the days ahead. Allow the plants TO BE, more and more. As they become more dependent on nature itself, they will call to the nature elements for rain, instead of depending on us.

For the bird and animal life wean them off any food you may be putting out, so that they too learn to fend for themselves naturally as they will do, foraging for their own food. Give them less food and less frequently. Many are not feeding the hummingbirds this year. Surely it is better they seek nectar from wildflowers than sugary colored water! These actions are done in lovingness - for as humans we have used birdseed to attract the birds for our own pleasures, rather than "allowing" them TO BE.

Learn to wean. For it is the same with our eating habits - wean ourselves by eating less frequently then our bodies will be used to change, for when the changes come, we shall be ready to allow the light to come forth. For when the days of cleansing come, it will stand us in great stead.

We have said, "Ye are gods", "The Kingdom of heaven is within, "Know Thyself." We are told to love the Lord thy god (you) with all thy heart, strength, soul and body. God IS. You will never find the god that you are in another - outside of yourself. You are already God, and only you can experience Self by living that life. God IS the essence - Beingness of the isness, and to find yourself you have to feel the emotion pouring through you as the all encompassing love. ALL IS. God is judgeless. He IS LIFE. In the silence you will begin to KNOW all about yourself, to open up the remaining two-thirds of the brain. In this way you shall know thyself.
Newsletter, 25 Bonita Lane, Sedona, AZ 86336

CODE OF CONDUCT FOR A DISCIPLE OF THE HOLY SPIRIT

1. Be conscious ever that you aspire to the FULL EXPRESSION OF GOD.
2. Learn the lesson of HARMLESS-NESS. Endeavor to do good to any part of life by positive thought, word, feeling and action.
3. Stir not a Brother's Sea of Emotion, thoughtlessly or deliberately. Rather, bring tranquility to life.
4. Dissociate yourself from personal delusion of self-righteousness. If you are right, there is no need to acclaim it; if you are wrong, pray for forgiveness.
5. Walk gently through the Universe, knowing that the body is a TEMPLE in which dwells the Holy Spirit that brings Peace and Illumination. Keep your body Temple always clean as befitting the habitation of the Spirit. Respect and honor all other Temples, knowing that often within a crude exterior burns a greater Light.
6. In the presence of Nature, absorb the beauties and the gifts of Her Kingdom in gentle gratitude. Live in harmony with Nature. Enhance Her Virgin Beauty by inspiring and constructive thoughts, emotions, and desires with right motives and actions.
7. Do not form or offer opinions unless invited to do so, and then only after prayer and silent invocation for guidance.
8. Speak when GOD chooses to say something through you. At other times remain peacefully silent.
9. Make the ritual of your living, the observance of GOD'S rules, so unobtrusive that no man knows that you aspire to Godliness, lest your service become impinged with pride.
10. Let your heart be a song of gratitude that the MOST HIGH has given Life. Endeavor to manifest perfection through one in distress.
11. Always be alert to your faculties and the Father's gifts to extend His Kingdom.
12. Claim nothing for yourself, neither powers, nor principalities, any more than you claim the air that you breathe or the Sun. Use them freely, knowing that God is the owner of all.
13. In speech be gentle, but with the dignity and authority that accompanies the Presence of the Living God within your Temple; stand firm. Let not the impressions of humility be mistaken for lethargy. The servant of the Lord, like the Sun in the Heavens, is Eternally vigilant and constantly outpouring the gifts in his keeping.

Cosmic Light Foundation, 11716 221st S.E., Snohomish, WA 98290

JOY

Laughter came bubbling, dancing and free,
The Joy of Spirit expressing through me.

A NEW PUBLICATION -

Dear Readers:

Our Secretary of the Foundation, Mary Jane Switzler (mjs) has been led to share more of her beautiful and inspirational poems with us.

I am very happy to tell you her poem booklet -

Viewpoints of "A Traveler"

is now published. It is available through the City of the Sun Foundation for the suggested donation of \$3.73 (which includes postage).

In it you will find words to fit your every mood, to cheer, to encourage, to inspire, to heal, to comfort. They are words of truth and love from her heart to yours.

You will surely want to add this inspiring edition to your library.

Order from City of the Sun Fd., P. O. Box 370, Columbus, New Mexico 88029

AT THE CITY OF THE SUN -

Natural Features -

Here in the Chihuahua desert there are many natural features and plants that add to the unique quality of life here. Our area of the desert is densely covered with a beautiful evergreen shrub known as Chaparral. Besides adding to the beauty of the region, it is very useful as a medicinal plant. It has been used by the Indians for many purposes since time immemorial. It is an excellent blood purifier and is considered one of the best herbs for use in treatment of cancer. Chaparral, also known as Creosote Bush, Greasewood and Guamise promotes good digestion and general vitality. If you would be interested in more information concerning this unique herb, feel free to contact G.L. Hannon, P. O. Box 88, Columbus, N.M. 88029 for a free report.

The Pyramid -

We have had one need in our pyramid which other people with pyramids would not have - that is to stabilize the inside energies. Ordinarily a pyramid balances its own energies, but due to our pyramid structure being so near to a Natural Divine Vortex special stabilization has been necessary. So the principal part of the work during this period has been the balancing and stabilizing of the inside pyramid energies. A grounding rod was placed in the center of the floor with wires running out from this to the four corners. Then on top of this central grounding a large native crystal cluster was placed. Very recently J. R. Spurling, the head builder of our structure, was driving north of Deming, and suddenly felt impelled to stop his truck and was to walk over the hill and he felt he would find a crystal. All of this he did, and he found a crystal. Later he returned with family members and dug out and hoisted the crystal cluster onto his truck bed. Part of his leading was that this was for the pyramid at the City of the Sun, and so it was brought out and centered. Ralph Snyder, the starter of the pyramid project, had several times mentioned that a crystal would be found which was supposed to go into our pyramid. We are grateful that this has been accomplished. Those with special discernment feel that at last the inside energies are entirely clarified and balanced. Some rough benches have been placed inside for temporary use, for some people are already going there for brief periods.

A lagoon -

We live in the part of the world where we can maintain and use a sewage lagoon. The sun shines sufficiently so that algae consume the fecal matter. The original lagoon was dug in 1972-73. Now, in planning for the future it became necessary to have a second lagoon dug. Marshall Doolittle, of Martin Motor Company of Truth or

Consequences, New Mexico brought his heavy equipment many miles to do this work in July. Mr. Doolittle was a guest at the Drs. Barton for the several days he was here digging. Arrangements were made to close off the intake of the first lagoon while the new one is being finished. Even though the main part of the work is done, and the pipes have been purchased, there still remains considerable manual labor to put in Bentonite to seal from any possible drainage, as well as the installation of the various pipes. Future useage will be maintained back and forth between both lagoons. This is a large sized project for the City of the Sun Foundation.

The people -

Before Bradley Holden, grandson of Drs. Barton, returned to Washington, he was taken on a short trip to see his great grand mother, Edna Riggs, and other members of the family. He had never had the privilege of seeing his great grandmother before, so it was a special occasion. On the return trip they visited with Betty Johnson and family near Dallas, Texas.

Many of the City of the Sun members, as well as quite a few Columbus neighbors joined Dr. Verlie Barton at her birthday time.

William and Mary Jane Switzler thought their 52nd wedding anniversary was over, but it wasn't - there was a lovely surprise vegetarian dinner given in their honor by City of the Sun members.

Lester Jackson left for northern New Mexico to take part in an extended family reunion.

FOR SALE

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

House remodeled last year. Price \$22,000.00. Down Payment \$2,000.00.
\$300.00 per month - Liberal terms 10% Interest

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Call or write Owner - Dorothy, P. O. Box 370, Columbus, New Mexico 88029
Phone 1 (505) 531-2696

Notice: The purchaser of this home would need to become a member of the City of the Sun Fd., Write P. O. Box 370, Columbus, New Mexico 88029

The Golden Dawn is the official publication of the City of the Sun Foundation. It is published every two months and sent upon a freewill offering basis. P.O. Box 370, Columbus, New Mexico 88029

Prayer Requests may be sent to the same address just given.

2 Chinese Sayings: "A journey of a thousand miles starts with the first step".
"Don't stand looking at your mountain. Climb it!"

The air was extremely hot and humid, the day I arrived in Virginia Beach for the first time, to attend a week long A.R.E. conference on "The Spiritual Touch in Healing." As I struggled up the street with my suitcase, feet sinking into the soft sand, I kept glancing at the lowering sky, hoping that the rain would hold up until I reached the room I had rented in a private home, about a block away from A.R.E. headquarters. My hostess for the week was not at home, but she had left the door open, and instructions were on the table.

No sooner had I gotten indoors, then the storm broke, quite furiously, and in spite of the heat, I had to close the windows against the blowing rain. Since I hadn't eaten breakfast and it was well past 12:00 I realized that I was stuck in the sweltering room without food until the rain diminished and I could walk to the motel cafeteria used by conference attendees.

I was limp, hungry and feeling a bit sorry for myself when the rain finally slowed enough for me to walk to the motel, where I found the dining room filled with chattering, lively people. Since I didn't feel much like taking on a whole table full of strangers at that moment, I glanced around searchingly and finally spotted an older lady sitting alone in a booth. Her face had a slightly stern set to it, but I have never found anyone who wouldn't respond to a friendly smile - which I flashed at her with intensity as I asked permission to join her. She nodded yes, and I slid into the seat opposite her. Within a few minutes she was entertaining me with cherished anecdotes and stories about her life with - none other than her late husband, Hugh Lynn Cayce. I was sitting opposite Sally Cayce, a most charming dinner companion who said, in her soft southern drawl, "If I see anybody real interesting in here I'll be sure to introduce you to them, because I want this to be a wonderful experience for you." With such an auspicious beginning how could it be otherwise?

Since I am a massage therapist, working on many different levels with clients, the whole program was of special interest to me. It included Dr. Bernard Siegel, a Yale surgeon who works mainly with cancer patients, who explained how he uses patient's dreams and self portraits to uncover subconscious emotional causes of illness. Drs. Bill & Gladys McGarey, Directors of the A.R.E. Clinic in Phoenix described their multi level program utilizing workshops in nutrition, biofeedback, meditation and guided imagery as well as traditional medical approaches. They also told of their successful use of castor oil packs in so many different ailments that they have been given a grant to study the use of the packs. Dr. William Gaston, a chiropractor, shared some of his extraordinary healing experiences and Rev. Ed Duke, a psychic healer, demonstrated his techniques. The whole conference was lovingly and graciously facilitated by Meredith Puryear who did an outstanding job of coordinating.

Our day began at 7:00 A.M. with T'ai Chi on the beach or meditation in the pyramid. There were 3 lectures on most days with lots of interesting optional activities. But one aspect deserves special mention. I was privileged to join a 'sharing group' - which was chosen at random, most of us being strangers to one another. This group met for breakfast and lunch daily, with a member of the A.R.E. staff, and as we shared our spiritual journeys, hopes, dreams and challenges, a feeling of love grew and surrounded us with increasing spiritual energy that heightened the experience and made it a most unique and memorable event. If I haven't said it before, I say it now, make the opportunity to attend a week long conference at A.R.E. - you'll have a wonderful time. - Guaranteed.

A City of the Sun Resident

12 year old spacious, meticulously maintained, one
Story Frame, 2 bedroom house with family room.

Overall dimension 26' x 60'. Living room 14' x 25'
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NOTICE -

It is necessary that the purchaser of the above listed home become a member of the
Foundation. For Information write City of the Sun Fd., P.O.Bx. 370, Columbus, N.M.
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CITY OF THE SUN FOUNDATION
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