



THE GOLDEN DAWN

CITY OF THE SUN FOUNDATION

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FAITH

And the Lord said, "If any man had the faith of a mustard seed, he could move this mountain". All the gifts that have been given to man, except one, are of the present. Love is of the present. Charity is of the present. This is why Jesus said for us not to fret about the morrow, just live for today and your faith will bring everything you need unto you.

Faith is the only tie with the future that man has. Faith is also the most powerful of all gifts. If you have enough Faith you can manifest anything. This is why the Father gave to us Free Will so that we can discern what direction that we want our Faith to take. It is our responsibility to use our Faith in an honorable manner. God is not a respecter of persons. He gave the same gift of Faith to the dishonorable man as He did to the honorable man.

This is why you see some people that you feel are not honorable and they seem to have whatever they need and want. At the same time a seemingly worthy person cannot seem to get anything together at all. The answer is that the less honorable person has more Faith than the latter. He knows what he wants and has Faith in his ability and Faith in the law that enough Faith can manifest anything you want. Everyone has Faith - good or bad, and the way you use your Faith is what you are going to manifest. If you have more Faith in your sickness than you do in your doctor you are going to keep your sickness. If you have more Faith in getting well than you have in your sickness you are going to get well. Sickness has no power in itself - only in the Faith we put into it. No Faith is of the present. As you can see, the things of the present, so we do not need Faith to manifest them, for this second they are before us. Faith brings other things into the present.

Nothing would be of the present if it were not brought to the present by someone's Faith. Faith is called by a lot of different names (all wrong) - hunches, manifesting by Astrology, channeling, or anything else you want to call it. But none of these things have any power at all and are worthless as everything in this world and beyond is worthless until some one has Faith in them. The reason the Lord keeps telling us to never falter in our faith is not the fear that we will be eliminated from Heaven, it is the fear that we will be lost - we will be lost to ourselves and not in control of our lives. We will be led by other forces that have enough Faith in what they are doing to override our little Faith in ourselves. Therefore, they can control us and the situation.

As long as we do not direct our Faith for good and honorable things we start having Faith in sickness, ill health, poverty, old age, death. Then we start having Faith in doctors, life insurance, hoarding. We do this to overcome diseases and the other things we have manifested by misdirecting our Faith in the first place.

Yes, Friends, Faith is a powerful force and it has to be directed in the right direction. It can be very good or very destructive. Faith is not like Charity or some of the other gifts. It never loses its power. It's always there, and it all depends on the way you use it whether it will manifest good or evil.

I would like to see all of us start to dwell more on our Faith and to really see where it is leading us. Maybe then we can reclaim any Faith that we are giving away to other forces. Then we can truly thank the Father for this most cherished and wonderful gift, and have Faith that our needs and wants will be manifested according to the Law.

A. W. of the City of the Sun

CONSIDER THE MIRACLE OF YOUR OWN BODY

You may be amazed at the present state of your physical body when you quietly take inventory. Do you find imperfections, maladjustments, aches, and pains, disease?

Think back to your childhood and remember that your body was perfect - healthy, strong, beautiful, full of the glow and buoyancy of life. We call it youth. What has happened over the years? We call it aging.

What causes us to grow old, as we say? It is not the years. Whether you know it or not, whether you believe it or not, whether you like it or not, you are momentarily creating your physical body by your thought! For it is extremely impressionable and responsive to your Creative Thought. Thought CREATES!

Look at your body and know that IT IS TODAY what you have made it by your THINKING! Do you react to life, to people, to work with fear, doubt, resentment, hatred, jealousy? You cannot afford to indulge in these emotions IF YOU WISH TO HAVE YOUTH AND LIFE ABUNDANT.

The body appears to be solid flesh. We have always thought of it as a dense creation. Let us change our thought of it as a dense creation. Let us change our thought about it. Visualize yourself as an Effulgent Light Being. See within your body your Bright Angel, Brilliant Light, filling and permeating every atom. This is the Real You - the Light that is constantly sustained by Creative Energy, God.

Think of your physical body as a Light vesture that clothes the Light Being. See it as a transparent, even a gossamer substance that you can mold as you wish, that you can change and create into that which you desire.

Seek to learn all you can about this vesture. Science, apparently, has found the magic key that unlocks the door from the outside. But WITHIN is a miracle world revealed only to those who seek with the Spirit, who learn of the inner spiritual bodies, of the mystical function of the spine; learn that the bloodstream carries the record of our evolutionary progress, the record of WHO WE ARE. Above all, seek to learn the MYSTERY OF THE BREATH.

It is a vesture not made of the proverbial "clay". It is made of Light - the Essence of Being!

Then you will begin to look with Reverence upon your body. And you may come to know that you are more than mere youth. You are ETERNAL LIGHT in which there is no question of age or youth. IT JUST IS!

It is the Creative urge TO BE that flows and surges from the Heart of Cosmic Energy, God.

PRAYER FOR RE-CREATION

Our Father -

Designer and Creator of the body in which I dwell, in and through which I live and move and have my being.

Help me to realize that the perfect pattern of my body is contained in my mind -

That anything less than perfect which was manifested, or does manifest in this body, has been the result of wrong thinking and wrong operation of your Universal Laws.

Should my body have been imperfect at birth, it has still been the result of human causations and not by any divine decree.

Help me to realize that your creative power, which fashioned this body, is still resident in my mind, ready to serve me at any time of need;

That I, as a creature of free will, now have control of this creative power, and may direct it for my own good or ill, dependent upon the nature and character of my thoughts and feelings.

In full realization of this, I now call upon Your creative power within me to correct and eliminate any and all body imperfections.

As I do so, I know that re-creation is taking place in every cell and nerve and gland and tissue and organ, in direct accordance with the degree of my vision and my faith.

Harold Sherman "Your Power To Heal" - The Light of the Universe, Tiffin, OH 44883

TREATMENTS FOR YOU

Robert Collier in "Secret of the Ages" says -

"For mind is the only creator, and thought is the only energy. What counts most is the image of your body that you are holding in your thought. If, heretofore, that image has been one of weakness, of ill health, change it now - today. Repeat to yourself, the first thing upon awakening in the morning and the last thing before going to sleep at night -

Treatment

"My body was made in the image and likeness of God. God first imagined it in its entirety; therefore, every cell and bone and tissue is perfect, every organ and muscle performing its proper function. That is the only model of me in Universal Mind. That is the only model of me that my Sub-conscious Mind knows. Therefore, since Mind - God - is the only creator, that is the only model of me that I can have."

A MEDITATION -

The perfect freedom of God is liberated in me.

I abide in Him, and He abides in me.

I am free from fear and rejoice in the knowledge

That I am a child of God,

Living in His perfect spirit; in love, joy and peace evermore.

I am free from the memory of past hurts and tribulations.

I am healed of all wrong thoughts.

The past is dead, and I rise in Christ to fulfill my destiny

Under His loving peace, guidance and protection.

There is no room in my soul for anything

But love, peace, joy and blessing for everyone on earth. SO LET IT BE!

Center of Light & Truth, 3360 4th St., Boulder, CO 80302

SOME COMPREHENSIVE TEACHINGS ON SPIRITUAL SIGNIFICANCE OF
HUMAN BODY - - SOME OF VERTEBRAE

The deeper the study concerning the parts of the body the more we are enabled to understand that "we are wonderfully created"! All are a part of the whole - all are connected - body, mind and soul. The following is taken by permission from the book "Body Signs" with Maurice B. Cooke serving as messenger for Hilarion. Marcus Books, 195 Randolph Rd., Toronto, Canada M4G 356.

"It will be appreciated that damage (whether permanent or passing) to any of these vertebrae, or any chronic deficiency, dysfunction or pain originating there, will designate a portion or system of the body which is below par, diseased or chronically deficient in some way.

"Moving now to the 'emotional' vertebrae, these include the rest of the thoracic vertebrae (T-1 to T-10) and the lowermost cervical vertebra (C-7). These eleven vertebrae bear a direct relation with the emotional responses and traits of the manifested personality, because they pertain to those characteristics of the higher self which are responsible for the traits of the lower level.

"Beginning with the lower four of this group (T-7 to T-10), these correspond to the ability to love, pure and simple. Any person who has a problem in these vertebrae must ask himself whether he has the ability to allow the pure love emotion - untainted by any thought of sexual passion, self-pleasure or physical indulgence - to flow through his heart chakra. It is essential for the reader to grasp this thought, for in the world today too many think they love when in reality their experience is primarily based in the desire nature and the proclivities of the physical body. Hence, many call 'love' what is really only physical infatuation. Love does not desire, it merely loves. Love seeks not to be always with the loved one, only that the loved one should be happy. Love requires no returned emotion of loyalty or affection. It merely sends out its loving rays, knowing that all love returns finally to the source of everything, which is God. How many can say that their love nature is capable of such selfless affection? Very few. And yet that is the goal for man, in terms of developing and manifesting the love of God, or Christ-Love. Any who find it impossible to generate such a feeling of unconditional love within themselves, may find that the corresponding bones of the spine are in some manner deficient, subject to disease, out of alignment, or simply the source of backache.

"The next three of the 'emotional' vertebrae (T-4 to T-6) pertain not to love per se, but rather to the ability to feel joy and elation while in physical incarnation. The usual manifestation of this trait is in the sense of humor and the ability to laugh, these being very high characteristics which belong more properly on the angelic planes. Indeed, the gift of laughter was made to man as a deliberate act some hundreds of thousands of years ago, for prior to that gift man was unable to laugh and could never see the point of a joke. He was much more akin to the animals in terms of his emotions, and like them was unable to laugh. Hence, troubles relating to the vertebrae in question point to one whose sense of humor may be either lacking or rudimentary. We should point out here that there many degrees of such troubles. Sometimes a minor problem in these vertebrae is used by one's guides merely to remind the person subconsciously that he should allow more fun, lightness and laughter into his life. Those who tend to be overly serious, even though they may have a good sense of humor, often find that these particular vertebrae give them trouble. In such cases, the individual must assess for himself whether the indicator is merely a reminder to laugh more, or whether some more serious imbalance is being pointed out. The same caution applies to the interpretation of all of the vertebrae correspondences.

"The next three vertebrae in order, counting upwardly, are those identified as T-1 to T-3 (the upper three thoracic v.). These bones pertain to another of the 'highest' emotional traits in man, namely his ability to rise above the limitations

of physical existence on the wings of hope. This emotion is akin to faith in many ways, and thus we may say that the ability to keep faith and hope alive in the midst of adversity is represented by the vertebrae in question. Those who have adopted a despairing attitude toward life, or who have given up hope regarding their lot, are those most likely to experience pain or difficulty in association with these three vertebrae.

"The final one of the 'emotional' vertebrae is C-7, namely the lowest cervical vertebrae. This bone relates to another evolved 'emotion', namely that of 'praise'. This is a difficult concept to describe in any other terms. The English word praise is one of unclear meaning for most people who have never allowed themselves to be flooded by the currents of praise which, for example, the Angels constantly feel toward the Highest Creator. In many religious books the notion of praise is discussed, but few now understand its meaning. We will attempt to describe this feeling, in the hopes that some will be encouraged to make it a part of their daily experience, and thus reap the great rewards that come from allowing these special currents to flow through one's being.

"Praise the Lord" is an expression that many are familiar with. It tends to be regarded as the watchword of certain religious fundamentalists who allow themselves to be overcome with devotional frenzy, thus losing control of themselves to the point where this and other spontaneous phrases are shouted. And yet a beautiful jewel lies within this thought, i.e., that one should praise the Lord. The value of the notion stems from the fact that in allowing this emotion to flood one's higher bodies, a closeness to the Creator is established that cannot be erected in any other way.

"We will be more specific. The approach to God can take place along different vibrations. We have pointed out elsewhere that, at the mental level, one can grasp the true nature of the Godhead only to a limited degree, depending upon one's own development and advancement. By contrast, on the emotional vibration, a complete integration and interchange can take place between God and any of His creatures. The emotional side of reality, however, has many sub-realms. The pure love emotion directed at the Godhead will always and immediately call forth a returned flood of love to the one sending it out. Any who care to try sending pure love aloft to the Creator will be flooded in return with His own love, and usually some physical signal of this return will be felt: a tingling in the spine, or a sensation in the chakras of the heart or head, or a somewhat euphoric feeling.

"By comparison, the directing of praise toward the Godhead (another facet of the emotional side) accomplishes something different. It brings the sender into contact with that part of the Creator which is responsible for the bounty and beauty which surround man. By practicing praise, the human soul calls to itself an abundance of all that is good, as the Creator seeks to 'answer' the call that has gone out. It must here be understood that GOD SEEKS TO RESPOND TO HIS CREATURES IN KIND. For love, He returns love. For mental communication, He replies in a way that the mind can grasp. For praise, however, the only appropriate response is to shower upon the one praising Him, an abundance of that which the soul requires in life. Any who care to make this test will quickly see that it brings results. Of course, the matter cannot be undertaken with the ulterior motive of acquiring riches or abundance. The feeling of praise for the Godhead must be absolutely genuine, for otherwise it will not reach to that high level.

"Now, many persons are not able to say just what the attitude of 'praising God' is like, because they have never before given it much thought. The idea is merely to allow the heart to fill to overflowing with gratitude and homage to the ultimate Creator who is responsible for all that one sees, for the universe itself, and indeed for the creation of one's own soul. It is a mixture of thankfulness, a prayerful attitude, a sense of sheer glory of the Most High, and a real component of the

usual notion of praise, i.e. the holding in mind of the wondrous attributes of the Father; His power, His Greatness, His Love, His Mercy, His Everlasting Being, etc. If the seeker but tries to encompass these ideas with his mind and heart, he will find that it is truly possible to 'Praise the Lord'."

TO ASSIST IN THE HEALING OF ANY SITUATION

Some years ago during a complete physical breakdown I was sent a carved plaque inscribed -

"Thou wilt keep him in perfect peace whose mind is stayed on Thee".

Isaiah 26:3

It was placed upon the wall at the foot of my bed and my mind went over and over it during the many months. "Peace within", as we all know, is the climate where healing can take place. So little by little I separated myself from the pain and distress as I placed my thoughts more upon God.

But today not all of the pain which we take on is ours. Many times those loved ones near us are overcome with problems of every kind, as well as our precious world becomes in more distress as the vibrations increase. So, all of us can become overloaded with burdens - heartsick - as well as the actual distress of our physical vehicles as we allow the pains of the world to get to us.

But, whatever the circumstances, to assist in the healing of it, I was given the following lines recently:

I must take my mind off the problem;
Let it, Lord, fully dwell on Thee -
Creator, Sustainer, Renewer always;
You can from limitation set me free.

I must send praises to Thy Spirit;
With gratitude fill my heart.
Amazing changes can come in my affairs -
Precious healing the greater part.

Thank Thee, Lord, for revealing this secret
Of how Your perfect healing takes place.
O, I kneel in reverence before Thee -
At Your Holy Light and Love filled Grace.
So be it!

mjs City of the Sun

A V A I L A B L E

Suggested donations include mailing charges:

- "Healing Thoughts For Your Complete Balancing and Perfection" \$ 2.00
- "Unpublished Material of Annalee Skarin" 8.50
- "Space Master Matton" 6.50
- "Viewpoints of a (Life) Traveler" Poems - Mary Jane Switzler 2.75

ORDER FROM: City of the Sun Foundation, P. O. Box 370
Columbus, New Mexico 88029

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THE GENTLE ROAD OF LOVE

Liberation comes when one is free from fear, anger and desire. These three demons are at the core of all human discontent. Each of these demons are like an octopus with many tentacles which, when they embrace a being, totally imprison him or her. The 'fear' demon pulls at you with his tentacles of suspicion, uncertainty, nervousness, paranoia, gloominess, exhaustion and ILL HEALTH. The 'anger' demon holds on to you with its tentacles of hate, jealousy, retaliation, nationalism, racism, vengefulness and ILL HEALTH. And the 'desire' demon holds you bound by its tentacles of lust, passion, desire for wealth, desire for power, arrogance and ILL HEALTH.

But once you have untangled yourself from the clutches of these 'demons' you will find a freedom that surpasses any physical expression of freedom. Then you can be a free Spirit in the maze of Life with its many tangled webs. When you are liberated you will no longer see another as an enemy, and if someone, a group, or a nation does affront you, harming you in any way, you will be free to show Love instead of hate - to forgive the 'enemy' thus gaining the victory!

Yes, My Suns, forgiveness (a forgiving nature) is the greatest gift you receive when you are released from the three demons. Why is the world at present in such shambles? Because most human beings are held in bondage by these demons. When in their clutches there is no room for forgiveness since they are united with fear, anger and desire. Instead of returning GOOD for evil they feel justified in giving EVIL for evil. (Thus the cycle never ends!) For centuries this 'rule' has been followed by the majority of humanoids and no peaceful solution has resolved the planetary problems. Instead, there has MULTIPLIED the vibrations of fear, and anger, until the planet is now at the boiling point. BUT IT NEED NOT REMAIN THIS WAY. Let your Planetary citizens be FORGIVING and note that the enemy is thereby left helpless! How can he 'fight' you when your heart is filled with pure LOVE, Compassion and Understanding! You become the Victor - and in time so does he!! Then instead of being 'enemies' you recognize your ONE-NESS with L I G H T as Peace prevails on Earth.

Be a Peace-Maker and your blessings are multiplied. But he who creates disension creates his own hell!! Face the challenge of Life, My Suns, with LOVE and DIVINE STRENGTH. Do not allow little minds to sway you away from the Gentle Road of LOVE and UNDERSTANDING, of HUMILITY and KINDNESS. The 'tough' road which they follow is filled with mire, and in the end brings only impurity to their Soul. But the Gentle Road of LOVE, though often strewn with stumbling blocks, provides the Greatest Joy of Fulfillment throughout one's journey in a Lifetime.

Always, Blessed Ones, THINK pure and positive Thoughts, for what you think you BECOME. ALL Masters teach this to Their Disciples. So it behooves ALL OF YOU to discard negative thoughts replacing them by Pure Thoughts of Love, Compassion, Unity, Harmony, Forgiveness and Gentleness. As your mind dwells on such L I G H T your very countenance will reflect the purity of your mind and you will 'infect' others with the Positive Vibrations. Remember that one reaps what he sows! Therefore, sow GOOD seed and you will reap GOOD fruit. That is a Universal Law which is applied to ALL aspects of Life: physical AND spiritual. But sow bad seed and you will reap bad fruit. Be always on guard against the insecurities that prevail in the world and BE SECURE WITHIN YOURSELF by the L I G H T UNIVERSAL. Continue to plant 'seeds' of L I G H T (Love, Joy, Compassion, Harmony, Peace etc. as you cast away the 'weeds' that bring forth such bitter fruit.

I...AM...THAT...I...AM.....Light-Love--Life of the U N I V E R S E.

New Age Teachings, P.O. Box 477, Brookfield, MA 01506

SATHYA SAI BADA SPEAKS

"Do not be too concerned about the body.

Along with your spiritual discipline, subject the body to physical discipline. Don't coddle it.

Keep it close to nature.

If your mind creates a disease, use simple means first for relief, including, but not limited to, the services of medical doctors. (He also created physicians.)

If you use medical practitioners there is no reason this cannot be combined with vibhuti and with prayer.

Be careful about your physical health. Satisfy the demands of nature; the car must be given the petrol it needs. Otherwise your head might reel and your eyes get blurred through sheer exhaustion. How can thoughts of the Lord be stabilized in a weak frame? Do not forget the purpose of this body when you are tending it. A road-roller is fed with oil and coal and other types of fuel. But why is it kept in good trim? In order to mend the road, is it not? Similarly, remember that you have come embodied so that you might realize the end of this cycle of birth and death. For that sake, use the body as an instrument, that is all."

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame and in the cause and prevention of dis-ease."

Thomas Edison

I am never alone.

God, the Father, is always with me.

My soul, my identity - that something which says, "I am I" to me - is an eternal gift from God, the Great Intelligence.

I can never lose myself because this Self is part of God.

I am part of God, and God has a great purpose in life for me, which He is revealing day by day as I grow in strength of body, mind and spirit.

I am well and strong. I have the power to overcome all things within me.

In God's care, no harm can befall me.

I now give myself over to God's protection and I will follow His guidance day by day.

THE CAUSE

I AM at the center of your being. I AM the cause of all that comes into your life. When sin, sickness or distress enter your being, it is because you have brought it there by ignoring My Perfect Law. You have followed a law of your own outward self, you have made it supreme and so receive that effect. The more you become conscious that the outward is only the expression of the within, as you know and realize I AM at the center of your being, and that the outward is only the house wherein I dwell, to that degree of realization shall I be able to bring My Perfect Effect into evidence in your life. Carry with you this day the thought, I AM CAUSE, and the effects in your life shall be only such as glorify ME. (Copyright) From our Booklet "Healing Thoughts For Your Complete Balancing And Perfection"

Send Prayer Requests to City of the Sun Fd., P.O.Box 370, Columbus, N.M. 38029

PYRAMID UPDATE:

We have not had a pyramid update for some time. The work has progressed very slowly. Pipes for the water system have been layed. This will give us running water around the altar and also the sides of pyramid for grounding and healing use.

One of the greatest needs was for a rock sculptress to build up the altar as well as the water fountain. Gabriel Rogers is that skilled artisan and is now doing the work so it can progress more quickly. He has partially buried the large crystal cluster which, some of you remember, was found for us by J.R.Spurlin in the Hillsboro area. A large wooden frame was built and the marble altar was placed upon it. The columns holding the slab are being built up now with rocks and gems. These columns will surround the wooden frame leaving the large crystal under the altar visible. We feel it will be most attractive when complete. As from the beginning, everything is being directed from above through meditation.

AT THE CITY OF THE SUN:-----

Ruth Rogers made a nice Thanksgiving trip to the suburbs of Houston to see her sons, Robert and Sam and family. Sam is a welder on a Gulf oil rig and Robert is doorman-driver at NASA Hilton.

Faun Homman visited her close friend in Tucson for Thanksgiving.

Esther Hayes and Sean Sands returned from Canada and immediately entered into community activities. Esther led out in a sumptous pot-luck dinner honoring November birthday honorees - Dr. Jim Barton, Andrew Webber, Constance Arnot and David Johnson.

Many of our Readers will want to know that Olie Mae Hale passed into Spirit in November, 1987. She had been residing with her daughter and son-in-law, Mr. & Mrs Charles Jones in Virginia and Elwood and Margie Hale in California. Charles Jones was here overnight.

Elvin Noel has been making some new ample bookshelves for our library.

Dorothy Rayburn was at last enabled to return to her beloved Albuquerque, N.M. Her address is Warren Coronado Apts., 6240 Indian School Rd. NE, Albuquerque, N.M. 87110. Her friend, John Pschorr of Colorado visited several weeks and assisted her in the move.

Allen Newman accompanied David Lebold for 3 weeks through Mexico to Yucatan. He returned grateful for the pollution free air, water and low humidity of City of Sun.

Kenneth Campbell has been leading out - as well as doing most of the work, in renovating our community building kitchen. Alta Campbell took charge of some Flea Market sales to raise money for project. Suddenly they were both called to Wisconsin after the passing of Alta's mother.

Sarah G. Leonard and Elvin Noel coordinated some efforts in arranging meetings of prayer power for PEACE on Dec. 5, 21, 22, 31st and Jan. 4th.

Andrew Webber has put in new electric wiring in community kitchen.

In early December Constance Arnot was in charge of a delightful soup and salad luncheon honoring December birthdays. Faun Homman was the sole honoree present.

The Drs. Bartons visited friends as they traveled to Tacoma, Washington taking their grandson, Brad's, graduation with them. They visited son David and family, and then to Agoura, Calif. for Thanksgiving with daughter, Dottie and family. Their son, Bill, flew from Washington D.C. for an old fashioned get-together. They arrived home to find friends, Gene and Lucille, here. They all went to Casa Grande, Nexico. Now they have gone to Arkansas for a Christmas visit with Dr. Verlie's mother and others.

Dec. 20th the City of the Sun cooperated with Columbus residents in honoring and assisting one of the area Emergency Unit Members.

Andrew and Helen Webber have an ongoing holiday family get-together. At this time there are three children present (Ron, Lynda and Ann), seven grandchildren and several others. Much activity is going on!

A Christmas eve gathering is being planned.

A GOAL -

With the Goal in mind to find a place on Earth to meet basic needs without interfering with other's rights, and/or the possibility for them to do the same, and using

SIMPLE BASIC REQUIREMENTS

AIR	}	using meaningful work to bring forth	SHELTER - EARTH
WATER			FOOD
EARTH			FUEL - WIND
SUNSHINE			SUN BIOMASS

(The deteriorating quality and/or availability of these basic 4 elements is increasingly apparent to all of us in this world of ours.)

As yet, here at the City of the Sun Foundation we are blessed to have an abundance of unpolluted air, unpolluted water and sunshine, with land enough and the unique opportunity to create shelter, food and fuel without destroying our immediate environment and without exploiting others. However, at this time we are almost completely dependent for our food, fuel and shelter and gainful employment on outside sources. Without any attempt to redress this situation, we can only become more vulnerable at the same time, increasingly exploiting the labour and resources of others.

"As I see it, there is a challenge and an urgency to at least make a start - grow our food, create our shelter from the earth, shift our needs for fuel to the sun and wind, perhaps biomass." (City of the Sun Resident)

With this challenge the City of the Sun Foundation is beginning the WEST END EXPERIMENT. On the western extremity of this community several lots encompassing approximately a quarter acre each, have been set aside for the purpose of meeting basic needs for food, fuel, shelter and work in a low cost *low energy way emphasizing use of indigenous resources.

Bringing it down to earth:- The initial phase of the project involves the production of adobe and cement stabilized pressed earth blocks, utilizing the soil which was excavated to make the community lagoon. Thus far, 1,800 cement stabilized and 1,200 adobe blocks have been made with a Cinva Press. Material costs have been \$40.00 for cement and lime / or 0.022¢ for each 3% cement stabilized earth pressed down block and nothing for the adobes. The City of the Sun will receive 1¢ for each block produced.

* Energy use for materials (Source: Andrew Mackillop "Low Energy Housing") (excluding transportation costs.)

ITEM	BTU/lb	BTU/UNIT
Steel	18,974	
Aluminum	112,676	
Cement	3,755	
Concrete Block		15,200/Block
Insulation (board)		2,040/sq. ft.
Lumber		5,019/Board ft.
Brick		682/Block
10% cement stabilized earth block		170/Block
* 3% cement stabilized earth block		
	less than	100/Block

(No pollution and little transport cost.)



HEALING OUR FINANCES

As we enter deeply into spiritual awareness, we begin more and more to recognize who and what we are. We are the Sons and Daughters of the living God! We are the creation. The Creator has imaged us forth, has expressed itself as us and has done so in the image and likeness of Itself..... meaning it has endowed us with the very same Creative Power (dominion and authority), and responsibility of selection (free will) which it employed to create us. WE ARE THEREFORE CREATIVE! Whether or not to be creative is not a choice we were endowed with. What we create and the degree of power we employ in this process is a matter of choice. We are always creating in the image and likeness of that which we think and feel ourselves to be. The degree of power we employ in this process is dependent upon our willingness to live in the awareness of Being, the very Power that created us. If, for example, we forget to recognize that we have been created by this Power and begin to think that we are, in and of ourselves powerful, we have cut away the foundation of power altogether and are destined to experience powerlessness.

So our first responsibility is to recognize in continual awareness that we have been imaged forth by a Power greater than ourselves AND that WE ARE this Power in expression. This Power, being Spirit itself, is also intelligent, the intelligence inherent in the Spirit thought to design us as miniatures of itself. This brings us to our second responsibility, namely, conscious selection of thought. Being creators ourselves, we must sooner or later accept responsibility for our thinking and feeling (creative) process.

This piece is entitled Healing Our Finances. It seems that many of us, for one reason or another, have difficulty in applying the very same creative process to our finances that we readily employ to enhance our health, happiness, relationships, etc. LET'S NOT LOOK FOR ANY REASONS WHY THIS IS SO. Mystically we are called to look away from the problem - TO SEE ONLY THE GOOD. Let's simply heal our financial picture NOW! Money translates into freedom on our planet..... freedom to move about at will, freedom to give more, freedom to pay our bills, freedom to express ourselves while in the world but not of it.

Here is a formula for healing your finances:

I Define for yourself what you want.

II Just before falling asleep each night, remove your consciousness from all thoughts of your present circumstances.

III Imagine (image forth) yourself to be and to have NOW that which you defined for yourself in Step I. Continue in this process until you FEEL yourself to be and to have NOW that which you formerly desired to be and to have. (At this point, your thinking, masculine/Father nature will have impregnated your feeling/Feminine nature with your new conception.)

IV Rest. Walk through your daily activities in the knowledge that you are about to give birth to this new conception. The birth is certain! (What happens is, there is a movement of the Spirit, within Itself, to rearrange Itself, according to this new concept you have thought and felt.)

We are always experiencing that which we are conscious of Being and having. We never will experience anything else. Go to work today in consciousness. Impress your consciousness with Being and having that which you formerly desired to Be and have. "Choose ye this day whom ye shall serve." After all you are a Son or Daughter of the Living God.

Happy Holidays
H.B. and M.P.

WHAT IS YOUNG?

What is "young" - and when is it?

Young is an attitude, a spirit - a way of looking at things - of responding to them.

It is not an age, not a hair-style or a piece of clothing, or a musical beat.

Young can be a child examining his first marigold with wonder and delight - or Verdi at 81, composing his finest opera.

Young can be a teen-ager swinging on a surfboard, or Einstein, in his 70s, still working on his unified field theory, sailing his boat and playing his beloved fiddle.

Young is not a monopoly of youth. It survives, and flourishes everywhere the vision has been kept fresh, the muscles of the mind firmly toned, the juices freely flowing.

Let's not cater to youth for its own sake, for its shibboleths and slogans and styles of the moment; nor scorn it for any of those reasons.

Instead, let's respect "young." - wherever it may be found. It matters not whether the beard is soft and curly or stiff and gray. Spirit has no color. It is always translucent with its own imaginative sheen.

YOUTH should be listened to, but "YOUNG" should be followed.

There is no generation gap between the young of any age.

(From England)

"If you keep thinking like you've always thought - you'll keep getting
what you've always got!"



CITY OF THE SUN FOUNDATION
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Dr. J. Gordon Melton, D.D.
P. O. Box 90709
Santa Barbara, CA 93190